

SEE INSIDE: SPECIAL HALLOWEEN ISSUE!

Fall Arts Festival Is a Huge Success With New Healing Through the Arts Theme

BY JUSTIN KRESSE

Adelphi's campus came alive for the fall arts festival on Oct. 11 for a yearly event that brings together the entire campus and many different departments to celebrate all types of art. The event was started in 2013 as the Ephemeral exhibition by Professor Carson



The Adelphi community came together on Oct. 11 for the Fall Arts Festival. Part of the celebration included Chalk-Up, where students created chalk drawings all across campus like this one by The Delphian staff.

Photo by Kennie Dionísio

Fox of the Art Department. Since then, it has expanded exponentially, becoming the Fall Arts Festival in 2019.

This year the event was planned

by co-coordinators Kellyann Monaghan (chair of the Art Department) and Maggie Lally (associate dean of faculty and programs in the college of arts and sciences), who said they started planning in the spring in order to accommodate such a large amount of collaboration between so many different groups and five different university academic departments.

When you stepped foot on campus at the 2023 event, the first thing you were likely to notice was everyone making chalk drawings on all the sidewalks and walkways around the Garden City campus. This was all part of the Chalk-Up event organized by the Art Department, where any group, organization or class could sign up to borrow chalk from a stand outside the University Center and make drawings or write messages on the sidewalk. Lally said at least 60 groups or organizations were involved with Chalk-Up, not including anyone who joined in the fun on the day of.

Classes like Jen Maloney's painting in photo class and David Pierce's senior graphic design class were outside making beautiful drawings, along with members of Greek life, and even clubs – including The Delphian – got in on the fun.

Monaghan said this year was the biggest ever in terms of participa-

tion with Chalk-Up. The event returned in person in 2021 after Covid and has



Students and faculty from the Words and Music event for the Fall Arts Festival. From left: Professor Sidney Boquiren, Professor Maya Marshall, Abigail McKeon, Starr Easterling, Elaine Feliciano, Afi Alexandra and Professor Jan-Henry Gray. Farah Bruno and Zoila Prado in front.

Photo by Sophia Nocera

increased in numbers ever since.

This year's Fall Arts Festival had quite a few new events too. One took place the day before on Tuesday. There was a kickoff event where John McDermott, associate professor of theater, and guest artist Trebbe Johnson worked with

Artivism and the Criminal Justice Club to create a mandala of found objects,

creating art out of found discarded items.

The Music and English Departments also joined forces on Wednesday for a poetry reading and music performance in Nexus where music students and alumni performed alongside creative writing

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Halloween 2023: Festive Events Take Place on Campus

BY TAYE JOHNSON

Halloween is fast approaching, and while students are gearing up for midterms, there are several events taking place on campus that can help you get into the holiday spirit.

The Commuter Assistants (CAs) are hosting a Trick or Treat event on Wednesday, Oct. 25 from 10:30 am to 12:30 pm in the UC Ballroom 203, where you'll be able to decorate and collect Halloween items and candy. If you've missed the CAs Halloween Carnival event, this would be a great opportunity to connect with other students and enjoy some candy in the process.

Also on Oct. 25, another Halloween event that is sure to keep your taste buds happy is the Halloween Bake Sale. The Global Medical Brigades Club (GMB) and the Biology Club are raising money for childhood cancer by hosting the Halloween Bake Sale. It will be from noon to 3 pm in the UC Lobby.



The Future Teachers Association's Halloween meeting from 2022.

If that wasn't enough to get you into the Halloween spirit, there is another Halloween Bake Sale that has a spooky twist. Delta Sigma Pi is hosting a two-day bake sale to raise money for their

organization and the Ronald McDonald House on Monday, Oct. 30 and Tuesday, Oct. 31, from 11 am to 3 pm in the UC Lobby at the Student Table 2.

Have you ever made a candygram? Well, the Panhel Pal Candygrams event will give you the chance on Wednesday, Oct. 25 from 11:30 am to 2 pm in the UC Lobby. The Panhellenic Association will host the Candygrams event, where you can make Halloween-themed candygrams for your friends and family.

If you aren't into sweets, the Future Teachers Association (FTA) welcomes you to join them to engage in one of the spookiest and most nerve-racking subjects of all time: math class! This event will take place on Tuesday, Oct. 24 from 7 to 8 pm in the haunted halls of PAC 215. You'll be able to learn the tricks of using math to help students further their goals. Costumes are highly encouraged. You can also have the chance to expand your crafting skills by attending the Halloween Craft Night with Peer Assistant

Leader (PAL) Jende. This event will take place on Saturday, Oct. 28 from noon to 1:30 pm in the Campbell Lounge 1.

Finish out the festive month with the Japanese Entertainment and Culture Club's Halloween Watch Party that is taking place on Thursday, Oct. 26 from 5 to 6 pm in the University Center Room 116. Club members voted for this anime-themed event. Let's see what your favorite anime is.

And if you're good at solving mysteries, Circle K International's Halloween Party invites you to join them for a game of Murder Mystery. You can wear a costume, but it isn't required. This event will take place on Halloween from 3 to 4 pm in the Ruth S. Harley University Center in Rooms 118/119.

To RSVP for any of these events, sign up on MyAULife, and please be sure to review each club to learn more about their upcoming campus events. 🐾

A Word from the Editor

I'd first like to address what is happening in Israel right now. As of writing this, over 1,400 people have been killed. It is a very dangerous place right now for innocent families and for all those fighting Hamas. We keep good thoughts in peace and hope for all those in Israel and pray for a stop to this war.

As we dove into Issue 3, and as you can probably tell, Halloween was on our minds, so take a look at the spread of off-campus venues to visit and events you can experience starting this week on campus. We also covered costumes, recipes and music. But don't forget to be safe, wherever you go this Halloween.

Spirit weekend has also just passed, and while I congratulate not only our Prestigious Panthers, I also congratulate everyone who was nominated for Spirit Court. There were quite a few events going on, including Chalk-up and Words and Music, which both took place on Oct. 11. We also celebrate Hispanic Heritage Month in the issue.

Are you a fan of the Pumpkin Spice Latte or are you over it? Either way, find out our opinions on the matter as you flip to that section. We've also included why college exams should be open book and how students juggle working and studying for school.

Spotlights galore! Along with two Panther spotlights on men's tennis and women's volleyball, we have also spotlighted soccer head coach Gary Book. And for a little extra Halloween pazzazz, get insight on the volleyball scavenger hunt that junior Delaney Kien-dra hosts every Halloween for her team.

Enjoy Issue 3 and have a spooktacular Halloween! Stay safe and stay warm.

Lizz Panchyk '24
Editor-in-Chief 🐾



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Fall Arts Festival Is Huge Success

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students who read their poems aloud. Sidney Boquiren of the Music Department and Maya Marshall and Jan-Henry Gray of the English Department worked together to make this event a success.

There was also an outdoor sculpture exhibition outside Blodgett Hall curated by Professors Samantha Dominik and Christopher Saucedo of the Art Department, showcasing the amazing sculptural

work of students from Dominik's class.

Especially exciting this year was the new event hosted by Jaizi Abedania (adjunct professor in the Art Department) and Marlee Koenigsberg (theater alumni) that gave this year's festival its theme: "healing through the arts." The event took place in the rose garden by Swirbul and involved games and exercises based on the applied theater techniques of Augusto Boal (a politician in Rio who

developed legislative theater to address problems in his community). Abedania said the goal was to help students appreci-

a very happy atmosphere on campus. Everywhere you looked, beautiful chalk drawings could be seen. There had been



Students and faculty gathered by the rose garden for the Healing Through the Arts event at the culmination of the Fall Arts Festival this year.

Photo by Justin Kresse

ate the different learning styles of every student in our diverse community.

Lally mentioned several other Adelphi community members who had been instrumental to the planning and execution of events: Argie Angelerakis (professor in criminal justice), Stephanie Lake (program director for criminal justice) and Carolina Cambroner '09 (an art major who started Artivism about three years ago when she was in graduate school).

At the end of the day, there was

such a variety of different and exciting events where everyone could embrace their artistic expression and open up more.

Lally said, "It's great to see how students are not just out but they're on campus and involved and invested, so that's exciting."

The Fall Arts Festival really is a great way to bring the entire campus together, and its success means next year is sure to be even better. 🐾

Hispanic Heritage Month Panel



The Hispanic Heritage Month Panel on Sept. 25 was hosted by Carlos Ventura, with the panelists from left Miguel Bonilla, Ana Rodriguez, Miguel Velasquez and Jose Pena. Also on the panel were Arianne Sanchez and associate professor Jacqueline Olvera. They discussed each of their relationships with their Hispanic heritage and how it impacts their lives.

Photo by Sophia Nocera

Biology Department Study Aims to Improve Education for First Years

BY ERRAH FAWAD & HUSSEIN ALI RIFATH

Biology has always been one of Adelphi's most popular majors. But transitioning from high school into college life can be difficult, and the rigor that comes with majoring in biology only adds to that challenge. To address this, the Biology Department is running a study on biology education in search of ways to better equip first-year students to meet the demands of college-level work.

This year marks the second year of this study, which Dr. Lawrence Hobbie, a biology professor, launched in response to concerns about the effects of pandemic-era schooling.

"Many students struggle with adjustment to college from high school, especially students who were in high school during the pandemic. The study skills that they were able to use to get through high school may not be adequate for them to do really well in college," he said. He hopes that with time, the study will bring results. "We'd like every student to succeed."

