

The Delphian

October 18, 2021

The Voice of the Students

Volume 77, Issue 3

Building Tomorrow Together: Adelphi Celebrates 125 Years

BY KATIE FARKAS

Current Adelphi students may not be aware that our university is 125 years old this year.

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

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

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

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

where over \$290,000 was raised and honors were given to Professor David Machlis and Dr. Anita D'Amico '84 and her husband, Dr. Joseph Stambouly.

The events surrounding the 125th anniversary are planned to continue and grow throughout the semester, said Kaitlyn Woods, senior associate director of Special Events and Engagement.

"The anniversary celebrations are focused on highlighting the progress that Adelphi has made and will include pop-up tables, giveaways and incentives, as well as distinguished lectures that have been put together in conjunction with the academic deans and the Center for Student and Community Engagement."

Although many of the guest speakers have chosen to remain in a virtual format, there will be in-person events for students to look for both in the fall and spring semesters. For instance, Oct. 14 - 17 was Adelphi's spirit weekend and included events such as Daniel Martin's Magic Show, Casino Night Under the Stars, the 10th Anniversary Celebration: 10 Under 10 Young Alumni Recognition Program, and the Spirit Carnival.

A "Great Books, Great Conversations" lecture will be taking place with alumni Alice Hoffman '73, '02 (Hon.), a "New York Times" bestselling author, who will be discussing her new novel, "The Book of Magic" on Nov. 17 at 6:30 pm. Starting with the Bengsons online on Dec. 4 at 3 pm in the Olmsted Theatre, there will be a Larson Legacy Concert Series that will showcase the next generation of musical theatre creators. Abigail and Shaun Bengson are a married composing and performing duo. Their music has been featured on "So You Think You Can Dance" and in several short

films and dance pieces, as well as received and been nominated for various awards.



As part of the Global Dialogue Series, on Thursday, Nov. 4 at 4:30 pm Jeh Johnson, former Secretary of the Department of Homeland Security and Ambassador Joseph Westphal '70, Ph.D. will talk about "The Future of Democracy - A U.S. and International Perspective." On Monday, Nov. 8 at 7 pm there will be a discussion "Mental Health Matters, No Shame in the Game" with Olympian athlete, Julie Ertz, a member of the U.S. Women's National Soccer Team.

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With Prevention and Safety Measures University Adapts to Ongoing Pandemic

BY KATIE FARKAS

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

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

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

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

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

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

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

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

BY MAXMILLIAN ROBINSON

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

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

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

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

Klaum, an alumni of the AU women's soccer team, produced a soccer clinic leading up to the weeks before the show in hopes of making the performers somewhat proficient in their soccer skills.

However, there was a deal involved.

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The cast of "The Wolves" and the AU women's soccer team pose for a photo at the Oct. 7 performance when the team came to see the show. Photo courtesy of Margaret Lally

A Word from the Editor

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

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

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

Food waste has been a growing problem, especially here on campus. Learn more about the importance of this topic and ways to combat the issue through environmental science major, Shuriz Hishmeh in his food-waste proposal. And if you think that the pandemic has been causing you to lose sleep, you're not alone. Read about the new term coronasomnia in our Opinions page. Check out the review of the new Apple phone as well.

It's also important to shed light on our athletes and their accomplishments here on campus. Read our "Panther Prep Work," "Meet the Panthers" and "Panther Spotlight" articles to learn more about our athletes.

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

Maxmillian Robinson
Editor-in-Chief



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Maxmillian Robinson

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Earle Hall Media Center
One South Avenue
Garden City, NY 11530

HOW TO REACH US

Main Office: 516-877-6935
E-mail: delphian@adelphi.edu

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

BY EDWARD JANSEN

Students who have joined one of the 90 student organizations on campus, which include academic, social, religious and community service groups, may be familiar with the Center for Student Involvement or CSI, the Adelphi office that oversees these organizations. But this year the office was renamed to the Center for Student and Community Engagement or SCE to better align with their mission and work, according to Anna Zinko, assistant dean for Students and Community Engagement.

"CSI didn't really capture what it is that we do. We want the student experience to be deeper than just 'involvement,'" she said. "'Engagement' was a better way to convey what was already happening, to capture that more clearly since civic engagement and service programs have always been a critical component of our office's work."

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

She said she hopes the name change will encourage more members of the Adelphi community to engage with them in their multifac-

eted programming throughout the year.

