

The Delphian

October 24, 2022

The Voice of the Students

Volume 78, Issue 3

SEE INSIDE: SPECIAL HALLOWEEN ISSUE!

Initiatives Aim to Prepare the AU Community to Vote in the Upcoming Statewide Election

BY JOANNA REID

Across the country Election Day 2022 will take place on Tuesday, November 8. This will be a momentous election as inflation continues to increase and Roe v. Wade has been overturned and left to be determined by state governments. In New York, Democrat Chuck Schumer is running for re-election and whether or not he keeps his role as the majority leader in the U.S. Senate is a balance of power that is up for grabs nationally. Meanwhile, the New York governor's race can determine if a pro-choice Democrat, Kathy Hochul, is officially elected as the first woman in the role in the state, or pro-life Republican candidate Lee Zeldin wins, which could potentially change access to abortion rights in New York. No matter what side of the aisle members of the Adelphi community stand on, the university has made Election Day an official holiday in order to allow everyone the chance to vote. Whether or not those same people are informed about what is on the ballot is the work of several organizations and individuals here.

Adelphi's Center for Student and Community Engagement (SCE) assists in running a program called Adelphi Votes. The webpage states, "Adelphi University is committed to provide students

and staff the opportunity to register to vote." It includes information on how to register, important registration deadlines and links to help one request a mail-in



A story post from @engageadelphi on Instagram that explains you don't need to show your ID when voting at a polling place.

ballot and learn about their state's voting details. (Today, October 24, is the last day to receive an absentee ballot, which must be postmarked by November 8.)

Kelsey D'Andrea, the coordinator of the SCE, said the Center has been using this program to educate students through their social media on how they can vote. Their Instagram (@engageadelphi) has posted numerous stories on the topic and even dedicated an entire highlight to encouraging people to vote. On top of this, on September 30, the Delta Sigma Theta Sorority set up a table in the University Center to help register people to vote.

D'Andrea thinks that voter turnout in statewide elections tends to be lower compared to Presidential elections, partly because people are not as well informed on the candidates. She strongly believes that it is important for students to exercise their right to vote.

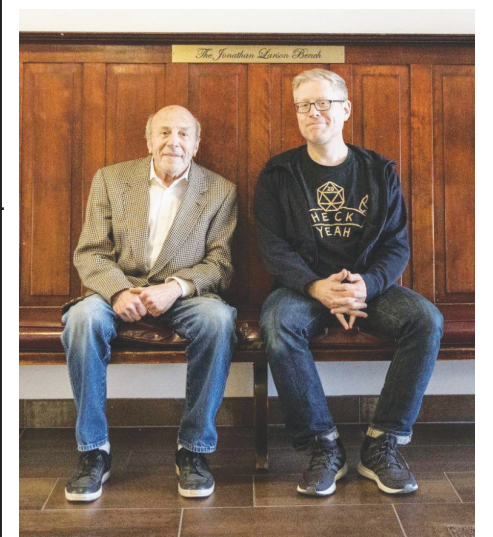
"At the end of the day you all are the future generations, so the decisions and turnouts of your voting determine how your pathway of life is also going to be, the way your country is going to be run," D'Andrea said. "Decisions that are made today can affect decisions made 10 years from now. It's important because it's your adulthood, it's your life, it's the life of your fellow

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Anthony Rapp Speaks About Larson's Legacy and His Own at PAC Event "Without You"

BY JOANNA REID

Anthony Rapp, an American actor and singer who originated the role of Mark Cohen in the Broadway production of "Rent," put on his one-man show, "Without You" at Adelphi's Performing Arts Center (PAC) on Sunday, October 16. The show is based on his autobiography, which discusses his experiences in "Rent" and meeting the musical's creator and Adelphi alumni Jonathan Larson for the first time. *The Delphian* had a chance to meet with Rapp before his PAC show for a one-on-one conversation in which he spoke about his work in "Rent" and how his legacy will coincide with Larson's.



Nicholas Petron, chair of the Theatre Department, who was one of Larson's professors while at Adelphi (left) and Rapp (right) sitting on the Jonathan Larson bench. Photo by Peter Frutkoff

University Highlights Constitution Day With State Senator's Visit

BY JOSEPH D'ANDREA

September 17 marked Constitution Day, the anniversary of when the framers of the United States Constitution signed the document that laid the foundation for our nation. To commemorate the significance of this incredibly influential piece of history, New York State Senator Kevin Thomas (D) of Nassau County's sixth district was invited by the Political Science Department and the Center for Student and Community Engagement to speak about the topic. About 50 students and faculty attended the event held on September 19 in the University Center.

Constitution Day became a federal holiday in 2004, 217 years after the original date of the document's signing. Each federally-funded educational institution is required to hold a program that focuses on the significance of this date in history, and many other non-federally-aided institutions throughout

the country also take part in recognizing the holiday. Educating students of today about how the government that Americans live under is essential because it reminds us as citizens

about the importance of standing up for your rights, even in a situation in which doing so was considered treasonous, as was the case with the

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Senator Kevin Thomas (right) visited Adelphi on September 19 to commemorate Constitution Day. He was interviewed by Prof. Maggie Gray. Photo by Dr. Binda Godlove Aka

Q: In your book, you mention the first time you auditioned for "Rent" and Jonathan Larson was in the room. What was your immediate impression of him and his work?

Rapp: For my first audition I wasn't familiar with his work per se, but my first impression of him was that he seemed very young, especially relative to other composers that I had met in my work as an actor. So he struck

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A Word from the Editor

With the leaves changing and the fall crisp in the air, it's time once again to unveil the annual Halloween edition of *The Delphian*. This time around we also present coverage on the upcoming election. Our News section provides articles covering Democratic and Republican groups on campus on voting as the date draws near, and a recap and overview of Constitution Day. We also give students' experiences with the new One-Stop Student Services Center. Commuters will find an interesting topic in the MTA's removal of MetroCard machines in favor of OMNY. Anyone interested in being a journalist can read more about the brand new SPJ (Society of Professional Journalists) chapter here on campus, and we even bring you an exclusive interview with musician Anthony Rapp, talking about his show at the PAC, and working with Adelphi alum Jonathan Larson. Save the date for our 9th Annual Media Career Expo, Nov. 15 at 5:30 pm to meet alumni who can offer you career advice. Pizza will be served.

The Features section this issue is sure to get you in a spooky mood, right in time for All Hallows Eve. We provide several Halloween pieces, from tips to cooking with pumpkins, to bakeries with treats so good, it's scary. We talk about some nostalgic costume ideas worth considering, and places to shop for decorations, if you're looking to hand out a veritable fright. Looking for some activities to join around campus? We even give a list of some Halloween events for students. But these aren't places in town in this issue. The Blaze Festival is coming around for a Halloween haunt, among other frightful trips. For those looking to rein in the scares with a good thriller, our writers lend a few suggestions. We're also here to talk about Morgan's Message, a chapter devoted to helping athletes with mental health, and a rundown of Spirit Weekend.

Our Opinions section is chock-full of fascinating perspectives from our team of writers. We take a look at rising rent prices and students' concerns. We bring you some methods to help in your learning, and maybe even a chance to learn new things, with some educational podcasts and YouTube channels. Speaking of YouTube, we highlight a scare-centered channel to check out. For the film buffs, we even give you a horror movie spotlight to watch and have a few laughs too. When you're thinking of costumes you could wear, be careful to avoid offending your peers in class. Don't worry, though, we're here to lend a hand.

To round out our issue, our Sports section offers some home runs, talking about the volunteer hours required of certain athletic teams and catching up on the season's progress with the field hockey team. We talk about the campus athletic life returning in person, and of course, we highlight an AU panther.

All of these stories and much more comes courtesy of our team of writers. If you are interested in writing for the paper, send an email to delphian@adelphi.edu and inquire about joining our staff. I wish you all the best, and SPOOK-tacular Halloween.

Nicolas Rontanini '22
Editor-in-Chief



TheDelphian

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Senator Visits Adelphi for Constitution Day

Continued from page 1
Founding Fathers' revolutionary acts. Maggie Gray, chair of Adelphi's Political Science Department, interviewed Sen. Thomas about the relevance our country's Constitution holds in the modern age, as well as emphasizing how his own platforms reflect the ideologies expressed in the document.

Discussing federalism, Sen. Thomas said, "The U.S. Constitution gives the federal government a lot of power to regulate certain fields. There are also certain things that the federal government has left to the states, such as consumer protection. If there's a conflict of law, the federal government wins."

There are parts of the Constitution, found in the Tenth Amendment and Article VI, Clause II, that establish this relationship between federal- and state-level governments. The Tenth Amendment states that the powers not delegated to the federal government are reserved to the states. Article VI, Clause II is where the Supremacy

Clause can be found, which declares that the U.S. Constitution (representative of the federal government) "shall be the supreme Law of the Land," meaning no state law can be in conflict with the Constitution.

The framework of federalism remains relevant each and every day, and has garnered much attention as of late following the Supreme Court's recent decision of *Dobbs v. Jackson Women's Health Organization*, returning the right to abortion to state-level jurisdiction.

"If you read the Ninth Amendment," Sen. Thomas said in regards to this current event, "it says that even though the federal government is not explicitly saying you have a right to a certain right, it doesn't mean you don't have it. You do have a right to privacy."

Outlining his belief that the right to privacy—which is not mentioned in the Constitution, but has been claimed by many to have standing as a result of several Supreme Court decisions—Sen. Thomas alluded to the importance of

how the Constitution's language allows for different interpretations by what was then considered future generations.



Professors in the Political Science Department encouraged students to stop by the UC to hear Sen. Thomas speak.

With Election Day only a few weeks away, the significance of voting has yet again been brought into the public consciousness by many politicians and educators, in order to convince Americans of utilizing this impactful ability of theirs. Article II, Section I and the Seventeenth Amendment lay out the systems of voting in

the United States. Article II establishes the Electoral College system of voting for President, and the latter modifies the Constitution to allow U.S. senators to be chosen by direct election, amending the initial system which saw senators being chosen by state legislatures.

While encouraging students to vote, Sen. Thomas said, "Our democracy is a work in progress; it is not perfect. That's why individuals such as us need to be more active in the political sphere. As someone who has been going around speaking to a lot of groups, there are more similarities than differences. I see [division] only on TV. This nation needs people like us, who can stand up to what is wrong, and we need to be extra cautious about what we hear and read. You should go out to vote so that you can pick out an individual who can fight for you. Many of you don't understand the power that's inside of you with that one vote. You can change society."

For more about this year's election, read the story on page one.

New AU Society of Professional Journalists Chapter Offers Students Membership

BY LILYEN MCCARTHY

Adelphi welcomes the chapter of Society of Professional Journalists at Adelphi (AU-SPJ), which has just received national approval and recognition. As a student media organization, it seeks to educate the community about the field of journalism, defend the rights of the student media organizations, and otherwise promote ethical and responsible journalism. It is open to Adelphi undergraduate students of all disciplines and backgrounds.



The Adelphi University chapter of SPJ logo.

The new organization is led by President Lilyen McCarthy, Vice President Elizabeth Panchyk and Secretary-Treasurer Kurana Doobay. McCarthy is a sophomore English and journalism major and writes for *The Delphian* student newspaper. Panchyk, a junior journalism major, acts as assistant features editor for the paper. Doobay is also a junior journalism major and contributor to this paper. Advising AU-SPJ is Liza Burby, a senior adjunct professor in the Communications Department and faculty advisor to *The Delphian*.

The four worked over the summer to meet the requirements of SPJ national: minimum membership count, a written constitution and completed checklist.

The students were inspired to start the chapter here when SPJ representative and award-winning local journalist Bill Bleyer visited Burby's Magazine Feature Writing class in the spring. Bleyer spoke about the value of the organization, which also has a local chapter, the Press Club of Long Island.

"When I heard about the opportunity to start this chapter on campus, I knew I had to take it. Being able to hold journalism-themed programs and help network my fellow students and me is so exciting," said this reporter.

AU-SPJ will be holding general body meetings and plans a number of programs and events for Adelphi's media community. One program to look for is a student event at which the chapter will offer professional headshots for a \$5 fee. AU-SPJ will also have a table where students are encouraged to join this professional organization for \$38 to have access to networking opportunities, as well as additional events. AU-SPJ plans to hold this school year.

"Student membership in AU-SPJ gives you access to networking opportunities and experiences that will benefit your career search, as well as the chance to learn about the standards and ethical practices of journalism," said Burby, who has been an SPJ member since 1993. "Further, we have counterparts at the other Long Island universities, which gives our students access to other student journalists and advisors."

To join, find the SPJ link at <https://my.spj.org/become-a-member>.