Dr. Alan Schoenfeld, director of the Biology Department, echoed that sentiment. "I'm in favor of anything that helps students learn, so I looked at what he was proposing and it made a lot of sense. And it's definitely something that I've seen students struggle with over the years teaching BIO-111."

He recommends that students adopt active studying methods. "If they do something active, like make a flashcard or test themselves on the material or try to explain it to somebody else, that's a much more active process. And if they're able to do that, it's going to stay better and longer, not just for the exam, but probably will be coded in [their brains] for a longer period," Schoenfeld said.

Why is active learning more efficient than passive learning, even while the same amount of time is being spent? According to Schoenfeld, it is less about the time being invested and more about the benefits of long-term information retention.

"You could have student X that reads the same chapter over and over and over and over again and spends 20 hours on that," he said. "If you have a student that reads it once, makes flashcards on it, and tests themselves with the flashcards for 20 hours, the student that made the flashcards will probably learn the material a lot better than the other student, even though they spent the same amount of time, than the student that just read it. That's where the active learning aspect comes in."

The study's pilot run last year didn't yield many results. "We did not see a significant change [in the way students studied]. We were disappointed with that. And so, with a few research students continuing from last year and a couple of new ones, we've revised our strategy. We tried to make it more intensive and involve the students more [this year]," Hobbie said.

To that end, this year's BIO-111 students were asked to take online diagnostic tests before the start of the school year on the DAACS suite in order to gauge their metacognition (how well they can assess their own understanding of concepts). Based on their performance, they received suggestions on what they could do to study more effectively. An outdated BIO-111 lab assignment was also replaced with a lesson on effective learning strategies, developed by Dr. Hobbie and his research students.

Students have had positive feedback about the current approach, but the final impact remains to be seen. "The challenge in educational studies like this is that the anecdotal feedback may be positive, but if it doesn't really have an effect on how students study or how students do in a class, then you can't necessarily say it's worthwhile to do," Hobbie said. "So, we're waiting for the longer term outcomes. What do students tell us in the surveys at the end about how they study? Do we see maybe, ideally, we'd see a lower rate of students who get Ds and Fs in the class at the end of this semester compared to previous semesters? We have to do various kinds of statistical analysis, just to see if there's a significant change."

Alongside ineffective studying, college students nationwide are struggling to overcome one of the most debilitating predicaments of the post-pandemic world: burnout. When asked how the study hopes to combat this dilemma for students at Adelphi, Schoenfeld responded: "If we could help them to learn better, then we're hoping that they wouldn't burn out as much. I imagine learning it more actively is probably more pleasurable than sitting and reading a book, too. By varying their approaches in their studying, it's maybe less likely to lead to burnout."

If this year's results show potential, there may be a scope to expand this study. Hobbie said that while they don't currently have funding, the Provost's office has expressed some interest in possibly supporting it.

"I think we're hoping that we can show some sort of improvement based on what

we're doing this fall," he said. "And then we would have a stronger case to say, you know, if you could support us with some funding, we could roll this out, perhaps, to more students and maybe make it even more intensive and effective. One thing we would like to do is probably hire some additional students, upper level students who have already taken the class, kind of like the tutors in the Learning Center, but students who could work specifically in our inter-bio class and maybe help the students with these study skills, work in the lab when we're teaching them, go around and help them with that and maybe be available also for tutoring and guidance for the students."

Along with Hobbie, two other professors from the Biology Department—Dr. Jonna Coombs and Dr. Eugenia Villa-Cuesta—have made great strides in developing STEM education among science educators. They served as mentors at the "Howard Hughes Medical Institute" and arranged workshops at the "Summer Institutes of Learning" to assist professors in reforming teaching methods.

"We've actually had a workshop here on campus, where we had biology instructors from other institutions come here to learn techniques on how to become better instructors," said Schoenfeld. "I attended it [...] since that time, I've adopted some of my teaching methods to be more scientific and include some of the techniques that they have suggested."

This Biology Department is determined to pursue the goals of this study. "We're really committed to helping students learn. We know that BIO-111 is a class that some students have struggled with over the years, and we'd like for everybody to be able to do well in the class. That's the ultimate goal. We're committed to changing whatever we need to change to get to that goal," said Schoenfeld.

Hobbie echoed that sentiment. "What I find most exciting is the possibility that this could really help a lot of students, especially because we're doing it in an intro class where there are a lot of first-year students. If they can kind of develop good study skills that'll serve them well in university early on, then it could make a big difference, we hope, throughout college. It's great to do something that could help a senior. But if you can help a first year student, maybe it'll change how they succeed in college," he said. "Hopefully, with this intervention, this kind of approach, we can help all the students find their footing in college and set them on a good path." 🍀

Adelphi Hosts Prayer Vigil for Peace to Support Victims of Violence in Israel

BY KURANA DOOBAY

On Oct. 12, faith leaders on campus held a prayer vigil for peace to support victims of violence in Israel.

Michael Hoffner, coordinator of the Mindfulness Center & Interfaith Center, who, alongside the chaplains of the Interfaith Center, hosted the event, said, "I believe it is important for us to cultivate our own inner peace so that we can offer our peace to those in need. If we are not peaceful, we will not be able to meaningfully create peace. We also need to focus on building up our capacity to be compassionate, understanding and loving. When we find ourselves in times of crisis, violence and destruction—compassion, understanding and love and the most powerful tools we have to support each other."



Prayer wall at vigil where people expressed feelings and wishes for peace.



From left: Kurana Doobay, founder and president of Hindu Students Association, Father Adam Bucko, Coordinator of the Mindfulness Center & Interfaith Center Michael Hoffner, Rabbi Yankel Lipsker and others.

Save the Date:
10th Annual Media Career Expo
Tuesday, November 14 at 5:30 pm

Learn how to break into the media job market at this free event sponsored by *The Delphian* and the Department of Communications where you will get career advice from Adelphi alumni.

ROAMING REPORTER

BY HUSSEIN ALI RIFATH

With the 2024 Presidential election just a little more than a year from now, we wanted to learn more about students' views on our political system and how connected they feel to the political process.



Seniors Adam Ayroso and Kyana Gordon

All photos by Hussein Ali Rifath

Adam Ayroso, Biology Major, B.S. M.D. program with SUNY Upstate Medical School

How do you get your information about who to vote for?

It could be something as simple as Google, if that's really what it is. I guess I would more so just watch the news, but making sure the news isn't too biased, like CNBC. Something where I can get a neutral picture of people that are running.

Do you vote in non-presidential elections?
Not really, no.

Do you find voting exciting at all?

I feel like it should be more exciting, but I guess maybe there's just not enough advertisement or marketing for the non-major elections, like presidential elections. I think those are exciting,

just because of the tension that revolves around that. I feel like the smaller elections within your town or your county are important, too, because those are going to be the decisions that impact you more significantly when you think about it.

Do you vote based on party lines?
I tend to choose more Democratic.

Do you have any make-or-break political issues?

I guess more so just policies with gun control, maybe. Just because that's something that's a problem that's been prevalent among schools too.

Kyana Gordon, Senior, Biology

How do you get your information about who to vote for?

I signed up for newsletter things. I get like an email or a text message saying what the Republican Party is doing or what the Democratic Party is doing at the moment because I hate watching the news. So I'd rather read it. Yeah, I don't know the name, but they always just say like "#go vote". Turbo vote.

Do you vote at non-presidential elections?

Yeah. I like my local ones for the assemblyman. I'm in Elmont. And then I have ones for the school district that I live in. I also vote in those.

Do you find voting exciting?

Yes, I do. That's mostly because like I only recently started voting of course. So there's still some shine. There's still some appeal. And I started with the 2020 election so it was really important and that was like my first introduction. I immigrated to the US and I recently got my citizenship.

Do you vote based on party lines?

Yes. Definitely mostly Democratic, especially if I don't know who the person is.

Do you have any make-or-

break political issues?

Definitely immigration because it's near and dear. Gun control is very important because we have school shootings and stuff like that. And nobody's immune to it.



Cecilia Velesaca, Freshman, Nursing

How do you get your information about who to vote for?

Mainly social media platforms you're able to see. I know I've seen a couple of key highlights through debates and all of that and how they're presenting themselves. Sometimes I'll get a glimpse when I see it on the news, like what they've been doing for the community to try and show themselves off. Something like that., TikTok, YouTube. Instagram as well.

So do you vote in non-presidential elections?

I haven't voted yet. I would. All of them.

Is voting exciting for you?

It's more anxiety just because of not knowing what the future will hold with these presidential candidates and stuff like that. Our presidential candidates sometimes just present themselves as like a popularity contest or like I want red, I want blue and that's it. Not really like for the people but just trying to look good for themselves.

Would you vote party line?

I would mix my vote [split the ticket].

Do you have any make-or-break political issues?

Immigration laws, women's rights and stuff like that.



Sebastien Gourgoe, Freshman, Physics

How do you get your information about who to vote for?

Mainly, I just get the information from my youth, from my parents, pretty much what they think. I think too, because we pretty much live together. So if it's better for their living conditions, that they vote for somebody else who pretty much has their goals at heart, I would say, then I guess it's better for me, too.

Do you vote in non-presidential elections?

Yes, I voted before, last year. Whenever I can.

Is voting exciting for you?

I just know it's something that I have to do.

Do you vote party line?

I just say the same as a party when I'm voting.

Do you have any make-or-break political issues?