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

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

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

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

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

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

University Adapts to Ongoing Pandemic

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

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

"Given the continued threat of the Covid-19 pandemic, we are advising everyone who can get their flu vaccination by the end of October," Palma said.

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

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

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

This fall, Palma added, three-quarters

of our coursework have in-person components and a quarter is online.

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

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

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

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

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

Memes: The Saviors of Sanity During the Past Year

BY MITCH COHEN

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

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

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

"TikTok helped everyone relax more and helped distract them from the scary things outside," said Russeau Francois, a first-year computer science major.

Francois said he believes that the best type of memes satirized the pandemic itself. A prime example being the "my plans" meme. This meme shows someone preparing to have fun, only for 2020 to ruin it.

Back when I was in middle school, one

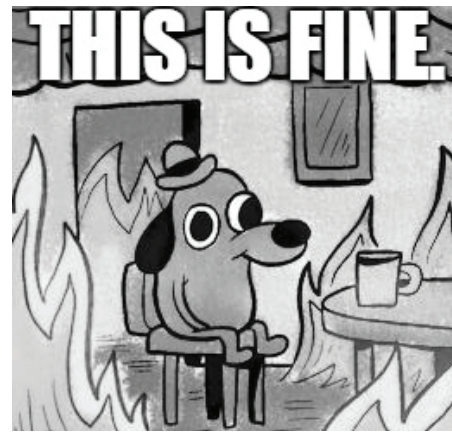
of my favorite things to do in the morning was to watch Vine compilations. Vine was similar to TikTok, as it allowed people to make six-second videos. These videos were then put into compilations to be viewed on YouTube. I bring up Vine because nostalgic throwbacks from the past were at an all-time high last year.

Jake Mann, a junior psychology major, said that one of his favorite throwback Vines to watch during the pandemic was the "look at all those chickens" meme. Mann said that memes "... kept me laughing, which kept me hopeful."

Mann said he also enjoyed watching inspirational content such as Paige Layle, a TikTok star who uses her platform to discuss autism, a disorder that she lives with. As of today, Layle has 2.6 million followers on TikTok and she continues to encourage people to keep moving forward during difficult times.

For many, it was hard to be optimistic through the pandemic. Everywhere you looked, the news was incredibly depressing. Thankfully, memes helped millennials during this difficult time.

Emily Encalada, a junior nursing student, said she felt like memes allowed her to escape the harsh reality of the world. "It can be a stress reliever due to the funny content," she said.



The "This is Fine" meme

One of her favorite memes to view was "This is Fine," which depicts a dog sitting in a burning room saying, "everything is fine." Even though this meme came out in 2013, it holds relevance in today's society because people are trying to live normally, despite political turmoil and an ongoing health crisis.

The world would not be the same without memes. These distractions helped people feel uplifted and happy. While some may find memes immature, many millennials credit these viral distractions as a savior of sanity during the Covid-19 pandemic.

A Collaboration Brings Women's Soccer to the Stage

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

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

Actor Madelyn Barkocy, who played role of #7 "the striker," said she was grateful for the assistance she received from the soccer team.

"They had a [huge] impact in the character choices I made throughout this process," she said. "We saw two of their home games as a group and really were able to observe their energy and attitudes on the field, as well as what they do to hype themselves up and get their bodies ready at the beginning of the game. Watching the games even influenced our hairstyles [into braids, twists and ponytails] for the show. They had such a huge impact and I'm so grateful we had that time to really see how the team plays and interacts."

Carina Alvarez, who played the role of #00 in the play, said, "Seeing them play at their games and seeing some goalie action before the games helped me to understand the drills more and how to do them. They were fierce, determined to win, marking their man, staying on top of their game during breakaways, and that the goalies were really being communicative with the team. This definitely brought in some more character development and what being a goalie actually means."

Overall, there was a good relationship between one of the members of the soccer team and the rest of the actors.

"I loved working with [Juliana]," actor Kimmarie McCrann (#14 midfielder), said. "She helped us all master the fundamentals of soccer in just a few weeks, which was super impressive, considering most of us had never played before."

Lally said the resulting performances were "vibrant and lively," with the play reaching maximum capacity for the Tuesday through Friday shows.

"I feel like it did what I wanted it to do," Lally said. "To give women in the theatre department a vehicle that would showcase and challenge them; student designers, technicians and stage managers the opportunity to contribute in substantive ways to the production; and it gave theatre and athletics the opportunity to collaborate on a project which honors the passion and drive of these women soccer players. We were very happy to go to games and support the players and it was really wonderful to have them in the house supporting us."

