

The Delphian

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The Voice of the Students

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SEE INSIDE: SPECIAL HOLIDAY ISSUE!

Panther Pantry in Need of Volunteers During the Holidays

BY JOANNA REID

Now that Giving Day has passed and the holidays are in full swing, it's safe to say that there is no lack of goodwill on campus and this is something that the Panther Pantry knows best. The Panther Pantry aims to provide basic necessities like food, clothes and hygiene products for members of the Adelphi community who may need them. These items can be ordered through eCampus for free and confidentially. Walk-ins are also welcome during the pantry's normal hours, which can be found on Adelphi's website.

The Pantry stays open all year round, but the holidays are an especially important time for the organization. Panther Pantry volunteer coordinator Erica Gibson, a junior psychology major, shared that a lot goes into preparing for the holiday season. For Thanksgiving the Pantry created 22 meal kits that included traditional

dishes like stuffing, mashed potatoes, vegetables and supplies to make pie. "The main challenge we face is



Erica Gibson (far right) with the AU Bailadores who volunteered at the pantry this past November.

getting enough volunteers to sign-on to stay during the holiday seasons. The Pantry isn't at all busier dur-

ing the holidays, but we feel the need to stay open for those who need the resource, regardless of how many

or few there are," Gibson said.

In volunteering for the Panther Pantry, Gibson has had the oppor-

tunity to create a more convenient and enjoyable experience for both visitors and volunteers. "Starting this [school] year, we have a whiteboard that keeps the visitors updated with what to expect for item arrivals and we also have a smaller whiteboard on the fridges that I also added to advertise condiments and any perishable donations that we happen to receive."

Gibson has helped to implement a suggestion basket to better cater to visitors' needs as well. On top of this, she has worked on a career closet that gives out business attire, which may be helpful for interviews and other professional events.

"My favorite thing about the Pantry is seeing us change for the better. The Pantry is becoming a better place everyday and I love it," Gibson said.

If you are interested in volunteering, donating or looking for more information on the pantry visit www.adelphi.edu/life-at-adelphi/health-wellness-safety/panther-pantry.

A Morning Delight: Post Hall Opens for Brunch

BY KENNIE DIONISIO

This November, the doors at The Eatery at Post Hall swung open to take on a new culinary adventure: brunch. The beloved all-you-can-eat dining hall known for its late-night dinners is now open for brunch from 10:30 am to 2 pm from Monday through Friday, and many students are excited to spice up their morning.

Reaching out to various Adelphi students throughout the beginning of the fall semester, Jennifer Schirmacher, Chartwells resident district manager, saw the demand for more dining options on campus. And with the high volume of traffic in the lower level of the University Center causing equipment issues in the dining hall, she wanted a way for students to enjoy their food hassle-free.

"The only other option on campus was Post Hall," said Schirmacher. "Through a Q&A, we wanted to know if students wanted Post Hall open for breakfast or lunch and it was 50/50."

On Nov. 1, the @EatAtAdelphi Instagram page officially announced that Post Hall

was introducing brunch and the much-anticipated opening brought a wave of excitement among the Adelphi community.

Post Hall's brunch menu is crafted with a delectable array of options to suit a multitude of palates. Equipped with breakfast staples from fluffy pancakes and scrambled egg whites to more daring options such as spicy chicken and waffles and a bagel bar with 12 different spreads, Post Hall has now become a destination for students to feast—all for the value of one meal swipe.

Junior psychology major Jessica Diaz visits Post Hall three times a week for a day out at brunch with her friends. "I would definitely recommend [eating at Post Hall] to other students," Diaz said. "My favorite part about the new brunch options is how inclusive it is to students' wants and appetites."

The new addition to Adelphi's dining repertoire aims to cater to the needs of all students with diverse schedules. With the three-and-a-half period of brunchtime, early birds and late risers alike can par-

Continued on page 2

East Meets West Celebrates Diversity

BY JOANNA REID

East Meets West was hosted by the International Student Society (ISS) in the UC Ballroom on Thursday, Nov. 16 with approximately 150 guests in attendance.

"East Meets West is a signature and the most significant event hosted by the International Student Society for more than five years. It's not just an event; it's a day every international student eagerly awaits for during the International Education Week," said Nino Burjanadze, president of ISS. "On this day, everyone has the chance to proudly express and showcase their culture, country and heritage."

The event highlighted performances from several groups. The InitJ dance group performed. Members of the Korean Entertainment and Culture Club danced to K-Pop songs. Junior Rohaan Qazi performed songs by Frank Sinatra and Alana Bernstein, also a junior, represented the South Asian Student Association, presenting a traditional dance.

Tables from different clubs and cultures were also put on display around the ballroom. Students

from the country Georgia created a poster that educated others on history, key figures and symbols of the country. The students who created



Nino Burjanadze, a student and president of ISS, is from the country Georgia and wore her traditional attire to participate in the event's fashion show. Photo by Joanna Reid

the poster seemed excited to talk to others about the country they were from. One student explained that an important symbol of Georgia is women and there was once a woman in power who was referred to as a king.

Another poster was created for Japan. It broke down common stereotypes that Japanese people face,

Continued on page 2

A Word from the Editor

Welcome to the absolute last stretch of the semester! That sure went fast. It seemed like this semester was particularly busy for everyone. We do have lots to look forward to and I'm sure you're all excited to catch a break come the end of finals, quite a gift if you ask me. I'm feeling bittersweet as I'm writing this, as I only have one more semester until I graduate. The thought of this semester coming to a close is both frightening and a relief.

But I'm excited to present you with our annual holiday issue, a fun read to wind down with during this stressful time. Our holiday articles include but are not limited to: our holiday gift guide, holiday movie guide, regifting advice, travel and more!

In News, you can read up on our successful Media Career Expo that took place in November at which we had five wonderful alumni come back and share their wisdom with current students. Also, read about our Panther Pantry and find out how to donate or volunteer to help them this giving season. Alongside our holiday guides in Features, you'll find a plethora of reviews. Yes, the Beatles are back!

Are gift cards considered gifts? Or do you need advice on how to take a break before the spring semester starts? Flip over to Opinions to read more. Finally, in Sports, read up on our men's basketball and women's softball teams who are ready for a successful season. Go, Panthers!

Good luck on finals, everyone. Remember to take it easy, manage your time, and know that you're nearly done. You got this! And I wish everybody the happiest of holidays and a safe and healthy winter break.

Enjoy issue number 5, and I'll see you all in January 2024 for a new semester. Take care!

Lizz Panchyk '24
Editor-in-Chief 🐾



The Delphian

Editor in Chief:
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Earle Hall Media Center
One South Avenue
Garden City, NY 11530

HOW TO REACH US
Main Office: 516-877-6935
E-mail: delphian@adelphi.edu

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Adelphi Cares Offers a New Way to Support Students

BY JOANNA REID

In October, Adelphi announced a new service through the Student Counseling Center (SCC). Adelphi Cares is a new way to receive mental health treatment and counseling by taking a survey to determine one's levels of stress and depression. The director, Scott Zotto, sent out a school-wide email stating: "Our goal is to enhance student wellness by helping students identify—and do something about—stress, anxiety, depression and other problems that can interfere with academic, social and personal functioning."

The service allows students to get in touch with a counselor completely online. In going to www.adelphicare.org one can make an account, then take a quick survey that asks questions about one's levels of stress and depression. The survey asks ques-

tions where one can rank how often they have been feeling a certain way from "not at all" to "most or all of the time." After this a counselor will review and respond to one's answers.

The process is completely anonymous unless one chooses to set up an appointment with a counselor in person or via telehealth. Counselors can connect one with on campus resources or off-campus options towards treatment.

Zotto stressed, "We urge all students to take advantage of this safe and easy way to find out if stress, anxiety or depression may be affecting you."