I just want something that's not going to end in disaster. That's pretty much it. 🐾

From Squash to a Functional Training Studio, AU Recreation Has it All

BY ANDREW SMITH

Located across from the Ruth S. Harvey University Center, the Campus Center for Recreation and Sport (CRS) provides the entire student body and faculty a variety of physical activities and recreational sports. Programs and exercise equipment include free weights, stationary bikes, and treadmills, but also more unique aspects such as multi-purpose courses and different training studios the student body often fails to see.

Associate Director of Campus Recreation Shaun Rutherford explained one of the building's more unique and often overlooked components. "When the Functional Training studio was built in 2017, there was a surge in popularity for the CrossFit style of training opposed to the traditional free weights and machines that typical gyms offer."

"The hope was that with this increase in popularity, we may have more people

interested in this style of training and that providing a space where students could do this would increase engagement in our department." Rutherford continued.

However, due to its location on the third floor, it has often gone unnoticed by students. Blake Pomerantz, a junior sport manage-



Michael Korotz said he often goes to the racquetball/squash courts with his sister between his classes.

Photo by Andrew Smith

ment major said, "I did not know if it was ever open or accessible for students. Every time I walked past it, it was always empty."

To combat this, Rutherford and the CRS staff have looked for ways to create student-run programs to increase awareness of this offering. "We have a group fitness class that takes place in that room, and we allow practicum students from the Exercise Science Department to use that space for their training," Rutherford noted.

In addition, right across the hall is another often unnoticed area of the building: the squash/racquetball courts.

Michael Korotz, a math major in the STEP Program, has used the squash courts during free time with his sister Megan. "I heard about it from my sister, and from time to time, we play between classes," Korotz explained.

"It is a great way to de-stress during a long day."

Courtney Gendels, a fitness graduate assistant, expressed that there have been discussions internally, and it has become almost a department goal to have more students participate in these activities.

The department has focused on making the environment seem more inviting and providing workout tutorials. Through a QR code on a studio poster, users are directed to several tutorial videos explaining the different workouts you could do in this room. When arriving, a beginner can easily become overwhelmed due to the different and unique machines. These easy-to-access tutorials are a great way to help newcomers complete a workout and feel motivated to return.

While these rooms on the third level may not be directly accessible from the popular locations on the main level and second floor in the CRS, they are still valuable experiences that all students should try out. 🐾

Professional Musicians Give Students Insights Into the “Business of Making Music”

BY JOSEPH D’ANDREA

A panel of musicians shared their stories about the journey of making music and gave advice about navigating through the business side of the industry during Adelphi University’s music-filled event in the Performing Arts Center on Sept. 27.

Celebrating Hispanic Heritage Month, guests featured for “The Business of Making Music” included renowned Puerto Rican saxophonist Jorge Castro, Colombian-American vocalist, band director and creative director Andrea Chavarro and Linda EPO ‘09, a Queens-born musician and Adelphi alum with Haitian-American roots.

The three panelists discussed the importance of valuing one’s own self-worth, especially in the extremely competitive music scene, and advised about being one’s own manager when entering the field and the necessity of working with other musicians.

Chavarro explained that by being a fairly young woman dedicated to performing with an all-women ensemble, there are unique obstacles that inevitably come about. She said that as a musician with those tags, “I have to advocate for myself — both musically and in the business realm.”

Speaking more about the business side of performing, all three panelists agreed that perseverance is instrumental in such a learning process that has its fair share of ups and downs.

“I might have a conflict with the club owner, or I might have a conflict with the sound engineer,” Chavarro said, “but that’s not going to deter me from showing up to my next show and it hasn’t deterred me. I think that’s been a key to my success.”

“Another obstacle is money,” EPO said. “First off, in the music business, to make money, you have to have money. It’s so hard to do this without any sort of economic support or sponsorship, or any old school classical Baroque style patrons, so a lot of us are hustlers... It’s hard to make up for losses that are unforeseen and it’s always good to plan ahead. I’m not saying to work yourself to death but be prepared. Be organized.”

Castro echoed this, saying, “Money is a tool. It can be an obstacle but that depends on how you look at it.”

The guests noted the importance of

dressing appropriately for gigs, having an up-to-date passport if traveling for work and speaking to an accountant or lawyer about investing in yourself by having career-related activities pass as business expenses.

Also mentioned was using social media to self-promote. But self-promotion doesn’t only come in the form of advertisements — it’s also achieved through how you value yourself in front of organizers.

“Do not accept anyone not paying you,” EPO said. “Seriously. You are offering how much you value your-

we’re going to have to deal with.”

Especially for aspiring musicians who may become ultra-focused on themselves, EPO emphasized that collaboration and “being friends with each other” is essential.

“You’re not each other’s competition,” she said. “You’re each other’s network and community. You’re not a solo artist. That’s not really a thing because you need to play with someone else — you need a band, right? You can’t just be locked up in your room playing 5,000 riffs for yourself and no audience and then show



Three Latinx musicians shared the stage in the PAC’s Olmsted Theatre to discuss their experience in the professional world of music. Photo by Joe D’Andrea

self. Your dollar amount next to your name is up to you, but never accept zero because that’s your work. That’s your time, your experience, your education.”

Castro mentioned that there are many streams of income in the music world, using his own example of making commercial jingles in the past. He also explained that the more you invest yourself in the world of your career, the further you’ll go.

“Keep striving,” Castro said. “I can say I play the saxophone [but I also] went into the technical stuff. Now I do lighting, automation and sound. As a bandleader or promoter, you have to do a little bit of everything... It’s called the music business for a reason. Everybody loves the music part but the business part is what

up to the gig and not know how to play with everyone else. Make sure that you speak to every single one of your classmates or any other musicians you talk to out there... Even if you have different skills, even if it’s not the same genre of music, everyone can help each other.”

The Lulada Club, for which Chavarro acts as the band leader, gave an energetic performance following the panel. Faculty, students and fellow musicians embraced the music on the floor of the Olmsted Theatre.

The free event was sponsored in part by Adelphi’s Department of Music, the Latin American and Latinx Studies Program, the Robert B. Willumstad School of Business and the Office of Diversity, Equity, Inclusion and Belonging. 🐾

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.

If you couldn’t tell, I love the fall season. And I do think that there is something truly nostalgic about it. I remember every year that we recognize how the sun begins to set earlier each day until suddenly it’s 4 pm and its pitch black. This happens every year, yet we are surprised every time, like it’s never occurred before. I think it’s heartwarming in a way, that this is the thing we tend to notice every fall, sometimes more than others. For students especially, whether you live on campus or commute, it effects our semester. But the changing season is a beautiful thing to watch and far too poetic not to write about.

a nostalgic autumn
By Lizz Panchyk

I think there’s something so poetic about how we notice the sun setting earlier each fall. It occurs every year, but still we marvel at the sudden darkness. and in that there is something beautiful, even in our unpreparedness for the season. but there is nostalgia in the air, aside from the crisp scent of cold. as it cools down, we become more conscious of the changing world around us — we notice the leaves turning warm and brown, shedding from what used to be the greenest trees. we watch as street lights light up the sidewalks in a fog. we feel the warmth enter our hands as we grip tightly onto a hot coffee.

fall weather lurks upon us in october and embraces the shivering november. and maybe as our days shorten, we become more grateful for the light that we do have and find comfort in remembering the octobers before.

New Creative Writing Club Offers a Chance to Use Imagination

BY JULIA LUND

Calling all creative writers. Adelphi is now offering a Creative Writing Club for all majors and years. While the university offers classes on creative writing, the club founders wanted to create a space that was free of the rigidity of assignments and allowed for freedom to just create.

It was a year in the making, since fall 2022, said co-vice president, Jaylene Aponte, a junior psychology major and an African, Black and Caribbean Studies minor. The club originally was denied

creation but after a re-evaluation they were approved when even a professor noticed the gap in club offerings. Faculty advisor Jan-Henry Gray, an assistant professor of English, said he was surprised there wasn’t already a related club. He said he was immediately eager to help start the club and he “hopes this is the first of many years of this club on campus.”

Before the club was created Aponte and a group of other students would meet in the library and share their work amongst themselves. However, according to secretary Zoila Prado, a

senior creative writing major and communications minor, they would be so engrossed in sharing their work they once “got kicked out of the library.”

Like the library gang, this club will maintain the same exciting energy, but no one’s getting kicked out this time. The club meets every Monday at 1 pm for an hour in the University Center. The meeting follows a casual format, optional sharing of work and or creative exercises to get the creative flow started.

President Farah Bruno, a health care administration major and African, Black,

and Caribbean Studies minor, said, “I want a community based and casual structure— because I feel like a lot of creative writing courses are really assignment heavy.”

Through the fluidity and stress-free structure of this club, Bruno hopes that it will be a “space where people can be free and really be themselves.” The club is still in search of a treasurer who would handle budget and spending habits. Those interested in the club or a leadership position are urged to join. The club can be reached through their Instagram account @adelphi_cwc or found on AULife. 🐾

Kennie's Kitchen: Pumpkin Slutty Brownies

BY KENNIE DIONISIO

Slutty brownies are a delicious layered treat with a cookie dough base topped with Oreos and a fudgy layer of classic brownie. But what about putting an autumnal twist on this beloved dessert?



October is all about pumpkin spice and everything nice. Who knew pumpkins and chocolate went so well together?