MTA to End MetroCard Production for OMNY's Take Over

BY HEMISH NAIDOO

The end of an era has arrived for many New York City transit riders. The Metropolitan Transit Authority had recently announced that in an ongoing process that will be completed by the end of 2023, all MetroCard vending machines in NYC subway stations will be phased out and replaced by OMNY, the MTA's newest method of payment for transit-goers.

OMNY is a form of contactless payment. These payments can be carried out through using a credit or debit card with a chip, scanning a smartphone containing a digital wallet or even buying an OMNY card, which is like a standard MetroCard.

The traditional MetroCard has been a staple feature of subway and bus riders in the city for decades. Its availability and fare flexibility, such as its student options, made it prevalent in every corner of the Big Apple.

Ashley Peralta, a junior who is the president of the Commuter Student Organization and frequently uses MetroCard, reminisced about the cards. "MetroCard vending machines are a NYC icon. They have been around for a long time, and it was the only method we knew how to use before OMNY," she said. "I don't think that they can truly be replaced. Even though our methods to use technology had advanced greatly, [MetroCards have] created a memorable experience for tourists and even our NYC residents."

However, OMNY seems poised to help bring NYC's aging public infrastructure into the future. Terrence Ross, a professor in the Communications Department at Adelphi, said, "Younger people will welcome the change. It will be quicker, easier and 'niftier.' For people who ride the subway a lot it will also be cheaper. [The] subway system is the lifeline of New York City. I applaud the MTA for trying to find ways to bolster its support after all the trauma the city went through with COVID." Indeed, easy and swift convenience appears to be the primary goal of OMNY.

After the MetroCard phases out, OMNY readers will be readily available at all 472 subway stations. Furthermore, all OMNY users can create an account through an App coming to both iOS and Android in the coming weeks that allows them to track their trip and fare history, along with managing their OMNY payment methods and having constant access to customer service. The most significant change, though, is that after users exceed their weekly fare cap of \$33, they can ride free with OMNY until Monday. More fare options, such as for students, are said to be on the way as well.

The added practicality of OMNY, therefore, cannot be understated. As Ross said about such changes, "The convenience and the savings that OMNY affords should make it particularly attractive to young people."

Peralta seconds this claim. "Traveling to and from work [and] school can get a little hectic. There have been times that I have been in a hurry and either had insufficient funds on my MetroCard or misplaced it. By just tapping my phone on my screen, I am able to get to my destination and not have to worry about having those MetroCard issues."

But why are the MTA so eager to phase out MetroCard usage and propel OMNY into the city's transit network? Ross believes it comes back to the effects of the pandemic. "The dangers of Covid had caused many people to stop riding the subway. With fewer riders, there are less funds to service the continuing riders effectively. By trying new programs like OMNY, the MTA is striving to bring more people back into subways to keep the system solvent. Without the subway giving people the ability to move around the city, New York would not be New York."

The loss of ridership during Covid seems to have incentivized the MTA to seek solutions that would encourage ridership rather than continuing to push riders away. Thus, the MTA has decided to give the rider as many choices as possible to pay as means to not restrict their options and increase their satisfaction with the transit system.

Of course, the arrival of OMNY is not without its drawbacks, especially for riders that are more skeptical and less willing to participate in these digital transactions. Peralta is concerned about this group of riders.

"I believe that elder residents will have a hard time adjusting to the switch of using [your] phone to pay for their ride."

Ross, on the other hand, said, "Some older people might not like the switch, instead liking things to stay with what they are used to. The MTA has tried to pacify this group by easing the transition in slowly." The gradual transition will give the MTA time to supply OMNY cards at over 2,000 retail stores such as CVS and Walgreens, as a way to compensate for the loss of the 2,317 MetroCard vending machines. Also, existing MetroCards will still be operational even after the vending machine phaseout for quite some time.

While the beloved yellow MetroCard is nearing the end of its run, OMNY is set to become a vastly more convenient alternative for college students who are already adjusted to storing information and completing tasks with their Smartphones. Peralta concluded that "MTA's decisions such as OMNY is overall a good move for the generation that is coming up and people [who] use their Smartphones daily. These types of public transit riders benefit from OMNY because they already have their smartphones set up with their card, so it is a matter of tapping the screen."

By making the process more streamlined, Adelphi's students can spend less time stocking up on MetroCard funds and more time getting to where they need to be.

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If you'd like to join the paper, we have many positions open. You can showcase your creative art skills, display your writing chops or learn about the technical side of the paper with production and website editing.

Contact us at delphian@adelphi.edu!

AU Votes in Upcoming Election

Continued from page 1

students, colleagues, friends and family.”

As a part of the Center’s Adelphi Votes program, the Feminist Alliance highlighted the importance of voting on their “My AU Life” page. They formed a blog post entitled, “Why Voting Matters,” an initiative started by Athena Bressack, former associate director for the SCE. Bressack reached out with questions for the Alliance to answer.

One member, Iyana Bakersville, wrote, “Voting is a right that not all are afforded. We owe it to the voiceless to be their voice. Voting is a crucial part of protecting and fighting for human rights.”

Adelphi’s College Republican club is hoping people will go out and vote as well. The president, Bradley Greissman, said, “We are encouraging people to vote Republican down the line in the upcoming election. I feel like our country is headed in the wrong direction under this President [Joe Biden] and I feel like conservative leadership will fix the problems that were caused.”

Greissman explained that some of the most important issues to the club are “high gas prices and bail reform. “But another issue that individuals are not talking about is the fact that millions of individuals have lost their jobs due to certain medical choices [vaccination status],” he said.

On the other hand, Alyssa Furline, president of the Feminist Alliance, said, “I cannot rightfully speak for our members and the issues that are closest to their heart. However, we have covered abortion rights, menstrual justice and barriers for Hispanic women. I trust that we are all working towards an intersectional

approach to who we will be choosing for leadership in the upcoming election.”

In reference to federal abortion rights being overturned, Furline said, “The eBoard was quick to act in the chaos of summer when Roe v. Wade was officially overturned. Our director of finances and events drafted our ‘Abortion is Healthcare Toolkit’ for members to find ways in which they can take action. We are doing our best to provide information on current civil rights and on how to vote.”

Furline said that the club’s ultimate goal is “to empower our peers to advocate for themselves and those around them. To do so, we must demonstrate to them that we trust in their ability to make their own choice in this election.”

Greissman said, “The ruling of Dobbs v. Jackson will not affect my vote at all. We are evenly split on this issue in our own club, but the members of the club who are pro-choice still plan to vote Republican down ballot.”

After a poll done on *The Delphian*’s Instagram account (@the_delphian), 71 percent of respondents said they were aware of what district they vote in and 86 percent knew of the candidates on the ballot. Additionally, it seems that most people will be voting in person, rather than by mail.

It’s clear that the Adelphi community is passionate about voting. Both students and staff are working hard to motivate others to vote by making it easier for people to learn about the different ways they can vote, how to vote and have open conversations about the issues that may be affected by the upcoming election.

Students Weigh in on the New One-Stop Student Services Center

BY KURANA DOOBAY

Located on the lower level of Levermore Hall, Adelphi’s new One-Stop Student Services Center now provides students with a one-stop experience for enrollment, academic records, financial aid, billing and account information.

Previously, One-Stop had been separated into different offices, such as Student Financial Services and Office of the University Registrar. At adelphi.edu/one-stop, you can find information regarding academic services, dining services, residential life and housing, tuition and financial aid, as well as the Registrar.

According to Kristen Capezza, vice president of Enrollment Management and University Communications, the One-Stop Student Services Center eliminates the need to bounce from office to office, allowing students a more connected and holistic advising experience across financial aid, billing, payment and registrar-related functions.

“This includes things like applying for financial aid, understanding your bill, enrolling in payment plans, processing course additions, drops and withdrawals, as well as applying for graduation,” Capezza said. “More importantly, it also includes things that have multiple implications. For example, a student who wants to drop a course will now receive holistic advice on how that dropped course may affect financial aid eligibility, how the timing may or may not result in a full, partial or no refund, and what other options may be available. In the past, a student would have simply processed their dropped course in one office only to learn, often by surprise, from another office that they were still financially responsible for that course, or that it negatively impacted their aid eligibility, resulting in a large bill owed to the federal government.”

So far, One-Stop has been met with mixed reviews, with many students expressing dissatisfaction with their services. They have been frustrated with the encounters they’ve had, especially when trying to pay their bills or ask questions about financial information.

Noah Moss, a senior communications major, said, “It’s terrible; they aren’t helping current students in the way they are portraying to parents and potential new students on the website.”

Out-of-state student Felice Hagerman, a junior biology and environmental science major, said that it was difficult when her important financial information was sent to her home rather than emailed to her.

“It frustrates me because when my financial aid isn’t being processed on time, it interferes with my registration and sets me back, because I may not be able to get into the classes I need,” Hagerman said.

Will Torres, a senior computer

science major, said, “I feel like it’s very inconvenient to have three offices consolidated together, for everyone involved. Things get confusing and extremely time consuming. I was there for about half an hour, just to figure out some paperwork.”

Capezza indicated that the new office is still a work in progress. “Our advisors are still going through cross training and are building their cross-functional knowledge in the three areas of financial aid student accounts, including billing and payments, as well as registrar functions,” she said. “It will take time to be fully seamless in this area and to pick up speed in the level of ser-

“The One-Stop Student Services Center eliminates the need to bounce from office to office, allowing students a more connected and holistic advising experience across financial aid, billing, payment and registrar-related functions.”

vice, but we are making great progress.” Some students have had positive reactions to the new office. Reagan Schneider, a senior English major, appreciates the consolidation. She said, “I like being able to take care of everything all at once, all in the same place.”

Commuter student Kennie Cervantes, a junior computer science major, said, “One-Stop definitely lives up to its name. As a commuter, I don’t spend a lot of time on campus and I find myself running around a lot in between classes, so the fact that I can take care of all my financial matters in one place has been very convenient for me.”

Student feedback such as this will help the process, Capezza said.

“Hearing from students about their experience and feedback, both negative and positive, is super important to us. It offers us the ability to continue to improve and serve students in a way that they feel supported,” Capezza said.

To voice any of your own concerns, ask questions or give other feedback, click on the “Contact Us” tab at adelphi.edu/one-stop. There, One-Stop offers an experience survey for students where they can rate their experience and suggest improvements for future operations.

To contact One-Stop directly, call 516-877-3080 between the hours of 9 am and 4 pm on Monday, Tuesday, Thursday and Friday, or 9 am-7 pm on Wednesday. You can also email one-stop@adelphi.edu, or visit their location on the Lower Level of Levermore Hall.

Save the Date for the 9th Annual Media Career Expo

The Delphian and the Department of Communications are holding the Ninth Annual Media Career Expo for communications, journalism, English and business students on Tuesday, November 15 from 5:30 to 7:30 pm in Blodgett 109. Students will get to interact with working representatives from the print, TV, film, web, marketing and publicity fields to talk about the job marketplace and learn more about breaking in as an intern or future employee. All the speakers will be people who have graduated in the last 10 years, so they can give you a first-hand, up-to-date representation of the job market today.

To date, panelists include Alexandra Romero ’22, an instructional media specialist at Columbia University’s Columbia Video Network; Gabriel Flores ’19, who works through the local 52 Union in NYC in the electric department as a lamp operator; Victoria Chiesa ’15, assistant managing editor for corporate communications at the the United States Tennis Association; Mara Bush ’14, who works at ABC Network News for the affiliate services department; and Brett Spielberg ’13, director of strategic communications and advancement at The Waldorf School of Garden City. Check out our website at www.thedelphianau.com for more information and additional panelists. There will also be free pizza and soda. To register, email Prof. Burby at burby@adelphi.edu.

Morgan’s Message Is Putting Mental Health First

BY MITCH COHEN

When it comes to the student-athlete community, they are known for being devoted to their teams and the sports they play. At the same time, they also have to do their schoolwork, attend class and maintain a social life. With all these responsibilities, student athletes tend to struggle with their mental health just like their peers.

This is where the nonprofit organization Morgan’s Message comes in. It was created in 2020 with the goal of addressing mental health within the student-athlete community. According to their website, the organization is named after Morgan Rodgers, a women’s lacrosse player who “endured a dream-shattering injury [before her sophomore season in January 2017].” Because of this, Rodgers’ mental health began deteriorating, which led her to take her life in July 2019. To continue the discussion on mental health, “1,635+ ambassadors on 720+ high school and collegiate campuses [have created Morgan’s Message chapters].” This year, Adelphi University established a Morgan’s Message chapter of its own.

Before introducing Morgan’s Message on campus, students had to learn about the organization itself. Andrew Delaney, a senior finance major, first learned about it last April while getting signatures for a sports psychologist on campus.