When asked about putting a show together like this again, Lally said all shows are distinctly different. However, when directly asked about teaming up with Athletics, she gave an emphatic answer. "Absolutely."

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

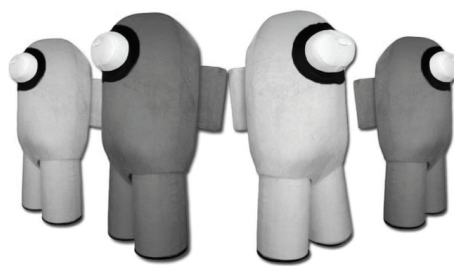
BY JAMIE GESELL & LIZZ PANCHYK

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

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

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

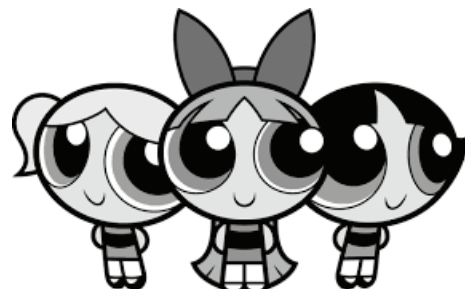
One of the popular costumes of 2021 is the Among Us outfit, based on the fun detective App game that became overwhelmingly popular during the height of the Covid-19 pandemic. Choosing to dress up as an Among Us character is a great way to represent your love and commitment to the game. You can choose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



Try a colorful Among Us character costume this Halloween.

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

As we've recently seen, Steve from



"The Powerpuff Girls," Blossom, Bubbles and Buttercup, are trending.

the original "Blue's Clues" has come back to check in on us. This very well may be a great and easy costume idea for 2021. You can't go wrong with his classic green-striped shirt and khakis. Bring a letter along with you because the mail never fails.

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

The show "Outer Banks" first came out during quarantine, right at the height of Dalgona coffee and Zoom meetings. The second season came out just at the end of July. It's pretty fair to say that everyone wants to live the Pogue life, so it'll be no surprise if we see friend groups dressing as John B., J.J., Pope, Kie or Sarah this Halloween. There's no better time to find the lost treasure than now.

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

AU Celebrates 125 Years

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Adelphi has also created a 125th anniversary toolkit for students, faculty and staff to utilize that includes Zoom backgrounds, social media templates and profile frames, anniversary logos and email signatures, as well as #Adelphi125 for use on Instagram, Facebook and Twitter. The bookstore will also have special 125th-anniversary apparel and merchandise. Students can read more about the history in the current alumni magazine at www.adelphi.edu/about/adelphi-magazine. All information regarding the history of Adelphi University, as well as the 125th anniversary celebration details, can be found on the university website.



Historic aerial view of campus. Image from Adelphi website

How Well Do You Know Adelphi?

Did you know that First Lady Eleanor Roosevelt came to campus on May 6, 1944 to help dedicate Adelphi's first dormitories, Harvey Hall and Alumnae Hall, which were used to house nurse cadets?

Did you know that in 1945 Helen Holmes Taylor '49 became the first Black student to attend Adelphi and earned a nursing degree?

Did you know that in 1957 Adelphi hosted the first National Wheelchair Games with team and individual events, including javelin throwing, table tennis, wheelchair basketball and archery?

Did you know that MBA students in 1971 were able to take for-credit classes while they rode the LIRR? Adelphi got national recognition for this innovative Adelphi-on-Wheels MBA program—the first commuting classroom.

For more articles and past issues, visit www.thedelphianau.com.

7 Really Haunted Long Island Spots for Those Who Dare

BY LIZZ PANCHYK

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

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

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

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

ity. This included cold spots, furniture and cabinets moving on their own, and even slime oozing from the walls. While there is some truth to George Lutz's story, because he was so fascinated with the occult, it is very likely that he brought some of that activity into the house. Though the story was made into a horror movie of the same name, today the home is privately owned by a family who have had no complaints of the other-worldly kind.