Ingredients:

1 8"x8" foil baking pan
 cooking spray
 1 package of ready-to-bake cookie dough
 16 Oreo cookies (You can also purchase orange-creme Halloween Oreos for some added color)
 1 box of brownie mix
 1 small can of pumpkin (not pumpkin pie filling)
 ¾ cup of melted butter
 ½ cup of sugar
 1 tsp. of pumpkin spice
 2 tsp. of vanilla extract
 Prep Time: 15 mins.
 Cook Time: 40 mins.
 Total Time: 55 mins.

Directions:

1. Preheat your oven to 350 degrees F. Spray your baking pan with cooking spray.
2. With a hand mixer, combine one box of brownie mix with one can of pumpkin.
3. Gradually beat in sugar, pumpkin spice, vanilla extract and melted butter.
4. Be careful not to overbeat your mixture, otherwise you may end up with a spongy brownie.
5. Evenly press the cookie dough in the baking pan.
6. Gently press the 16 oreo cookies into the cookie dough layer.
7. Evenly spread the pumpkin brownie batter on top of the two layers you created.
8. Bake in the middle rack of your oven at 350 degrees F for 40 minutes or until you can stick a toothpick



in the brownie and it runs clear.
 9. Let the brownies fully cool before serving and enjoy! 🍪

Keeping Your Guard Up on Campus During This Festive Season

BY JOSEPH D'ANDREA

The spooky season has its fair share of supernatural frights, but there are also real-life scenarios that should be approached with caution, especially if you're a college student.

Halloween isn't just a time for kids to go house-to-house collecting their favorite candy. For many who are high school- and college-aged, this time of year invites parties fueled by alcohol, which can lead to dangerous situations.

Although Halloween lands on a Tuesday this year, many students still plan events the weekend before, opening the door to potentially dangerous situations like becoming singled out in a crowd and being surrounded by loud dorm rooms.

Raymond Hughes, chief of campus safety and emergency management at Adelphi University, expressed his concerns surrounding the Halloween season and provided advice for students to keep

out of harm's way. He noted four primary pieces of guidance: "Trust your instincts, use the buddy system, obey laws, rules, and regulations, and keep your phone on."

Being conscious of and reporting suspicious activity is helpful to not only yourself but others, too. Hughes explained that an effective way to stay aware is to "make a pact [with friends] to arrive and leave together and keep tabs on each other all evening."

Another concern for college-aged adults is sexual harassment. Kaydeen Pierre is the president of Panthers Against Sexual Assault (PASA), a fairly new organization on campus that aims to bring awareness of the different sexual abuse and assaults that occur in our society and on campus.

Pierre said based on sexual harassment alerts sent out by Public Safety in the last two years, the rate will rise at this time of year. "I believe that there should be more safety officers going around campus, especially at night, when it is more common for

people to participate in unsafe activities."

In addition to echoing Hughes' advice of creating a buddy system, Pierre also stressed the importance of a having designated driver "in order for them to not have to worry about drinking and driving."

PASA faculty advisor Tracy Stopler said, "My concern is that of students not being as focused after drinking. Whether they're drinking alcohol, smoking pot or doing other drugs, they lose their sensibilities. And in losing their sensibilities, it increases their risk of being assaulted."

Stopler, who is also a child victims advocate at the Safe Center LI in Bethpage and the author of "The Ropes That Bind," which is a true story based on child sexual abuse, supported the idea of staying close to someone who they could go home with so they're never walking or in a cab or Uber alone.

Theft is also an issue — though not just at Halloween. Hughes mentioned that Public Safety has initiated Operation

Gotcha!, a theft prevention program that includes reminders to students and the larger campus community to lock their doors and be mindful of their property.

Remaining cautious applies to when you're in your dorm—and that includes some basic safety like fire prevention.

"During the month of October, there is an increased usage of costumes/masks and decorations," Hughes said. "Some decorations may include candles to create a spooky atmosphere, but remember, on campus, there are no open flames/candles allowed. This is especially important so we can avoid fires... Discretion and common sense are key."

The Public Safety and Transportation section of Adelphi's website features Halloween Safety Tips as well as general safety tips. Public Safety is available 24/7, 365 days a year and can be contacted at 516-877-3511. 🍪

Spooky Attractions We Dare You to Visit this Month

BY LEAH LAVOIE

It's officially spooky season. Rather than eating Pillsbury cookies in your dorm room and watching scary movies, which is totally fine, there are plenty of Halloween-themed attractions right outside your door. Everyone loves a good scare and October is the perfect time for one. Being a non-native to Long Island myself, I've compiled a list of fun activities to do this October so you don't have to.

First and by far the most important is Fright Fest. Located at Six Flags the Great Adventure in New Jersey, the combination of rollercoaster rides and haunted houses are bound to have you screaming in fear. With six haunted attractions and two more arriving later in the month, this is the ultimate thrill-seeking experience. Not to mention, they have actors roaming the park all night long to give you goosebumps while you're

waiting in line. Although this activity is on the pricier side starting at \$85 for a day ticket with a haunted attractions pass, for a full day of fun it's definitely worth the trip. Learn more at www.sixflags.com.



Next on the list is Schmitt's Farm Haunt in Melville. Starting at 7 pm Friday through Monday Schmitt's Farm Haunt consists of live actors, animatronics and a haunted corn trail, which is the basis for every Halloween horror movie there

is. Starting at 36 dollars this is definitely more financially appealing than Fright Fest. This attraction also includes a light-out lantern night where all the lights are turned off and visitors are given a tiny lantern to light their path. Not only that, they also have a clown takeover night, which will have you sprinting towards the exit. Visit <https://schmittsfarmhaunt.com/>.

Bayville Scream Park is another noteworthy attraction comprising six haunted attractions, mini-golf, restaurants and an arcade. Their haunted houses include Bloodworth Manor, a haunted asylum, Uncle Needle's Fun House of Fear in 3D, Temple of Terror, Evil in the Woods and the Cage. To enter all six haunted houses is \$57, which is reasonable considering this park will leave you shaking in your boots and with a lost voice in the morning. Their site is bayvillescreampark.com.

Finally, the closest attraction to our

beautiful campus is A Haunting in Hollis. Located in Queens, this attraction features a real haunted house as well as a haunted maze. You and your friends are on a mission in the dark to avoid zombies and ghouls with only flashlights and laser guns to defend yourselves for only \$20 on weekdays. The most interesting part about this haunted house is the only way out is by going down a slide with a 20-foot drop known as Satan's Slope. After the slide, you enter an escape room where you'll be begging to go home. Learn more at <https://ahauntinginhollis.com/>.

October is also the perfect time for less scary pumpkin patches, apple picking and hayrides. Or you can dive into the frightening stuff where in the moment you'll probably be screaming for your life and asking your mom to pick you up. But they're bound to be one of the most memorable events during the semester. 🍪

For a Unique Costume Look Don't Be Another Barbie

BY LEAH LAVOIE

It's that time of year again to start planning out the perfect Halloween costume based on what's trending. Picking out a costume might even be the most difficult decision of your life. Should I be a weird Barbie? Cowgirl Barbie? Ken? Not necessarily because Halloween costumes are about looking unique. According to the National Retail Foundation (NRF), of those planning to dress up for Halloween, 75% of adults already know what their costume will be this year, up from 70% last year. And guess what? More than 1.8 million adults plan to dress as Barbie.

Another 5.8 million plan to dress like a witch, nearly 2.4 million as a vampire, more than 1.4 million as Batman and 1.3 million as a cat. And those costumes will cost you since the NRF said that 69% of those celebrating Halloween plan to buy costumes, with total spending expected to reach a record \$4.1 billion.

So take a step out of Barbie Land and elevate your costume to the next level. Avoid looking like everyone else at the party with

these unique costume ideas. Go for something different, like Captain Underpants, Austin Powers, or his sidekick Mini-me to spark laughter everywhere you go. These costumes give a comedic appearance and



ensure heads will turn when you enter the room in your cape, bald cap, or blue suit.

Some other cliché Halloween costumes to avoid are popular superheroes such as Wonder Woman, Cat-

woman or Superman. Instead, try some of the lesser known heroes and go for Poison Ivy, Hawkeye and DareDevil.

It's also not a bad idea to avoid popular Disney characters. Given the new movies, there's bound to be countless Ariels and Belles at the ball. Spice things up and dress up as your favorite Disney villain. Be Ursula, Maleficent or Captain Hook.

Aside from movie characters, there are some classic Halloween costumes that we've all thought of wearing. Cowgirls and cowboys, aliens, pirates, hippies and space girls are likely to have a copycat. To avoid the Halloween fashion faux-pas, reach into your closet and gather some extra materials. Instead of an alien come to the party as an elf, fairy or Roman God. These costumes all utilize shimmering accessories featuring silver and gold with only subtle differences in attire between the three.

Be a celebrity for the night and bring a microphone as a prop. Disguise yourself as a sailor if you love the ocean and boating. Dress up like Cleopatra if you like history or Medusa if you're interested in mythology.

We all want to express our individu-

ality when it comes to Halloween, so it's important to choose a costume that speaks to your personality instead of the latest trends. There are more Halloween costumes that can be put together than the mainstream costumes you're seeing on Pinterest and TikTok.



Think about the movies you liked as a kid, the books you read or the memes you've seen. Hopefully, with these tips, you'll stand out in a room filled with Barbies. 🐾

Songs That Make You Want to Do the Monster Mash

BY LIZZ PANCHYK

Because fall is my favorite season, I'm a huge fan of Halloween. It's mostly the atmosphere, the movies, and the music that I enjoy most as Halloween rapidly approaches. Here are six of my top spooky songs – I promise they're a graveyard smash.

