

September
2015



The Daily Commute

Happy September!

The Commuter Assistant staff welcomes the Class of 2019! We are excited to work together and help fellow commuters with their transition to college. Our 2015-2016 staff consists of Amit Telwala, Ayia El-Rafey, Brittany Willoughby, Hugo Salazar, Justin Baharrally, Jackie Howfield, Matthew Bellomo, Danielle Imperatore, Samantha Athenas, Georgia Linarus, Megan Mazza, Tristan Baharally, Victoria Khaimova, and Senior Commuter Assistant Kim Cotter. We have a wide variety of majors on our staff and we are all involved in various clubs and organizations on campus. We commute from as far as New York City to Eastern Long Island by bus, train and car. Some of our current staff is featured below from orientation!



Contents

CA Welcome	1
CA Event Spotlight	2
Club Shout out	3
Commuter Games	4
Car Free Day	5
Welcome Back Week	6
10 Things to Keep in Your Car	7

Feel free to come to the Commuter Lounge to ask us any questions! Here are our lounge hours for the Fall 2015 semester:

Mondays:

Kim: 10am-12pm
Sam: 12pm-1pm
Amit: 2pm-4pm

Tuesdays:

Jackie: 8am-9am
Megan: 9am-10am
Georgia: 11am-12pm
Jackie: 12pm-1pm
Ayia: 1pm-3pm
Victoria: 3pm-5pm

Wednesdays:

Matthew: 9am-11am
Megan: 11am-12pm
Sam: 12pm-1pm
Hugo: 2pm-3pm
Bishal: 3pm-5pm

Thursdays:

Georgia: 11am-12pm
Brittany: 1pm-2pm

Fridays:

Tristan: 8am-10am
Brittany: 10am-11am
Danielle: 11am-1pm
Justin: 1pm-2pm
Hugo: 2pm-3pm
Justin: 3pm-4pm

CA Event Spotlight: A Trip to Candyland



Find our event on
Facebook at:

[https://
www.facebook.co
m/
events/732380520
140817/?
ref=2&ref_dashbo
ard_filter=upcomi
ng&source=1=](https://www.facebook.com/events/732380520140817/?ref=2&ref_dashboard_filter=upcoming&source=1=)

Join CA's Georgia, Sam and Hugo as they take you on a sweet trip to Candyland on Thursday, September 24th from 11:00am- 1:00pm in the UC rooms 213/214! A Trip to Candyland with your CA's is the first Commuter Assistant event of the school year! Take a journey through the Lollipop Woods, the Gumdrops Mountains and Candy Castle! This free event will include tons of food such as scrumptious desserts and delectable candy, refreshments, fun crafts, games and good times. Your sweet tooth will definitely be satisfied! We hope to see you there!

This incredible spectacle will be hosted by CA Georgia, Sam, and Hugo

September Club Shoutout: The Commuter Student Organization!



Club Facts:

Nickname:

CSO

Meetings:

**Mondays from
1pm-2pm in the
University Center**

Ranking:

5 Stars

Social Media:

**Facebook:
@CSO Adelphi
Instagram:
@csoadelphi
Twitter:
@CSO_Adelphi**

Most known for:

**Commuter
Appreciation
Week**

Why join?:

**Helps you to meet
fellow commuters,
represent the larg-
est population on
campus, plan
events and a great
way to begin your
club involvement**

The Commuter Student Organization, commonly known as CSO, is one of the most active and popular clubs on Adelphi's campus! The diligent work of CSO is to ensure that commuters know what's going on on-campus and that commuter issues/concerns are addressed. This was recognized by being named a 2014-2015 Five Star Organization. CSO provides commuter students with an opportunity to take full advantage of their college experiences and creates events tailored to the interest of the Adelphi commuter population. Our main objective is to get commuters involved on campus while creating a sense of community. I have been a member of this club since I was a freshman and have gained many memorable experiences and created life-long friendships. Every semester, CSO hosts Commuter Appreciation Week a week of free to discounted priced events to show that commuter students are valued on-campus! During this exciting week-long event, there will be free commuter events such as food trucks, community service activities, commuter stops, giveaways, and more! There are also off-campus trips to sports games, Broadway shows, and ice skating for a discounted price!