“I was on my own little venture just trying to spread awareness and open up the conversation,” said Delaney.

Once fellow student athlete Courtney Wengryn, a junior marketing major, introduced him to the organization, they decided to establish a Morgan’s Message chapter at Adelphi. Over 40 student athletes joined the cause.

Delaney said his favorite aspect of the organization is that its mission resonated with him the most.

“Their overall mission is to equalize the treatment of physical health with the treatment of mental health within the athletic community,” he said.

Wengryn said that establishing a Morgan’s Message chapter at

Adelphi has had a positive impact.

“I think this is also bringing student athletes together because I’ve had conversations and talks with people I would’ve never really met without Morgan’s Message,” she said.

In September, Adelphi’s softball team played a dedication game against Wagner University to bring awareness to Morgan’s Message. Throughout October, sports teams including baseball and men’s soccer have hosted dedication games as well. By doing so, they’re increasing awareness about

following an anxiety attack in 2018.

“I would have the shades down most of the day, no lights on, no TV, nothing. It felt like I was on a deserted island by myself, and it was always midnight,” stated Love.

The reason it’s important to address mental health now is that bottling up emotions is an unhealthy way to cope with difficult situations. From Wenz’s perspective, he believes that by being a part of Morgan’s Message, there is a place for people to discuss their mental health.



Ambassadors Andrew Delaney and Courtney Wengryn spoke to freshmen about Morgan's Message in Dr. Meredith Whitley's "Mental Health in College Athletics" seminar class.

Photo taken by Dr. Meredith Whitley

mental health and have the opportunity to change how mental health is handled in the student-athlete community.

For sophomore communications major Matt Wenz, one of his favorite parts of being involved with Morgan’s Message is contributing to the change itself.

“For me personally, I’m very focused on making sure that the student athletes that come after me will be able to go to these mental health professionals and get themselves taken care of,” he said.

Not only do student-athletes struggle with their mental health, but professional athletes do as well. In the 2020 Players Tribune essay, “To Anybody Going Through It,” Cleveland Cavaliers player Kevin Love wrote about his struggles with mental health

Student Poetry Corner

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

This poem is about my first queer crush and all of the emotions I experienced through it. Passion, joy, giddiness, confusion, turmoil and most importantly, love. Coming out to yourself is hard because of how intertwined all these feelings are. Yet, as cheesy as it is, love is love and you always have to follow your heart.

Fish in the Sea
By Mylo Fisherman

Out of all the fish in the sea
You choose to swim towards me
We fell in love
We gave each other nicknames
We were so happy
But why was it you
You made me question myself
I don’t love you...but I do
I can’t love you...but I still do
Why why why did you do this
The questions roll on while I played along
It was if I was an actor on your stage of love
Your feelings were always true but were mine ever
Although afraid of the truth
I made up my mind
I do love you and I always will
Although I still have questions I made up my heart
Willingly or not my brain had to follow suit

Panther's Great Adventure

by SydCee



Anthony Rapp Speaks at PAC Show Based on His Autobiography

Continued from page 1

me as being very young, really affable, friendly, warm...and he was tall and he was kind of hunched up in his seat. He was friendly, outgoing and warm and sometimes writers in theater can be a little shy or reserved or formal and he was not any of those things.



Rapp meeting fans after the show.

Q: What were your experiences like working with Larson? Were you able to go to him for feedback a lot?

Rapp: He was really generous with his sharing of the process. We would have lunch. He invited me to his apartment, would play me songs and talk to me about the process of writing

it. I was very touched by that. I thought it was so cool that he involved me to that degree. The way that he spoke, not just to me personally, but the cast about why he was writing it, where he was coming from. He extended himself in a way that I found to be kind of unusual and special and referred to it in a way that he wanted us to become his friends and his family. All of this was so personal to him and he wanted it to be personal to us as well.

Q: In your own words, what does Larson's legacy mean to you? Do you feel that your legacy and his overlap in any way and what do you hope your legacy will be?

Rapp: I think Jonathan's legacy is a lot of things. One of the things that stands out to me the most is he considered himself as an artist to have an obligation to talk about the world he lived in, in a way that would shine a light and make a difference, that would shake things up, that would make people think newly or differently about issues that they might be afraid of or want to look away from. He wanted art to confront life and he was unabashedly anti-cynical in his work; he was unabashedly hopeful. If you strive for something higher than just your individual needs, if you strive for the greater good, if you strive to build community... like "Louder Than

Words" at the end of "Tick, Tick, ... Boom!" That is so authentic to who he was, so his legacy is using art to make a difference, while also always going back to the most authentic principles and core values that animated his desire for a fair and just world. I feel like

ress. Living your authentic self is the greatest gift you can give yourself.

Q: Do you think that Larson contributed to helping queer people through representation?

Rapp: One hundred percent. It's not just queer representation, but also



Rapp described his experiences with Larson throughout his PAC show "Without You." Photo by Peter Frutkoff

I share that in many ways with him. That is very much what I would like my legacy to be as well. I'm an artist. I strive for my art when possible to be the kind of art that does make a difference. And that I try to use my platform, such as it is to shine a light.

"I know the world is better in so many ways in terms of overall acceptance, overall support, especially among young people, so I hope that they can feel that. At the same time the backlash has gotten really intense more recently, so I hope that they can find support systems to keep themselves safe and well in the face of that backlash."

Q: We have a lot of LGBTQ+ students here at Adelphi. As a queer person yourself, is there anything you wish to tell queer youth who are maybe struggling with their identity?

Rapp: I know the world is better in so many ways in terms of overall acceptance, overall support, especially among young people, so I hope that they can feel that. At the same time the backlash has gotten really intense more recently, so I hope that they can find support systems to keep themselves safe and well in the face of that backlash. Even when there is backlash there is a sign of prog-

awareness of AIDS and HIV, especially at the time. I remember so vividly a letter from a young woman who lived in a southern state. She wrote that she had never met anyone with AIDS or HIV. She saw "Rent" and she was moved to her core and then she sought out and volunteered at her local aids hospice after that. That's one person who said that. Any number of people who didn't write that letter who did similar things in their lives, rippled out over the course of the past 26 years; the impact is incalculable.

Q: Is there anything you wish you could say to Larson? Maybe now that "Rent" is a hit success or now that the "Tick Tick ... Boom!" movie has been released?

Rapp: When I see "Tick Tick ... Boom!" I am so heartbroken to know that he was contemplating giving up. I'm so grateful that he didn't. I would just like for him to celebrate the impact that he's had.

The day after this interview, Rapp's "Without You" was performed to a nearly sold-out crowd. The show told a touching story that underlined the theme of letting one go through the death of both Larson and his own mother. Rapp explained that after Larson had written "Rent," he had completed his life's purpose and he was ready to pass on.

Rapp used songs from the play in a new way to highlight Larson's legacy, repeatedly singing the infamous lines, "there is no future, there is no past" to move through the different times in his life. He also sang the line, "I die without you" to prove that the people who cherish Larson's work are what allows him to live on.

To learn about upcoming shows at the PAC, visit adelphi.edu/pac.

ADELPHI
UNIVERSITY

Get job search tricks from recent college graduates who have all landed their dream jobs. This event is sponsored by the Department of Communications and The Delphian.

9th Annual Media Career Expo

Learn how to break into the media job market at this free event sponsored by The Delphian and the Department of Communications.

Every student who attends will be automatically entered in a drawing for two prizes!

Our speakers are all Adelphi graduates who work in the print, TV, film, web, marketing and publicity fields. They'll discuss how they got their big breaks and tips for navigating the job search process. This is also a great opportunity to network for internships and your own career. Panelists include **Alexandra Romero '22**, an instructional media specialist at Columbia University's Columbia Video Network; **Gabriel Flores '19**, who works through the local 52 Union in NYC as a lamp operator; **Mara Bush '14**, who works at ABC Network News for the affiliate services department; and **Brett Spielberg '13**, the director of strategic communications & advancement at The Waldorf School of Garden City.

Contact the Communications Department or email Liza Burby at burby@adelphi.edu with any questions.

Date: Tuesday, November 15

Location: Blodgett Hall, Room 109

Time: 5:30 pm – 7:30 pm (pizza served)

Should you, or your guests, require an accommodation based on a disability, or need to request an ASL interpreter, please contact the Student Access Office by phone at 516.877.3145 or email at sao@adelphi.edu. Please allow for a reasonable time frame prior to the event; we suggest a minimum of five business days.

Adelphi University | One South Avenue, Garden City, NY 11530 | 516.877.4905

6th Annual Spirit Weekend Celebrations Return to In-Person Community Events

BY BIANCA VIANA

October 12-16 marked Adelphi's 6th Annual Spirit Weekend, which took place on the Garden City campus with over 2,500 participants at events throughout the entire weekend. Sloane Somerstein, a graduate assistant in the Center for Community and Student Engagement (SCE) explained that the event is hosted by Adelphi in collaboration with multiple departments across campus each year "to provide a weekend full of activities for students, faculty, family and friends to enjoy." Spirit Weekend hosted a variety of events, 39 to be exact, between Wednesday the 12th and Sunday the 16th. Some popular events included the Spirit Carnival, Adelphi 5K, Greek Sunday and Casino Night. Somerstein added that due to the pandemic, for many students and faculty this was their first time in attendance to a "normal" spirit weekend.

The results were a tremendous success thanks to many collaborators across campus, according to Anna Zinko, assistant vice president for Student Affairs. "It was amazing to see so many members of our community come together to celebrate their pride in Adelphi during Spirit Weekend. The schedule of events provided diverse opportunities for community members to participate in the best of what Adelphi has to offer, from athletics, to student organization programs, to off-campus trips leveraging our proximity to New York City," she said. "It was amazing seeing members of the community enjoy traditions such as Casino Night, the Spirit Weekend Carnival and Greek Sunday."

Spirit Weekend kicked off strong on Wednesday the 12th with the annual Fall Arts Festival, an event that gives the community an opportunity to collaborate and celebrate the arts while also express-



A phoo of the Prestigious Panthers that President Riordan posted to her Instagram account. The students pictured from left are Kelly Andreuzzi, Miguel Velasquez, Jende Uy and Jonay Jackson.

dance performances, a film screening, a zine-making workshop and screen printing.

Thursday evening featured a magic show by magician Daniel Martin in the Ruth S. Harley University Center Ballroom. Friday, October 14 started off strong with a trip off campus to Crossroads Farm at Grossmans. The Adelphi community was invited to volunteer and work side-by-side with farmers and had the opportunity to learn about organic growing methods, plant care and local food. Fifteen students served at Crossroads Farms.

"Volunteering at Crossroads was an incredible experience where I got to work hands-on with passionate staff members and learn about what goes into the daily chores at a farm," said Alyssa Geraci, a first-year graduate student and social work major who was part of the trip. "While at the farm, we had the opportunity to prepare land for crops, plant rye, seeds, harvest ripe pears and pick

Casino Night from 8-10 pm. Before the event Somerstein said, "Attendees can play the slots or challenge themselves to a game of craps, blackjack and more. They will be able to compete for amazing

were announced at the Spirit Court. This year's winners are Kelly Andreuzzi, Jende Uy, Miguel Velasquez and Jonay Jackson. Somerstein described the recipients of this award as, "mentors, role models and leaders of communities on campus and this is a recognition of everything they have given and done for Adelphi and the community members that come here each day. The Spirit Court has students that represent every corner of academics, involvement, passion and dedication that Adelphi has."

Fisherman, who was a member of this year's Spirit Court said, "It was really nice being on the Spirit Court and being able to stand alongside other hard working, dedicated and school spirited students."

The final day, Sunday the 16th, the fun continued with a food tour to Little Italy and Chinatown located right nearby New York City. Tickets cost \$20 and included round-trip transportation and some yummy food options like Thai tea, fried dumplings, a famous New York slice and to end things off a cannoli. Sunday also featured a Spirit Send Off in the Hagedorn Hall



The Spirit Court at the Spirit Weekend carnival from left: Brei Snyder, Caio Gomes, Carmilia Moise, Jende Uy, Miguel Velasquez, Reilly Fortune, Gabriel Silva, Kelly Andreuzzi, Jonay Jackson, Christina Korotki and Mylo Fisherman

prizes while enjoying hors d'oeuvres."

The event was family-friendly and open to the Adelphi Community, alumni, Panther families and friends.

On Saturday morning 76 attendees participated in the Adelphi 5K run, which kicked off at 9:30 am in front of the Nexus building. The route consisted of our beautiful Garden City campus.

Saturday also featured the Adelphi Spirit Carnival in Parking Lot 5 behind Post Hall. Tickets give attendees an all-inclusive wristband leading to fun carnival rides, catering and food trucks and family fun activities.