Ultimately, Adelphi Cares aims to make mental health treatment more convenient.

Chris Franklin, a senior psychology major, said, "I feel like this is something that could be beneficial to me and other students. It seems like an accessible and affordable option." 🐾

Post Hall Opens for Brunch

Continued from page 1

take in the most important meal of the day. This flexibility encourages a diverse crowd to gather and enjoy a relaxed meal, turning the dining hall into a hub of social interaction during the weekday mornings.

To add some flair to the brunch experience, Adelphi Dining Services is planning themed events for the spring semester to bring a sense of festivity to Post Hall. The team is

working on a grand opening party for next semester as well as a Mardi Grad brunch for February 2024.

As students savor in Post Hall's scrumptious offerings and revel in the cheerful atmosphere, the shared moments and memorable brunch experiences contribute to Adelphi's vibrant campus life. A delicious brunch is only one meal swipe away. 🐾

East Meets West Celebrates Diversity

Continued from page 1

stating, "Not! all Japanese people are good at math!" The poster also listed fun facts about Japan like its capital city (Tokyo), the currency used (yen) and its current population (125 million). Additionally, the poster featured pictures from different anime, popularized by Japan. The table that represented Japan gave guests the chance to make candy sushi, decorate paper fans, and make origami.

Some of the other presenters included a table for Chinese culture where Dr. Monica Yang taught guests how to write using Chinese calligraphy, a table representing Indian culture, which offered henna tattoos, and the Society of East Asian Students' table allowed visitors to make and decorate their own lantern.

Towards the end of the event, dinner was served with food from different cuisines. There was also a

fashion show where students could show off an outfit representing their culture and a competition to see who could eat spicy ramen the fastest.

Freshman Sharon Lim was there on behalf of The Korean Entertainment and Culture Club. She said, "This is my first year here, so it's really interesting to see the different cultures get together and all the different performances. I think it's important for us to know about other cultures because it's not just us in this world and I think it's really nice that the ISS set up this event."

Burjanadze said, "We encourage students to take the lead in educating both students and faculty about their traditions through various activities such as table displays, performances, fashion shows and fun games. East Meets West is an event that celebrates the diversity represented at Adelphi University and helps us international students to foster a global community on campus." 🐾



Students from the Korean Entertainment and Culture Club after performing dances to songs by K-Pop groups: NewJeans, WINNER, BLACKPINK, NCT 127, aespa and KARD. Photo by Joanna Reid

Alumni Share Professional Advice at 10th Annual Career Expo

BY SKYLAR DORR AND
ANDREW SMITH

Adelphi students piled into Room 109 in Blodgett Hall to learn about job search tricks from recent graduates in the communications field at Adelphi's 10th Annual Media Career Expo. This Nov. 14 event, which was sponsored by *The Delphian* and the Department of Communications, included five Alumni who offered up their tips and tricks on how to make the grueling search for a job a little bit easier, as well as shared their own experiences on how they got to where they are today.

The panelists included Gabrielle Deonath '18, a writer and editor who is currently working as a UX (user experience) writer for the University of Phoenix; Olivia Franks '20, '21, a hockey operations office manager for the New York Islanders; Chelsea Lombardo '19, a producer of CNBC's "The Exchange and Power Lunch;" Maxmillian Robinson '22, a member of the New York Football Giants event staff team; and Kevin Padilla '16, associate director of technology and communications at the Waldorf School. Deonath, Franks and Robinson were all former editors-in-chief of *The Delphian*, and Padilla worked as a student writer and publicity assistant for the Adelphi Office of Communications and Marketing.

Moderator and senior adjunct professor Liza N. Burby asked the panelists various questions regarding invaluable skills for a career, the importance of internships and networking, the highs and lows of the job search, as well as taking advantage of what Adelphi has to offer. The Expo allowed the 45 students who attended the event the opportunity to ask the panelists questions they had regarding a career during and after college. This event also included a networking session in order to have a more personal conversation with the panelists and maybe even score an internship—or at the very least some valuable advice.

A significant recommendation from the panel was understanding the importance of using and being active on LinkedIn, a professional social networking platform where you can connect with previous employers and colleagues and even find professionals looking to hire. Robinson said, "Having a LinkedIn account can set you apart from the rest of the potential candidates for a job."

Through LinkedIn, Robinson found work at the Yankee Entertainment and Sports Network (YES), which helped him form invaluable connections that have helped him greatly in his professional career. He further explained how his role at the YES Network was not directly associated with his dream of being a broadcaster, but getting his foot in the door was necessary.

Franks suggested that on LinkedIn students should always search for entry-level positions as

there are always opportunities for these roles in all organizations.

"A simple search on this platform has the potential to go a long way in connecting with a future employer or finding a place of work," Franks said.

Lombardo also stressed the importance of LinkedIn, but from a different perspective than the rest. "The sole purpose of being on that platform does not have to revolve around potential employment," she said.

Instead, Lombardo suggested that students can go the extra mile and connect with alumni who share



Staff and panelists at the 10th Annual Media Career Expo: (back row from left) Joseph D'Andrea, Andrew Smith, (advisor) Liza Burby, Chelsea Lombardo, Maxmillian Robinson, Kevin Padilla, Lizz Panchyk, Kennie Dionísio; (front from left), Olivia Franks, Joanna Reid and Gabrielle Deonath.

similar career goals and aspirations, with the intention of learning what you can from them. Also, growing your network and profile on the platform allows you to be seen by potential employers, and as a result, will set you up for success in the long run.

Another suggestion emphasized by the panel was to look for opportunities on campus, which at Adelphi, are in abundance. Padilla worked as a student in the Office of University Communications and Marketing, which extensively prepared him for his eventual role at the Waldorf School. As a student worker, Padilla explained that he was able to build strong writing skills that helped him when he entered the professional world. Many similar skills that he fine-tuned as a student became essential to his profession, like proposing and writing marketing communication, editing videos and even knowledge of press releases. Padilla credited the importance of his campus job as providing him the opportunity to "grow into gaps in the workplace" due to his comfort in handling his responsibilities. Over time, he became involved with the technological aspects of the Waldorf School, which he said wouldn't have been possible if he had not mastered these foundational skills as a student.

Another way students were advised to prepare for their professional careers is by exploring the multitude of extracurricular activities on campus. Three members on the panel were former editors-in-chief of *The Delphian*, and in this role they were able to master soft skills such as management and leadership that are vital to any professional career.

Current editor-in-chief Lizz Panchyk was in attendance as well, and explained the importance of these events and how students can benefit from them. "Attending these Media Career Expos is extremely valuable to students," she said. "It allows current students to become inspired by and gain insight from experienced alumni from the Communications Department."

These activities can help immensely when building a resume and perhaps even teach invaluable skills that will set students apart from the rest of the candi-

in contact with previous employers.

"Do not burn bridges with your past employers," Franks said.

Students also tend to worry that when they begin the hunt for a job, they'll run into a lot of dead ends. But Burby said, "Most people in the industry want to help and mentor students the way someone once mentored them."

Deonath shared a story about how she connected with a former alumni who invited her to his workplace, gave her a tour of the facility and allowed her to participate in a mock interview. This memory in particular stuck out to her because it showed how important it is to remain connected in the professional world and always be open to opportunities that come your way.

The connections students make with potential employers, as well as other professionals, was a point that was emphasized by other members of the panel as well. "Maintaining positive connections with everyone you worked for is important. You never know when you will reconnect randomly," said Padilla.

In addition to the connections you make, it is also paramount to ensure that the people you have met know that the time they spent was not wasted. Lombardo explained that even if an interview or professional experience does not go the way you intended, which according to other members of the panel is entirely possible, you should always send them a thank you note.

