Building Tomorrow Together: Adelphi Celebrates 125 Years

BY KATIE FARKAS

Current Adelphi students may not be aware that our university is 125 years old this year. Adelphi began as a private preparatory school in Brooklyn in 1863 and the institution quickly gained a reputation for its innovative curriculum. Charles H. Levermore (for whom Levermore Hall is named), who was the head of the Academy in 1893, realized the city did not have a liberal arts college and took that opportunity to establish Adelphi College. It became an official co-educational college in June 1896 when it received a charter.

It was 1929 when Adelphi University became the first private, coeducational institution of higher education on Long Island. There are many other firsts at Adelphi as well. For instance, Adelphi established one of the first college dance departments in 1938. The School of Nursing was established in 1943 to meet the need for nurses during WWII. The School of Business Administration was created in 1963. And now with eight schools and over 200 academic programs, Adelphi has grown and progressed over the 125 years of its existence. What started as only 57 students with 16 faculty has grown to more than 8,100 students and a current full- and part-time faculty total of 956.

To celebrate the progress and achievements of Adelphi over the last 125 years, the university is hosting multiple events for students, faculty and staff, alumni and the larger community that will help to support the university in its future endeavors.

This year of celebrations kicked off with the annual President’s Gala on June 24

An Athletic and Theatrical Collaboration Brings Women’s Soccer to the Stage

BY MAXIMILLIAN ROBINSON

A creative blend of Adelphi’s performance teams took place the week of Oct. 4-10 on the stage in the Performing Arts Center (PAC) when the Department of Theatre conducted a play called “The Wolves,” featuring a story involving the Panther women’s soccer team.

“The Wolves” is about a group of high school-aged women soccer players during a six-week period in their arena soccer season. The play takes place either right before or after soccer games and charts their lives, experiences and relationships with each other as they prepare for the games. Things happen during the course of this six-week period that will change their lives forever.

Margaret Lilly, associate dean of faculty and programs in the theatre department, said she thought the idea for the play was a “perfect match” to have strong roles for women highlighted in performances on campus. There were eight current undergraduate students and one alum in the cast as “soccer moms.” There were also two alumni and a current student as understudies, which made 12 members of this all-female production.

“The Wolves” is about a young elite women’s soccer team,” Lilly said. “The entire play is warmups and drills for the game. I’ve wanted to collaborate with Athletics for a while, so I contacted Emily [Dorko, associate athletic director] and Brooke [DeRosa, head women’s soccer coach] about ways to help train the actors for their roles. Juliana Klaum [assistant coach] became our soccer consultant and ran clinics for the women so they could train to prepare for the show.”

Klaum, an alumni of the AU women’s soccer team, produced a soccer clinic leading up to the week. The school is named after the family of the school’s athletic director, Dr. John Palma, who created the clinic in 2010 after seeing the film "The Miracle Season," which tells the story of a women’s volleyball team that overcame challenges to create a national championship. The clinic included drills and simulations of game situations.

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However, there was a deal involved.

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With Prevention and Safety Measures
University Adapts to Ongoing Pandemic

BY KATIE FARKAS

On March 11, 2020, the World Health Organization declared Covid-19 a pandemic. Over 19 months have gone by and this pandemic is still a part of our everyday lives, but things are looking up for the Adelphi community.

“We have learned so much about prevention and safety measures,” said Gene Palma, vice president of Wellness, Safety and Administration. “We’ve adapted as the pandemic evolved and we will continue to do so. Our university is in a very good place with regard to preventing the transmission of Covid-19 and we are counting on all members of our community to keep up the good work in complying with safety guidelines.”

Adelphi students on campus are in full compliance with the university’s vaccine mandate policy, with 100 percent of students meeting the vaccination criteria, Palma said. “Adelphi works in full cooperation with the local health departments to do contact tracing on all confirmed cases of Covid-19. Any member of our community who has had contact with a confirmed case will be notified and instructed about next steps and Adelphi’s Covid-19 Dashboard is updated daily [on the university website].”

Currently 6,715 of about 8,000 total students are vaccinated. There are also 772 faculty and 662 staff vaccinated.

“Only students who physically access our campuses are required to comply with the vaccine mandate,” said Nicole Gaudino, executive director of University Health and Wellness. “For example, students who are enrolled in fully online programs or are only attending classes taught in the distance learning format are excluded from the mandate.”

As of Oct. 6, there were 12 current Covid cases within the Adelphi community, a 0.2 percent positivity rate. Palma said there are 41 people in quarantine, with 39 of them being off campus. These cases are not linked to a community event, said K.C. Rondello, clinical associate professor and a special adviser to the Health and Wellness office.

“All of the positive cases in our community members have been sporadic.”

For students who live on campus and are exposed or test positive, the university has designated rooms as well as private bathrooms for them to quarantine in, said Gaudino. “The students are able to select their meals and all meals are delivered in a contactless method. Additionally both films and dance pieces, as well as received and been nominated for various awards.

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Hello purr-fect panthers, I hope that this message finds you in great well being, mentally and physically. I am excited to bring you with a copy of the third installment of The Delphian. Please read this message to its entirety, as I’ll give you a few words about what has recently happened, what is happening and what is to come. Furthermore, I want to mention that it was an honor being selected to represent the Adelphi Spirit Court, as a Prestigious Panther during Adelphi’s spirit weekend event. I could not thank the school body enough for noticing the hard work and effort it takes to change the game any way possible.