Ghostbusters

Who you gonna call? Ghostbusters! This is a must-need song by Ray Parker Jr. featured in "Ghostbusters." Though the movie is silly in its context, one cannot help but sing along to this classic.

Monster Mash

By Bobby "Boris" Pickett, this song reminds me of my childhood. When I took dance in elementary school, we would dance to this song when October crept up on us. I still remember the dance.

This is Halloween

This is one of my favorite songs to get in the Halloween spirit. This song is



From Michael Jackson's "Thriller" music video, a song that will awaken the dead.

from the movie, "The Nightmare Before Christmas," where Jack Skellington (the pumpkin king) does his big yearly stunt.

Thriller

This is yet another classic that I remember from elementary dance. I can't help but think of Michael Jackson's music video for this song, a per-

fect dance-along. If there's one song that screams Halloween season, it's this one.

Somebody's Watching Me

Who else remembers the guy in the pumpkin costume dancing to this song on America's Got Talent? Although this tune by Rockwell wasn't planned as a Halloween themed song, the idea of "somebody watching me," is particularly chilling.

Season of the Witch

This is a relatively new cover by Lana Del Rey, which includes some haunting vocals. The song however, was originally by Donovan in 1966. Though it initially didn't have to do with witchcraft, there have been many renditions of the song since.

What's your favorite terrifying tune? Maybe it's a theme song from a movie or maybe it's "Spooky Scary Skeletons." Whichever one it is, I hope it prepares you for Halloween as you're getting your costumes ready. These songs are a thriller, so don't be afraid to sing along, nobody's watching you! 🐾

RISE of the Jack O'Lanterns Returns for Its 10th Season

BY JULIETTE VALDEZ

Imagine a dark, exhilarating path illuminated by glowing carved pumpkins with designs from Minecraft to the Mona Lisa to Sesame Street characters and several thousand more. That's what you'll experience at RISE of the Jack O'Lanterns, which is ready for its tenth season of spooky fun at a new location in Wheatley Heights, New York.

This year the trail is approximately 4,200 feet long. Additionally, over 10,000 illuminated objects– including 7,000 intricately decorated pumpkins and 3,000 homemade lights–will be on display.

Alice Clancy, the event manager since 2018, said, "This year, there's more videos on the trail and a lot more music on the trail than

ever before, and my favorites are called art pumpkins– a big pumpkin with one design in contrast to the large structures of little ones."

For example there was a large pumpkin displaying Goku, One Punch Man and Luffy, three popular anime figures. There are also about 50 themes, everything from pop culture to Halloween movies. They also brought back their prizewinner pumpkins, which are 100-plus pounds each. Each one is hand-painted and carved by artists. In addition, there are over 70 new displays.

On the trail on a recent night, customer Jaylene Aponte said, "It was not too much walking and pretty interactive. I would definitely go again." She added that her favorite displays were Minecraft and Roblox.

Because the pumpkins used for



this operation are the real deal, they need to be replaced every couple of days. So there are also carve tents along the trail-side to give onlookers a sneak peek of the

carving process. And USDAN Summer Camp for the Arts, RISE's newest partner, is offering food and beverage services. Make sure you get to try the hot chocolate, hot cider, popcorn and donuts.

Join the festivities at 185 Colonial Springs Road in Wheatley Heights. But hurry to buy tickets because many dates, including Halloween, are already sold out. Prices range from \$20-\$40 depending on when they're ordered. There are 10th season celebration discounts for early birds. Note that you can only order online prior to an appointment at www.jackolanterns.com. 🐾

Visit “Chambers of Hell” to Have a Spooktacular Halloween Season

BY EZABELL MULOKANDOVA

If you want to add some spook to your Halloween season you should definitely visit the haunted house “Chambers of Hell” located just off the Expressway on the westbound service road in Hauppauge. This haunted house sets itself apart from others due to its level of professionalism in all aspects. There are three separate haunted houses that make you feel like you’re walking into three different horror movie sets. They have superior set designers. D Oscar Gonzalez makes almost everything in the haunt by hand; they use as little pre-made product as possible.

The first haunted house is called “Massacre on Bourbon Street” and the set designers built it to resemble New Orleans. It includes representations of everything from an antebellum mansion, the French Quarter, Lafayette cemetery, as well as a bayou. The second haunt is called “Legends” and features, legendary monsters of folklore end. It is built to resemble a system of caves and includes several areas where you will have to crawl or duck to make it through. The third haunt is called “Inferno.” It’s their interpretation of what hell would look like. It is a series of very detailed and very gory factory-type rooms where demons work in perpetuity.

The actors are also exceptional. They have an auditioning process and once the actors pass that

experience a lot of scary atmospheres and see many actors, as well as lots of jump scares. It’s going to really freak you out.”

with us so they can get scared too.”

This is also a fully indoor attraction and includes an indoor waiting area in case of bad weather. Be forewarned if you have sensory issues or claustrophobia; there are lots of specialized lighting, including strobe lights, as well as a variety of scents that simulate everything from coffee, charred corpse, dirt, mildew, swamp marsh, gasoline and sulfur, and there are some tight rooms.

But, if you are ready to experience this level of spookiness take your friends and enjoy this incredible experience at the “Chambers of Hell” haunted house located at 1745 Express Dr. North in Hauppauge.

The cost of the tickets is \$45, but they offer \$5 off to college students for cash with a student ID card. This attraction will be open until Oct. 31. The days to visit “Chambers of Hell” are Fridays from 7 -11 pm; Saturdays from 8.-11 pm; Sundays from 7-11 pm; and they’re also open for select weekdays from 8-10 pm. It is recommended to come with comfortable clothing, and nothing fancy because you will get in a couple of situations where you may have to crawl so you might get a little bit dirty, and it's best if you don't wear any jewelry. Visit their website for more information: www.chambersofhell.com. 🐾



Photo by Frank Ingargiola

they are put in a training program.

According to Frank Ingargiola, who is in charge of guest relations at the haunted house, “The fright level is very high. We are one of the scariest haunts that you’re going to ever attend. You’ll

On a recent day, two customers who live on Long Island, Sabrina and Steve Brosnihan, stopped to share their experience. “It was amazing and very spooky. We will absolutely come back and tell everyone we know to come back

From an Usher to the Super Bowl

BY ANDREW SMITH

Adelphi’s Sport Management Program has been on the rise. With an entirely new curriculum and even a campus-sanctioned student-run club, these changes have allowed the program to continue to evolve and to meet the demands of this competitive field. The incredibly talented and experienced professors continue to inspire their students each day. Since 2020, Professor Frank Supovitz has graciously shared his decades of experience with his students.

Supovitz’s journey to the sporting industry was not conventional. As a Queens native, Supovitz attended Queens College and graduated in 1979 with a BA in biology and worked as an usher at Radio City Music Hall while studying. After finishing his undergraduate schooling, Supovitz was offered a management position at Radio City Music Hall and decided to take that job to help him save money for graduate school. However, Supovitz began to love his work in the theater industry, so he decided to stay and see where it would take him.

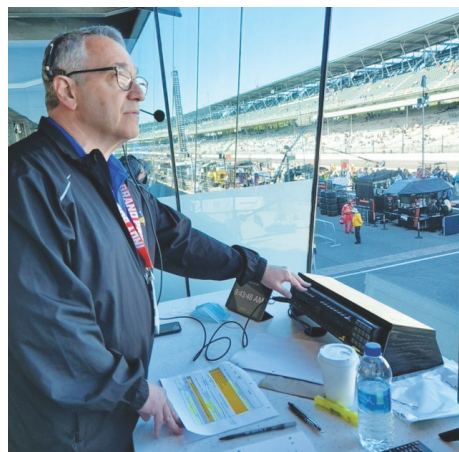
Radio City began to evolve and produce large events for powerful corporate partners such as the Super Bowl XXII Halftime Show. “By then, I was hooked and wanted to do more in the sports event production space,” Supovitz said.

Supovitz would go on to lead the National Hockey League’s Events and Entertainment Department for over a decade. In this role, he would be crucial in managing and producing the popular events such as the All-Star Weekend. In addition, Supovitz worked with the Edmonton Oilers

to develop the NHL Heritage Classic, which eventually evolved into the yearly tradition of the Winter Classic.

Supovitz then served as senior vice president of events for the National Football League. When discussing his most memorable sporting experience, Supovitz told the story of the first game at the Louisiana Superdome in 2006 after the devastating effects of Hurricane Katrina.

“I traveled down to New Orleans just a few weeks after the storm as part



Frank Supovitz at the 2021 Indy 500 with his company Fast Traffic Events.

Photo provided by Frank Supovitz

of an NFL task force to, among other things, begin the long-term planning for reopening the stadium and the city,” he said. “The city was on its back and the stadium was in such horrible shape that we knew it wouldn’t be able to host NFL games for a long while, if ever again.

“The Saints went on to win the game, and still to this day, my friends in New Orleans say that was the night that the community finally felt the city

would bounce back from the devastation of the hurricane,” Supovitz added.

He was also directly involved in another memorable NFL moment. Super Bowl XLVII would go down in infamy as the power went out for a 34-minute delay leaving the football audience in shock. Supovitz was the lead executive during this game. “On game day, I was stationed at ‘NFL Control,’ the game day command center. That’s where all the event’s decision-makers managed every game day detail, from stadium operations, security, and law enforcement to broadcast, media relations, football operations and more,” he said.