The guidance that the panelists provided resonated deeply with the student audience, and for some, quelled their fears of not finding the right career for them.

"I thought it was interesting to learn that some of the students didn't get what they expected. Like one of the students got a job in marketing although she had not studied for it," said Bethany Goodwin, a senior communications major who was in attendance. "It reassured me that it's okay if you don't get the job you are looking for at first."

This event, like many other events held here, was just another example of how Adelphi University provides career-building experiences for their students, as well as providing them with professional advice from reputable individuals and giving its students the opportunity to network and help build the career that they have worked so hard for. The panel of alumni shared personal reflections, tales of rejection and guidance that helped point students in the right direction to begin to form the foundation of their professional career.

"I learned that it [the job search] is going to take a while and that I shouldn't give up and that it takes time," said Harrison Borod, a junior digital production major. "Don't take anything personally, and you'll make it one day." 🍀

dates when competing for a job.

Franks, like many other students, expressed some concern about her budding career when she first arrived at Adelphi as the many potential offerings can seem daunting. Like many others sitting in the crowd, Franks opened up about how stressful indecision can be as a student. "When I was a student, I honestly didn't know where to begin," she said.

Despite her initial fears, Adelphi provided Franks with several experi-



Numerous students stayed after the presentation to network with the five panelists. Photo by Liza N. Burby

ences that helped her create a strong foundation for her professional career. Franks took advantage of this and attended Adelphi's job fair, where she was able to land an internship that helped get her to where she is today.

As a college student, you have the opportunity to connect with professors, directors of locations where you intern or even previous employers. While it can be easy to forget about an internship after moving on to the next big thing, the panelists stressed the importance of keeping

Now and Then I Think About the Beatles

BY LIZZ PANCHYK

The Beatles are a band I grew up with. Since I was young, I remember hearing their rhythmic voices calling out to me from my dad's stereo. Although a dated band, I naturally assumed everyone else knew them too. I was lucky to have parents that majorly influenced my taste in music. (I have a whole Spotify playlist dedicated to over seven hours of music from the 60s to the 2000s and another one dedicated entirely to the Beatles). My dad even had a radio show during his time here at Adelphi: Beyond the Beatles.

Knowing this, you can probably bet on how I reacted when I heard the new Beatles song. My dad casually discussed it at the dinner table and started to play the song, which has the voices of all four Beatles, though John Lennon and George



After about 40 years, the remaining Beatles create a song out of a recording that features the entire Fab Four.

Photo from Spotify

Harrison have passed. Known as “the last Beatles song,” “Now and Then” was announced on Oct. 26 and came out on Nov. 2. It includes an original recording by Lennon from the late 70s,

before he was assassinated. After his late wife Yoko Ono found the recording in the 80s, the three remaining Beatles began to work on it, but never finished. Paul McCartney and Ringo Starr, not forgetting this recording, worked together using AI to create what Lennon left into a whole Beatles song, including vocals from Harrison from the 80s, before he died in 2001.

This, to me, is such a sad song. Lennon has a very soft voice; his song “Imagine” makes me tear up. But hearing his vocals sing “Now and then, I miss you” over 40 years later, it sounds like an ode to both him and George by Paul and Ringo. The music video doesn't help, featuring old videos of the Beatles in their prime, acting silly, recording songs, performing on the biggest stages. It makes me nostalgic for something I never got to experience and I miss being a kid and

hearing the Beatles warm up my living room with their harmonic voices.

I've been to Starr concerts and McCartney concerts, both experiences I'm glad I have in my memories. When this song came out it was almost as though time stopped. The Beatles made such a huge impact on music today and started a trend that was unfamiliar at the time. Their music always had a way of making me feel bittersweet, remembering hearing those songs for the first time, reminding me of how I grew up and influencing my taste in music. “Now and Then” fits right into the Beatles. It sounds as though the song came out decades ago. It makes me happy that Paul and Ringo kept the authenticity of their band and didn't try to recreate it. I think this is a beautiful song and a perfect “goodbye.” 🍷

The Best Beatles Compilation Got Even Better

BY ANDREW SMITH

In recent years, Beatles fans have been surprised with a modernized remix of their most popular albums. These new remixes were created with incredible new technology that allows the producers to isolate each instrument and vocal audio track and create a unique balance of each sound to bring new details and life to these coveted records. These projects were led by Giles Martin, the son of The Beatles' legendary producer, George Martin. They began in 2017 to celebrate the 50th Anniversary of “Sgt. Pepper's Lonely Hearts Club Band” and followed with a new release almost every year with “The Beatles (The White Album),” “Abbey Road,” “Let it Be” and “Revolver,” respectively.

This year, Martin and his team had something else in mind. Instead of remixing another of the band's original albums, Martin chose to remix “The Beatles 1962-1966” and “The Beatles 1967-1970” or more commonly referred to as the “Red Album” and “Blue Album” compilations to coincide with their 50th anniversaries of their original releases, and also to celebrate the release of their new and final song, “Now and Then.” These two chronological collections take the listener through the well-known songs of the Beatles' catalog split up into two parts: the “Red Album,” which consists of songs from 1962-1966, and the “Blue Album,” which consists of their later work from 1967-1970.

However, Martin decided to add more selections to these compilations, since many of the tracks on the Blue Album were already previously remixed on the new releases of their respective albums. He not only remixed most tracks that did

not receive the updated treatment, but also added twelve new songs to “The Beatles: 1962 - 1966” setlist, and nine new songs to “The Beatles: 1967 - 1970” setlist, making it a satisfying and thorough trip through the Fab Four's long and winding road.

The “Red Album” got the most treatment in this remix as virtually every song on the setlist was not worked on previously by Giles Martin. One word to describe the remixes on this album is clarity. Since many of these tracks were the group's first hits, the audio was often inferior compared to their later work. However, the remix truly brings out every instrument and vocal line and gives each song new life.

The Beatles are often known for their harmonizing, and the remixes bring previously unheard clarity and precision. Tracks like “This Boy,” “Help!,” and “I Want to Hold Your Hand” sound like they could have been recorded just yesterday.

Another component of the “Red Album” remix that stuck out to me was the prominence of the percussion. Ringo Starr's drumming was often buried behind the vocals and guitars and was often just heard as time keeping in the original release of the tracks. Giles Martin's remix brings out his skill and technique and lets Starr drive each track. Martin even allows it to take center stage in classics like “Ticket to Ride,” “I Feel Fine” and “You've Got To Hide Your Love Away,” which now brings out the wonderful shuffling percussion hidden behind the beautiful guitars on the track.

The “Red Album” also gave the bass much more distinction than in previous releases. Paul McCartney's baselines are unique as they take several leaps throughout the course of a song. This was always

noticeable in “I Saw Her Standing There” and “Drive My Car” but the incredible technology further displays the genius of McCartney.

The “Blue Album” was much different from the “Red Album” from a remix standpoint, as only six tracks received the new treatment since much of the later catalog was already remixed in previous years. However, the newly remixed tracks were improved, including one that sounds entirely new.

Often considered one of the most unique songs in Beatles lore, “I Am the Walrus” from 1967 features lyrics that are both whimsical and nonsensical, and strange voices and phrases that were the trademark of this period of their history, as they were experimenting with different recording techniques, as well as with drugs such as LSD. The new Martin remix brings an entirely new balance to the song as John Lennon's vocals are greatly emphasized, and the orchestration cuts through more impactfully, compared to the original recording from their “Magical Mystery Tour” album. In addition, the ending of the song sounds fresh as the combinations of numerous sounds and recorded vocals are much more audible as is the obscure radio broadcast from BBC's production of Shakespeare's “The Tragedy of King Lear” that can be briefly heard at the conclusion of the track. Another fun little change to the “Blue Album” that I appreciated was that two tracks on the setlist, “A Day in the Life” and “Dear Prudence,” were given new introductions. Both songs on their original album feature a fade-in effect from the songs that came before it, and it was a nice touch to see Martin and his team remove the fade-in and introduce the song as it was originally recorded in the studio.