Lake Ronkonkoma: There's another tragic love story that impacts those who live in the town of Ronkonkoma. The legend is that a Native woman in the 1600s fell in love with an Englishman from the other side of the water. Though her father forbade her to see him, she sent him letters across the lake. She never got a response, so she rowed out into the very center of the lake and stabbed herself in the heart. Men in particular are said to be fearful of even dipping a toe in Lake Ronkonkoma as it has been the reason for many drownings. Supposedly this heartbroken Native woman is either trying to replace her love or get revenge on the men that dare cross this lake.

Wiggins House: Greenport is home to many beautifully built houses, including Wiggins house. Lavender in color and large in size, it's very noticeable to all who pass through town. The current owner, Roselle Borelli, had many thoughts about the house, originally owned by Andrew Wiggins, including that it was haunted. It is indeed five female spirits that haunt the house especially up in the tower, which is where Borelli had a couple of scares just after she bought it. A priest had given her advice to sing songs from the 1860s to the ghosts to make them feel more at home while she was working on fixing up the house. As she put more research into it, she was disturbed to learn that members of the Klu Klux Klan had owned her house 100 years prior and very likely did horrible things in that tower. The history of this house can be read in her book, "Greenport: The Right Place at the Wrong Time."

Kings Park Psychiatric Center: Kings Park is one of the most haunted places on Long Island and is infamously known for its haunt-



The Wiggins house, although colorful and cheery from the outside, remains an intense supernatural force on the inside. Photo by Lizz Panchyk

ings for anyone who dares step in the building. While the whole idea of entering an abandoned building, left completely as is, seems somewhat appealing, it's the terrors of what went on here that will certainly keep people in suspense. Kings Park is one of the well known abandoned asylums that housed far too many people in the 1800s and 1900s, along with Creedmoor and Pilgrim State. This place was known for the practice of lobotomies, which probably explained some of the not-so-friendly activity that can occur here. Ghostly figures can appear all throughout the buildings and the grounds, and come in many forms, such as a very tall man or a small little girl. Cameras have also been known to stop working or go dark while filming inside. I myself, without braving going into the actual building, have spotted someone looking at me through a top-

floor window.

Wickham's Farm: Wickham's Farm in Cutchogue has been in existence for centuries run by the same family. They are not only known for their fresh produce, but for their delicious donuts as well. But it's their history that might appeal to those who enjoy ghosts. One night in 1854, the farmhand Nicholas Bain was craving a silly revenge on the Wickhams. He picked up an axe and killed Mr. and Mrs. Wickham. Bain was hanged for his crimes but it is said that his vengeful spirit still lingers on the property. In 1988, a dark figure was seen in the main bedroom and has been closed off ever since. Customers are not allowed to enter the property of the farmhouse itself, but the house can be seen from a distance in all its terrifying glory.

RSA takes on Spooky Season With Haunted Halls

BY KURANA DOOBAY

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

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

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

"RSA is working with Kappa Pi, Chapman's Hall council and Earle's Hall council to bring it back to campus on Halloween

Weekend," she said. "We are coordinating with the hall councils to have more programs around campus happen in coordination with Haunted Halls that day."

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

"The program is essentially transforming a resident hall into an interactive Haunted House for a couple hours for all the students on campus to enjoy," Barba said. "In previous years we had themes, like 'American Horror Story' for this event, so our theme for this year is 'Stranger Things.'"

She added, "Earle's Hall council is in charge of food and snacks as of right now, and this is the list of potential items that we gave them: 'Stranger Things' themed paper plates, napkins, cups, tablecloth, individually-wrapped cookies and decade-themed candies!"

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

The RSA is keeping safety in mind. Barba said, "Covid protocols will be in

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

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

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

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

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

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

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

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

Fall Festivities from the Terrifying to the Just for Fun

BY JAMIE GESELL & LIZZ PANCHYK

It's finally spooky season, the one mainstream holiday where we can actively dress up in costumes and ask strangers for candy. This is also the time of year to actively pose with pumpkins and apples at a local farm. Even though Covid-19 still lingering, luckily there are plenty of activities to be a part of this fall on Long Island, including haunted houses, spooky walks and more. With a little something for everyone, we highlight some local sites to give you ideas on what to do in your free time.



Experience 7,000 Jack o' lanterns at the Great Jack O' Lantern Blaze in Old Bethpage. Photo from Historic Hudson Valley

HAUNTED HOUSES

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

sionally haunted house and to increase business by including more walk throughs and props.

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

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

In the mood to see some monsters after? Try the Long Island Monster Gallery in Mineola. This is a two-floor, eight-roomed building full of monsters made by local artists.