To prepare for a crisis like this, the event staff led by Supovitz had to perform several trial runs where they would encounter several emergency scenarios. The team solved these scenarios as quickly and efficiently as possible to ensure safety and keep the show rolling.

Supovitz remembered that night and shared his thoughts and concerns. “We knew the first thing to figure out was whether we had a safe or unsafe environment. If it was unsafe, say a fire, a terror incident, or other threat to life safety, we had to evacuate. But, if it’s safe, you want people to stay inside while you respond to the problem. We had to act fast to make that decision because you don’t want social media to make the decision for you and create a panic. Within about 90 seconds, we knew it was a power failure in the building and that we could activate a backup feeder to restore power. So, we told fans to stay put and we’d get started again.”

Then, in 2017, Supovitz wanted to take his decades of experience into his

own hands. He left the NFL and launched Fast Traffic Events. “I just felt it was time not only to try applying my experience and expertise to new things and to learn some new things along the way,” he said. “Happily, I could be selective about the projects I undertook with Fast Traffic.”

Fast Traffic Events would go on to work with a diverse portfolio of sporting and entertainment clients such as Indianapolis Motor Speedway, Major League Baseball, The Pro Football Hall of Fame, the Seaport District in New York City and Grand Canyon University.

When describing his work with this diverse clientele, Supovitz emphasized that every project has different objectives and a target audience. “Pick the event; it’s all about presenting the stories that make these events, sports and people exceptional,” he said.

In 2019, Supovitz would put all his incredible life experiences to paper when he wrote, “What to Do When Things Go Wrong.”

“With all those details that go into planning a large-scale event, something somewhere is going to go wrong,” he said. “Every time. Hopefully, it goes unnoticed by most people and gets solved or managed. That happens a lot. Unfortunately, when something goes really wrong at the Super Bowl, it doesn’t go unnoticed and people want to know what happened behind the scenes.”

Today, Supovitz looks forward to teaching and sharing his experiences with Adelphi’s students. He encourages them to be involved and get experience however they can. “Remember, I started as an usher. Anything that builds your resume will help!” 🐾

To Ban or Not To Ban: A Conversation About the Increasing Trend Toward Banning Books

BY ENNIE CONNER AND JOANNA REID

There are books that have been banned by lawmakers, schools and libraries all over the United States. Created by activist Judith Krug, Banned Book Week is held annually to combat censorship and promote the right to reading. This year, Banned Book Week took place from Oct. 1-7 with the American Library Association announcing the theme of “Let Freedom Read.”

Recently, there has been an increase in the banning and disapproval of books for a slew of reasons. Books like Ray Bradbury’s “Fahrenheit 451,” “The Diary of Anne Frank” and even the dictionary are being banned for purported reasons like “graphic language” and “violence,” even though they’ve been generally approved of for years.

There seems to be no actual reason for the books that are banned to be banned — except for that, oh, they talk about gender, sexuality, race and identity. It’s understandable that some books should be and are banned in many cases — “Mein Kampf,” for example — but these recent bannings aren’t like the others. Here’s what we think.

Joanna: Would you agree that books should never be banned? In my opinion, no matter the subject material, they shouldn’t be banned. To use your example of “Mein Kampf,” despite the fact the book is entirely made up of anti-semitic propaganda, I think it’s still important to have that information be accessible because it can educate people on Hitler’s harmful beliefs. And it definitely gives people an insight to history and what it was like to live during World War II.

Ennie: I think that some things might need a little bit of censoring, but not banning entirely. More like they need to be put into context. When someone is reading “Mein Kampf,” they would need to be educated on

the history behind why it was written and who it was written by to truly understand it, just like any other book, but with added measures that make the reader understand that the material is controversial and, in this case, offensive and quite frankly, evil. bad. What do you think about the recent bans, though?

Joanna: I think a huge part of the reason books are banned is because people are hateful and they want to shield others from constructing their own beliefs. More

actors. In my opinion this shows that books are just being used as political pawns and the people passing legislation to ban these books haven’t even carefully done their research. And I think that this shows the motive for banning books mainly stems from ignorance.

Ennie: I agree! A lot of the recent bannings do stem from people’s own prejudice and a lot of them make little to no sense. It’s not a far stretch to say that the people banning these books have a



This cart features several titles of banned books like, “Catch-22” by Joseph Helle and “Catching Fire” from the Hunger Games series.

often than not, books that explore themes of race and sexuality are the ones being banned. For example, according to Pen America’s most recent banned book list, the state of Florida has banned a long list of books.

One of these is a personal favorite, “Wayward Son” by Rainbow Rowell. This novel has multiple gay characters; however, the book is not sexually explicit in any way. It’s interesting to me that “Wayward Son” is banned but the other two books in the series are not, despite featuring the same gay char-

acters. In my opinion this shows that books are just being used as political pawns and the people passing legislation to ban these books haven’t even carefully done their research. And I think that this shows the motive for banning books mainly stems from ignorance.

Another thing that the book bans do is take away the understanding that these stories provide. A particularly good example, “A Tree Grows In Brooklyn” by Betty Smith, written in 1943, was just recently added to some lists—even though it’s 80 years old. It deals with issues like poverty, class and most prominently, sexual assault. It’s not anything graphic at all, but the looming threat is there

— just as it is in real life. By taking this book off the shelves, you are taking away a safe way for people to learn about real threats.

Joanna: I feel as though banning books is a limitation on free speech, which is protected under the First Amendment. Unfortunately, legislators get away with this time and time again. Oftentimes for a book to get banned it has to go through a hearing in which the person/group who has issue with the book has to explain why they found the book to be problematic. Before this hearing can be held, the person/group has to read the book in its entirety. Despite the fact that the U.S. Supreme Court ruled that schools are not allowed to restrict books under freedom of speech and press, states are allowed to make their own laws about banning books. Technically, this is how legislators are able to get around this law.

Ennie: Wow, that’s a complicated process. It’s horrible; imagine the toll on the author as well. This book that you’ve written is being deemed as “offensive” to the general public. It’s one thing to be told by a single person that your book is offensive, but to be told that your book is banned in schools and libraries across the country must feel horrible.

Author Maya Angelou said, “I’m always sorry that people ban my books. Many times I’ve been called the most banned. Many times my books are banned by people who never read two sentences.” A lot of the people that are looking at these books and finding fault in these things are not reading the whole books, not getting the whole picture and still banning them regardless.

Not only are they stripping the First Amendment away, but they are taking the voices away from the people that are speaking up.

Do you have a take on this situation? Email feedback to us at delphian@adelphi.edu. ☘

Are Pumpkin Spice Lattes Overrated?

BY GABRIELLE JAIPERSAUD

It’s finally autumn. The leaves are changing colors, the weather is getting colder and fall festivities are in full swing. But there’s one autumn staple that most people eagerly await: the return of the Pumpkin Spice Latte, also known as the PSL for those in the know.

First invented in 2003 by Starbucks beverage creators, the PSL quickly rose to fame and became one of the most popular seasonal drinks of all time. Prior to this, pumpkin spice was limited to the bakery aisles of the grocery store and not used for much else other than pumpkin pies. A 2023 CBS article cited a study that said the pumpkin spice industry made \$488 million last season and has grown to be a lifestyle for many people throughout the autumn.

This flavor and scent bring about warm feelings of nostalgia and coziness, but is there too much hype surrounding this fall fad?

The Pumpkin Spice Latte is a combination of espresso and steamed milk mixed with a pumpkin sauce of pumpkin puree and

condensed milk. Topped with whipped cream and spices, this beverage has 50 grams of sugar, which is more than the recommended daily intake of 24-36 grams of sugar. Due to the high sugar content, some students agree that the PSL may not be worth all the hype.

First-year Ariana Balanta, a major in physics, offered her input. “I think your typical Pumpkin Spice Latte is overrated. It’s really sweet and there are better drinks you can get. The pumpkin spice flavor is only good when done right, not by overloading it with sugar.”

Both Starbucks and Dunkin’ Donuts offer multiple variations of the original PSL, such as a Pumpkin Cream Cold Brew or the newly released Dunkin’ Ice Spice Munchkins Drink.

“The Ice Spice Munchkin drink is what the Dunkin’ franchise believed people would like but it had the opposite effect,” Balanta said. “People don’t like it because of the oversold pumpkin spice idea. The drink, at its core, is incredibly sugary.”

Many companies have capitalized on the idea of pumpkin spice, creating an

overwhelming amount of pumpkin-related products. This includes pumpkin spice deodorant, air freshener and even toothpaste.

“Pumpkin spice is fine, but in moderation,” said first-year studio art major Kiondra Parris. “Pumpkin spice everything is too much. I actually love when Pumpkin Spice Lattes come out [in the fall]. It’s better than coffee and gets you into the season.”

Consumers enjoy the feeling of comfort they get when drinking a Pumpkin Spice Latte on a cozy autumn day. Since they’re on the menu for a limited amount of time, PSL lovers order them as often as they can, contributing to their heightened popularity.

Third-year Syd Cianciotto agrees with this sentiment. “It’s not overrated because it’s seasonal and it only comes around for a short time. It’s definitely an acquired taste and isn’t for me. There are so many more fall scents and flavors that I find much more appealing.”

Starbucks, in addition to their famous Pumpkin Spice Lattes, released other drinks to accompany their fall lineup, such as the Iced Apple Crisp Shaken Espresso and the Apple Crisp Oatmilk

Macchiato, but both are outshined by the frenzy of Pumpkin Spice Lattes.