Throughout the semester, CSO holds in-meeting community service events, trips to Ronald McDonald House to cook dinner for residents, a Car Wash to raise funds for the Preston Hancock Experience, Car Free Day, co-sponsored events with other clubs on campus like the Resident Student Association (RSA) and CALIBER, and so many more large scale free commuter events. Joining CSO was one of the best decisions I have made at Adelphi and I encourage all commuters to join, learn more about what we do and meet other commuter students. We have weekly meetings on Mondays at 1pm in the University Center (Check the TV in the lobby for the exact location).

Be sure to mark your calendars and attend CSO's first event of the year! Join us at our first Commuter Welcome Back Event, as we enjoy the last days of summer and have some fun! The event will be held on Wednesday, September 9th from 12:00pm to 2:00pm on Levermore Lawn. At this event, you will also have a chance to pledge to be Car Free with CSO on September 22nd! Come out and enjoy a summer filled afternoon in between classes with your friends. For more details, check out CA Victoria's article. We hope to see you there!

Also, stay up-to-date with everything commuter-related by following CSO on Facebook @CSO Adelphi, on Instagram @csoadelphi and on Twitter at @CSO_Adelphi !

By: CA Matthew

THE COMMUTER GAMES

Don't miss the chance to beat your friends

Ready for school to kick in? Well, you don't only have to look forward to starting new classes and reuniting with friends from Orientation. As school is coming into session, what better way to swing into the new school year than attending Commuter Games hosted by the Commuter Assistants and the Commuter Student Organization(CSO). Make sure to join us on September 9th from 12pm to 2pm on Levermore Lawn.

There will be light refreshments and various inflatable games for all to play. The games range from Giant Connect 4

to Human Twister to Operation Surgery to many more other games you'll just have to come to see. Stop by and make memories with friends as you play the games and enjoy being outdoors. Hope to see you there!

By Ca Victoria



Commuter Games

Start off the semester right at this free event! Enjoy giant versions of your favorite games, from Operation Surgery, to Connect 4, to Human Twister and so many more!

When: Wednesday, September 9th from 12pm-2pm

Where: Levermore Lawn

Sponsored by the Commuter Assistant Program and the Commuter Student Organization



**JOIN US FOR
LONG ISLAND'S
3rd ANNUAL
CAR FREE DAY!**

Commuter Student Organization Presents:

Adelphi's Third *Car Free Day*

The 3rd Annual Car Free Day Long Island is on Tuesday, September 22nd!

Car Free Day is an international event celebrated every September in which people are encouraged to get around without cars and instead ride a train, bus, bicycle, carpool, subway or walk. Adelphi commuters have participated and increased pledges every year. Just last year, we had the most pledges on a campus in Nassau County! This year we hope to be the top campus on Long Island with your help! Join your Commuter Assistants and the Commuter Student Organization and take the pledge! Be on the lookout for tables and raffles to pledge prior to Car Free Day!

Here is the link to take the pledge today and make sure to indicate that you attend Adelphi University! <http://carfreedayli.com/pledge/>

By: Danielle



SAB's Welcome Back Week

Now that the semester has rolled around, we're getting back into the swing of things – textbooks, syllabi, exam dates, and all of that good stuff. However, to add some fun to the first week of school, our Student Activities Board (SAB) plans Welcome Back Week (WBW). WBW is a week full of events to get students excited for the semester. What's even greater is the fact that everything is free! Check out the following for what's going on:

Monday, August 31st in the UC Lobby from 11AM-3PM:

We'll be having an artist do a free Chinese calligraphy of your name! Stop by and get a nice decoration for your room or home.

Tuesday, September 1st on The Quad at 7PM: Pitch Perfect 2 will be screened to all of campus! Grab a blanket and enjoy the movie. There will be free popcorn and cotton candy which makes it even better.

Wednesday, September 2nd on Levermore Lawn from 11AM-3PM: Celebrate the semester with SAB's Panther Picnic! There will be free food, inflatables, Italian ices, music, giveaways and more!

Wednesday, September 2nd in the UC Ballroom at 7PM: Join SAB for their popular Bingo for Books event! This is an event you don't want to miss out on. Play Bingo for the chance to win some money for textbooks!

Thursday, September 3rd at the UC Plaza from 11AM-3PM: There will be a Fried Oreo truck on campus! Stop by for some free Fried Oreos, but don't wait too long because they're only here while supplies last!

Welcome Back Week is an exciting week, and I know I'm speaking for all of the CA's when I say that I hope you take part in many of these events! Have a great semester, everyone!

By: CA Tristan



10 Things to Keep in Your Car

Having some trouble thinking of the necessities to keep in your car? Here are some ideas for some things to have!