"This is a combination between art and horror. The intention behind the gallery was to design this immersive space that showcases

some incredible work created by sculptors, special effects artists and painters who are truly passionate about horror Halloween movies," said gallery creator Jason Kloos.

See artists sculptures of various monsters such as werewolves, vampires and zombies when walking around. The gallery is open through Oct. 31 on Fridays from 7-10 pm, Saturdays 4-10 pm and Sundays 5-9 pm and offers tours as well. You must make a reservation in advance to attend. For more information visit longislandmonstergallery.com.

HOLIDAY FUN

Still have some room for some more eye candy? Head on down to the Great Jack O' Lantern Blaze in Old Bethpage. This is a walk through of more than 7,000 Jack o' lantern pumpkins. This year marks the seventeenth anniversary of the Blaze since it's opening in 2005. It also serves as a fundraiser for Historic Hudson Valley, a nonprofit organization supporting cultural and educational programs. Open through Nov. 7, you can purchase tickets and find more information on their website, pumpkinblaze.org.

Speaking of fall activities, you're probably wondering what Adelphi students will be doing this Halloween. Candy is a big part of the holiday tradition, and it's an important part for students, too.

Zach Zeller '24, said, "I buy a book, wait for my family to leave, grab the bowl of candy meant for the trick or treaters that never come, and quietly eat and read for a few hours." Two of his personal favorites are Reese's Pieces and Twizzlers.

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



The Long Island Monster Gallery in Mineola has two floors and eight rooms full of monsters. Photo from Jason Kloos

friends or young family members.

"I take my little cousin trick or treating and then go home and gorge myself on candy," said sophomore Krissy Piccolo.

She's not alone. According to the National Retail Federation, consumer spending on Halloween-related items is expected to reach an all-time high of \$10.14 billion this year, up from \$8.05 billion in 2020. Expected expenditure for candy? Try \$3 billion. That's sweet!

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

But whether you're spending it with family or friends, dressing up to go out or staying in with a bowl of candy, chances are you'll still have the Halloween spirit. This Halloween oughta be a thriller!

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A Student Says While Food Waste on Campus Is a Growing Problem, Solutions Are at Hand

BY WILL TORRES

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



Shuriz Hishmeh '21 an environmental science major

Photo courtesy of Shuriz Hishmeh

Food waste, defined by the USDA, is food that has been thrown out for pre- or post-consumption. Pre-consumed items are inedible food scraps, such as fruit peels

and food trimmings, while post-consumed items are food waste that is discarded after someone has eaten it. As a whole, food waste has a correlation with greenhouse gas emissions and has led to an increase of waste in landfills.

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

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

When it comes to food waste on our campus, it starts at every vendor that serves food and is extended from commuters,

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



Micro Bin composting
Photo from O2Compost

As a member of the Environmental Action Coalition, an on-campus club dedicated to educating and acting for local and global environmental sustainability and justice, I believe that more people should, at the very least, be aware of their responsibilities on campus in terms of being environmentally sustainable. It is my understanding that when people are comfortable, they are resistant to change. This is evident when it comes to recycling, pollution and food consumption as people misuse recycling bins, litter and literally tend to bite off

more than they can chew.

We should be conscious of what we consume and how much of it will be wasted if we don’t eat it. I believe Micro Bins could be beneficial for our university as there are many benefits to composting. The EPA states that composting “enriches the soil, helps retain moisture, suppresses plant diseases and pests; reduces the need for chemical fertilizers; reduces methane emissions from landfills and lowers your carbon footprint.” While most of those benefits might not matter to the layman, it is important for the environment, which affects all of those who live in it.

If we focus on this purely from a financial standpoint, if the university is able to reduce the amount of waste it creates it can reduce the number of heavy wastes, such as organic materials it transports to a waste management facility; ultimately, saving money due to the reduction of fuel and energy usage.

Shuriz said he wants students, faculty and administration to realize they are contributing to the issue of food waste and they should ask themselves how they can help improve the situation. I believe this proposal is an excellent start to making Adelphi a greener campus in addition to educating students about how they can be more environmentally conscious.

It is both of our beliefs that if you can educate yourself and act on at least one topic that contributes to environmental harm, whether it be pollution, recycling, food waste or something else you find pressing, we can eventually save our planet.