Carrying on, I’d like to wish Adelphi University a happy 125th birthday. Take a look at the news section, where we talk about the 125 years of operation and its significance, on top of notable public figures making an appearance on campus throughout the years. We also have an article about the name change for the Center for Student and Community Engagement, in which we cover why it happened and the next steps they plan to take. In our Covid update, we recognize that while we may be in a better situation than before, we need to continue being responsible by wearing our masks, distancing ourselves from groups whenever possible and keeping good hygiene habits as we strive to return to a world without covid.

Halloween season is upon us, so make your plans accordingly using our guide to all things spooky. Read about our haunted halls, a tradition that our university’s residential life holds every year. Check out our tips on things to do locally this fall, like real haunted houses on Long Island and other activities. We also look at an AU collaboration. The recent production of “The Wolves” is a play inspired by a strong group of young, hard-working women playing on a soccer team, looking to get the best out of each other. The play brought together actors and members of the Adelphi women’s soccer team. Also, take a look at the new cartoon by artist Syd Cee on page 8.

Food waste has been a growing problem, especially here on campus. Learn more about the importance of this topic and ways to combat the issue through environmental science major, Shurit Hoshan’s food-waste proposal. And if you think that the pandemic has been causing you to lose sleep, you’re not alone. Read about the new term coronasomnia in our Opinions page.

Check out the review of the new Apple phone as well. It’s also important to shed light on our athletes and their accomplishments here on campus. Read our “Panther Prep Work,” “Meet the Panthers” and “Panther Spotlight” articles to learn more about our athletes.

As usual, if you have any questions, concerns or inquiries about The Delphian, please feel free to reach out to us through our email (delphian@adelphi.edu) or to me personally (maxmillianrobinson@gmail.com) for any urgent remarks. I hope you all have a wonderful day and an amazing continuation of the semester.

Maxmillian Robinson
Editor-in-Chief

The SCE’s Name Change Comes with Consistent Commitment to Student Involvement

BY EDWARD JANSEN

Students who have joined one of the 90 student organizations on campus, which include academic, social, religious and community service groups, may be familiar with the Center for Student and Community Engagement or SCE to better align with their mission and work, according to Anna Zinko, assistant dean for Students and Community Engagement.

“CSI didn’t really capture what it is that we do. We want the student experience to be deeper than just ‘involvement,’” she said.

“Engagement’ was a better way to convey what was already happening, to capture that more clearly since civic engagement and service programs have always been a critical component of our office’s work.”

Zinko said the name change has been in the works for years and was timed to coincide with the opening of the renovated University Center. The name SCE reflects what the office does, she said, which is “to work to create meaningful experiences not simply to be involved on campus, but to fully engage with our community in learning, self-discovery, leadership and community service. Many of the experiences we provide are not simply for students but for our community as a whole.”

She said she hopes the name change will encourage more members of the Adelphi community to engage with them in their multifaceted programming throughout the year.

Zinko explained that SCE “provides students with an enrichment experience, connecting them with opportunities on campus. We work closely with SGA [Student Government Association] and we’re also close with the Graduate Student Council. We work with multicultural services and commuter assistance. The experience of students outside the classroom touches our office in some way.”

Every club has an SCE liaison, which Zinko said helps to support each organization’s aim and goals, including Adelphi’s “robust Greek Life on campus. We work with fraternities, sororities, and social fellowships as well.”

The Interfaith Center, located on the second floor of the University Center, is also closely connected with SCE, as are multicultural services and LGBTQ+ safe zones. Zinko said that CORE, or Creating Ongoing Respect & Equity, training falls under the SCE office.

“SCE aims to complement what is done in the classroom,” Zinko added. “We want students here at Adelphi to develop a stronger sense of belonging, to really be a part of a community.”

Yet some students told The Delphian they weren’t familiar with the office even with the name change. First-year student Gia Efstatopoulos said, “I always thought it was like an FBI, government-type thing. I thought they changed the name so it wouldn’t get confused with that TV show. You know, Crime Scene Investigation.”

Students can learn more by visiting the SCE office in the UC or going online to www.adelphi.edu/engage.

University Adapts to Ongoing Pandemic

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telehealth medical and student counseling services are available to quarantined students at all times in conjunction with a robust program of virtual student engagement activities.

Adelphi is also continuing to promote the importance of flu vaccines because the flu also presents a threat to our community.

“Given the continued threat of the Covid-19 pandemic, we strongly encourage everyone who can get their flu vaccination by the end of October,” Palma said.

To assist in this process, Adelphi is once again offering free flu vaccines in conjunction with CVS Pharmacy. Appointments are available Tuesday, Oct. 19 by appointment only. The vaccines will be administered by CVS Pharmacy staff at the Angello Alumni House on campus.

If you have any questions or concerns about Adelphi’s free flu vaccine program, visit the Flu Vaccination Advisory online or reach out to the University Health and Wellness team via email at healthandwellness@adelphi.edu or call Adelphi Health Services at 516-877-6000.

Although the future of this pandemic is still unclear, Palma said, “We are delighted to see our students engaged again throughout campus. The safety of our community is our highest priority, especially during a pandemic. Our Health and Wellness professionals have put into place safety protocols that permit student meetings, concerts, sporting events and other activities on campus. The mitigation steps that have been put into place have proven effective throughout the pandemic.”