Mylo Fisherman, a senior who ran a booth for Students Beyond the Binary and Feminist Alliance at the Spirit Carnival said, "It was so fun being able to run the duck fishing game and raise money for these organizations. The game was a hit and it was interesting seeing the different tactics people come up with to try and win."

The Prestigious Panther are awards, which honor students who have shown dedication and commitment to the Adelphi community throughout their time here,

parking lot where attendees could grab an ice cream cone from Mr. Softee, enjoy a video game truck and win some giveaways.

There were so many great events taking place Spirit Weekend to bring the Adelphi community together.



A carnival game and some of the other carnival activities.

Photo by Kelly Andreuzzi



The Environmental Action Coalition and their first-place winning spirit column and president, who won Prestigious Panther. Pictured from left are Amanda Hornung, Will Torres, Sara Cioffi, Kate Cimino, Nicoletta Roppo, Brianna Betterson and Kelly Andreuzzi. Photo from the Adelphi Environmental Action Coalition Instagram

ing and bringing awareness to a particular theme. This year, the theme of the event was "Peace of Art: Fostering Dialogues through the Arts." Artists created art that focused on the concepts of war and peace. In addition to the beautiful art installations, this year's festival included poetry readings by creative writing students and alumni, music and

flowers. Everyone had a great time."

Also on Friday, at 3:30 pm, there was a Spirit Activity on the Flagpole Lawn hosted by the SCE and the Student Activities Board. Students had the opportunity to build their own panther, take photos in the photo booth or make their own custom keychains.

Friday night's main event was

Four local Sweet Treat Spots to Choose From

BY ALESSIA PERCIBALLI

You don't have to go trick-or-treating to get delicious treats. Local bakeries also cook up seasonal sweets. Whether you're looking for pies, holiday cakes or sugar cookies, these four Long Island bakeries have it all.



Who says candy is the only sweet option for trick-or-treating? Iced sugar cookies are a popular choice at local bakeries.

Kerber's Farm

Located in Huntington, this location is more than a bakery, though their highlights are a variety of fruit pies made on site, such as apple crumb, blueberry crumb, cherry crumb, Kerberry crumb (a blend of strawberry, blueberry and raspberry), strawberry rhubarb, key lime and banana cream pies. Since October 1, they've also had coconut cream, S'mores and pecan pies. Specifically for Halloween, Kerber's Farm has pumpkin snickerdoodle cookies, pumpkin pecan bars and a mini pumpkin pie. All pies can be made gluten-, vegan- and sugar-free.

Mimi Ewald of Huntington, who has been a general manager of Kerber's Farm for over eight years, said that their sweets and savories such as quiche and spinach pies are year-round hits—as are their lemon scones. They also have gluten-free muffins. In addition, they have eggs from the grill until 3 pm along with biscuits, scones, muffins, brownies, cookies, croissants, sandwiches and items from the oven such as pot pies and pockets.

Kerber's Farm is located on 309 West Pulaski Road in Huntington. The

farm has been there since 1941 founded by Mr. Kerber and since 2013, Nick Voulgaris III. They are open 364 days a year from 7 am – 8 pm every day except Christmas. Kerber's Farm also has outdoor seating. Don't be surprised if chickens walk under your table, and there are pigs and other farm animals as well. Currently there's a pumpkin patch to enjoy during the fall season.

Copenhagen Bakery

Copenhagen Bakery in Northport, which has been in business for 24 years, has a wide range of baked goods from bread, Danishes, pastries, cookies, pies and specialty cakes to Scandinavian items. Their kitchen is open from 6:30 am-2 pm, Monday-Sunday to serve breakfast and lunch. They have a variety of omelets, breakfast sandwiches, waffles, pancakes, French toast, crepes and lunch sandwiches.

Jessica Greenbaum, an employee of six years, said, "Our logo is based off our Kringler, which is made with almond paste, custards and raisins. A cool fact about our Danishes is that we import some products (like butter) from Copenhagen to make sure they are authentic."



Kerber's Farm in Huntington is known for their variety of seasonal pies, like pumpkin.

For Halloween, they make cookies in the shapes of pumpkins, ghosts, bats and more. "They are all decorated by hand with royal icing," Greenbaum said.

Copenhagen's most popular items are their apple cider and pumpkin donuts

only served in the fall. Greenbaum said that the pumpkin donuts sell out quickly.

Copenhagen Bakery has gluten- and vegan-free options. Greenbaum added that what makes the store unique are their pies: everything from pumpkin, pecan to strawberry rhubarb and apple crumb pie.

Copenhagen Bakery is located on 75 Woodbine Avenue in Northport. They are open from 6 am – 6 pm Monday – Sunday.



Pumpkin donuts are so in demand at Copenhagen Bakery in Northport that they sell out early on the weekends.

Sapienza Bake Shop

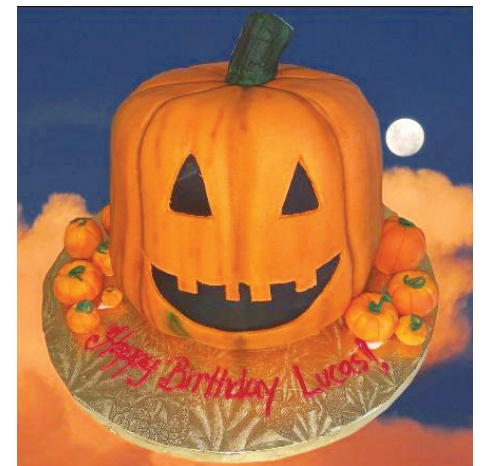
Sapienza's Bake Shop in Elmont is mostly known for their unique cakes, but they also have a variety of other baked goods like pastries, cookies, cupcakes, biscotti, pastry cups and pies. If you're looking for delicious Italian desserts, this place is for you. You are able to build your own cannoli and they have Napoleons, Sfogliatella, rainbow cookies, chocolate biscotti, a Regina biscotti—a tasty traditional favorite covered with sesame seeds—and tiramisu. For the Halloween season, they have made many jack o'lantern cakes and pumpkin-flavored cakes.

Sapienza's Bake Shop is located on 1376 Hempstead Turnpike in Elmont. They've been in business since 1967 (it was previously named Vesuvios). They are open 8 am-7 pm, Monday-Saturday and 8 am-6 pm on Sundays.

Buttercooky Bakery & Cafe

Buttercooky Bakery & Café has a huge selection of goodies. You can choose from cookies, cupcakes, cake pops, macarons, cheesecake, pies, cakes, French pastries and breakfast pastries. They also make fantastic cakes for special events such as weddings and graduations. Many customers recommended the pumpkin cheesecake, pecan pie and the Mickey Mouse cupcakes.

Customer Alexander Caliendo of Port Washington said, "If you are looking for a good Halloween, fall treat, try the pumpkin spice muffin and the hazelnut meringue cookie. Not only do they taste so good, but they get



Custom-made cakes are one of the specialties that makes Sapienza Bake Shop in Elmont a fan favorite.

you in the fall, Halloween mood."

Buttercooky Bakery has three locations: Floral Park at 217 Jericho Turnpike (open every day from 7 am- 8 pm); Manhasset at 140 Plandome Road (open daily from 6:30 am-8 pm, Mondays through Fridays, 7 am – 8 pm, Saturdays, and 7 am-6 pm on Sundays; and Huntington at 495 New York Avenue (6:30 am-7 pm, Sunday-Thursday and 6:30 am-8 pm, Friday and Saturday).

What Does Adelphi Have in Store for Our Students This Halloween?

BY LILYEN MCCARTHY AND LIZZ PANCHYK

Halloween is arriving not only to our streets, but to our very campus. And this is the time to be thinking about what we will be doing for this beloved holiday, whether it be on, or off, our grounds. So if you want to find some spooky activities within reach, definitely check out what Adelphi has to offer.

Unfortunately, Haunted Halls at Earle Hall will not be returning this year due to the experience reportedly disturbing some students and lack of participation at last year's event. But resident assistants are still holding programs in various residence halls themed around Halloween. Senior Resident Assistant (RA) Miguel Velasquez is holding a program, "Halloween Fest," in Waldo Hall on

October 28. During this program, participants can bake cookies, listen to music and watch a Halloween film.

In Residence Hall B, Mike Gabriel, an RA and grad student, said, "I'll be hosting a program called Tricks and Treats where residents will learn different methods of learning and get a goodie bag of Halloween candy at the end."

SEAS (Society of East Asian Students) will be hosting a Spooky Scavenger Hunt on October 27 from 5-8 pm at the Flagpole Lawn. The person who finds the most items wins a prize. There will be food and drinks provided as well and you can find more information and sign up on MyAULife.

You can also join the Students Beyond the Binary, Gender and Sexuality Alliance, Her Campus and the Feminist Alliance for their Werewolf: A Night of Mystery and Horror. This will

take place on Halloween from 6-9 pm in the UC Ballroom and there will be games, costume contests, face painting, tarot card readings, plus food and candy. This is the perfect opportunity to utilize your snazzy costume and show it off, and maybe even win a prize. You can RSVP through MyAULife.

While resident halls like to go full blast for Halloween, decorating the halls and partaking in activities, commuter students can get involved as well with the events that the Commuter Student Organization (CSO) is hosting.

"The Commuter Student Organization is going to see 'Wicked' on Broadway," said President and junior Ashley Peralta. She said it's taking place on Friday, October 28 at 8 pm to celebrate Commuter Appreciation Week. Commuter Students have been able to sign up through

University Tickets since Tuesday, October 18 and tickets are \$15.

If you're not a Broadway fan, another event that CSO is hosting is Movie Night Trivia with Neon Entertainment, Peralta said. "This is happening during our weekly meeting at 1 pm in UC 211/212. There will be prizes for our winners. We will have snacks and Halloween candy to give out." After all, who wouldn't want candy for Halloween?

If you would like to find out about more events, you can check out MyAULife to get caught up on the goings-on on campus. There are many clubs to look into that will be hosting fall themed and Halloween events of their own. And if you're a commuter, feel free to join CSO or follow them on Instagram @csodelphi.

Looking to Frighten Your Neighbors? Here's Where You Can Buy Decorations

BY LIZZ PANCHYK

It's that time of year when we can transform our lawns, houses or dorms into a haunted landscape or a cute and fun scene. All it takes are some decorations. But did you know that you don't have to limit your choices to those at Party City and Spirit Halloween? Here are a few local spots where you can buy Halloween decorations that'll catch the



Festive and fun potted succulents available right as you walk into Hicks.

Photo by Lizz Panchyk

eye of passersby.

Hicks Nurseries - Westbury

Hicks Nurseries was founded in 1853 and is the oldest nursery and garden center on Long Island. It contains a wide selection of items, from plants to watering cans and pots to decorations. They go all out for fall and Halloween and the price range of items is \$3 to

\$400, but most are in the \$20 to \$80 range. If you're a plant parent, you can get one of their succulents with decorated pots—perfect for windowsills. And if you're looking for something cheap and simple, look into their metal signs you can stick in the ground with pumpkins, black cats, spiders and more.

"I've noticed that most people who get decorations always have at least one of the metal signs in their cart," said Katie Knobloch who has been working at Hicks for two years. And don't forget to pick out a pumpkin before checking out. Learn more at hicksnurseries.com.

Garden World - Franklin Square

Established in 1949, Garden World in Franklin Square is another nursery where you can find all different types of decorations. They have light-up signs and stickers you can put on windows on your house or dorm room; some of them even light up or glow in the dark. Also keep an eye out for inflatables if you want to go all out this year. Their prices for decorations range from \$2.99 to \$399. They have another location in Flushing, Queens that you can check out as well. You can find out more at www.nygardenworld.com.

Dees Nursery and Florist - Oceanside

Dees Nursery and Florist has been family owned since 1958 and has since expanded their garden center. Much like

Hicks, they have a large selection, from shrubs to seeds to new decorations every season. You can find scarecrows, large inflatables from Tim Burton movies, and cute little ghosts or scary witches to hang on your trees. They also carry seasonal and non-seasonal LED lights to light up your room and your house. Their store has more than the eye can see, so do stop by or visit deesnurseries.com.

Five Below - Nassau County

Five Below, known for being a



Just a few examples of the various metal signs sold at Hicks Nurseries.

Photo by Lizz Panchyk

cheap store with a wide selection is for anyone who loves to stock up on holiday items. College students often look for cheaper options to liven their spaces without breaking the bank. At Five Below, you can find wall decorations,

hanging signs, LED lights (for those of you without roommates) and even jumbo eyeballs. All for \$5 and below, you can find locations all over Nassau. So if you need something cheap and fast, here is a great place to go.