Apple Continues Focus on Software Improvements for Cameras in iPhone 13

BY JUSTIN KRESSE

Apple recently released their new lineup of iPhones, specifically the iPhone 13 Mini, iPhone 13, iPhone 13 Pro, and iPhone 13 Pro Max. To be honest, though, I wasn’t all that impressed with the changes they made. Sure, the new phones have a new processor that’s faster than last year’s models. Sure, they added a 120hz display that should be pretty smooth. And sure, there are slightly new colors that look a bit prettier. These changes are cool and all, but I don’t think they warrant someone spending \$1000 on a new phone. However, one aspect of the new phones that I was actually interested in was the cameras.

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

The concept for this cinematic mode is definitely interesting, but just like portrait mode, I don’t think it’s quite there yet. The problem with portrait mode and now with the cinematic mode is that it isn’t actually using a camera that can really make blurry backgrounds. Instead, it uses software on the phones to detect what the subject is and then

adds a blur filter to everything but the subject.

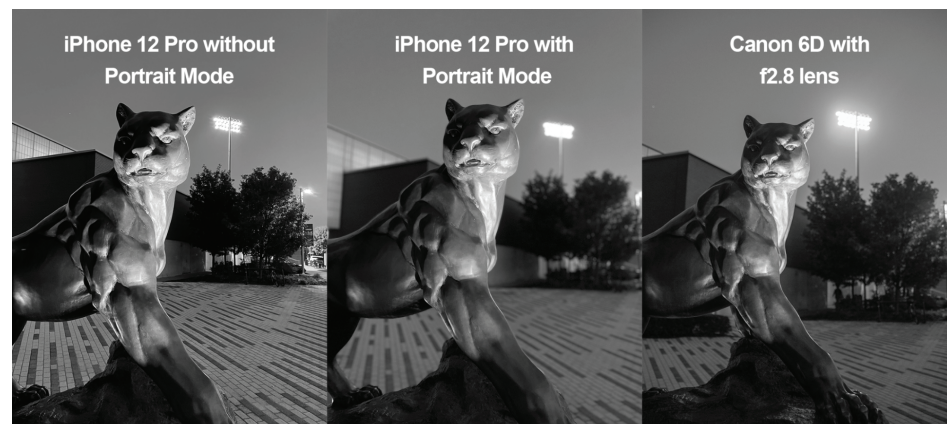
Quick photography lesson: most professional cameras use sensors that are 864mm² in size. This large sensor allows the camera to capture a lot of light as well as get those blurry backgrounds you see on professional portraits and other photos. The new iPhone’s wide camera, on the other hand, has a sensor size of 44mm² (and this is the biggest sensor size ever in an iPhone). With such a small sensor, the iPhone camera isn’t able to let in as much light or get nearly as blurry backgrounds. Apple has focused mainly on software to fix the problems they face with using such a small sensor. For a while, Apple has used noise reduction to reduce the noise you get from having such a small sensor that doesn’t perform well in low-light scenarios. And now, they are trying to combat the lack of blurry backgrounds by using software and “faking” the look.

I’m not trying to say that Apple’s approach is bad. It’s not feasible for Apple to put a big sensor in their phones that are even close to a DSLR’s sensor size. That would be way too big and would require a bigger lens, more battery life, and would make the phone a great deal heavier. Because of this, they’ve chosen to fake the professional look with software.

Apple has been able to fix most of the problems from this small sensor relatively well with their software, but I don’t think portrait mode and cinematic mode are there yet. The problem is that the cameras aren’t able to accurately blur the background: they just add a generic blur to the whole thing. With a regular camera, you will have the subject in

focus with objects getting more out of focus the farther away from the subject. The portrait and cinematic mode also have a hard time with complicated subjects, such as people with messy hair.

perception to determine how much blur certain objects should receive based on how far away they are from the subject. LiDAR could also potentially help distinguish the subject from the background more accurately.



Apple’s new iPhones have started using software to fake the blurry backgrounds of professional cameras for photos and now video. However, the software is not quite perfect yet. Though the differences are subtle, the professional camera (Canon 6D) image is more natural. Still the iPhone portrait mode photo is much closer to the 6D photo than it is to the iPhone photo without portrait mode.