In addition to the long-awaited remixes, fans were eager to see the expanded track list. The “Red Album” was often criticized for not having a strong representation of their “Revolver” era songs and



Songs that launched Beatlemania and from their touring years can be found on the “Red Album.”

Photo from Flickr

the lack of Harrison-led songs. In the original release of the “Red Album” Harrison was not featured as the lead singer in any of the tracks. This issue was rectified with the inclusion of “If I Needed Someone” from “Rubber Soul” and with the opening track from “Revolver,” the scathing “Taxman.”

“Rubber Soul” and “Revolver” are often considered the turning point for the group as they developed their music into more electric and innovative techniques from the traditional 1950-60s rock and roll standard. While “Rubber Soul” was well-represented, tracks from “Revolver” like “Here, There and Everywhere,” “Got to Get You Into My Life,” “I'm Only Sleeping,” and “Tomorrow Never Knows” give fans a great taste of that album and are welcome inclusions in the new release.

In addition, there is certainly room for some more Starr-led tracks. Songs like “Boys” or “I Wanna Be

Continued on page 5

Christmas Classics Getting Tiring? Here are 11 Holiday Movies for Your Watch List

BY SKYLAR DORR

Christmas time is a wonderful excuse to throw on your favorite comfy slippers and pajama set, heat up some hot cocoa, light a fire and put on a movie to get into the holiday spirit. But when it's the hundredth time you're getting snuggled up to watch "The Polar Express," the repetition might take away some of that holiday joy we all hold so dear.

Here is a list of 11 holiday movies that'll put some of the festive fun back into your snowy movie night.

1. "Love, Actually" (2003) This is a romance/comedy that's split up into separate storylines, following nine different tales of various couples navigating their love life during the holiday season. While you might have seen this Christmas romcom once or twice, it's being brought back to theaters for the 20th anniversary. Visit your local AMC website to see if there are any showtimes near you, and see this fun-loving film on the big screen.



"Miracle on 34th Street" Photo from Britannica

2. "Miracle on 34th Street" (1947) This film follows the journey of a man named Kris Kringle (sound familiar?). When the scheduled Santa shows up a little impaired, Kringle fills in during the Macy's Annual Thanksgiving Day parade, and he's immediately

a hit with the public. However, he starts to stir up some trouble when he claims that he really is Santa Clause, and his mental well-being is called into question. Considering that the film was made in 1947, it brings that warm classic feeling of an old movie.

3. "Bad Santa" (2003) It's a dark comedy about a man named Willie T. Stokes who spends his holidays posing as a mall Santa, with the intention of ripping off whatever shopping outlet he's in. However, his con is taking a toll on him, and after almost getting caught and befriending a young boy in the process, the depressed man wonders if there's hope for him yet. Be wary though, this film is rated R and might not be suitable for a younger audience.



"A Christmas Story Christmas" cover art. Photo provided by Max

4. "A Christmas Story Christmas" (2022) It's hard to go through all these years without having seen "A Christmas Story" at least once, but have you ever wondered what became of young Ralphie and his Red Ryder BB Gun? In this sequel, Ralphie, now an adult with a family of his own, travels home for the holidays after the passing of his father in order to give his children a Christmas just as unforgettable as the one he had as a child.

5. "The Guardians of the Galaxy

Holiday Special" (2022) If you're a Marvel fan, then you'll love this pick. While it's more of an episode and less of a movie, it still doesn't fail to bring Christmas cheer that's out of this world. This storyline features the Guardians on a very important mission; to make this Christmas unforgettable, and Quill travels back to Earth in search of the perfect Christmas present.

6. "Little Women" (2019) This classic is set three years after the Civil War, and follows the four March sisters and their journey to achieve their very different life goals. While technically it's not a film about Christmas, the holiday is still an important factor in all adaptations of this tale, and the snowy setting helps to bring that holiday feel to the film. The overall familial undertone makes it the perfect movie to watch by the fire with your own siblings or other family members.

7. "The Holiday" (2006) This film follows two women, one living in a quaint village in England, and another in Hollywood, California. When one of those women, Iris, gets dumped by her boyfriend and becomes depressed, she swaps homes with her Californian counterpart Amanda. Not too long after the swap, they each have a chance encounter with two men that lead them on their own respective holiday paths.



This 2022 movie was a lot of fun and worth a look in 2023.

8. "Spirited" (2022) This musical/comedy is one of the more recent ones on our list, having been released last season. Starring Ryan Reynolds and Will Ferrell, it's a musical spin on

the Charles Dickens "Scrooge" tale, and is guaranteed to give you a laugh and maybe even get a song stuck in your head that isn't "Jingle Bells."

9. "Violent Night" (2022) This movie is our second rated R film on the list, but that doesn't make it any less fun and enticing to watch. When an elite group of mercenaries breaks into a family home on Christmas Eve and proceeds to take everyone hostage, they aren't prepared for the Feds to arrive. By Feds, I mean Santa Clause, and in this film, Saint Nick is no saint.

10. "Die Hard" (1988) This film isn't one that you'd normally expect to see on a Christmas movie list, but it's on here nonetheless. When NYC police officer John McCain is visiting his family on Christmas Eve, he attends a holiday party at a Japanese-owned business where his estranged wife works. When a group of terrorists take the party hostage, it's up to him to save the day, and simultaneously save Christmas.

11. "The Chronicles of Narnia" (2005) This winter classic is one you may have already seen, but is perfect to watch around the holiday time with friends and family. Set during World War II, four siblings discover a magical world that lies beyond their wardrobe, a world that lies in peril due to the evil White Witch. They team up with a magical talking lion, as well as various otherworldly creatures, in order to save the kingdom of Narnia

When you're snuggled up by the fire this holiday season with your loved ones and don't have the heart to tell them that you're tired of "How the Grinch Stole Christmas," this list will provide you with some film suggestions that'll allow you to watch with fresh eyes. So grab some popcorn and some eggnog, and let the magic of some of these lesser-known holiday movies transport you to a world of festive cheer. 🍷

The Best Beatles Compilation Got Even Better

Continued from page 4

Your Man" were concert staples during the group's touring years, and both represent examples of Starr's skills as both a drummer and vocalist.

Looking at the "Blue Album," many of the added songs are taken from their final three albums. It was surprising to see songs like "Blackbird" and "Oh! Darling" not be included in the original release, and thankfully, this issue was solved in the new version. Harrison was also given more recognition with the addition of "Within You Without You" and "I Me Mine."

Although there are many selections from the latter years that could

have certainly been included, like the medleys on side two of "Abbey Road" (specifically "You Never Give Me Your Money" or "Golden Slumbers / Carry That Weight / The End"), the "Blue Album" should have included the well-known "Helter Skelter."

Instead, the choice was made to include another hard-rock selection, "I Want You (She's So Heavy)," which was the last song The Beatles recorded as a group at Abbey Road Studios. I would have also liked to see "I've Got a Feeling" added to the setlist, as it became a central part of their famous rooftop performance in January 1969 as it was the final performance they played

together, and featured in the Peter Jackson documentary, "Get Back."