Dollar Tree - Nassau County

Another cheap place on the map would be Dollar Tree, which carries items both large and small. Joanne Meltzer, who has been decorating her Nassau County house every Halloween for 25 years, enjoys DIYing some of her decorations and uses this store as one of her shopping spots.

"A lot of the stuff I get, I get at Dollar Tree because it's the cheapest place and you can actually make that stuff last a long time," she said.

One of the easiest indoor decorations is something as simple as a kitchen towel or garland to pin onto your walls. But if you want to really go out there, look into their hanging witches and skeletons, stick a "beware" sign into your lawn and bestow a spider web onto your bush to make your house look really haunting—just like Meltzer does.

Really wherever you go, you're guaranteed to find some sort of outdoor Halloween ornamentation. So get your spook on and start decorating!



No Pumpkin Guts, No Glory: Cooking With Pumpkin Innards



BY KENNETH CERVANTES

Carving jack o'lanterns has always been a beloved Halloween tradition. You go to your local supermarket or pumpkin patch, find the plumpest pumpkin in the bin, and then go home and start whittling away at the orange flesh until you've created your favorite design. But after admiring your masterpiece, you realize you're drowning in gourd guts! What do you do with that pesky pumpkin pulp? Hopefully, you're not tossing those pumpkin innards into the trash can where they'll be sent to a landfill.

Food waste is an ever-growing crisis that's destroying our planet. According to the NYC Food Policy Center, in New York state alone, 3.9 million tons of food waste are produced each year, and if that waste doesn't wind up in landfills, it will pollute our streets and waterways.

"Creating more food waste causes increased greenhouse gas emissions, which leads to climate change," said Kelly Andreuzzi, president of the Environmental Action Coalition at Adelphi. "If we reduce the amount of food we throw away, we can improve the quality of the air we breathe and prevent this waste from ending up in lower-income communities."

Reconsider throwing away those stringy scraps and try cooking with them instead. From light snacks to sweet treats to cooking and baking essentials, here are some ideas on how to cook with pumpkin guts inspired by the

Inspired Taste Recipe and food blog.

If you're craving something salty, roasting those pumpkin seeds is a quick and easy fix. Did you know that your medium-sized pumpkin can contain up to 500 seeds? After scooping them out, they

cayenne powder if you want some extra spice. Roast at 350°F for 12-15 minutes, tossing the seeds every five minutes. When your seeds are golden brown with a nutty aroma, they're ready to snack on.

With a plethora of autumnal recipes



Did you know that your medium-sized pumpkin can contain up to 500 seeds? Don't let them go to waste. Learn how to make a healthy and delicious snack.

may be a bit sticky so add them to a colander and rinse off any excess pulp with cold water. Once rinsed, pat your seeds dry with a paper towel to remove moisture and keep that crunch you'll need for roasting. Evenly spread your seeds on a lightly greased baking sheet and add a teaspoon of kosher salt, a teaspoon of smoked paprika and ¼ teaspoon of

using pumpkin purée, making a homemade version will give you that cozy fall feeling. Now that you've already made some seeds to munch on, you can add the pulp to a food processor and pulse until you achieve a smooth consistency. That same pumpkin you're using yields 1.5 cups of puree, which is just enough for an 8-inch pie. Whether you want

to bake some pumpkin bread or add a creamy texture to your risotto, you won't find yourself running to the store to get the canned version ever again.

Home cook and Hempstead native Cristian Henriquez said he uses his homemade pumpkin purée in his pumpkin bisque. To give his purée a little kick, he even adds a few cloves of fresh garlic.

"It has a richer texture and a sweeter, more robust flavor than the stuff you buy at the grocery store," Henriquez said. "I love using homemade items in my dishes because of the authentic feel."

Not only will you be saving the environment from detrimental pollution but cooking with those pumpkin innards provides some nutritional health benefits.

Lauren Ciuffo, Adelphi's on-campus registered dietician, said, "Pumpkins and other brightly colored squash are packed with beta-carotene, the precursor to Vitamin A. Beta-carotene is a powerful antioxidant that helps reduce inflammation in the body, strengthen the immune system, and reduce the risk of heart disease and cancer."

Save your planet from pollution, cut back on food waste and give yourself a health boost. Think about that this Halloween before tossing those pumpkin guts into the trash. Even the tiniest scraps of food can make for a hearty, wholesome meal.

Blaze Festival Carves Out a Place for Pumpkin Artists

BY CHRIS LEONARD

The Great Jack O'Lantern Blaze Long Island festival is sure to attract many visitors this year with its jaw-dropping pumpkin attractions and flashy Halloween light displays. Old Bethpage Village Restoration in Nassau has once again been converted into a Halloween attraction for all ages as this festival boasts historic barn walkthroughs and a pumpkin trail consisting of more than 7,000 intricately carved jack o'lanterns in designs ranging from cartoon characters to famous paintings. A common question visitors ask is: How do they create those stunning carvings? Lead pumpkin carver Carol Hough of Massapequa, whose main area of responsibility is handling the live pumpkin carvings, shared the answer with this reporter.

Working with live jack-o-lanterns, her team of 12 carvers designs about 650 a week. In fact, they create about four to five pumpkins per hour. Hough added they have a lot of prize-winners.

"Those are the gigantic pumpkins that are anywhere from 100 to 125 pounds, so that takes a little bit of extra muscle to scoop all the guts out, and we like to carve some fun stuff on there," she said. These massive pieces are a favorite amongst the younger audiences, as Hough and her team try to make these larger displays more fun and interactive.

To carve the pumpkins, the team uses sheetrock knives. An ice cream spade helps to scoop out the insides.

For the more intricate carvings they use clay-sculpting and wood-carving tools. In order to create a 3D effect,

from a family that is "very big into Halloween and arts and crafts," adding that she also comes from "a whole



This design of carved pumpkins is among the 7,000 at this year's Blaze Long Island Festival in Old Bethpage Village Restoration. Photos from Blaze: Long Island

carvers scrape layers off instead of completely cutting through the pumpkin. Hough said that allows for different variations of light to shine through.

This year marks Hough's third with Historic Hudson Valley, the organization that puts on the event. However, carving pumpkins has been something she has enjoyed since she was a child.

"It's never something I thought I would do professionally, but it worked out that way," she said. Hough comes

family of artists." The Blaze Festival has become a family effort as all three of her daughters were on staff last year.

Her talents during this time of year are in high demand, but she details why she chose Blaze. "They have such a great culture here; there's a very positive, inclusive atmosphere with great people to work with."

Hough is also drawn to Blaze as they are a nonprofit organization that provides educational programs and his-

toric preservation. Proceeds from ticket purchases support the education and preservation efforts of Old Bethpage Village Restoration and Historic Hudson Valley.

During the Halloween off-season, Hough can be found working with Splashes of Hope in Huntington, a nonprofit organization that creates murals for hospitals and schools. "Anything I can do artistically, whether it's carving pumpkins or painting, if I'm doing something I love, it never feels like I'm working. For me, it's just a fun way to use my talent," she said.

Asked what her favorite designs are to create, Hough said: "I enjoy carving multiple pumpkins that create a scene, for instance, a larger pumpkin being attacked by smaller pumpkins. I also like carving traditional Halloween themed monsters, like Frankenstein, vampires and witches. I really like the way the 'Pumpkin Portal' turned out. It is new this year. It's a lighted tunnel in the very beginning of the show, and the sides are lined with hay bales topped with alien pumpkins. Our guests walk through, and it is very bright and interactive."

As Hough prepares for this year's Blaze festival, feel free to stop by Bethpage Park and view her team's creations this Halloween. Adult's tickets are priced at \$44 per person, while children's tickets are \$36. Blaze will be running until November 6. Be sure to purchase tickets in advance online at www.pumpkin-blaze.org as slots do fill up quickly.

Turning the Page: Scary Thrillers You Must Read This Month

BY GIANNA CAMPANARO

There is nothing like curling up with a chilling book by a warming fire on a particular cold and gusty fall evening, especially as we get closer to the spooky season. Here are several thriller recommendations that local librarians have curated to scare you silly.

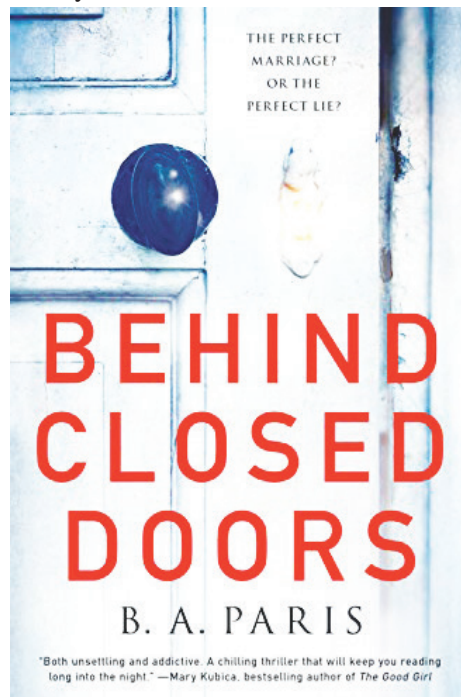
"Thrillers are just page turners, and I like being able to have no idea what the heck is going on because life is pretty predictable and not all books are," said Grace Riordan, a clerk at the East Rockaway Library who exclusively reads thrillers. She expressed how popular this genre tends to become in circulation, adding, "It truly is the perfect time for new releases to drop in October."

Her colleague, reference librarian Heather Massa, said that a "bananas" thriller for young adults (YA), is "Monday's Not Coming" by Tiffany D. Jackson, published in 2018. This novel for ages 13 to 17 follows Claudia who is in search of her missing best friend Monday. This whirlwind of a plot takes on many twists and turns, uncovering the truth from a girl who's trying to obtain forgotten memories.

Massa also recommends what she calls the terrifying and intense "Behind Closed Doors" by B.A. Paris for adults, released in 2016. It follows a married couple who on the outside

appear to be perfect, but behind closed doors Grace's husband tortures her.

Shannon Dalrymple, children and youth services librarian at Lynbrook Public Library—who also dabbles in adult refer-



This thriller released in 2016 still has the power to unnerve readers who like thrillers year-round.

ence—said there are YA thrillers that have a lot of crossover appeal, meaning adults are reading them too. Dalrymple said a

popular author in this category is Karen M. McManus. She became well known for her first successful novel, "One of Us is Lying," a YA released in 2017. A televised adaptation was released in 2021 on Peacock. (So you can check that out too.)

When it comes to what is currently popular, Dalrymple said that lately people have been into domestic thrillers, which focus heavily on familial relationships. Dalrymple pointed out "The Family Upstairs" by Lisa Jewell for adults and released in 2019 is still a go-to story in this category. It emphasizes the rocky relationship between a woman and her lost family, riddled with murder and missing siblings.

"I'd also say adult thrillers by Ruth Ware, Riley Sanger and Sharpi Lapena books go out a ton," she added. These include Ware's 2020 "One by One," where a ski lodge holiday turns to the worst; Sanger's 2020, "Home Before Dark" where fictional stories from a haunted house reveal themselves in the forefront of reality; and Lapena's 2016 adult thriller, "The Couple Next Door" where a mysterious murder unleashes the imperfections of a perfect neighborly couple.

Massa also suggested Riley Sanger but said that her books are "hit or miss. 'But Last Time I Lied' is definitely a hit!" If you are a fan of the hit television series "American Horror Story" on FX, this may be the story for you. In

this 2018, adult recommended publication, Sanger's haunted cabin has a similar vibe to season nine of "AHS: 1984" which took place on a campground.

Massa also recommended these titles that are currently popular on BookTok—a subcommunity on TikTok that is focused on books and literature:

"Sadie" by Courtney Summers, a YA released in 2018, that Massa said is "very dark" and for fans of "Criminal Minds" and "Law and Order." Between a podcast and Sadie's quest to find her sister's killer, a mystery is unraveled.

"Fire Keeper's Daughter" by Angeline Boulley (YA, 2021) follows a dark story in a Native American reservation where heroine dealing is prevalent.

"The Inheritance Games" by Jennifer Lynn (YA, 2020) is a three-book series in which a surprising inheritance leaves Avery Grambs with a whole new life and a mystery to unpack.

"Cross Her Heart" by Melinda Leigh (adult, 2020) is about a detective unnerved by the traumatic suicide of her parents who comes across more trauma with the mysterious killing of her sister.

Your local library is the perfect place to visit to access an array of these books and more for free, and even gather some great recommendations for other genres. All you have to do is show two proofs of residency to get your own library card.

Nostalgia-Inducing Halloween Costume Ideas

BY MYLO FISHERMAN

With All Hollows Eve just around the corner, now is a great time to start planning your costume. Drawing inspiration from some of our favorite childhood characters from TV to video games, there is sure to be a costume for you on this list whether you are going with your significant other, best friend, a group of friends or solo.