This fall, Palma added, three-quarters of our coursework have in-person components and a quarter is online.

First-year theater tech major Cat Farrell said although they don’t have a lot of online classes, “Zoom has been really helpful because, now that we have access to online platforms, it allows more flexibility if something happens and I cannot make it to campus to be in person for a class.”

However, Farrell said that some of the protocol has been a little confusing. “The temperature check ins are really random and all over the place and sometimes I am not sure if I need to show the public safety staff my Covid clearance when entering buildings.”

To mitigate some confusion that many students have expressed, Rondello explained, “Thermal scanners have been installed at strategic locations around campus to provide an additional layer of protection as part of our comprehensive Covid-19 mitigation plan. Any member of the campus community can utilize the tool to quickly and discreetly check their body temperature. In these circumstances, the use of the scanners is not mandatory.”

At other times and places, Rondello said, such as during “high-attendance events or when members of the general public are invited to an event on campus, the thermal scanners are used to screen all individuals as a condition of entry. When utilized for this purpose, the use of the scanners is required and the equipment is continually monitored.”

The Covid-19 pandemic is ongoing, but Adelphi is making strides towards normalcy and a return of in-person classes and events for its students to gain the most out of their college experience.
Memes: The Saviors of Sanity During the Past Year

BY MITCH COHEN

There’s no denying that 2020 was a difficult year. With a pandemic overtaking the world, it became a difficult time to find peace during this uncertain time. Fortunately, memes functioned as an essential distraction.

In the early days of the pandemic, TikTok emerged as one of the biggest platforms for memes. TikTok allows users to create short videos to share across the internet. Since March 2020, the rise of this App has been astronomical. According to backlinko.com, TikTok gained 115.2 million installs in March 2020 alone.

Personally, while I found TikTok to be cringe-inducing because of the obnoxious trends, many people used it to escape from the grim situation.

“TikTok helped everyone relax more and helped distract them from the scary things outside,” said Rasseau Francies, a first-year computer science major.

Francesco said he believes that the best type of memes satirized the pandemic itself. A prime example being the “trash plans” meme. This meme shows someone preparing to have a grim situation. “TikTok was a stress reliever due to the funny content,” she said.

Meanwhile, hashtags like #2020alone were trending, with many people using it to escape the harsh reality of the world. “It can be a stress reliever due to the funny content,” said.

Along with Halloween Costume Staples—Think Witches and Vampires—Here’s What’s Trending for 2021

BY JAMIE GESELL & LIZZ PANCHYK

According to the National Retail Federation’s (NRF) annual survey conducted by Prosper Insights & Analytics, plans to celebrate Halloween are up this year compared with last and are close to pre-pandemic levels. Although this will be the second Halloween we celebrate during a pandemic, costumes are still an important factor in carrying on the seasonal spirit. In fact, total spending on costumes is the highest it has been since 2017 at $3.32 billion.

The NRF study found that of those planning to dress up for Halloween, nearly 69 percent of adults already know what their costume will be this year. More than 4.6 million plan to dress up as a witch, followed by a vampire, ghost, cat, and pirate.

But if you’re looking for something unique to mark Halloween 2021, each year trends in pop culture influence the different kinds of costumes people wear. Take a look at what’s trending this year that might be the best fit for you.

One of the popular costumes of 2021 is the Among Us outfit, based on the fun detective App game that became overwhelmingly popular during the height of the Covid-19 pandemic. Choose to dress up as Among Us character is a great way to represent your love and commitment to the game. You can choose to be a number of different colors from this game, including yellow, blue or green. Just don’t go around being sus or you’ll be voted as the IMPOSTER!

Try a colorful Among Us character costume this Halloween.

Another trending costume for 2021 is suited for 90’s cartoon fans. The hit Cartoon Network TV show “The Powerpuff Girls” was one of the biggest shows of that decade. For Halloween this year, you will find lookalike costumes for the main characters Blossom, Bubbles and Buttercup. However, if these don’t suit you, try dressing up as one of the villains such as Mojo Jojo, an evil green monkey.

“As we’ve recently seen, Steve from the original “Blue’s Clues” has come back to check in on us. This very well may be a great and easy costume idea for 2021. You can get wrong with his classic green-striped shirt and khakis. Bring a letter along with you because the mail never fails.”

The show has been raving about Olivia Rodrigo’s new album “Sour,” since the debut of her song “Driver’s License.” You may choose to dress up in a cheerleader outfit and sing out “Good 4 U” at the top of your lungs or wear a headscarf and sunglasses as you get “Deja Vu.” It’s just another way of expressing how it’s been brutal out there this year.

The show “Outer Banks” first came out during the pandemic, right at the height of Dalgon coffee and Zoom meetings. The second season came out just at the end of July. It’s pretty fair to say that everyone wants to live the Pogue life, so it’ll be no surprise if you see friends dressing as John B., JJ, Pepe, Kie or Sarah this Halloween. There’s no better time to find the lost treasure than now.

Or make your own costume. Whatever you choose, have fun out there.

A Collaboration Brings Women’s Soccer to the Stage

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Klaum said she would help the theatre team by training the actors in soccer and providing them with tips for their shows. “We would attend their soccer game on Oct. 2. In return, the soccer team vowed to help the actors and attend one of their performances on Oct. 7. It was a win-win situation for both sides, as women’s soccer defeated American International College (AIC) 1-0, and the actors put on an amazing performance.