Nonetheless, these two compilation albums are a tremendous retrospective of one of the most celebrated music groups of all time. These albums take the listener through all the hits and some lesser-known tracks in chronological order through progression of their career. From the hits that kickstarted Beatlemania, to the masterpieces of "Sgt. Pepper's Lonely Hearts Club Band" and "Abbey Road," the "Red Album" and "Blue Album" provide a comprehensive immersion into a group that still makes headlines when it releases music, even 60 years after their first album. 🍷

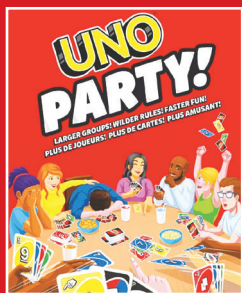
We're giving away free tickets to New Year's Laughin' Eve '23, which will take place Dec. 31 at 6 pm and 8 pm in the PAC. Enter by tagging friends on @thedelphian's Instagram post of the ad, which will be posted on Dec. 8. Winners will be announced on Dec. 11.

Holiday Gift Guide

BY LIZZ PANCHYK

It's shopping time! Spend that money! But what do you get? Hopefully this gift guide will assist you in finding the best or most unique gifts or give you an idea of what you might want.

Entertainment



You've Pulled the Wild Card!

Game nights for family, friends, roommates and all, a revamp on the classic card game Uno. The game is \$15 at Target, where many other Uno versions can be found.



For the Barbies and Kens

The Barbie movie is arguably one of the most popular films of this year. You want it or know someone who does? Get it on DVD and have your girls' night every night. Available at Target; for only \$23



Old Classics

You may remember these oldies from your childhood, they're so bad they're good. Cozy up with a hot chocolate and a short Christmas special, or binge them all! Target has them for \$20.

Self Care



Curl the Easy Way!

Stop killing your hair! You may have seen this on TikTok already - the easiest way to curl overnight with frizz-free satin. It's simple and comfortable - suitable for every night use. Kitsch (which can also be found at Ulta and Target) prices them at \$18.

Goodnight!

Can't relax at night? Get a good night's sleep with this lavender-scented pillow mist. Pillow mists are \$15. Check out more products at Bath and Body Works.



Useful Trinkets



Chestnuts Roasting on An...

Don't have a bonfire? This mini makes a great alternative. After all, it's s'mores season! At \$99 on Amazon, it's a great investment for the future as it's smoke-free, scent free and can be used indoors.



All in One

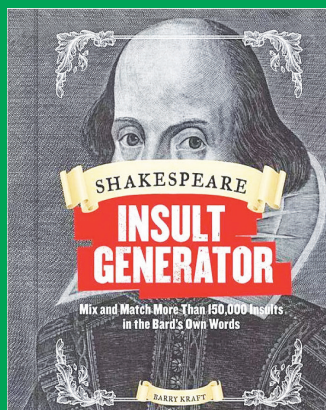
This is a handy tool to make multitasking a lot easier. It's a flashlight AND a glove for when you don't have enough hands! You can find them on Amazon for less than \$14.



No Match Needed

Lighter, matches? Nah. Burn the candle without the fire! This candle warmer melts the candle without the possible burning hazard. \$46-\$53 at Amazon.

Just for Fun



Be Insulted

Shakespeare had such a way with words...and insults. This insult generator is the perfect gift for literature lovers who want to expand their vocabulary. Target; \$8.

No More Arguments

Next time you can't decide where to go with your significant other, let this scratch off game decide what you do next. Problem solved! Amazon; \$17.



For the College Student

It Survives the Worst

By now you may have seen the video where a Stanley cup survives a car fire...They're indestructible! Not only do they last you a long time, they're perfect for on the go hydration. They start at \$20 (depending on size) at stanley1913.com.



Commuter-friendly

If you have a car, you need this – a tire compressor. You never know when a tire may need a fill or a decompression! Commuters are always here and there. Don't forget to take care of your tires, it comes in handy! Amazon; \$30.

Charity

Save the Trees

This website is all about saving and preserving the beautiful national parks of the United States. Mugs always make a cozy gift, but feel free to check out what else they offer! Parks Project mugs are \$18.



Track an Animal!

Choose an animal and then choose a style, and with the bracelet you will be able to track your adopted animal wherever they may be. Every bracelet bought goes towards saving wildlife. They are \$17 at myfahlo.com.

For Your Dog



Dogs Get Cold Too

Your dog can be warm and stylish in these hoodies, prepared for any weather condition. These hoodies, which come in many different colors and styles, are \$32 at sparkpaws.com.

Water on the Go

I carry water with me, you carry water with you, why not your dog too? The perfect doggy water bottle for when they're away from their bowl, sizes start at \$22 at springerpets.com.



Comfort First



For Night Cold and Morning Cold

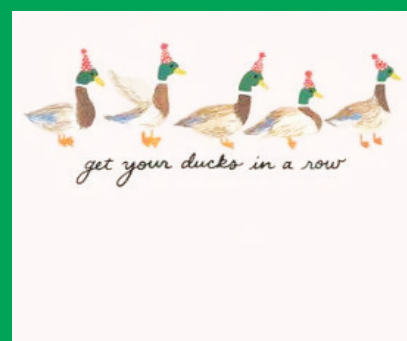
Pop these guys into the microwave and you will have the warmest slippers awaiting you on the bitterest winter days. Warmies sells them for \$30!



You Will Take the Best Naps

The best blankets for the coldest nights! They are bound to keep you snug as a bug in a rug. \$17 on Amazon – you may never leave bed.

Stay Organized



Get Your Ducks in a Row!

Everyone needs to make a to-do list, notebooks come in handy. Encourage others to stay organized too! Barnes and Noble; \$8.



Word for Word

A fun way to keep reminders or mantras and add a personal touch to a room, dorm or locker! Get a letter board on Amazon for \$20.

Take a Deep Breath; Your “Break” Can Actually Be Just That

BY HEMISH NAIDOO

The bustling, rowdy and delicious Thanksgiving feasts are now behind Adelphi students as they brace for an arduous final leg of the semester. Finals are right around the corner. Swirbul Library will soon likely reflect a downtown market for as late as 3 a.m. as students frantically cram as much studying as they can, hoping to escape their finals without spiraling into hopelessness wondering what their end-of-semester grades will look like. The extreme switch from enjoying intimate moments with family at the dining room table to non-stop stress imposes a huge mental strain on nearly all college students. Thankfully, they have winter break right after as something they can look forward to, the light at the end of the tunnel. Undoubtedly, many Adelphi students will take advantage of their month-long therapy session to recover from finals... right?

Unfortunately, for countless students, the trials and tribulations suffered from finals merely continues into what was supposed to be their relaxing winter break. Rather than planning a quick getaway vacation with family or friends, students' thoughts instead center on what they can do for their careers and future: “What internships can I start doing? Any research positions opening up? Maybe I should try to apply for that fellowship? What am I doing with my time if I'm not going to at least work a part-time job and earn some money on the side?” These questions begin early in the semester,

and almost seem to hypnotize students into a perpetual “hustling” mindset, seemingly guilt-tripping their consciousness into using their limited, precious time during break to accomplish some sort of professional goal or feel like an unproductive deadbeat otherwise.

At first, the development of this “workaholic” culture in Adelphi students who already have too much on their plate may seem unexpected. The extreme mental fatigue and stress that college students endure is largely unavoidable. Extensive studies done by institutions like the University of North Carolina note that large responsibilities are suddenly thrown on students when they begin college, combined with having to tackle these responsibilities largely alone. It can disrupt personal routines and even adversely affect mental health. On top of this, it's already well known that taking short breaks during studying can improve productivity and help students remember more information. This has led to a wider adoption of studying strategies like Pomodoro's Technique, which prioritize short breaks in between intervals of studying to maximize efficiency and minimize mental fatigue. Clearly, Adelphi students know that breaks are important, so why the hesitancy to apply the same principles to winter break?

Data gathered by TimelyMD, which surveys college students, and organized by CampusSafety magazine, highlights that students who feel anxious during winter break and those who don't resemble a nearly perfect 50-50 split.