Spongebob Squarepants

Are you ready... for Halloween? The “Spongebob Squarepants” characters are one of the most notable and quotable of our generation. With the numerous characters to choose from, it is the perfect costume no matter how many people are in your Halloween party. Some great duos/couples costumes from this show can include Spongebob & Squidward, SpongeBob & Patrick, Mermaid Man & Barnacle Boy, or if you want to get creative with it, Mr. Krabs & money. Whatever you choose, there is sure to be a character that matches your personality. You can even go as one of the many iconic memes from this show.

Fairly Odd Parents

This iconic cartoon has numerous characters to dress as for a group costume but you can also pick from this show's characters to go solo or as a couple. A cute couples' costume could be Cosmo & Wanda. Trixie Tang is another good choice if you are going solo and don't want to go all out. Pull together a very simple makeup look,

purple turtle neck, white skirt and white headband and you've got this look in the bag. But, this is also a great couples' costume if your partner dresses up as Timmy Turner. A solo costume, done purely for the meme, would be Doug

pulled off from this show. Dr. Doofenshmirtz & Perry the Platypus, Candace & Vanessa, Candace & Stacy, Buford & Baljeet, and of course Phineas and Ferb. With the number of characters to choose from, you really have the



Spirit Halloween is a costume store in the local area where you can purchase some of these costumes.

Dimmadome, owner of the Dimmsdale Dimmadome. Dressing as Mr. Dimmadome will definitely get a ton of laughs at whatever Halloween party you go to.

Phineas & Ferb

With Dan Povenmire, the show's creator and voice actor for Dr. Doofenshmirtz, having a very active TikTok presence, now would be a great time to dress up as a character from “Phineas and Ferb.” There are so many good duo/couples costumes that can be

creative liberty of who you want to go as if you are doing a solo costume as well as if you want to do a big group costume of all the characters.

Pokémon

There are so many different ways you can dress up for Halloween as something under the Pokémon franchise. Whether you watched the anime or played the games, there are quite literally over 151 options to choose from, and that is just talking about the first

generation. You can obviously dress up as your favorite Pokémon. There are a ton of costumes, mostly onesies, that you can find online. If you watched the anime, you can dress up as your favorite character. Looking only at the Kanto region, a great trio costume would be Ash, Misty and Brock and a great duo/couples' costume would be Jesse and James from Team Rocket. But throw all these together, you can have a great group costume if some are dressed as these characters' main Pokémon.

Webkinz

This is a very unique costume idea that will definitely not be done by other people. If you grew up playing on Webkinz world a great solo or group costume idea would be going as the Webkinz hosts. Although there are a handful of hosts to pick from and go as the most notable ones from the game have to be Ms. Birdy from the adoption center, Dr. Quack from the doctor's office, and Arte Fact from the Curio Shop. This costume will grant you a lot of creative liberty as there is no bag costume you can buy online for it. You can either make this costume yourself or mix and match pieces you can find online to perfect this costume.

Regardless of who or what you decide to dress up as, be sure to have fun with it. Halloween is the one night where you can dress as whoever you want and be whoever you want. Step out of your comfort zone, have fun and most importantly, stay safe!

Haunted Experiences to Visit on Long Island This Spooky Season

BY KRISTEN DEMPSEY

Thrilling, chilling, frightening. Do you enjoy these intense feelings? If the answer is yes, then you should check out haunted experiences on Long Island. From Bayville to Bellport, there are must-see haunted attractions to visit this Halloween season so you can embrace the spooky side of this holiday.

Gateway's Haunted Playhouse in Bellport reopened on September 30 for the thirteenth consecutive year. The attraction has a new theme each year to ensure visitors a fright of a lifetime.

Scot Allan, the director of development and public relations at Gateway, is expecting this year to return back to pre-pandemic operations. He said one of the things that makes Gateway's Haunted Playhouse special is its location.

“It takes place on a seven-acre property that once was a farm but is now a theatrical venue that transforms into a completely immersive attraction for the month of October. This year's theme is about an Antique Farm Estate Auction, so the parallel is perfect,” Allan said.

The walk-through attraction features over 100 professional actors and lasts around 30 minutes. Tickets are \$40 online and \$50 at the door. Since it is recommended for those ages 13 and

older, there are Not-So-Scary Adventures for younger children on the weekend afternoons at \$20 a person. Allan said there are also Midway Activities such as games, a food truck, live entertain-

ment and a “Fear Garden” for adult beverages. For more information, you can check out their website at www.gatewayshauntedplayhouse.com.



The Gateway Haunted Playhouse in Bellport has plenty of frightful experiences for you. Photo credit Rob Seifert

If one haunted house doesn't satisfy your thrill-seeking desires, then you

should also check out Bayville Scream Park in Nassau. It features both indoor and outdoor haunts and mazes, as well as food and drinks. There are seven attractions to choose from, each with its

own unique theme and scary sights. You will certainly not run out of things to do there. Ticket prices range from \$33.75 to \$59.75, depending on the day of the week. You can find this out on their website at bayvillescreampark.com.

Samantha Fannon, a 19-year-old from Mastic, reminisced about her experience at Bayville Scream Park last October. From the moment she walked into the moment she left, she said she had chills down her spine.

She warned those who are planning a visit to “be prepared for a fun time, but definitely be ready to scream.” Fannon said she plans to go back soon for another thrilling experience.

“After going to the Bloodworth Haunted Mansion and Uncle Needle's Funhouse of Fear, I was too scared to see any more attractions. When I return, I hope to be able to conquer my fear and explore the rest of the attractions.” If you are in search of a fright from the comfort of your vehicle, then the Tunnel of Terror is just the thing for you. You can experience this drive-through attraction, located at the Five Corners Auto Salon in New Hyde Park, from October 27-31. It only runs from 6-9 pm, so you don't want to miss it. For \$45, this terror car wash features a wicked blood bath, gruesome ceramic glaze and more. A portion of their profits will be donated to the Cohen Children's Medical Center Child Life Program. So while you are enjoying a quick fright, you will also be supporting a great cause. While you will leave screaming, your car will leave shining.

An Unsolved Mystery-Watching Watcher

BY LIZZ PANCHYK

What started out as a talk show on one of the many YouTube BuzzFeed channels ended up as a ghost hunting show on an entirely new channel called Watcher. In passing, you may have heard of “Buzzfeed Unsolved” with Ryan Bergara and Shane Madej. They had two series: “Buzzfeed Unsolved: Supernatural,” in which they would explore haunted buildings in the hopes of catching ghost evidence, and “Buzzfeed Unsolved: True Crime,” where they would bring up cold cases to discuss in full; everything from Princess Diana’s death to the Keddie Cabin murders.

The series had a good and long run of 15 seasons, and then they started their new channel, Watcher, about two years ago where they have several different shows that come out throughout the year. There’s “Are You Scared?” in which Ryan tells a fictional story written and submitted by a fan or a writer to Shane and they react to it. The most recent one that came out was based on the new movie “Smile” and gave a chilling introduction to what the movie’s about. Their other show is “Too Many Spirits” in which the two are made cocktails to try, and read short, true stories told by fans throughout four separate episodes

per season. The channel includes other short shows such as “Puppet History” and “Dish Granted,” but “Are You Scared?” and “Too Many Spirits” were the prominent Ryan and Shane shows while “Ghost Files” was in the making.

“Ghost Files,” which came out on September 23, is a sort of twist on

tested. They travel to said location with their small camera crew and explore a haunted building while discussing and showing outside evidence that was found. Ryan and Shane bring multiple devices that allow them to possibly see/hear spirits in the buildings they are in. They explore the most “active”



St. Ignatius Hospital was featured and explored in the latest episode of “Ghost Files.”
Image from Flickr

“Buzzfeed Unsolved: Supernatural” but goes down deeper into ghost hunting. Here, they gather evidence through social media platforms from fans or those with experiences and take it to be

or most haunted sections and collect evidence as they search together, ending the show with an individual search from each of them. There have been four episodes released as of

October 14, but each episode will be coming out at 3 pm Eastern Time on Fridays and so far, the episodes run from 40 minutes to just over an hour.

Though spooky, the show is lighthearted and lets you pause to laugh once in a while. Ryan is a believer of the supernatural while Shane is a skeptic, so the dichotomy between them is hilarious, and you watch them take pleasure in taunting whatever may be haunting the halls that they happen to be residing in. The comedy makes it less intimidating to watch because you know that they are secretly terrified (as Ryan says whenever he enters a haunted building alone, “I am not my fear”).

While I have gotten to know the characters by watching their past shows, they do have a great on-screen presence with undeniably likable personalities. The show came out just in time for Halloween. For all the YouTube watchers out there, check out “Ghost Files” for uncanny ghost evidence brought to you by infamous ghost hunters Ryan and Shane. Whether you’re a Shaniac or a Boogara, you’re bound to find yourself afraid to leave your room after watching this show. Stay tuned as “Ghost Files” releases more episodes, and don’t be afraid to check their other shows on Watcher as well.

Cool or Creepy: The Case for and Against Costumes in Class

BY LARA CAMPANELLA

“Spooky season” is ghosting through the halls of Adelphi. As our thermometers begin to drop and pumpkin spice lattes garner a spot in every hand, October unveils its tell-tale trademarks. This means only one thing: Halloween is approaching our campus community at full speed. With orange and black decor strung about the halls, students have just a few more weeks to create their costumes, raising the annual question for all Halloween-enthusiasts: Should I wear my costume to school this year? Adelphi students give their two-cents on the issue for Halloween 2022.

There’s no one version of Halloween for the average college student. In fact, one student’s celebration may mean scary movies in the lounge with a face full of candy, while another spends the weekend off-campus, clad in fashionable costumes with a packed-out party schedule.

“It’s a regular day in my opinion,” said sophomore Darius Jones. “Except that people get to be really artistic with their appearances.”

No matter the variety of Halloween practices, one staple theme holds the holiday in place—it’s a day where dressing up in crazy costumes is completely socially acceptable.

Should we expect a variety of colorful costumes in class on Monday, October 31? It comes down to the Halloween “spirit” of our student body, who seem to range from unequivocal yeses to blatant opposition.

“Personally I would not wear a costume in class,” said junior Julia Gill. “I’d be a little embarrassed because in my classes, I would probably be the only one.”

Although Halloween should be an encouraging day for free self-expression, many students seem to hold reservations about taking the costume risk alone, often preferring a group-costume theme.

“I think it would be cool to see costumes on campus, especially if they’re from TV shows or movies that I know,” Gill continued. “I would wear one if my friends were doing it!”

This seems to be a commonly-held sentiment.

Despite the general hesitation, students still share an enthusiasm for all things “spooky season,” even looking to encourage the community to wear their costumes in class. According to sophomore Olivia Reid, “Students should be able to dress up in class. Unless you’re wearing a Barney suit or something and your tail keeps hitting people...they’re just clothes.”

While an elaborate, full-makeup zombie costume might ruffle the everyday class environment, students defend their freedom of physical expression, but within a certain line of limits—like the weaponized Barney suit. A simple cat-ear headband or a pointed witch’s hat presents a festive

“cheer” to our campus life, but there’s a definitive line between festive and blatantly inappropriate. “At least being covered is important for classes. Nothing too vulgar,” said sophomore Sydney Cianciotto. As long as students’ stay within the realm of class-friendly attire, Halloween should be a light-hearted free ground for creative choices.

“I’d hope no one would come to class naked as a ‘costume,’ but other than that I think pretty much anything is fair game,” Reid affirmed.

Overall, the Adelphi community supports the creative freedoms of fellow students on Halloween. Whether you wear an animal or a movie character, a solo or group costume, the day represents free expression and simple, seasonal fun. Consider bringing your own holiday cheer to school this Halloween. However, if your costume features a bloody third arm—maybe store that extra appendage in your dorm for after class.

9th Annual Media Career Expo

Learn how to break into the media job market at this free event sponsored by The Delphian and the Department of Communications.

Our speakers are all Adelphi graduates who work in the print, TV, film, web, marketing and publicity fields. They’ll discuss how they got their big breaks and tips for navigating the job search process. This is also a great opportunity to network for internships and your own career.

Contact the Communications Department or email Liza Burby at burby@adelphi.edu with any questions.

Tuesday, November 15 • Blodgett Hall Room 109 • 5:30 - 7:30 PM (Pizza Served)

Culture Is Not a Costume: Dress-Up Options to Avoid

BY LILYEN MCCARTHY

As Halloween approaches, people of all ages are brainstorming ideas for the perfect costume this year. Coming from a second-year college student, costumes I have seen every year are angels and devils, evil people from “The Purge” film series, the characters from the “Scooby-Doo” gang, and unfortunately some offensive selections. Whether it’s a sexualized version of cultural clothing, any costume with blackface or a religion made to look possessed/evil, there is always one ignorant or malicious person picking the wrong costume.