The price of the Starbucks PSL is another issue some have with this drink. Anisha Shaikh, a freshman majoring in biology, expressed their dislike for the drink.

“The prices are too high for a drink that doesn’t even have a strong pumpkin flavor,” they said. “I want less spice, more pumpkin. They’re not bad; they’re just overrated and the most basic option when you think of fall drinks. We tend to forget about lesser-known drink flavors such as apple crisp, which gives the same cozy, autumnal feeling.”

“Is it even made of real pumpkin?” Shaikh continued. “It just tastes like milk and sugar.”

So are Pumpkin Spice Lattes truly overrated? Although several believe they are, many fall lovers and avid coffee consumers look forward to these seasonal drinks for several autumns to come. They remain a seasonal staple and don’t appear to be leaving the menu anytime soon. ☘

Open-Book Exams Are More Fair and Productive in the Long-Term

BY JOSEPH D'ANDREA

In many cases in the professional world, a reference sheet in one form or another will be at one's disposal, so why shouldn't that go for the classroom, too? Exams shouldn't be about how many Quizlet flashcards you can remember but instead should test how well one is able to apply the facts they have in front of them into a coherent response.

For majors of every shape and size, a sort of encyclopedic knowledge of one's specialty is expected in order to earn an above-average GPA. History majors, specifically, have to be able to make compelling arguments using background information spanning over centuries.

Students should be challenged, though; a cheat sheet isn't ideal to test yourself as a student looking to master their craft. However, by allowing students to prepare by having a list of key dates and facts beside them in a classroom during a test, an even truer test of how much they understand the material can be seen in this way.

Practically every student can give you an example of a time when they were racking their head on the first multiple choice question, trying to figure out things like whether a certain war lasted

five or six years. This ultimately distracts them in the long run and could lead to a poor grade, but this doesn't necessarily mean they're a "bad student."

With open-book exams, it allows students to have a clear mindset and gives them the opportunity to use their full potential. Opponents to this testing method might say that this takes away from the purpose of exams but the issue needs to be looked at through the eyes of a student.

"I think that open-book exams are fairer because it's less of a stressor on the student," said Beth Ceriello, a senior history major in STEP. "Also, coming off of Covid, many students got accustomed to online tests and more lenient testing so as of now open book exams can be more beneficial especially when transitioning the classrooms fully back to previous Covid ideology."

Ask enough college students, and you'll quickly find out that much of the stress they endure comes from long periods of studying. They worry that they'll mix up a date by a year or two, which during a test is a dilemma that won't ever leave their mind until they look it up after handing the test in.

According to a poll by The Delphian, 80% of students, or 24 of the 30 total participants, said that they think

open-book exams make for a more fair test-taking experience. As for whether studying stresses students out, an even higher percentage, 92%, said yes, out of the 26 total student voters.

"I have a learning disability so I have a different perspective on learning," said freshman Kristen Solimene, an undecided business major in the Bridges to Adelphi Program. "I always learned in small classes and the pace was slower. For me, I never know how to start, especially when the teacher would review for big tests. I feel like studying can stress people out because the amount of time they have to sleep is important as well. For me, I need my sleep and can't function when I am tired. And feeling like you have to study for hours to be able to do well is kind of hard for some people. I know it is for me."

Speaking on applying the studied material to a sit-down exam, Solimene continued, saying that preparing and then doing poorly on a test "is very confusing and hard to understand because you studied. You shouldn't have to feel bad about not studying hard enough, but that's just me." A 2018 study in the Journal of Effective Teaching in Higher Education, "Testing Effect: A Further Examination of Open-book and

Closed-book Test Formats," published by Central Michigan University, explains that "open-book tests may not be inferior to closed-book tests in promoting long-term retention of information."

"[A] goal of education is to build knowledge, and based on the literature..." it reads. "Participants studied Swahili-English pairs and either re-studied or took an initial quiz, which was cued recall or recognition in an open-book or closed-book format. One week later, the final closed-book recognition test showed higher performance in the quizzed conditions than in the study-twice condition, replicating the testing effect... [P]erformance was similar across the quizzed conditions..."

All this is not to say that students should be able to have Google available to them when taking an exam. Rather, what would ultimately be the most beneficial is providing students the ability to reference facts so that they can properly analyze the content and make connections.

"Open-book tests are not inferior to closed-book tests in building knowledge," the study goes on to say, "and can be particularly useful in online classes because preventing cheating is difficult when closed-book tests are administered online." 🍀

SPORTS

Women's Tennis Staking Their Claim After Disappointing 2022

BY ANDREW SMITH

In the 2022 season, women's tennis finished with a record of 9-9 and qualified for the NE10 Championship. Sadly, their campaign would end with a loss to Southern New Hampshire University in the semifinals.

Junior finance major Caterina Federici reflected on the disappointing finish. "Last season was a tough lesson for everybody on the team. After the loss in the semifinals, we knew what to improve and how to start a new season."

Federici stressed the importance of improving the team's overall physical health. "[It] was certainly one of the most problematic factors after so many injuries on the team. In college tennis, you cannot afford to have injuries when you have a team of 7-8 players when the minimum is 6 to play a match. More than ever this year, we have 6 players who must take care of our mental and physical health."

Second-year physics major Sanne Gilje expressed similar concerns. "In the off-season, I did a lot of knee rehabilitation, and this year, I think I have been better prepared for the season. I have also worked closely with coaches and trainers to take care of and prevent injuries."

"We also have new players this year that are very capable of playing competitive matches and keeping up with the conference level," Federici added.

The Panthers are already putting that practice to action as they got off to an excellent start in 2023. They opened

the season with a three-game homestand and defeated Jefferson University, Franklin Pierce University and Saint Michael's College. Then, the Panthers defeated the team that ended last year's season by defeating Southern New Hampshire University by a score of 5-2.

concentration during the long matches."

"I felt that this match built a lot of confidence for the team, which is important going into the last matches of the season and hopefully playoffs," Gilje expressed.

An ingredient to their recipe for suc-



Caterina Federici stressed the importance of improving from a physical standpoint in the offseason and the results have already begun to show.
Photo by AU Athletics

Both Gilje and Federici stressed how important it was for team morale to defeat Southern New Hampshire University. Federici reflected, "It was a day of high-quality tennis, where we didn't just show our potential but also team connection and

cess is the strong bond that exists throughout the team. Federici explained, "We have great team chemistry on the team. Everyone is excited to play every single match. We have a good time on the court; it is important to always have fun. College

tennis requires discipline and dedication both in the class and on the court. Our mental health during this journey is our top priority, and we always try to have each other's back during the year."

Gilje added about the importance of working together as a team and believing in one another. "I think it's been a combination of building a team and finding what type of team we are and want to be. Small, seemingly insignificant things like always playing a round of uno before a match can do a lot to get hyped before a match and build a team."

In addition, the team consists of international students from different areas of the world. Federici emphasized, "We try to cultivate a family atmosphere each day, not only during practices but also in our everyday lives off the court."

The hard work has paid off for our Panthers as they were named NE10 Regular Season Champions for the first time since 2019. This feat is even more impressive as some of their conference opponents have not finished their schedule yet and they still will not be able to catch the Panthers.

Gilje, who was recently named Northeast-10 Player of the Week, reflected on capturing the regular season title. "I felt very excited about the team winning the regular season this year and even more motivated and excited for the playoffs."

Be sure to keep cheering women's tennis on as they compete year-round. 🍀

Who's the Girl in the Different Jersey?

BY KURANA DOOBAY

Jamie Yonker.

When asked to describe an outstanding athlete, Coach Danielle MacKnight of the Adelphi women's volleyball team said the title, "absolutely describes her." MacKnight followed with, "She is the type of player and person that every coach would want on their team. She works hard, on and off the court, she is respectful, and she is very good at volleyball."

Yonker, an exercise science graduate student, is one of three graduate students on Adelphi's women's volleyball team. She transferred to Adelphi from New York Institute of Technology (NYIT) in the spring of her sophomore year.

She plays libero – the player who wears a different colored jersey from the rest of the team. As the libero, she serves as the main defensive player on the team.

Not only does she rock the unique jersey, Yonker rocks the court in her own unique way.

In her athletic career, she said, "My biggest achievement is winning libero of the year three times. I won it at NYIT in the East Coast Conference in 2018, and I've won it two years in a row at Adelphi for the Northeast-10 Conference."

This season, Yonker is determined to accomplish even more. She said, "The biggest goal I have this season is winning the NE10 championship."

Yonker credits much of her success to her family, who were the first people to introduce her to volleyball.

"I started playing because my parents played adult league at Sportime, which is where I played club volleyball." Now, along with playing on Adelphi's team, she also serves as an assistant volleyball coach at Sportime.

She said, "My family inspires me

Yonker maintains a positive attitude as a team member and keeps the other girls motivated – and it does not go unappreciated. "Jamie is a very outgoing person," MacKnight said. "She likes to have fun but is still very competitive on the volleyball court. She brings competitiveness

her hardest days, she still focuses on those around her and remains a team player.

MacKnight went on to explain what she notices when Yonker faces a challenge on the volleyball court. "She wants to have the ball come to her again so she can get the next one." When Yonker herself notices she is facing an obstacle, she describes her own way of overcoming it. She tells herself and her teammates, "You have to try and give your full effort into everything you do, even if it's challenging. It is all you can do sometimes."

MacKnight said, "She is really such an extraordinary person and player. We were so lucky to have her be a part of our program for the last few years." All she wishes for Yonker is that "she had more eligibility left."