It's no secret by now that, compared to previous generations of students, acquiring a job, getting accepted into graduate school or fulfilling a pre-professional track has never been more competitive, and it will only become more cutthroat in future years. Under this immense pressure, it's easy to see why certain students feel they are forced to do everything they can to get an edge over other qualified individuals, even if it comes at the expense of their mental health. Of course, these feelings are entirely valid; having a solid resume under your belt isn't something that any student feels should be sacrificed. So where's the middle ground, what can be done to actually make winter break a true break?

The simple solution, as cliché as it may sound, is adjusting your mindset. The angle or perspective that an Adelphi student has on their activities, the ones they are putting so much effort into, can greatly influence the reward, or what they feel they are getting out of it.

Sophomore history major Vincent Calvagno said, “During extended breaks, I enjoy dividing my time between two sources of fulfillment: academics and athletics. The entity transcending the boundary between the two is nature, which is both expressed through academic prose and athletic adventurism. Breaks are a time to retreat from the rush and unite with your surroundings, freed from the pressure to abandon them.”

If a student wants to make use of their break time without experienc-

ing burnout, they should view their professional experiences as not just a resume-filler, checking off some box on a planner, but an engaging and interactive experience. Should a pre-medical student really dedicate all of their time trying to get a volunteer position at a far-away hospital that already has more than enough volunteers, or is there a peaceful local library a few blocks down that would really appreciate a helping hand at any given time? These are the questions students should ask themselves. These experiences are meaningful because students are allowed to make mistakes and learn from them. No student should think that the value of these experiences lie solely into getting accepted and then completing them. A student is still a student, and losing track of all of the meaningful lessons they would have otherwise acquired because of their mindset diminishes any true enjoyment and education a student would have received.

So, as Adelphi students plan out their winter break plans, they should always keep in mind that everything they do should benefit them. The benefit should not just come in the form of adding another bullet point on their LinkedIn profile, but by realizing that they are committing to an effort which will gift them something that no resume can fully encapsulate. If Adelphi students can look back and feel that this was true, then their breaks were, by all means, relaxing and successful.

Should Professors Share Their Political Opinions and Beliefs in the Classroom?

BY ANDREW SMITH

Most college students have experienced being in a classroom where their instructor has shared their personal opinions on various topics. This can either be associated with the class discussion or completely irrelevant, leaving you puzzled about why their professor shared their personal beliefs. In today's heated political climate, it can be very challenging discussing topics that may make students feel uncomfortable. It is difficult to find the middle ground in a discussion especially when personal emotions are prevalent. When professors express their opinion, are we as students genuinely benefiting from it or just being lectured to?

Some professors share their opinions to build class discussion and encourage more student participation. When discussing a topic in class that requires participation, it can be beneficial if the instructor shares their opinion. Professor Wilison Anaya believes it is important to share his opinion, especially when the topic allows it and where he has expertise.

“If my opinion can produce

a positive outcome and bring a better understanding for the students, then absolutely,” he said.

Anaya has a master's in philosophy and a doctorate in Spanish Latin-American Literature. He published his book “Bolivar y El Modernismo,” which discusses the



During some classroom discussions, professors might present the opposing opinion to encourage more conversation. Photo from Pexels

role and importance that Venezuelan revolutionary Simon Bolivar had on political motives and modernist writers that came after him. Anaya now teaches Spanish Literature, Spanish Cross-Cultural Concepts and even Spanish for Healthcare Professionals.

However, Anaya stressed that he would always avoid sharing his opinion if the topic was controversial or irrelevant to the lesson plan.

Professor María Souto-Portas of the College of Arts and Sciences shared a similar sentiment. “For my class, I don't think that [sharing personal opinions] is important. When we talk about controversial topics, I think there are many degrees, and sometimes this depends on the moment. I teach Spanish, not politics.”

However, if a topic arose in a class discussion, Souto-Portas would support the conversation by sharing her feelings first to ensure everyone felt included and safe to speak.

“Sometimes I ask my students about their ideas about controversial topics,” she said, “but first I express mine just to open myself to them, and then I tell them that maybe they have different ideas or points of view, and when I ask, it is because I want them to speak in Spanish. Of course, I always tell them I don't have any intention of criticism and every opinion is valid.”

Discussions about real-world issues can encourage students to speak

more in a language proficiency class, which Souto-Portas welcomes. It can be a great learning experience and help students practice the language they are studying in real-world settings. “As a language professor, I need to correct my students' pronunciation and grammar. I don't tell them that what they say is wrong, I just say it in the right way,” she said.

Sharing opinions in a college classroom setting can also encourage students to be more open-minded to the opposite viewpoint.

Professor Sofia Fasos of the Communications Department stressed that the college level is an excellent time for students to be exposed to different viewpoints, respect others and defend their positions.

During classroom discussions, Fasos sometimes presents the alternative side to make students feel more comfortable and, more importantly, include everyone's opinion. As a result, more students are encouraged to participate and build invaluable soft skills essential in the professional world.

Sophomore Carolena Vicale,

Continued on page 10

Gift Cards Are No Longer the Lazy Alternative This Holiday Season

BY ANDREW SMITH

Exchanging gifts with friends and loved ones is a custom of holiday gatherings. Everyone sits around excitedly and waits for the next present to be opened. Your brother received new sneakers, your mother a new purse—and you got a gift card. Was your relative lazy and lacking creativity and thoughtfulness when finding a gift for you, or was a gift card a perfect selection?

Gift cards are no longer considered a last-minute gift. On the contrary, they can be quite thoughtful when done correctly. Senior political science major Liam McCluney expressed the importance of putting thought behind the gift card to prevent it from being seen as a boring, last-minute, impersonal gift.

“I think gift cards are fine as gifts for the holidays if they are for a store or brand that the person receiving them is interested in,” McCluney said. “That way, it’s kind of personal. I have received gift cards to my favorite stores like Vineyard Vines and NFL Shop, which are always nice and thoughtful.”

Sophomore Sarah Klein agreed because sometimes it is difficult to distinguish precisely what you may want.

“Personally, I love receiving gift cards,” she said. “Sometimes, it is difficult to pinpoint exactly what you want to ask for as a gift or what you want to give to someone as a gift.”

The psychology major also expressed how receiving a gift card to a favorite restaurant or store is wonderful and can surprise her during the holidays.

Another reason gift cards are becoming more common is the ease of finding a thoughtful gift that the

individual could enjoy. The holidays are a crazy time and finding the perfect gift for someone is difficult, especially if it is a distant family member. With our busy schedules, how easy is it to contact our aunt and ask her what clothes she would like or what new accessory she wants for her car? Gift cards can be a great alternative when you cannot find the exact gift a



Gift cards can be thoughtful presents when executed correctly, especially when tailoring it to the individual receiving it. Photo from Flickr

loved one would want but still want to include an element of surprise. When giving them, you are allowing your loved one to have the power to practically pick out their own gift. As a result, you know that they will be satisfied with their purchase and that you have given them something they will enjoy.

McCluney shared a similar sentiment, as it can be pretty challenging to find a gift that a relative would enjoy and would also suit them.

“I think it does make shopping for the non-immediate family easy just because you don’t have to worry about things like sizes and colors, and as long as you tailor the gift card to their interest, it’s not lazy at all,” he said.

Charlie Casolaro, a junior political science major, also thinks that “gift cards do increase the ease of shopping for presents, as it can allow the person

to buy something that they would like, which can take some pressure off you.”

When done correctly, a gift card can be a thoughtful way of acknowledging that you pay attention to their interests and want them to purchase something they will enjoy. That’s why, compared to simply giving cash, a gift card to a specific store someone likes can say as much as an item from there.

Another creative alternative can be a gift card to an experience.

Examples of this can be to a salon or even a spa treatment. This can be a great way to give a loved one a unique experience that they might not have even thought of doing.