Not all offensive costumes are donned with foul intent. In order to understand what makes certain clothing offensive, you have to understand the meaning of cultural appropriation.

Not all offensive costumes are donned with foul intent. In order to understand what makes certain clothing offensive, you have to understand the meaning of cultural appropriation. Oxford Languages defines cultural appropriation as “the unacknowledged or inappropriate adoption of the customs, practices, ideas, etc. of one people or society by members of another typically more dominant people or society.”

One very common example that will always be offensive is the sexualized tra-

ditional clothing from any culture. Spirit Halloween has slowly stopped selling indigenous regalia, but Amazon and other sites sell costumes named “Sultry Indian Hottie” and “Native Warrior Princess.” Dressing as an indigenous woman, while not being a part of the culture, is ignorant to the culture and neglects to recognize the thousands of indigenous women and children that go missing every year, especially when done in a vulgar manner.

There are also many gypsy costumes disguised as “fortune tellers,” yet the outfits still carry Romani culture undertones. Regardless of the intent, a costume hinting at this culture is appropriation and offensive. Other common feminine costumes that are considered cultural appropriation are “sexy” geishas, traditional Hindu clothing and costumes themed around the Mexican holiday, Day of the Dead.

It’s not to say that masculine costumes are safe from cultural appropriation, either. There are many Bob Marley impersonators, not of Jamaican nationality, who should not be dressing as the Jamaican singer. Performer Chris Brown went viral for dressing as a “terrorist” in 2012, a costume extremely racist toward the Middle Eastern population. It puts all people from this area in a very negative category that most should not be included. The “terrorist” costume is not exclusive to celebrities. More cultural appropriation against Middle Eastern culture happens when people not from the region dress as Aladdin, Jasmine and other characters from the “Aladdin” movie.

Another offensive costume that I don’t think gets talked about enough is a sexy nun/monk or a gory take on the clothing. Sexualizing a

group of people whose mission it is to remain modest and serve their religion cannot be justified in my book.

There are also costumes that some would not consider cultural appropriation, exactly, but I still believe they should be avoided. One of these offensive costumes that may come around this year is dressing as any prolific serial killer. With the Netflix series, “Monster: The Jeffrey



According to Pinterest, the most popular adult costumes for 2022 are Elvis and Priscilla Presley and “Stranger Things.”

Dahmer Story,” starring Evan Peters, Dahmer’s story has been publicized once again. I know there will be quite a few people dressed as Jeffrey Dahmer this year, and it is completely insensitive to his victims and their families. Dressing as a prolific serial killer idolizes a person who did horrible, heinous things to many people. It does not matter if you are going for “scary.” Zombies and ghosts are scary, but a serial killer costume is wrong.

Recently, TikToks have discussed costumes that people should avoid, and they are ideas that I, personally, never thought anyone would decide to wear. Some costumes I found in my research are transphobic outfits, Ku Klux Klan members, people who are homeless and Holocaust victims/survivors. Some individuals are ignorant in the case of cultural appropriation, but dressing as a clearly malicious symbol is irresponsible and in completely bad taste.

The controversial decision when discussing offensive costumes is in regards to children. Can kids be offensive with their costumes and what they decide to wear? I believe that a kid dressing up very rarely has racist or ill intent. As much as kids don’t fully understand the world, they often don’t understand other cultures and how a costume can be cultural appropriation. It is up to parents to teach their kids about culture and realizing what is okay to dress up as and what is not.

Celebrities voicing cultural animated characters have said in the past they believe it is completely fine for children to dress up as the characters they have voiced. When children dress up as characters, it isn’t a stab at the characters’ culture, but instead, in idolization of the character. Once again, it is the responsibility of adults to teach kids why some costumes might not be the best choice, and to point them in the direction of a better selection for Halloween.

There are many, many costumes and outfits that we should avoid this upcoming Halloween, and all holidays in the future. It’s better to be the seventieth lifeguard than to offend a culture.

A Film Worthy of Screen Time During This Season of Hauntings

BY NICOLAS RONTANINI

As Halloween fast approaches, you may be wondering about how to get in the spooky mood. If you’re seeking some veritable frights, then you can find your fix in “Home Alone.”

No, I’m kidding. However, my actual pick is not too far off the base in that regard. The movie I’m speaking of is 2017’s “The Babysitter.” Though the film is fairly campy and is funnier than anything else, it’s still worth a watch, especially for this holiday. The film’s background centers on main protagonist 12-year-old Cole whose constant fears lead his parents to hire a babysitter, Bee, to help him try to face them.

The main plot here revolves around Cole being left, well, home alone, while his babysitter is downstairs with her friends trying to enact a satanic ritual by playing spin the bottle with someone who would be their first victim-to-be. Here the group is introduced through title cards (likely an easy way for the film to introduce them to the audience). After inadvertently stumbling onto this, Cole is eventually

spotted and is tied to a chair in the middle of his living room. To make a long story short, the group needs the “blood of an innocent” to complete their ritual, and lo and behold, they intend to use

ing up for himself to a local bully. By the film’s end, Cole has overcome his fears—and no longer needs a babysitter.

For a movie that’s labeled as horror, has the tropes and hallmarks



An example of a scene from “The Babysitter” from 2017, which is still worth a watch.

Cole. As he tries to escape the murderous group’s machinations, he neutralizes them one by one while facing his fears, like arachnophobia (by hiding in the house’s crawlspace) and stand-

ing up for himself to a local bully. By the film’s end, Cole has overcome his fears—and no longer needs a babysitter. For a movie that’s labeled as horror, has the tropes and hallmarks

struck me as based more on the horror side, like Cole coming back to his house to find the blood cleaned up from earlier, the film doesn’t seem to try to scare the audience very much. So, it begs the question: Is it a good movie to watch for Halloween?

Personally, I would argue yes. While it can be pretty campy at times, having legitimately funny dialogue, “The Babysitter” has a genuinely spooky atmosphere to accompany it. It’s not too funny, but not too frightening either, which lends it a nice balance. With all the stress accompanying current events, like coming out of a global pandemic, economic worries and now a new public health crisis, a movie that will make you chuckle might be what you need, and this movie will do that for you.

Overall, while the movie isn’t perfect, it’s genuinely entertaining, and will help get you in a spooky mood. But don’t just take my word for it; go and give the film a watch on Netflix and see what you think of “The Babysitter.”

The New York City Rent Increase Is Concerning

BY JOANNA REID

New York City just got more expensive. Due to the United States's housing shortage, rent prices are skyrocketing all across the country. In 2019, Governor Andrew Cuomo signed the Housing Stability and Tenant Protection Act in order to ensure citizens of the city could afford rent. The act forced landlords to update apartments in order to keep tenants safe, while not overcharging in rent after these renovations were done. The act also made sure that landlords did not raise prices too high when their apartments became vacant. The government deemed this as fair because if it's easier for one to afford their rent, they are less likely to leave and move somewhere else, so landlords would still earn plenty of money from their tenants.

According to "Business Insider," there are plenty of apartments available in New York City, but tenants are waiting for the law to change before renting their own out. This way tenants can choose exactly what prices they want for rent and guarantee that they make more money. The Community Housing Improvement Program announced that of about 1

million rent-stabilized homes in New York City, around 20,000 are currently vacant (as of July 10, 2022), proving that this is becoming a large problem for those living in NYC.

As the population of New York City grows, so do rent prices. In 2020 (after the pandemic began), about 8.80 million people inhabited New York City. It is estimated for 2022 that nearly

8.85 million people currently live in New York City. It seems as though, now that the Covid-19 pandemic has "settled down," more people are moving back into the city. This is another reason why rent prices are rising.

Unfortunately, this has only led to an increase in homelessness. In July 2022, Coalition for the Homeless reported "there were 52,137 homeless

people, including 16,650 homeless children, sleeping each night in New York City's main municipal shelter system. A near-record 18,940 single adults slept in shelters each night in July 2022." And that is only those who are receiving support from the shelter system.

Personally, this concerns me as I hope to live in New York City one day. I worry that I won't be able to afford rent for an apartment in a decent area with decent enough space. Or if I can afford rent, I won't be able to afford much else. I feel as though the U.S. government relies heavily on capitalism, oftentimes ignoring the basic needs of people, like shelter. This has clearly been an ongoing problem as the homelessness population in New York City is already so high, I worry for these people as well. New York City constantly refuses to help the homeless population by making things such as benches or sidewalks "homeless-proof." The City just spent \$1.6 billion to build the new Moynihan train hall, yet cannot afford to aid people struggling to pay rent? The government is making it harder and harder for new generations to live comfortably.



Inflation is causing rent prices to rise, making housing unaffordable in New York state.

Photo from Pix4Free.org

How Educational Online Resources Help College Students

BY JOSEPH D'ANDREA

In a time when technology dominates much of our lives, it is not uncommon for many to take that fact for granted. Taking advantage of as much as the Internet has to offer to us, especially for those of a younger age, can be very beneficial in the long run. Especially for students, a roadblock that often emerges is a lack of engagement and interest in a certain subject. Thankfully, there are thousands upon thousands of websites, YouTube channels and podcasts dedicated to educating people of all ages, learning preferences and interests.

From YouTubers who make educational parody songs about United States history, to more professional outlets such as Khan Academy, there is a plethora of resources at the disposal of anybody willing to seek them out. Students, in particular, should pay attention to these educational aids, as it can lead to a more efficient process of cognitive development. This is significant more than ever, with Generation Z being the most visual generation, and so this age group's sensibility to videos already works to their benefit.

"Educators, students and parents all agree on the effectiveness of online videos as a teaching-learning tool," wrote Arizona State University in "Benefits of Using YouTube For Your Online Education." "When the learning experience is memorable and effective, retention and engagement rates are increased to boost the overall effectiveness of an online lecture or course."

When asked whether Adelphi students used resources such as YouTube or podcasts to aid in their learning, every participant at least responded that they did so from time-to-time, with 38 percent answering with a confident "yes."

have even been shown in class. It's a show that covers a vast range of topics for students of all majors. Some other channels that provide useful educational information include Frontline PBS (current events), The Organic Chemistry Tutor (mathematics, sci-

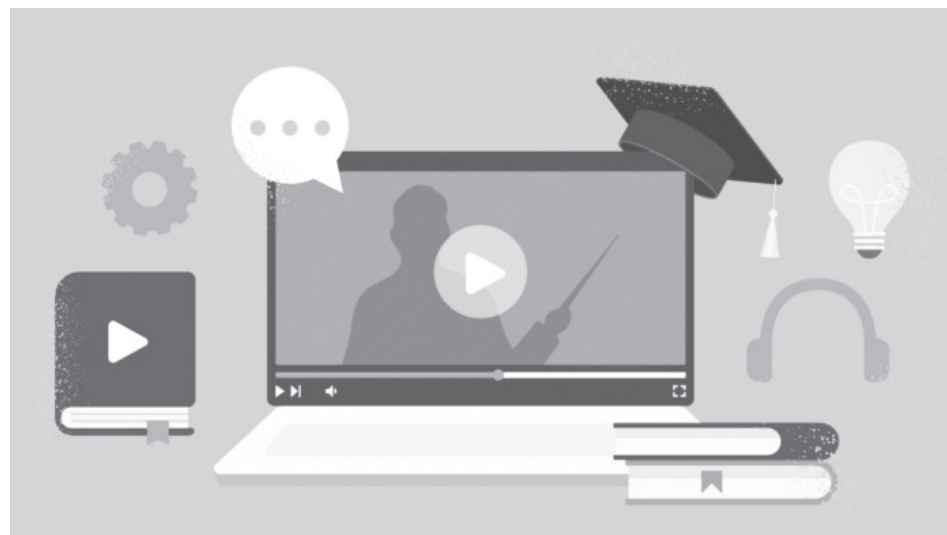
English-speaking channels. Additionally, there are also resources that can be found right here at Adelphi, which also provides online options.

"The main resource I use is the Learning Resource Program," said sophomore communications major Jamie Gesell. "I use it because it helps me with any assignments I need help with, as well as picking out classes for each semester."

Adelphi University's web page for this service reads: "We work with students to enhance self-advocacy skills, providing an important link with supportive faculty and staff across campus." The advantage of having resources such as this, as well as others like Adelphi's Writing Center, which can also be accessed online, is there is always support to be provided for students in need.

Furthermore, for college students, there is more to learn beyond their own studies as they work towards completed credits for their major; many students 18 and older now have more adult responsibilities, and either have a desire or are required to grasp a more wide-ranging perspective of reality. Luckily, there are a wide variety of content creators who host podcasts and make videos that provide advice for those who are currently entering a new and exciting, but nevertheless stressful, stage of their life.