Lally said that Athletics assisted with banners and equipment for the show and the actors attended two home games.

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Or make your own costume. Whatever you choose, have fun out there.
BY LIZZ PANCHYK

While there are manufactured haunted houses, qualifying for some spooky, scary entertainment, there’s also the real deal. Long Island has plenty of good haunts that are, in fact, known for their real-life ghost stories. Their historical backgrounds are what make these areas so enthralling. Below are seven haunted spots to visit this month—if you dare.

Mount Misery: Mount Misery/Sweet Hollow Road in Huntington is one of the most haunted roads on Long Island. The twisty-curry, poorly lit route is where many people, especially teens, like to go to get a good scare. It started when the Native Americans claimed the area as cursed, and locals since had its own tempt in steering people away, which hasn’t been all that successful. It is said that the road is haunted by a woman who died from a car crash. The legend is, if you park your car under the Northern State Parkway overpass and put the transmission into neutral, a pair of paranormal hands will push you (uphill!) to safety.

Raynham Hall: Raynham Hall Museum in Oyster Bay is a place I’ve visited many times because it is haunted. It originally housed the Townsends, including George Washington’s most trusted spy. It’s a love story gone sour, as poor Sally Townsend’s crush left her and she never married. It is said that the heaviness of her spirit can be felt upstairs. Another ghost would be the lady in the kitchen, who welcomes her guests with the sweet smell of freshly baked cinnamon apple pie. When I took a trip there, I heard a bell ringing followed by heavy footsteps from the side room of the kitchen. Because I was the only other person there besides the woman at the front desk, I believe it to be one of the many ghosts that resides there to this day. Learn more here: hauntedhouses.com/new-york/raynham-hall-museum.

Amityville Horror House: This is the home that once housed a man who killed his entire family in one night. The Lutz family, who moved in after the murders, claimed that the house was filled with paranormal activ-

BY KURANA DOOBAY

With the leaves starting to change from green to orange, sweater weather temperatures, photo shoots in pumpkin patches, scary movie marathons on TV and Halloween decorations popping up everywhere, how is Adelphi setting up to celebrate the spooky season?

With about 1,100 total students living in Adelphi’s seven residents halls, the Resident Student Association (RSA) is putting in their best efforts to create an environment where campus feels like a home away from home, especially with the upcoming holiday season. Instead of going through the struggle of online research and traveling to visit a haunted house, they are on campus on Friday, Oct. 29 to celebrate Adelphi’s biggest Halloween event: Haunted Halls.

Marissa Barba, a junior nursing major and vice president of RSA, said that Haunted Halls is an annual event previously hosted in Chapman Hall by their hall council that hasn’t been implemented since 2019 because of Covid.

“RSA is working with Kappa Pi, Chapman’s Hall council and Earle’s Hall council to bring it back to campus on Halloweend,” she said. “We are coordinating with the halls to have more programs around campus happen in coordination with Haunted Halls that day.”

Taking place starting at 7 pm until 10 pm, Adelphi’s Haunted Halls event is not your typical haunted house with predictable costumes and basic yellow caution tape decorations.

“The program is essentially transforming a resident hall into an interactive haunted house for a couple of hours for all the students on campus to enjoy,” Barba said. “In previous years we had themes, like ‘American Horror Story’ for this event, so our theme for this year is ‘Stranger Things.’”

As well, “Earle’s Hall council is in charge of food and snacks as of right now, and this is the list of potential items that we gave them: ‘Stranger Things’ themed paper plates, napkins, cups, tablecloth, individually-wrapped cookies and decade-themed candy!”

In addition, within each of the seven residence halls, the hall councils will be hosting their own events, including a giveaway and a costume competition.

The RSA is keeping safety in mind. Barba said, “Covid protocols will be in place. We will have individually-wrapped food and snack items, and when entering the haunted house portion of our event, people will be sent in intervals with the group they came with only. We will not be having people congregating indoors too much. We will be having people on the Quad lawn outside for our side entertainment. We also take faith in Adelphi’s safety precautions that they have put in place with encouraging students to be vaccinated. We will only be allowing Adelphi students into this event to prevent exposure off-campus.”

Students from previous years are looking forward to celebrating the event once again.

Miguel Velasquez, a junior history major and Waldo Hall resident assistant, said, “I remember doing a giveaway for Haunted Halls through the Student Activities Board back in fall 2019. It was really fun seeing everyone walk through Chapman Hall and talk about the jump scares/decorations in the hall. Students still talk about those decorations to this day. I am very excited to see how they will transform Earle Hall this year. This is a tradition so many of us enjoy, so bringing it to life after quite some time is very exciting.”

Sophomore students, like marketing major Polly Gordon, who started Adelphi in the midst of the pandemic, were not able to experience Haunted Halls last Halloween.

“Last year on campus, there was nothing going on and it was really boring,” Gordon said. “This year I’m excited to celebrate and make fun memories with my friends on campus.”

Even international students are looking forward to the event. Nina Bernstein, a sophomores communications major from Norway, said, “It seems really fun. In Norway, I didn’t have much of an experience with Halloween growing up because it’s not a big thing, so I’m excited to have the opportunity to see what it’s really like, not just how it is in the movies.”

If you don’t live on campus, don’t worry. All Adelphi students are welcome to attend. For more information on Haunted Halls and other upcoming events, sign up for RSA emails on MyAULife and follow @adelphira on Instagram for reminders and updates. For any additional questions or concerns, email residentstudentassociation@adelphi.edu.