While a gift card can be an excellent option for a non-immediate family member, it’s probably better to stay away from this when planning out your shopping list for your immediate family. Knowing your close family very well, you have more leeway to find a physical gift that they will use and find thoughtful.

“I usually get something that I know they are interested in,” Klein said, “like a purse for my mom or a mug for my dad since he loves coffee.”

McCluney said: “I’ve given gifts that weren’t gift cards, but they have always been stuff for my immediate family that I know they’re interested in.”

A very important side note is wrapping the gift card in a box or special package. Do not simply put the gift card in an envelope. Presentation is key and makes the recipient feel special when opening the gift.

Gift cards have become a popular alternative during the holiday season, and rightfully so. When purchasing a gift card, you can tailor it to an individual by giving them credit to their favorite local restaurant or store. You do not know what to give them at the moment directly, so instead, you are allowing them to be in the driver’s seat. However, try to be creative when finding gifts for your immediate family. Don’t panic if all you have for your second cousin this holiday season is a gift card, as it may just be the perfect gift. 🐾

The Dilemma of Regifting

BY JOSEPH D’ANDREA

One of the most exciting parts of the holiday season is receiving gifts and even though most of the time, the gifts you get may be welcomed, other times, you may ask yourself: “did I unwrap the wrong box?”

If you’re like me, you have some relatives who will ask what you want and then give you something completely different — without a gift receipt, to top it off. At that point, what else is there to do? You can bring it to the store to get credit but they may have bought it when it was on clearance. And if they did, you’ve already made a trip out to the store, wasting even more time.

Sometimes, a last resort is giving your unwanted gift to someone who may appreciate it more than you is the best option. However, word can get around and you don’t want to be known as the person who both gave someone a gift you didn’t want and also as someone who tossed aside what you were given.

Even the person who gifted you the item can’t find out about the regifting, you still may have some guilt

make the most out of the giving season.

For those who wish to channel the spirit of giving in a different way,



To many, the gift-giving season is full of joy and surprises, but to some, surprises aren’t always received well. Photo from Stocksnap

attached to it. A possible alternative could also be to donate your gift and

an alternative to regifting is to consider donating the unwanted item. The

holiday season is a time of heightened charitable efforts, and many organizations welcome contributions of gently used items. By donating, individuals can transform their unwanted gifts into meaningful contributions, fostering a sense of goodwill and community spirit.

A poll put out by *The Delphian* to Adelphi students found that 58% of participants believe that it’s acceptable to regift, while the remaining 42% are opposed to it.

“Regifting is awful,” said freshman communications major Ava Diaz. “It takes away the value of the gift that was originally given. I can’t imagine buying something special for someone and finding out they decided to just regift it to someone else.”

The holiday season is undoubtedly a time for joy and generosity, but let’s face it — not every gift hits the mark. Those moments of unwrapping a present only to discover it’s not quite what you had in mind can be both disappointing and confusing. Regifting can be a solution in these cases but it can also come its share of social anxieties. 🐾

Those Favorite Gifts When You Were a Kid Still Have Value

BY TAYE JOHNSON

As Christmas approaches, I reflect on my favorite part of the holiday: opening presents. Growing up, Christmas was one of my favorite holidays, along with Thanksgiving, which was a close second, because it meant spending time with my family, eating delicious food and getting new toys.

I remember running downstairs, tearing through my presents every Christmas morning and then checking all of them off my list so I could go back to sleep. I can remember the excitement I felt when I opened my presents and how pleasantly surprised I was when I received a present that I begged for.

The anticipation of that morning was so intense that I would count down the days until Dec. 25. Once the day arrived, my family would set up all of our presents under the tree and a timer would be set for when we'd come running down the stairs.

Do you remember your favorite Christmas gifts as a kid? I'm sure you do and I bet they were the ones that you wanted most. The presents

that I received as a kid were usually practical and functional, but occasionally, my parents would surprise me with something fun or whimsical.



Rediscovering past Christmas gifts like an Etch A Sketch can create a wave of nostalgia that's only possible with physical presents.

Photo from Wikimedia Commons

One year in particular, I was given an Etch A Sketch. I spent hours drawing on the screen with my fingers and twisting the knobs to create different shapes. I'm sure many of you can relate to this feeling. You've received a gift that was just perfect for you — perhaps it was something you didn't

know you needed in your life—but now realize how much it means. The best gifts are those that are thoughtfully chosen and come from the heart.

Another one of my favorite Christmas gifts that I received was a record player. I love listening to music and this was a great way for me to enjoy my favorite songs. Granted, my record player didn't play “real” music; they were age-appropriate, kid-friendly songs.

When I received my favorite gifts, I felt loved and special. It was a great feeling to know that someone had taken the time to think of me and buy me something they thought I would like. I still have some of my favorite gifts and I do treasure them. They remind me of the love my family and friends had for me and how much they cared about my happiness.

Some people may prefer to receive physical gifts versus non-physical gifts. Physical gifts, such as a new pair of shoes or an iPad, may seem less important depending on who you ask (like my sister), but I think that tangible gifts are actually more meaningful than non-physical ones. Physical

objects are also important because they allow us to connect with other people and can be passed down from generation to generation, and they help us make memories that last forever.

However, physical gifts are not the only way to express gratitude. Now, with so much being digital and online, it's easy for us just to send an eGift card saying “Merry Christmas” or buy something online.

As an adult, I enjoy Secret Santa. It's a great way to show someone that you care about them and want them to have something special. I also like being able to give gifts to show my love and appreciation for the people in my life. I think it's important to share your good fortune with others, especially those who are special to you.

It's also important to show people that you care about them. A small token of your appreciation can go a long way towards making someone feel special or loved. I think that's why Secret Santa is such a great idea; it allows us to show others how much we care. 🐾

Is the Stress of Holiday Travel Worth It?

BY ARPAN JOSAN

As the holiday season quickly approaches, we see how people celebrate and by finally getting a break from school and work, it's the perfect time to travel. However, the stress and planning of holiday travel could end up sucking up all of your fun.

There are many reasons why people choose to travel during the holidays, like escaping the cold weather by going somewhere tropical. For most people, these breaks are the only time they get to do any traveling at all to either see family or experience a new setting. For students, the holiday breaks gives them time away from schoolwork and they can finally put their full focus on themselves. Traveling is a way to disconnect from their everyday lives and enjoy existing.

Holiday travel is viewed as a way to escape everyday life but the actual journey of traveling during the final months of the year is far from a vacation.

The Christmas and New Years break is undoubtedly some of the busiest times to decide to travel but the packed airports could easily sour your mood for the holiday season. The days before the actual holiday tend to be the busiest as everyone wants to arrive at their destinations by the time the holiday is actually happening. The more people at the airport, the more frustrating it'll be to navigate through security and get to your flight on time. The excess amount of people could cause disruptions and lines for TSA could be longer than usual.

Another negative effect of the large number of people traveling is that airfare rates will increase and tickets will be harder to get. This increase in pricing could make you not want to go anywhere at all since you also might not get a seat due to the high number of people trying to get the same spot as you.

“I think, in general, the cost of travel can be a hassle and it's easier if there isn't much travel involved, even though if it's unavoidable it

isn't the biggest deal,” said freshman nursing major Sophie Nocera.

In order to avoid being put in this position, traveling during off-peak days is more beneficial. Scheduling the flight to your desired destination at least a week earlier and a few days before the holiday can improve your experience at the airport.

Bad weather can also lead to the stress of traveling. These holiday getaways take months to prepare and can simply be ruined by untimely weather. This sudden cancellation can not only create tension, but your whole mood can turn sour. In the event that your flight does not get canceled, there is still a possibility of delays. This, in turn, causes more time spent in the airport and time wasted as a whole.

