

THE PIONEER

Informing LIU Post for over 50 years

Volume 68, Issue 1

www.liupostpioneer.com

January 27, 2016

LIU Still Open Despite Snow Hangover



LIU POST PIONEER

By Brian Riley
Co-News Editor

Facilities plowing by the Hillwood Parking lot after snow storm Jonas

For the second spring semester in a row, Post has been hit by a crippling snowstorm in the first few weeks of the term. Last semester, winter storm Juno resulted in a day and a half of canceled classes. Although this time, winter storm Jonas hit its hardest on Saturday, it could be conceived that some kind of alternate schedule should have been arranged.

Other Campuses according to nbcnewyork.com

- SUNY Old Westbury- Canceled
- Adelphi University- 2hr delay
- Hofstra University- 3hr delay
- Molloy College- Canceled
- Nassau Community College- delayed
- St. Johns University- Delayed

According to weather.com, a total of 30.5 inches of snow fell at John F. Kennedy airport. Several other locations on the eastern seaboard accounted for the largest snowstorm ever. The snow has made an impact on the Long Island

Railroad as well. Far Rockaway, Hempstead, Long Beach, and the West Hempstead lines were closed on Monday, Jan. 25.

Although most of the snow fell on Saturday, Jan. 23, it was still difficult to maneuver around the campus on Monday, Jan. 25. This was especially important for those who had 8 a.m. classes. Walkways were extremely narrow and icy between the parking lot and Hillwood Commons, as well as between Hillwood Commons and Humanities Hall. In addition to the walkways, the “reject lot” wasn’t very clear either. Cars were scattered in an uneven, crooked line that curved around the mounds of snow. The same could have been said about the Pratt Recreation Center parking lot as well. Although conditions did slightly improve towards the middle of the day, it became obvious why other local campuses had an alternate schedule.

LIU Post Matters

By Brian Riley
Co-News Editor

During the fall 2015 semester, the National Association for the Advancement of Colored People (NAACP) club made its return to campus after a year of absence. The club’s mission is to help the advancement of colored people, like its name says, but on a smaller level suited for Post. The club is also working as an avenue to push the message of ‘Black Lives Matter’.

The club went dormant last year, when the former president left school without notifying any of the other members. Current members are unsure exactly why the former president left. It was only last semester when current President Antonette Dauré, a senior forensic science major, decided to step up. “I just wanted it to start back up, and I didn’t see anyone doing

anything about it,” Dauré said. Keeping the campus aware and educated about what is going on in the black community is at the top of her agenda for the club.

She plans to do this peacefully, but, in a way so that the club’s message is heard loud and clear. On Dec. 7, in the lobby of Hillwood Commons, the NAACP club did just that. Approximately 15 members of the club and supporters held a silent sit in, while holding signs that read #STAYWOKE, #WEARENOTALLCRIMINALS, #EVERY28HOURS, #BLACKLIVESMATTER. These are all popular hashtags on social media that are about raising awareness of what is happening in the black community.

Kevin Guardia, a senior forensics science major who is the

Continued on page 3...

Opinions

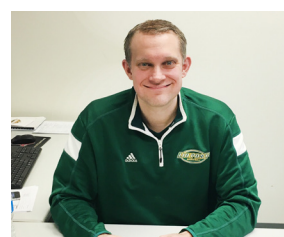
Taking advantage of various clubs on campus is something everybody should try out, according to Co-Opinions Editor Melanie Spina. But do students have time?



STORY ON PAGE 11

Sports

The men’s basketball coach Erik Smiles is living his childhood dream, and tonight him and the Pioneers are up against University of Bridgeport—Smiles’ collegiate institute



STORY ON PAGE 16

Snow Sorm Jonas



Highlight

While snow storm Jonas called several colleges to delay or close their first days of classes, LIU Post plowed its way into the new semester. Above, pictures of the Hillwood Commons parking lot from Monday, Jan. 25. Photos Courtesy of LIU Post Pioneer.