Be ready to be spooked at Adelphi’s Haunted Halls.

The Wiggins house, although colorful and cheery from the outside, remains an intense supernatural force on the inside. Photo by Lizz Panchy.
It’s finally spooky season, the one mainstream holiday where we can actively dress up in costumes and ask strangers for candy. This is also the time of year to actively pose with pumpkins and apples at a local farm. Even though Covid-19 still lingering, luckily there are plenty of activities to be a part of this fall on Long Island, including haunted houses, spooky walks and more. With a little something for everyone, we highlight some local sites to give you ideas on what to do in your free time.

Fall Festivities from the Terrifying to the Just for Fun

BY JAMIE GESELL & LIZZ PANCHYK

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HAUNTED HOUSES

For anyone who loves haunted houses, the Haunted House of Hamlet Road in Levittown is for you. This scary house is for all ages with free parking. It has skeleton cemeteries, crazy special effects and a pumpkin patch picture area. Its opening day is Oct. 22. Visit www.skellittown.com for more information. It was started five years ago and has since been added to. The idea is to someday make it a professional haunted house and to increase business by including more walk throughs and props.

If you’re looking for a really good scare, try Bayville Scream Park. They actually have six different attractions all in one place. Don’t like zombies? Try the funhouse or the asylum. They have been open for “haunts” since Sept. 24, so go and get your scare on at bayvillescreamampark.com. Each attraction includes real-life people dressed up in makeup and costumes scary enough to make your scream. You too can live as if you’re in a scary movie for a couple of hours. Grab those tickets and have the scare of your life.

If you want a festival kind of atmosphere, then Spooky Fest is for you. Located in Rockville Centre, the event is run by the Center for Science Teaching and Learning. It encourages STEM education. You can try out their “Maze of Horror” in a frightening mansion where, as they said on their website, “once you enter there is no turning back.” You can also go through their “Haunted Woods,” which is a quarter-mile hike through a cemetery with zombies hungry for brains. In addition, you can volunteer to help out by signing up on their website. Volunteers can help younger kids make arts and crafts or go on a non-spoooky “Enchanted Forest Walk” through their woods. They are open Fridays through Sundays through Halloween from 6:30 - 9 pm. For more information, visit www.cstl.org.

In the mood to see some monsters after? Try the Long Island Monster Gallery in Mineola. This is a two-floor, eight-roomed building full of monsters made by local artists. “This is a combination between art and horror. The intention behind the gallery was to design this immersive space that showcases some incredible work created by sculptors, special effects artists and painters who are truly passionate about horror Halloween movies,” said gallery creator Jason Kloos.

Speaking of fall activities, you’re probably wondering what Adelphi students will be doing this Halloween. Candy is a big part of the holiday tradition, and it’s an important part for students, too. Zach Zeller ’24, said, “I buy a book, wait for my family to leave, grab the bowl of candy meant for the trick or treaters that never come, and quietly eat and read for a few hours.” Two of his personal favorites are Reese’s Pieces and Twizzlers.

Sometimes a calm Halloween is the way to go. Try rewatching "The Nightmare Before Christmas" or maybe go trick or treating with friends or young family members.

“I take my little cousin trick or treating and then go home and gorge myself on candy,” said sophomore Krissy Piccolo. She’s not alone. According to the National Retail Federation, consumer spending on Halloween-related items is expected to reach an all-time high of $10.14 billion this year, up from $8.05 billion in 2020. Expected expenditure for candy? Try $3 billion. That’s sweet!

The main idea is to make this Halloween a much more memorable one, what with the pandemic taking away our family celebrations last year.

But whether you’re spending it with family or friends, dressing up to go out or staying in with a bowl of candy, chances are you’ll still have the Halloween spirit. This Halloween oughta be a thriller!
A Student Says While Food Waste on Campus Is a Growing Problem, Solutions Are at Hand

BY WILL TORRES

Shuriz Hishmeh, a senior environmental science major, wrote “Food Waste Proposal for Adelphi University,” a document that he said, “aims to be both a comprehensive review of food waste disposal methods, as well as a direct response to Adelphi University’s current need to comply with waste regulation.”

Food waste, defined by the USDA, is food that has been thrown out for pre- or post-consumption. Pre-consumed items are inedible food scraps, such as fruit peels and food trimmings, while post-consumed items are food waste that is discarded after someone has eaten it. As a whole, food waste has a correlation with greenhouse gas emissions and has led to an increase of waste in landfills.

The proposal at hand considers local regulation and weighs in on different solutions to solve food waste on campus. Multiple solutions were proposed, at various costs, effects on the environment, required maintenance, and benefit for the university. Shuriz believes there should be an on-campus composting facility via Micro Bins, which would allow nutrients to be recycled back into the environment, minimize greenhouse gas emissions from both food decay and transportation, provide hands-on education for students and faculty, and produce fresh compost that could be used around campus or sold.

As an environmental science major, Shuriz said he believes this proposal will help “prove there is an issue with food waste on campus.” He believes that simply stating there is an issue is not enough to fix a problem. Using Rochester Institute of Technology’s Food Waste Estimator, he estimated that there are approximately 4.13 tons of food per week that need to be disposed of on campus. He’s hoping he can open people’s eyes to the issue and ultimately push students and faculty to request university administration to fix as well as encourage people to be generally aware of their actions.