Just because I think portrait mode and cinematic mode aren’t there yet doesn’t mean that I’m not excited to see what it will be like in the future. With the inclusion of LiDAR (Light Detection and Ranging – a system that allows the phone to see how far away objects are from the camera) on the new iPad Pro and now the iPhone 13 Pro and iPhone 13 Pro Max, the devices could theoretically use depth

In general, technology will continue to evolve, so we can expect portrait mode and cinematic mode and whatever mode Apple comes up with next to eventually be indistinguishable from a full-frame camera. I’m excited for that day to come, but until it does, I’ll still be lugging my DSLR around with me when I want to take professional-looking photos.

Coronasomnia Is Yet Another Way the Pandemic Has Become Exhausting

BY NICOLAS RONTANINI

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

But you're not alone. According to the National Library of Medicine, during the height of the pandemic shutdown in 2020, insomnia rates rose by about 37 percent, from roughly 14 to about 20 percent. While the Sleep Foundation indicates that more than a third of Americans don't get enough sleep on a regular basis, the stress, grief and anxiety of Covid-19 has brought us to a whole new level of sleeplessness and is now being called "coronasomnia" by sleep experts. You know you suffer from coronasomnia if in addition to having trouble sleeping, you also have

increased anxiety, depression and stress related to the pandemic. That can be caused by everything from financial stress to increased media consumption to a loss of your daily routine.

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

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

Add to that the effect of computer screens on melatonin, the hormone connected to our sleep that our bodies release when it's dark out. Looking at computer screens, especially if you're up late, could

hamper that. But what else were we supposed to do when during the pandemic, everything shifted online, like school-work, entertainment, jobs and meetings? We had to be online for several hours. I spent much of my time in front of my computer screen working or my television relaxing.

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

Before any of these sleep-deprivation scenarios enter your nightmares, experts say there are ways you can try to help yourself get some sleep. According to Hackensack Meridian Health, keeping and adhering to a schedule is a good start. During the heat of the pandemic, everyone's schedule was turned on its head, and I think that's part of why it was so stressful. By keeping a schedule, it lets you reassert some control, and that can help take the edge off. I know it did for me; it lets me see everything I had to do in small

increments, rather than everything all at once. Looking at the whole instead of the pieces can make everyone stressed.

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

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

Be sure to check out more Opinions and other stories on *The Delphian* website thedelphianau.com

SPORTS

Meet the Panthers: With Athletics Back in Action Players Share Game Preparation Strategies

BY GERARD FIORENZAI

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

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

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

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

Senior women's volleyball player Grace Wegmann, a setter, also commented on the return to normalcy for the sport. "Truthfully, I feel incredibly lucky that I get the opportunity to have an actual and relatively normal season," she said. "Having our season cancelled last year was really disheartening, so it's been great to finally be able to get back

after it in the gym. I really appreciate how the Athletic Department is handling and enforcing the rules, guidelines and regulations to ensure that we're safe and able to play."

Sophomore softball pitcher Claire Fon said she looked forward to supporting other teams. "It is very exciting to resume a sense of normalcy," she said. "Especially after the past two years. We have been very happy to see others support our games as well as being able to attend other teams' events. It has made being on campus very enjoyable."

First-year softball player Faith Camilleri, who plays first base, said that the freshmen have been "an awesome addition to a team that already has a winning history. With fall games demonstrating the capability this team has, we are more excited than ever to get started in the spring," she said.

Now that they're back on their fields and courts, *The Delphian* asked some of the players how they prepare for a game outside of practices. Junior women's volleyball player Katie Schloss, an outside hitter, said she finds her inspiration outside of practice through the use of visualization, music and a healthy diet.

"Outside of practices, I like to visualize how I want to play in a game," she said. "I take time to myself before every game to think about everything I've learned in practice up until that point and narrow in on what I want to work on specifically. I also like to listen to music to truly get in the gameplay mindset, so that I can focus on playing for myself and my teammates. Not only is a correct mindset important for a game, but I make sure to eat right to keep my body in the correct shape."

Thomann uses a similar approach to men's soccer games in terms of visualization. "To prepare for games, I usually start the night before," he said. "I try to visualize myself doing my job for the team and emerging with a victory. The day of, I usually try to take my mind off the game by doing school work or watching TV shows to keep myself distracted. Around four hours or so before the game, I get a pre-game meal and then go back to focusing on the game and what I need to do to help the team succeed. I arrive two hours before kickoff in the locker room to listen to music and continue getting excited and prepared for the game."

Thomann also acknowledged the coaches in having an integral role as well.

"An hour and a half before kickoff our coaching staff does a great job of getting us together to review our game plan of what we have gone over to further help us succeed," he said.