A shovel can come in handy incase you get plowed into your spot on campus and an ice scraper will help clear your windows.

An **ice scraper** is probably the most useful thing to have in your car during the winter months. It is always good to be prepared for snow whenever possible, especially if you are coming from class and need to go home, you'll be able to clean your windows quickly and be on your way home!

Defroster liquid for your windows is essential if you do not have side view mirrors that have heaters. I know from first hand experience last winter during a bad snowstorm, my side view mirrors were covered in ice and the ice scraper couldn't get it off. Luckily, I was able to use the defroster liquid on my side view mirror so I could drive home safely.

A **Snow Broom** is something that I recently found very useful to have as well. For those of you who have larger cars, it is sometimes hard for us to clean off the very top when snow falls on top of it. By cleaning off the top of your car, you are able to prevent snow from falling onto your windshield while driving and therefore it keeps you safe!

A **First Aid** kit is one of the first things that you should think to keep in your car. You never know when you might need a Band-Aid or a cotton swab that can be found in these kits.

I highly suggest keeping a **flashlight** in your car as well, it can help you find things in your car at night and can also help you take a further look under the hood of your car if ever necessary.

Keeping **jumper cables** in your car is also deemed a necessity. You never know when your car may break down and you'll need to have your car jumped, so always be prepared.

I always suggest keeping an **umbrella** in your car; you also may never know when it may rain. If you ever forget an umbrella, you can always go to the Panthertainment Booth and borrow one!

In case of an accident always have **paper and a pen** in your car to take down the other person's insurance information, which will be helpful if you ever decide to file a claim for the damage.

Duct tape can temporarily hold parts of your car together until you can get to an auto body shop if there is a large amount of damage done to your vehicle.

Hopefully these things will help make your commute a lot smoother and will make you prepared for any situation that may arise. Ask your CA for any other suggestions of things that they might keep in their car!

Commuter Games

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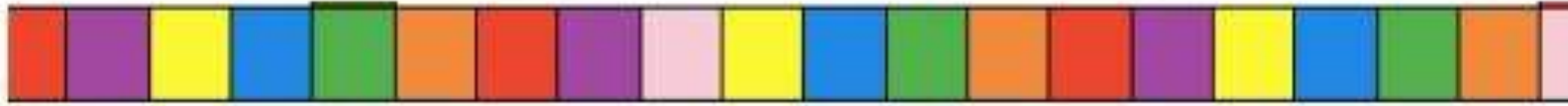




A Trip to

CANDY LAND

with your CA's



Satisfy your sweet tooth at this FREE event, which includes tons of sweet treats, refreshments, fun crafts, games, and so much more!

When: Thursday, September 24th from 11am-1pm

Where: University Center Rooms 213-214

Hosted by CA's Georgia, Hugo, and Sam



Mocktail Hour

Tuesday, September 15th

4:30 pm - 5:30 pm

UC Lobby

Sponsored by the
Commuter Assistant
Program

Mingle with your Commuter Assistants
and fellow commuter freshmen while
enjoying some FREE food and
mocktails!



STUDENT ACTIVITIES BOARD

WELCOME BACK WEEK

AND YES, IT'S ALL FREE.

FALL 2015

MONDAY, AUGUST 31ST

CHINESE CALLIGRAPHY

UC Lobby from 11AM-3PM

Chinese calligraphy of your name! Perfect for your room here or at home!

WEDNESDAY, SEPTEMBER 2ND

BINGO FOR BOOKS

UC Ballroom at 7PM

Join SAB for our most popular Welcome Back Week event for the chance to win some \$ for textbooks!

TUESDAY, SEPTEMBER 1ST

PITCH PERFECT 2

The Quad at 7PM

Bring a blanket and get pitch slapped with this big hit. Free popcorn will be provided.

THURSDAY, SEPTEMBER 3RD

FRIED OREO TRUCK*

UC Plaza from 11AM-3PM

Must we really say more? Come get some free fried oreos!

**While supplies last*

WEDNESDAY, SEPTEMBER 2ND

PANTHER PICNIC

*Levermore Lawn
from 11AM-3PM*

Inflatables, food, Italian ices, DJ, giveaways, and more!

KNOW ALL OF THE
WBW HAPPENINGS
AND MORE!



@ADELPHISAB



STUDENT ACTIVITIES BOARD
AT ADELPHI UNIVERSITY



@ADELPHISAB

#AUWBW

SAB
Student Activities Board