When it comes to food waste on our campus, it starts at every vendor that serves food and is extended from commuters, faculty and staff that bring food to campus from home. Out of all the options for on-campus food, it is my opinion that the University Center and Post Hall, which are the largest food vendors and producers on campus, are possibly the largest probable source of food waste. I have seen people throw out almost full containers of food and half-empty bottles into both trash cans and recycling bins. On multiple occasions, I have overheard people saying they included something they didn’t like in their meal due to their meal plan forcing them to purchase an item with water and a side.

Apple Continues Focus on Software Improvements for Cameras in iPhone 13

BY JUSTIN KRESE

Apple recently released their new lineup of iPhones, specifically the iPhone 13 Mini, iPhone 13, iPhone 13 Pro, and iPhone 13 Pro Max. To be honest, though, I wasn’t all that impressed with the changes they made. Sure, the new phones have a new processor that’s faster than last year’s models. Sure, they added a 120Hz display that should be pretty smooth. Sure, they added faster than last year’s models. Sure, they added a 120Hz display that should be pretty smooth. Sure, they added a 120Hz display that should be pretty smooth. Sure, they added faster than last year’s models. Sure, they added a 120Hz display that should be pretty smooth.

One of the biggest features that will only be available on the new iPhones is a cinematic mode. In many ways, it’s like portrait mode but for video. The feature essentially blurs the background and leaves only the subject in focus, whether that subject is a person or a water bottle. The phone can even automatically switch between people as subjects when the subject in focus looks at someone else. And the phone saves the blur separately in the file allowing you to go back later and change which subject is in focus.

The concept for this cinematic mode is definitely interesting, but just like portrait mode, I don’t think it’s quite there yet. The problem with portrait mode and now with the cinematic mode is that it isn’t actually using a camera that can really make blurry backgrounds. Instead, it uses software on the phones to detect what the subject is and then adds a blur filter to everything but the subject. Quick photography lesson: most professional cameras use sensors that are 864mm² in size. This large sensor allows the camera to capture a lot of light as well as get those blurry backgrounds you see on professional portraits and other photos. The new iPhone’s wide camera, on the other hand, has a sensor size of 44mm² (and this is the biggest sensor size ever in an iPhone). With such a small sensor, the iPhone camera isn’t able to let in as much light or get nearly as blurry backgrounds. Apple has focused mainly on software to fix the problems they face with using such a small sensor. For a while, Apple has used noise reduction to reduce the noise you get from having such a small sensor that doesn’t perform well in low-light scenarios. And now, they are trying to combat the lack of blurry backgrounds by using software and “faking” the look.

I’m not trying to say that Apple’s approach is bad. It’s not feasible for Apple to put a big sensor in their phones that are even close to a DSLR’s sensor size. That would be way too big and would require a bigger lens, more battery life, and would make the phone a great deal heavier. Because of this, they’ve chosen to fake the professional look with software. Apple has been able to fix most of the problems from this small sensor relatively well with their software, but I don’t think portrait mode and cinematic mode are there yet. The problem is that the cameras aren’t able to accurately blur the background: they just add a generic blur to the whole thing. With a regular camera, you will have the subject in focus with objects getting more out of focus the farther away from the subject. The portrait and cinematic mode also have a hard time with complicated subjects, such as people with messy hair.

Just because I think portrait mode and cinematic mode aren’t there yet doesn’t mean that I’m not excited to see what it will be like in the future. With the inclusion of LiDAR (Light Detection and Ranging—something that allows the phone to see how far away objects are from the camera) on the new iPad Pro and now the iPhone 13 Pro and iPhone 13 Pro Max, the devices could theoretically use depth perception to determine how much blur certain objects should receive based on how far away they are from the subject. LiDAR could also potentially help distinguish the subject from the background more accurately.

In general, technology will continue to evolve, so we can expect portrait mode and cinematic mode and whatever mode Apple comes up with next to eventually be indisputable steps forward. What excites me is to see how far away we are from the limits of what the camera can do. I’ll still be using my DSLR around with me when I want to take professional-looking photos.
CORONASOMNIA IS YET ANOTHER WAY THE PANDEMIC HAS BECOME EXHAUSTING

BY NICOLAS RONTANINI

With all the stressors people encounter on a nearly daily basis, like work, school or tuition, we need our sleep. But with the pandemic intensifying those stresses and adding more on top of it, sleeping has become more than a little difficult. Instead of just worrying about when your assignment is due, you now have to think about who’s vaccinated, social-distancing when you want to be with friends, the next variant on the horizon—not to mention the usual college worries like assignment deadlines or whether or not you have enough money. With all of these added together, it’s enough to keep you tossing and turning at night.

But you’re not alone. According to the National Library of Medicine, during the height of the pandemic shutdown in 2020, insomnia rates rose by about 37 percent, from roughly 14 to about 20 percent. While the Sleep Foundation indicates that more than a third of Americans don’t get enough sleep on a regular basis, the stress, grief and anxiety of Covid-19 has brought us to a whole new level of sleeplessness and is now being called “coronasomnia” by sleep experts. You know you suffer from coronasomnia if in addition to having trouble sleeping, you also have increased anxiety, depression and stress related to the pandemic. That can be caused by everything from financial stress to increased media consumption to a loss of your daily routine.