Between the numerous interactive websites, YouTube channels and podcasts online, there is most likely at least one suitable resource for all students of any learning style.



The amount of online resources in various forms are countless and can educate those seeking knowledge in many different ways, from fun visual exercises to simple lectures, all of which may be paced better for certain students. *Image from Search Engine Journal*

It is well known how widespread and essential the usage of technology was during the height of the Covid-19 pandemic. However, the reality of students, K-12 and college-aged, does not mean that the tool of videos and other audiovisual mediums have to be sidelined now that the impact of the virus is no longer in full force.

College students are most likely aware of channels such as the PBS-owned Crash Course, which they may

ence), podcasts by Noiser (history), as well as short-form videos such as those by PragerU (history, politics, economics) and One-Minute Economics.

Yet another advantageous aspect of online videos is that closed captioning can be useful to both those who digest information easier through written words, and helpful to those who are hearing-impaired or may not speak English in an online space such as YouTube, which is dominated by

Sports Life Returns to New Normal on Campus to the Joy of Athletes

BY NICOLAS RONTANINI

With 2022 rapidly coming to a close, and with the new year on the horizon, the impacts left in Covid's wake are starting to be mitigated. Primarily, campus life seems more abuzz than the previous two years, especially in regard to Athletics.

Now that many events on Adelphi's campus have returned to an in-person format, turn-out for games has increased.

According to Kailey Broderick, a recent graduate student and lacrosse player, attendance at these games

had increased for the fact they had returned to a new kind of normal.

"Since athletics have returned to 'normal,' there have been a lot more fans," Broderick said. "Even just supporting other teams at our school had increased, because we were able to go to games whether it was indoors or outdoors."

It would seem that many are excited about this change, especially after the impacts that Covid had on Athletics and its players.

"Athletic life differs in person than with Covid because in-person is how life is supposed to be," Broder-

ick said. "You can see your teammates face to face, go to lifts and practices without masks and see each other outside of just playing the sport."

As such, the limitations of the pandemic hit athletes especially hard. However, according to Broderick, this in turn meant that athletes came out of the pandemic even stronger than before.

"We all understood the feeling of getting something taken away from us, and we knew to make the most of it going forward. I saw a different level of determination on all of the teams, and we were all so excited to be back to our new normal," Broderick said.

She added that the lacrosse team gave it all to make the best of their first season back in person.

"We worked hard and we made it back to the Final Four. We proved to ourselves we could get back there after having an unsuccessful season during Covid. Although we didn't win it all, that was a huge win for us all-on the field and off the field."

Overall, the new normal created in the wake of the pandemic has had positive outcomes for many in the Athletics community.

Panthers Achieve Balancing Act Between Class, Practice and Community Service

BY LILYEN MCCARTHY

In any given semester, an Adelphi athlete is balancing 12 to 15 credit hours, three lifting sessions and at least three practices a week. Depending on the team, from softball to track to volleyball, however, these athletes also have certain community service requirements per their coaches' demands. Some teams have events they participate in as a collective while other teams must meet a specific set number of hours.

Adelphi softball consistently gives back to the community doing various services for Island Harvest, Spooky Fest and other local softball teams. Island Harvest service projects vary from distributing food to packing it, and at Spooky Fest, the team works sections of the experience like the craft table or haunted walk in order to make the night possible. While their coach allows for both individual and team service projects, the team prefers to get involved all together.

They define community service as giving their time to an organization or cause that benefits their community. This can include 5k runs, canned food drives and/or raising awareness for organizations such as Morgan's Message.

"In the past, we have all been involved in the opportunities," said Claire Fon, a senior and one of the captains on the team's leadership council. "We feel it is a good way to bond as a team as we also help others. We don't have a certain requirement, but we aim to complete as many hours as we can per semester."

A large part of Adelphi volleyball's community service is raising awareness for organizations. Every Sunday in October the team participates in a walk for a different organization. They have participated in the Stronger than Cancer, Autism Speaks and Breast Cancer Awareness walks. They will participate in the JDRF walk later this month.

"The walks are definitely my favorite community service event that we do," said sophomore Noelle



Adelphi's volleyball team posed at the Autism Speaks walk October 9.

Photo courtesy of Katie Schloss (senior volleyball player)

Alberda. "We get the most community engagement out of all of them, and it's nice seeing people excited for our team to be there. It shows that not just the organization supports them but the people of their community as well."

The team is required to complete 50 community service hours per year, not including summer break. Similar to the softball team, they have also volunteered for Island Harvest,

Spooky Fest and held camps for local volleyball athletes. Other projects included working at Queens Farm and donating to canned food drives. The amount of hours the team must complete makes it difficult to gather everyone together for every event.

Said Alberda, "We can't always get the whole team together for some of the service projects we do. I prefer participating in the early morning

activities or ones later at night, so I get most of my day to do work. It doesn't always work out that way, but the timing of the walks and Spooky Fest have definitely made it easier to handle both my workload and community service."

Like softball, track and field doesn't have a required number of hours, but the team still participates in various events to stay involved in their community. Last school year, they split up into groups and were required to participate in a service project near campus.

Sophomore Nikki Searles described her experience. "Specifically, my group volunteered at a local high school to help with their community garden. I know another group collected and donated cans to a food drive nearby."

NCAA Civic Engagement Day this semester falls on November 8. It takes place on the first Tuesday after November 1 every year, and all athletes are prohibited from participating in any competition, practice or other athletically related activities to their sport. Instead, they are recommended to participate in some sort of civic engagement that day. This year the AU Athletics Department is holding a dodgeball tournament in efforts to raise money for Morgan's Message, a national mental health organization focusing on athletes.

"Our mission is to raise money while also bringing everyone in the department together to raise awareness about the stigma that needs to be ended surrounding mental health," said junior volleyball player Diana Miglioizzi about the tournament. Miglioizzi is a member of the Student Athlete Advisory Committee (SAAC) and an advocate in Adelphi's chapter of Morgan's Message.

AU Athletics encourages all teams to stay involved in the community, on Civic Engagement Day and all year round. Said Fon, "The culture of our program under our coaches is one of community service and volunteerism. We don't consider it a requirement. We consider it a purpose."



The Adelphi softball team supported runners at the 5K for Cancer Wellness.

Photo courtesy of Claire Fon (senior softball player)

Senior Katie Schloss Reminisces on Her Time With the Volleyball Team

BY ANDREW SMITH

Katie Schloss, a senior exercise science major with a minor in business, has been on the volleyball team since her first year. The Reno, Nevada native credited her family as being an integral part to her success as a college athlete.



Schloss jumping for an attack during a match.

“My family has played a huge role in my love for volleyball,” she said. “They have been my support system since the beginning of my volleyball journey and have encouraged me every step of the way.

My parents have spent countless hours making sure I was ready to go to middle school, high school and club volleyball practices and games, which all led to me ultimately playing here at Adelphi. Even from home, they are still cheering for me and will always be my biggest fans.”

Schloss always admired Kerri Walsh Jennings and Victoria Garrick as role models who inspired her to try her best. Schloss explained, “I look up to Kerri Walsh Jennings, who is one of the most notable beach volleyball players. Her impact on the volleyball community has truly paved the way for female athletes in every sport, not just in volleyball. I also look up to Victoria Garrick, who played Division 1 volleyball and graduated from USC in 2019. She founded a non-profit organization called The Hidden Opponent, which raises awareness for student-athlete mental health and addresses the stigma within the sports culture.”

Schloss, who has devoted all of her time to the volleyball team, reflected on her time here and shared some of her favorite and special moments. “My favorite memory from playing at Adelphi was definitely my freshman year when we received a bid to compete in the NCAA Regional Championships. We were ecstatic to hear the news and were ready to play against

any team they put against us. The practices leading up to Regionals were some of the most fun, competitive and energetic practices we had all season, making it one of my favorite memories so far at Adelphi.”

Schloss also shared her thoughts



Schloss has a positive outlook on this season.

on the current season. She has a very positive outlook due to her teammates and their attitude and work ethic.

“We have had a good season so far and have a great team heading into the second half of the season,” she said. “We have had our up and down games, but are finally settling into competing against our

conference rivals. Our team chemistry sets us apart from any other team, and we are a dynamic team that does not quit. I truly believe that these characteristics will help us make it far this season.”

Schloss continued, “For the remainder of the season, we are going to work hard to play each conference team as if they are the best team, and are looking to secure our spot in the NE-10 Championships. After this, we are working toward winning a bid to the NCAA Regional Championships and extending our season for as long as we possibly can. I truly believe we have a special team that is 100 percent dedicated to winning our season and works well together on and off the court, and it will allow us to continue our season further into the postseason.”

Lastly, Schloss reflected on what it has meant to her to be a Panther for four years.

“I have loved my time at Adelphi so far and can't wait to make many more memories in my last year of undergrad here. Coming from the West Coast, it was definitely a chance for me to experience everything New York has to offer, but I am so lucky to have been given an amazing second family that has come with being a part of Adelphi volleyball.”

An In-season Reflection on Overcoming Challenges and Early Disappointments

BY ANDREW SMITH

The field hockey team entered the fall season with very high expectations. They reached the NE10 (Northeast 10) Championship game last season, and are poised to make another long playoff run. However, the beginning of the season has begun. They have suffered tough losses against out-of-conference opponents. Even so, the team has made a recent turnaround and has begun a winning streak.

Senior marketing major Giana McKeough commented on the difficult start to the season and what she learned from the losses. “We started off our season with some really tough non-conference competition. While we didn't get the outcomes we wanted, it was a great opportunity for learning and growth,” she said.

The team responded by winning their first conference game with a score of 9-0. McKeough credited the remarkable win to the hard work and dedication by all the players on the team. “I am very proud of this team for putting in the work every day. In August, we started with two weeks of preseason, practicing from 6:00 to 8:00 in the morning and coming back for a second session in the afternoon.”

McKeough added, “I am also very proud of my team for playing through such a tough schedule that past few weeks. It wasn't easy, but as a team we kept our heads high and used our losses to get better rather than shut down.”

Graduate student Bianca Bachisin commented on the tremendous victory against their first conference opponent of the season. “I believe a key moment during this season was our successful

game against Southern Connecticut State University. After a difficult start to the season against four PSAC (Pennsylvania



McKeough carrying the ball upfield during a match.

Athletic State Conference) teams, beginning conference play with a big team win boosted our spirit and confidence. Not only were we able to score nine goals, but during the game we put into action many skills and concepts we have been working hard on during practice.”

Even through their bumpy start, the goal was always set from the beginning. Senior nursing major Morgan Minicozzi explained what her expectation was from opening week. “I expect us to still make it to the NE10 championship game, but this year we're hoping to bring home the title for our conference. I also expect us to go even a little further in NCAAAs as long as we are focused and consistent with our play this season.”

Minicozzi also added about her

reflection on the early season struggles. “After our losses to PSAC teams it really knocked us into shape and made us prepared for our NE10 conference play. There's a lot of adaptations to the press/formation we play in, corner shots and overall ways of attacking each play that we are adjusting to. PSAC teams are great competition to learn from, and I can proudly say that although we lost to them they definitely taught us a lot as a team. We broke down several hours of film to understand the changes we had to make and it is paying off.”

Minicozzi continued, “Even though we are in a new environment with a larger roster and new coaching staff, we are all supporting each other and giving each other feedback when necessary to help the overall team do a better job this season.”

Last season, field hockey lost in the NE10 Championship to Assumption University. They played them in a rematch on October 11. Sadly, the team suffered a tough loss to Assumption with a score of 2-1.

Bachisin reflected, “As a team we move on from this experience with our heads held high. Through watching game film and reflecting upon the loss, it has provided us with many learning opportunities that we hope to improve upon for future games.”

Minicozzi added, “It was definitely one of the toughest losses we've had since last year. Our returners were viewing this as our 'redemption' game since we lost to them 3-2 in the NE10 championship. We were holding our ground the entire game, and unfortunately the score doesn't reflect how hard the team had worked

and fought that game. We have learned a lot from their skill level and have identified areas of improvement for future NE10 games, and we hope that when we play them again the result is different.”

Sophomore sport management major Jillian Riche, in her second season, reflected on the potential of the team and how they have overcome the difficulties. “The team has adapted a lot throughout the season with a new coach staff, new formation and getting lots of new girls. We have lots of talent and from our first scrimmage to our most recent game I can



Minicozzi preparing to play defense against an opponent.

say we have made lots of improvements and look so much better as a team.”

The field hockey team has been able to respond to a rocky and challenging start and have begun to display their full potential. Their main goal is still to win the NE10 Conference and with the way they are playing they are on track to achieve this.

All photos courtesy of AU Athletics