Send your feedback to: liupostpioneer@gmail.com

DISCLAIMER: The Pioneer is published weekly during the fall and spring academic semesters. All students are invited to join. Staff meetings are on Mondays at 12:30pm. Contact The Pioneer at: The Pioneer, Hillwood Commons, 2nd floor, Long Island University, LIU Post Campus, 720 Northern Boulevard, Brookville, New York, 11584; liupostpioneer@gmail.com.

Diverse views are presented in The Pioneer and do not necessarily reflect the opinions of the editors or official policies of the university. Copyright © 2015 The Pioneer, All Rights Reserved. All materials in The Pioneer are protected by United States copyright law and may not be reproduced, distributed, transmitted, displayed, published, or broadcast without prior written permission of The Pioneer.

BOARD OF EDITORS

Michael Otero
Maxime Devillaz
Co-Editors-in-Chief

Pete Barrell
Managing Editor

Angela Alfano
Brian Riley
Co-News Editors

Mirna Youssef
Features Editor

Joseph Iemma
Assistant Features Editor

Julian Wilson
Melanie Spina
Co-Opinions Editors

Bendik Soerensen
Arts & Entertainment Editor

Thomas Gillen
Assistant A&E Editor

Michael Otero
Sports Editor

Thomas Scavetta
Assistant Sports Editors

Michele Schablin
Jessica Feliciano
Layout Editors

Danielle Sposato
Copy Manager

Margaret Pepe
Assistant Copyeditor

Khadijah Swann
Photo Editor

Moa Golster
Online Editor

Francesca Gaspari
Promotions Manager

Alyssa Ruggiero
Assistant Promotions Manager

Johannes Forgaard
Business Manager

Jesper Malmstrom
Circulation Manager

Carolyn Schurr Levin
Faculty Adviser

STAFF WRITERS

Marissa Hoffman, Harry Pearce

LIU Post Matters continued from page 1...

Head of Public Relations for the club, is aware of the negative anti-white perceptions that come along with the NAACP and Black Lives Matter. As a countermeasure, Guardia said, “Normally we try to have a welcoming environment and invite everyone, not just black students.” He added, “We give everyone a chance to give their input at the meetings.” Guardia, who is from Peru, is a walking example that the club is not only for black students. Guardia joined because of his several black friends and Dauré reaching out to him.

‘Black Lives Matter’ is a phrase that has grown from a hashtag to a movement over the past few years. To most, the first time they heard the saying was most likely through a trending hashtag on social media. The motivation to start this organization came when George Zimmerman, who was charged in the murder of 18-year-old Trayvon Martin, was acquitted, according to blacklivesmatter.com. Zimmerman, a neighborhood watch captain, shot Martin, who was an unarmed black male, after he was instructed by 911 not to pursue, according to the New York Times. Zimmerman acknowledged that he shot Martin, but claimed that it was in self-defense. This case led to a national debate for the months leading up to the decision.

The sign that said, #EVERY28HOURS is paying homage to the statistic that every 28 hours a black person is killed by a police officer, according to the Huffington Post. On Dec. 7, the club wanted to send a message, and they did. Although #EVERY28HOURS can sound anti-law enforcement, club treasurer Jessie Pierre, a senior psychology major, said, “We push more of a social awareness rather than anti-police.” During their silent sit in, members noticed how people were looking in admiration of what they were doing. When Dauré saw members of the office of Campus Life, she thought that they were going to be shut down, but in reality it was quite the opposite.

We push more of a social awareness rather than anti-police

Club treasurer Jessie Pierre, a senior psychology major, on the #EVERY-28HOURS—one of the hashtags that the club members held up during the event



JESSIE PIERRE

Members of the newly re-introduced NAACP club demonstrating common hashtags from the movement, Black Lives Matter

After about 20 minutes of sitting in silence, the group gained quite a crowd and took a break. People came up to them to tell them how they appreciated what they were doing and others stopped and took pictures. Due to the unexpected amount of support and observers who wanted to join, they did another 15 to 20 minute sit in with several more people joining. “Afterward I was really proud and honored to have you guys do this,” Dauré said. “People were just blown away by this; we are really touching home here.”