Wegmann cites watching films as a team as a key aspect to securing a volleyball match win.

"We usually take notes on and analyze the best strategies for beating our future opponents based upon certain players' tendencies, which is really beneficial," she said, adding that listening to music also helps her game mentality. "I usually pop my airpods in and listen to music. It's calming and gets me in the zone."

Student athletes have to balance their athletics with academics.

Fon said making a schedule is helpful. "Personally, I try to write out my schedule and assignments that I have due so I can stay on top of my work," she said. "I also print

out the syllabus for each class and keep track of assignments I have completed. Something that is also helpful for me is having an agenda pad to track practices and class work."

Fon also said that the balance between academics and sports is maintained via assistance from coaches. "Our coaches are very supportive when it comes to academics, they help us whenever we need."

For Camilleri, establishing a set time to study and complete homework is the best way to balance out athletics and academics.

"It is important to create a schedule and stick to it as best as possible," she said. "As athletes we need to take advantage of every free opportunity to focus on academics. Although sometimes tough, there is a lot of time management that needs to be done in order to truly balance athletics and academics. I am always using a planner and making lists of assignments I need to do. This helps me stay up to date with my assignments in all my classes and allows me to make sure I complete everything before the deadline. I also make sure to reach out to my professors and ask for help from them if and when I need it or am overwhelmed."

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

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

BY ANDREW SMITH

The fall tennis season is underway at Adelphi and the team is off to a great start, winning the first three conference matches. The team consists of committed and dedicated athletes who play a major role in their success. First-year student Caterina Federici has already made amazing strides to become a crucial member of the team. Federici has demonstrated superior play during the start of the season: she has been nominated Rookie of the Week by NE10 for two consecutive weeks.

Federici began playing tennis when she was five years old. She said her father played an instrumental role by introducing her to the sport. Federici attended a tennis school near her home in Italy. She described her first time walking in as, "Love at first sight." She also attended the Tennis Training School in Foligno, Italy, now one of the few five-star training schools in that country. Federici said she "grew up there," and the school served as

her second home. It inspired her to become the athlete she is today, which she described as "very competitive and goal oriented." She added that the trainers and coaches at the school inspired her to work hard and master the sport. They built her character and created a strong foundation for her tennis career.

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

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

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

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

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

Federici feels confident in her teammates and how they each support each other. Support, encouragement and unity has been Adelphi tennis team's secret recipe in being successful on the court. She explained how friendships play a key role for the team.

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



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

Head coach Rebecca Fakas described Federici as an "impact player for us from the very start of the year. She has a strong work ethic and is always looking to improve her game. I'm looking forward to seeing how she will grow as an athlete throughout her time at Adelphi."

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

Panther Prep Work: The Secret Behind the Season

BY MAXMILLIAN ROBINSON

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

"I realized that things won't always go as planned and that it is uncontrollable," said sophomore women's basketball player Fiona Mannion. "It is how I respond to these unplanned circumstances that is up to me. Therefore, I try to focus on the things that I am physically and mentally able to control such as my mindset and being as best prepared for class, practices and games as possible. When life throws curveballs, I try to stay positive and learn from it."

Due to the pandemic, this will be Mannions first collegiate season of play and that holding onto "this kind of positive mindset" will only help her to respond during times of possible turmoil.

Over the summer, she was on a tight basketball routine, "playing in a summer basketball league to stay physically fit, running and lifting weights," all on her own.

To some, consistency is not a problem at all. For some athletes, they've been

committed to the sport from a very young age, which has allowed them to win multiple awards, competing at a high level, viewing no

to a season like this, but some have whatever it takes.

"I am Type A and do not do well with-



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

end in sight even in the midst of an epidemic.

"I joined the track team my freshman year in high school and I have stuck with the sport since," said 2020 female track athlete of the year, senior Gabrielle Buissereth. "I stuck with it and I would say it paid off."

Having this level of consistency definitely requires a little daily planning from these Panther athletes. It takes a lot of time, energy and commitment to dedicate yourself

out structure, so having a schedule is crucial for me to get anything done," Buissereth said. "I plug in all my classes, team practices, weight training, appointments, social events and study time all into Google calendar so I have everything in one place. Without it, I start missing deadlines, procrastinating and feeling overwhelmed pretty quickly."

With all this time spent trying to improve themselves in their respective sport,

what other possible things could these athletes do outside of the play that helps them?

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

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

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

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