And while the virus itself doesn’t cause insomnia, the stress it creates can. Covid added worries to people’s minds that we didn’t have to think about previously. We didn’t have to think about wearing a mask in public or worry if a runny nose means you’ve contracted the virus and are now contagious so have to cancel all your plans. All of these start to weigh on people’s minds and they’re hard to shake off.

Put together, all of these stressors begin to paint a somewhat worrisome picture. During the heat of the pandemic, my sleeping habits changed fairly drastically and actually sleeping was rather difficult. I found myself getting to sleep later than I normally do. I stayed awake longer either working on assignments or taking my mind off what I was worried about. When all you think about is stress, how do you get to sleep?

Add to that the effect of computer screens on melatonin, the hormone connected to our sleep that our bodies release when it’s dark out. Looking at computer screens, especially if you’re up late, could hamper that. But what else were we supposed to do when during the pandemic, everything shifted online, like school, work, entertainment, jobs and meetings? We had to be online for several hours. I spent much of my time in front of my computer screen working or my television relaxing.

With persistent stress, a few sleepless nights become part of a bigger problem. The decreased amount of sleep can also increase the feeling of anxiety and depression. Even worse, that anxiety can later translate to our dreams. Decreased sleep can also cause a lowered immune response, which is really detrimental in catching a virus easier, according to the Cleveland Clinic. It’s a vicious cycle that can keep anyone awake.

Before any of these sleep-deprivation scenarios enter your nightmares, experts say there are ways you can try to help yourself get some sleep. According to Hackensack Meridian Health, keeping and adhering to a schedule is a good start. During the height of the pandemic, everyone’s schedule was turned on its head, and I think that’s part of why it was so stressful. By keeping a schedule, it lets you reassess some control, and take that help back the edge off. I know it did for me; it lets me see everything I had to do in small increments, rather than everything all at once. Looking at the whole instead of the pieces can make everyone stressed.

I’ll also share another helpful tip from Hackensack Meridian: turn your devices off about an hour before you try to go to sleep. Like I said above, a blue screen hampers the release of melatonin, so turning off your computer and phone before bed can help a lot.

It’s important to keep in mind that this won’t last forever, but in the meantime, while I can’t tell you how to get better sleep, I can tell you what has worked for me. The most important thing to keep in mind with this is that it does have an answer. Hopefully, once we get a worldwide handle on the pandemic, we can all finally catch some consistent ZZZs.

SPORTS

MEET THE PANthers: WITH ATHLETICS BACK IN ACTION PLAYERS SHARE GAME PREPARATION STRATEGIES

BY GERARD FIORENZAI

Adelphi sports are back in action after over a year and a half of pandemic-related restrictions and our athletes couldn’t be more excited.

“It’s been amazing to have Adelphi sports back in action this year,” said men’s soccer player and graduate student Joseph Thomann, who plays defense. “In years past, I may have taken for granted just how amazing it is to be around your teammates and the environment at practice and during games. After this past year, I have such an appreciation for the opportunity to practice, joke with teammates and have games again with family, friends and loved ones back in attendance.”

Thomann is currently one of the team’s captains, as well as a defensive player. He said so far the season is steadily running along.

“We started off a bit rocky,” he said, “but I really think the group has shown a lot of character and determination to pull ourselves out of the hole we put ourselves in. In my final year, I have just been so thankful to be able to play with some of my closest friends. We have gotten back to our winning ways and I am hoping we can continue to keep pushing forward in conference play.”

Senior women’s volleyball player Grace Wegmann, a setter, also commented on the return to normalcy for the sport. “Truthfully, I feel incredibly lucky that I get the opportunity to have an actual and relatively normal season,” she said. “Having our season cancelled last year was really disheartening, so it’s been great to finally be able to get back after it in the gym. I really appreciate how the Athletic Department is handling and enforcing the rules, guidelines and regulations to ensure that we’re safe and able to play.”

Sophomore softball pitcher Claire Fon said she looked forward to supporting other teams. “It is very exciting to see what teams’ tendencies are and how they play the game by doing school work or watching TV shows to keep myself distracted. Around four or so before the game, I get a pre-game meal and then go back to focusing on the game and what I need to do to be said making a creed. I arrive two hours before kickoff in the locker room to listen to music and continue getting excited and prepared for the game.”

Thomann uses a similar approach to men’s soccer games in terms of visualization. “To prepare for games, I usually start the night before,” he said. “I try to visualize myself doing my job for the team and emerging with a victory. The day of, I usually try to take my mind off the game by doing school work or watching TV shows to keep myself distracted.”

As an athlete, he said that listening to music also helps her game mentalities. “I usually pop my airpods in and listen to music. It’s calming and gets me in the zone.”

Student athletes have to balance their athletics with academics. “We usually take notes on and analyze the best strategies for beating our future opponents based upon certain players’ tendencies, which is really beneficial,” she said, “adding that listening to music also helps her game mentality. “I usually pop my airpods in and listen to music. It’s calming and gets me in the zone.”

Thomann also acknowledged the coaches in having an integral role as well. “As athletes we need to take advantage of every free opportunity to focus on academics. Although sometimes tough, there is a lot of time management that needs to be done in order to truly balance athletics and academics. I am always using a planner and making lists of assignments I need to do. This helps me stay up to date with my assignments in all my classes and allows me to make sure I complete everything before the deadline. I also make sure to reach out to my professors and ask for help from them if and when I need it or am overwhelmed.”