Due to her incredible sources of motivation as well as her own internal drive, Yonker said, "I have never felt like I wanted to quit or stop playing volleyball."

Her advice to others? "Putting everything into perspective is really important in life. Some of the worst days of the week aren't the days you'll remember. Put your best foot forward every day and be present."

At Adelphi's next home volleyball game, keep an eye on the back row – it won't be hard to spot Yonker in the white jersey. Watch her show off her skills and remember the drive that pushes her to perform the way she does. She does not only stand out on the court because she wears a different color but because she wears a different kind of attitude along with it. 🍀



Jamie Yonker wearing her unique jersey and flashing her signature smile.

Photo by AU Athletics

the most because they are the hardest working and most humble people I have ever met in my life." Not only is she inspired by her family, but she takes great pride in the relationship she shares with them. "They have pushed me to be the person I am today. I know I have an amazing support system for the rest of my life."

On the team, the coaches and players recognize and commend the way

out in the players because they want to beat her. At the same time, she is everyone's friend and biggest supporter."

On a day she is struggling or having a hard time on the court, Yonker said, "Those days are most important to push through because you can't beat the feeling of accomplishment afterward. My teammates motivate me with their passion to win and work hard." Even on

Hockl Picking Up Right Where He Left Off

BY ANDREW SMITH

In recent memory, men's tennis has remained near the top of their competition. After finishing last season with a winning record and reaching the semifinals, the Panthers have carried this excellent momentum into 2023. A large part of their recent success is sophomore management major Viktor Hockl, who had a debut season to remember in 2022. Hockl, an international student from Enns, Austria, captured the NE10 Rookie of the Year Award (3rd time in program history) and was named to the NE10 All-Conference Second Team.

Hockl looked back on his accomplishments. "Personally, I think that I played an average season. I was struggling to adjust to the conditions, the opponents and the atmosphere of college tennis as a whole," he said. "From a personal perspective, my win against SNHU and solid performances in all regular season conference games stuck out to me. I grew a lot last year. The mind games, competitiveness and borderline behavior in reference to sportsmanship came unexpectedly. I think I developed and grew especially mentally a lot last year."

The management major credited his parents as being essential to his athletic development. "Growing up in Austria, my parents and family supported me a lot on

my way to being the tennis player I am now. They helped me in school, traveled to tournaments in all of Europe with me, took me to my practices every day, and did everything possible to make my

has already established long-lasting friendships. He shared a recent memory that inspired him as a player, even though it was a difficult team loss.

"We played Southern New Hamp-



Viktor Hockl and his teammates are off to a strong start and have their eyes set on a deep playoff run. Photo by AU Athletics

life as a student-athlete a little bit easier. They taught me to believe in myself and to always keep fighting for my dreams."

While only in his second season, Hockl feels he has been part of the Adelphi family for much longer and

shire in the semi-final of the playoffs," he said. "We beat them in the regular season and another win would take us to the final. However, everything went against us and we lost. Everybody was devastated, and there were even some tears."

Hockl explained how he saw this loss as an opportunity to become motivated. "I feel like this moment made us so much stronger, more united, and it showed us that we are good enough to win the first conference title in Adelphi's history. On this day, I learned what it means to be a part of a team that is like a family and what it means to represent Adelphi on the tennis court."

Moments like this encourage Hockl to work even harder in the off-season. During the summer, the sophomore would spend hours on the court daily and even participated in several tournaments in his home country and Germany.

"I feel like my level of tennis, physicality and mental strength has never been that high. I definitely got confidence playing and winning a lot of matches," Hockl said.

His determination and perseverance have already paid off, as Hockl has begun the season with a personal 2-0 record and the overall team record is also perfect. The Panthers defeated Franklin Pierce University and Southern New Hampshire University in their opening matches.

"Our goal this year is to finally win the first conference title in the program's history and make the regionals. We play in fall and spring this year, so it is going to be a very long season," Hockl said. 🍀

Coach Book Focuses on Detail as Men's Soccer Eyes Championship

BY ANDREW SMITH

Gary Book was named the ninth head coach in Adelphi men's soccer history on May 21, 2018. Book has had quite an exciting journey that eventually brought him to Garden City.

Born in Bath, which is located in the Southwest of England, Book played various sports at a young age. From rugby, soccer, cricket, to even tennis, Book was heavily involved in athletics early in his career. When asked which sport was his favorite, he said, "I didn't really have a favorite, but if I could have played professionally at any one sport, I would probably have chosen tennis."

Book was also influenced and inspired by his family to take part in sports. His uncle was Manchester City's captain and gave Book the opportunity



Gary Book was named the ninth head coach in men's soccer history on May 21, 2018. Photo by AU Athletics

to meet the players. Book said that his favorite player on the team was midfielder Colin Bell, who was often considered one of the best in the club's history.



Book expressed how meaningful it is to him to watch his players grow and develop. Photo by AU Athletics

Book went on to graduate from Winchester University with an honors degree in human development. While studying there, Book had his first experience as a coach. In England, most college teams are coached by the students and Book was no exception.

When looking back on influential figures, Book emphasized the importance of Menahem (Mel) Less who led Adelphi's Panthers to their first and only Division II Championship in 1974. The Adelphi legend allowed Book to come to the United States to coach at his camps located on the Garden City campus.

Book described some elements of the Adelphi campus that have stuck out

over his five-year career here. "There is a strong sense of family. The athlete group at Adelphi is an enormously positive force within the university. It bonds

to create a wonderful sense of belonging both on the field and also in the way it gives back to both the school and in its service to the local community."

Every season presents a new challenge and storyline. Book expressed how each season is filled with memories and qualifying in the NCAA tournaments is always the highlight, but looking at the bigger picture is even better. "It is the development of each team and its individual players over the course of the year that really resonates the most in terms of what one remembers long term," Book reflected.

Attention to detail is what separates a successful team from the pack.

"The program and its coaches have a very detailed-oriented approach to practice and preparation. We are a highly technically oriented team compared to most at the college level and spend significant time on technical aspects," Book explained. "However, those are always related to the context of the next game and what will be required both technically and tactically to provide us with the best chance of success."

"We do focus on our opponent but also feel that a strong focus on our own performance both individually and as a team is paramount to preparing for each game in the most effective way," he continued. "For us, it is as much about what we are capable of and have to do well as it is about limiting the opposition's strengths."

Their current schedule of non-conference and conference opponents is fairly difficult; therefore, fine-tuning the small details will be imperative for a win. Book complimented his current team and how driven they are to do what it takes to win. "This group has been especially willing and dedicated to work hard to continually improve all aspects of the way that we play."

Another factor that Book highlighted was momentum. "Momentum is a crucial element, but our overriding philosophy remains to take our season one game at a time, always striving to maintain a level of success that allows us to control our own destiny."

Men's soccer is performing very well and sits three games over .500 at the time of writing and riding a four-game winning streak.

Be sure to come out and support our Panthers when they play their final home game of the regular season on Halloween as they welcome Franklin Pierce University for Senior Night. 🍁

Delaney Kiendra Plans Third Annual Scavenger Hunt for Volleyball Team

BY LILYEN MCCARTHY

The idea surfaced in September 2021 of Delaney Kiendra's first-year at Adelphi. Kiendra is a junior right side hitter majoring in management with a focus in human resources. She wanted a fun way to celebrate Halloween with her teammates, and she has always been known for her event planning abilities. Kiendra asked her teammates if they wanted to do the scavenger hunt and what kind of prizes they would want to win—and the planning began. Here she explained how it all came about.

Q: What gave you the idea to host a Halloween scavenger hunt for your team?

A: At its start, it was more of an idea for team bonding. My first-year class coming in had the same number as the rest of the classes combined, so we had a sort of disconnect. October is the busiest month for the volleyball team, so I thought doing something fun with the team would make our schedule a little more bearable.

Q: How has the scavenger hunt changed since your first year?

A: It has become way more intricate. The scavenger hunt started as an Easter egg hunt where everyone got the same amount of candy to one giant riddle that led to a grand prize. Last year, I planned tasks to

Q: What does your planning process look like?

A: Lots and lots of idea writing, notes and Google docs. I also now have everyone on the volleyball team fill out a Google

Q: Do you bring in any outside help for ideas?

A: I do. While I take a lot of inspiration from outside sources and ask for team input, I will also have help from the athletic staff to work challenges and ensure that the scavenger hunt runs smoothly. Some teammates will also help me with the process of making goodie bags and getting things together in order to help me with getting everything on time. This year, my teammate Zoe West is helping me with the entire thing, which will be super exciting to bounce ideas off another person.

The third annual volleyball scavenger hunt was held on Oct. 20.

"My favorite part of the scavenger hunts is always how creative they are," said senior outside hitter Sammy Meehan. "I never know what's next and it's so exciting and interesting."

With this year's scavenger hunt besting last year's, the team is already excited for what year four brings.

"Every year I think the scavenger hunt cannot possibly get better, and every year I'm wrong," said junior setter Kambel Fiser. 🍁



Adelphi Volleyball at the 2022 Halloween Scavenger Hunt. Photo by Delaney Kiendra

move people from one activity to the next. My teammates had to sing in the athletic training room, play rock, paper, scissors with the CRS [Center for Recreation and Sport] front desk staff and solve puzzles.

form in order to find out what they liked and did not like from the year before and what they want to see this year. I also take a lot of inspiration from the CBS show "Survivor" and the puzzles that they do there.