A way to combat this kind of stress is to research and plan ahead of time. According to a 2023 CNBC article by Ana Teresa Sola, “Travelers often procrastinate when it comes to booking. In early October, 85% of Hopper

app users who intended to book holiday travel had yet to do so, according to a survey of 500 people. Only 15% of users already booked for the holidays.”

Traveling with multiple people can also make the journey more stressful. When we take into account the other negative factors when traveling during the holiday season, it can make you more irritable than usual. This may create conflict between you and the people you are traveling with.

“I think that typically the actual traveling is only a small part of the holiday,” Nocera said. “And if you're celebrating the holidays with people that really mean a lot to you and make you happy, then it's worth a little stress.”

The joys of the holidays can easily be sucked away by simply wanting to travel. Although traveling during the holiday season can be stressful, getting time to spend with family and friends can be the key motivation. 🐾

Should Professors Be Sharing Their Political Opinions?

Continued from page 8

who is double majoring in psychology and English, shared a personal reflection on this topic and where she stands on this critical issue.

“I personally have never experienced a professor sharing an opinion that made me feel uncomfortable,” she said. “I know many students can find it uncomfortable and inappropriate in some instances though I have never experienced this.”

However, Vicale stressed that while everyone has their right to an opinion, a classroom may not be the best place to express it, as it may make students feel uncomfortable.

“I don't think it's necessary for some opinions to be shared if it's going to make people feel alienated especially in a classroom setting where professors are supposed to create a safe and welcoming environment for the students,” Vicale said. “Though



College is a time for students to be exposed to different opinions and classroom discussions to help prepare them for the real world.

Photo from Rawpixel

I might not agree with someone's opinion, we all have our opinions that we formed one way or another based on what we have experienced in life.”

College encourages growth and awareness and can serve as a forum for different viewpoints to be shared and discussed. By hearing the opinions of your mentors and peers, you will be much more equipped for the real world and more prepared to defend your beliefs and opinions.

Men's Basketball Eyes Bounceback After Disappointing Season

BY ANDREW SMITH

Last year, the Panthers had a disappointing season as they finished with a 12-17 record and were eliminated from playoff contention in the first round by Pace University. It was a hard pill to swallow but they are ready to turn things around this season.

Redshirt junior Matthew Price reflected on the disappointments and what lessons the team learned. "Last year was tough, we didn't win as much as we wanted to but we learned a lot about ourselves and as a team. We lost in the first round of playoffs to Pace but the last couple weeks of our season and honestly throughout the whole season we showed countless glimpses of us playing at a high level as a team that could compete for a championship," he said.

Price is from Brookline, Massachusetts, and entering his third season on the team. The guard made 28 appearances last season and started in 17 of them. He had a fantastic game when the Panthers traveled to Caldwell University on Dec. 14, 2022, to take on the Cougars. In this game, Price set a career high in points (19) and went 4/6 from the three-point line.

To further progress his game, Price focused a lot on ball handling and his play off a

pick and roll in the offseason.

A significant performer of last season was Dayshaun Walton, who had a rookie season to remember. Walton, from Albany, New York, was named NE10 Rookie of the Week four times and was eventually named Rookie of the Year at the conclusion of the season. Walton scored a season-high in points (38) against Southern New Hampshire University and finished with an average of 14.3 points per game and 7.3 rebounds per game.

When looking back at last sea-



Dayshaun Walton was named the NE10 Rookie of the Year last season and has another incredible season in store. Photo by AU Athletics

son and what the major takeaways were, Walton said, "We have to buy into the game plan and just always play with a chip on our shoulder."

The men's basketball team welcomes four new incoming first-year students on the team as they hope to turn the tables in 2023. New players are a great way to bring change to the roster and add a spark to the lineup.

In addition to the first-year students, the team is also welcoming graduate student Conor Regan from Chestnut Hill College. As a Griffin, Regan started 79 out of 82 games and averaged double digit figures in scoring across his final two seasons.

Both Price and Walton have high hopes going into the season as they took necessary steps to prepare over the summer. Price said, "I think we improved defensively as a whole. Working in the weight-room as well as coming in this year physically bigger as a team helps on the defensive end."

"I believe that we have gotten better in shape because of the style of play that the coaches want us to play in and also defensively too," said Walton.

When looking at the schedule, Walton expressed his excitement about playing Pace at the home court on Jan. 30, 2024. Pace was responsible for ending their season last year and Walton is anticipating the rematch.

"I'm looking forward to every game. It's a blessing to play with my



Junior Matthew Price expressed disappointment when discussing last season but stressed how the team showed signs that they could compete at a high level. Photo by AU Athletics

brothers everyday and play a sport at such a high level," said Price.

The Panthers have already started the season on the right foot as they captured the victory in the home opener on Saturday, Nov. 18 against American International College by a score of 85-78. Walton is picking up from right where he left off as he scored a team high in points (25) and a team high in minutes played (37). Price was dominant from deep as he had a team high (4) three point field goals made.

Be sure to come out and support our Panthers as they look to have a bounceback season. 🐾

Winn Eyes NE10 Three-Peat and World Series Run in Final Season

BY ANDREW SMITH

Adelphi softball is always making headlines on campus. The Panthers finished with an outstanding 47-8 record en route to a second straight NE10 Championship last spring and another deep run in the NCAA Division II Championship that ultimately fell short. The disappointing finish left the Panthers hungry and motivated them even more for the upcoming season.

Senior Kendall Winn has been an essential part of the team's success and shared a powerful reflection as she approaches her final season. "Last year was another incredible experience playing with the girls I love, and I'm so grateful for our success and how much fun we had along the way," she said. "Winning the NE10 for the second time and going so deep into the tournament made me so proud of my team and it reflects on how hard we work."

Despite their amazing success, Winn explained how the defeat in the NCAA Tournament has fueled her and her teammates during the long offseason. "We came up just short of another World Series appearance and we are hungry for more this year. We're losing six seniors after this season, so I know that my class and I will leave it all on the field this year to help bring our team to

another World Series Appearance."

Winn, who started every game for the Panthers last season at the hot corner, ended the season with an impressive .295 batting average and a .442 slugging percentage. In addition, she hit



Kendall Winn explained she was so grateful for the success the team enjoyed last season, but is hungry for more after coming just short in the NCAA Tournament. Photo by AU Athletics

10 doubles and three long balls and was third on the team with 26 runs batted in (RBIs). Winn was especially spectacular on April 28, in the second half of a doubleheader against Le Moyne College, as she brought in all three runs to lead the Panthers to a victory off a

solo blast in the fourth inning and a two-run double in the sixth inning.

She explained what steps the team has taken during the offseason to prepare themselves. "We focused a lot on defense this fall. We have always

really pushing us to be the strongest athletes possible, mentally and physically, so conditioning has been a big part of our training this fall." Entering her fourth and final season on the team, Winn reflected on her experience and expressed many positive remarks about being an Adelphi Panther. "The best part of being a part of this program the last three years has been the people. I have made lifetime friends from this program and am so grateful." Winn referenced the walk-off homerun courtesy of Ashely Lombardo, which sealed the NE10 Championship victory in 2022 against Saint Anselm College, their first since 2018. "We were all so proud of her and happy that our hard work had finally paid off; it was extremely emotional. We fought hard for each other that season; that is exactly what it will take to have another successful season. I will never forget that day and how much love we had for each other."

As a whole, Winn described her time at Adelphi as "unforgettable." "I am incredibly emotional about this being my senior year. I am certainly not ready to be done playing the sport, but I'm excited to see what kind of damage we can do this spring for one more season." 🐾

Winn added, "Our coaches are

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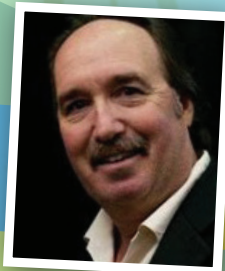
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