No matter how they balance their time, thankfully now there are games back on their schedules. The Alumni Annual Softball game will be held today at noon at the softball field. The next men’s soccer game is on Oct. 19 in Waltham, Mass., at Bentley University against the Falcons. The next women’s volleyball game will be at home in the Center for Recreation and Sport on Oct. 19 at 7 pm as they take on the University of New Haven Chargers.
**SPORTS**

**Panther Spotlight: First-Year Federici Already Leads Tennis Team to Success**

**BY ANDREW SMITH**

The fall tennis season is underway at Adelphi and the team is off to a great start, winning the first three conference matches. The team consists of committed and dedicated athletes who play a major role in their success.

First-year student Caterina Federici has already made amazing strides to become a crucial member of the team. Federici has demonstrated superior play during the start of the season: she has been nominated Rookie of the Week by NE10 for two consecutive weeks.

Federici began playing tennis when she was five years old. She said her father played an instrumental role by introducing her to the sport.

Federici attended a tennis school near her home in Italy. She described her first time walking in as, “Love at first sight.” She also attended the Tennis School in Foligno, Italy, now one of the few five-star training schools in that country. Federici said she “grew up there,” and the school served as her second home. It inspired her to become the athlete she is today, which she described as “very competitive and goal oriented.” She added that the trainers and coaches at the school inspired her to work hard and master the sport.

They built her character and created a strong foundation for her tennis career.

In addition, Federici credited her parents for the success she has experienced on the tennis court.

“My parents are my inspirational figures. If I am here, it is only thanks to them. They always push me to do better and encourage me to do new experiences. Dedication, perseverance and hard work are only a few of the values that they taught me,” she said. “My goal is to succeed in these values not only on the tennis court but more importantly in my Adelphi experience.”

Federici is a first-year business major at Adelphi. She said she chose Adelphi because, “I love its location and I wanted to continue playing tennis and study at the same time. In Italy, this is not possible.”

She said she enjoyed her first month as a Panther athlete. “I love the Adelphi atmosphere. Even if playing on a team is a new experience for me, I’m getting used to it. My team is really competitive and I think we have good possibilities for this year.”

She added, “College life as a student athlete is hard, especially in freshman year. You have to be well-organized to prepare for both practice and matches and assignments. Hard work and time management are the key factors.”

Federici feels confident in her teammates and how they each support each other.

Support, encouragement and unity has been Adelphi tennis team’s secret recipe in being successful on the court. She explained how friendships play a key role for the team.

“I feel a strong connection with my doubles partner and roommate Barbara Quaglardi,” she said, adding that they reached the semifinals at the Intercollegiate Tennis Association national tournament held Sept. 17 to 19.

Federici preparing to receive a serve during a doubles match. Photo from AU Athletics

Head coach Rebecca Fakas described Federici as an “impact player for us from the very start of the year.”

She has a strong work ethic and is always looking to improve her game. “I’m looking forward to seeing how she will grow as an athlete throughout her time at Adelphi.”

Federici said, “Representing Adelphi is an honor and I hope to achieve numerous goals with my fantastic team.”

**Panther Prep Work: The Secret Behind the Season**

**BY MAXMILLIAN ROBINSON**

The lasting impact of Covid-19 has altered the course of collegiate play tremendously. It has caused players to practice in isolation, away from their teammates, socially distance themselves and consistently train on a daily basis, while keeping in peak shape. This is a lot to ask, even for a student athlete. Despite the challenges, many athletes continue to strive for success. Not one ounce of effort lacking on their behalf, with a winnable approach to all adversity they face.

What keeps AU athletes in such a controlled mindset?

“I realized that things won’t always go as planned and that it is uncontrollable,” said sophomore women’s basketball player Fiona Mannion. “It is how I respond to these situations that matters.”

Therefore, I try to focus on the things that I can control such as my mindset and being as best I can in all aspects of my life. This includes all aspects of my life, both on and off the court.

“I have everything in one place. Without it, I would be overwhelmed pretty quickly,” Buissereth said. “I plug in all my classes, team practices, weight training, appointments, social events for me to get anything done,” Buissereth said.

With all this time spent trying to improve themselves in their respective sport, what other possible things could these athletes do outside of the play that helps them?

“I am not sure if it would even be considered a habit or a skill, but I love to dance,” Mannion said. “Even if I am just doing TikToks with my friends and sisters, I love music and dance. Growing up I used to Irish step dance and believe it or not I think it has helped me to be a better player on the court because my ability to take quick, rhythmic steps helps me to be more creative with my post moves.”

“I love anything surrounding personal development,” Buissereth said. “A lot of what I do I think falls into that category. I have been trying to do more yoga and meditation because I want to build a stronger mindset. I love to workout to see how much fatter I can push myself and I love to read and listen to podcasts because I want to open myself to different perspectives.”

As you can tell from these responses, consistency is key. There are many different things that can help a player compete better, but everyone is different. That is what makes a story even more rewarding and on top of this, creates optimism for a stellar season to come.

“I have really been looking forward to being back with my team,” said Buissereth, a nursing student. “Aside from athletics, I am looking forward to seeing how my clinical rotations go in the hospital. My hospital experience was cut short last semester so I am hoping to gain a better idea where I would eventually like to work once I graduate.”

Soccer player Joseph Thomann credits visualizing success alongside an efficient coaching staff with obtaining wins. (See story on page 7) Photo from AU Athletics