Some of the additional people who came were from the campus life office, which never actually approved the event. Earlier in the fall semester, the club had planned to march around campus raising awareness, but the event was canceled because it was deemed unsafe by the office of Public Safety. The idea of the march falls in line with what was done after Michael Brown was killed in Ferguson, Missouri in 2014. Brown, who was an unarmed black teenager, was shot and killed on Aug. 9, 2014, by Darren Wilson, a white police officer, in Ferguson, a suburb in St. Louis, according to the New York Times. As a result it ignited a working-class suburb of about 20,000 residents. Hundreds of people gathered at the scene of the shooting to question the police. This semester, the club is attempting to put an event together called Bury the N-word, which will shed some light on the use of derogatory terms. The event is still in the developing stages, but the concept will be physically burying some of society’s derogatory terms.

The club is planning its first meeting of the semester. Last semester, meetings were on Monday nights in either the Hillwood Cinema in Hillwood Commons or in The Endzone in Hillwood Commons. For more information, email the president at antonette.daure@my.liu.edu.

Crime Blotter

Compiled by Angela Alfano

Co-News Editor

All incidents that take place on campus are, by law, a matter of public record and can be found at the office of Public Safety. The Crime Blotter is provided monthly by the Pioneer as a public service for the campus community.

Petit Larceny

On Nov. 4, 2015, a professor in the Department of Earth and Environmental Sciences, reported that a map of the ocean floor that had been pinned to her classroom wall in Pell Hall was taken on Oct. 20. The professor spoke with a custodian who was on duty on that day. The custodian claimed to have seen a female student of one of the professor's enter the room, turn off the light, and remove the map. He then said that the student proceeded to her vehicle which was parked on the walkway east alcove and vacated the scene.

The student was identified and when confronted by the professor denied taking the map. The professor reported that this same student attempted to take a lab manual from the classroom on Nov. 3. The professor stated that although at first, the student denied taking the manual, she then produced the manual from her bag.

The map has not been returned. The professor stated that she will use an older map until a new one arrives.

Lost or Stolen Items

On Dec. 2, an Aramark employee who works in the Doll House Cafe on Riggs Lawn opened at 7 a.m. and found that the refrigerator was ajar. Up to \$25 worth of food items were reported as missing. There were no signs of forced entry and all windows and doors were secured. The items that were missing included: 1 cookie, 4 muffins, 4 Italian sodas, 1 brownie, and 1 jar of Nutella. There was no physical damage.

On Dec. 5, a wallet was reported missing from the Pratt Recreational Center. A student who is a member of the track team stated that he had his wallet in the bathroom of Pratt at 2:30 p.m. on Dec. 4, and noticed it was missing an hour later when exiting a charter bus from Post to a track meet at Fordham University. The Pratt staff stated that no one has turned in a wallet.

Vehicle Damage

On Dec. 11, in late afternoon, at a 7-11 near campus, a student made a right turn into the 7-11 lot and said that she did not see the low-hanging chain blocking the entrance. She struck the chain and panicked, dislodging the pole. There was damage to the right front fender of the vehicle. The report stated that the area was well lit by natural light.

LIU Post to Host Global Game Jam

By Marissa Hoffmann

Staff Writer

From Friday, Jan. 29 through Sunday, Jan. 31, Post will be holding a 48-hour long Global Game Jam. The event is being held for the first time, and will take place in the Long Island Room located downstairs in The Winnick Student Center.

Once participants arrive at the annual Global Game Jam, you are given a theme. After you get into a group, you and your teammates work together in designing and creating a digital or non-digital game.

"The Global Game Jam is an opportunity to meet new people, so participants are strongly encouraged to work with people they didn't know before they came to the event," said Ramiro Corbetta, Director of Digital Game Design and Development.

During the 48-hour weekend, one free meal will be provide for participants as well as snacks and water throughout the day. Upstairs in the Winnick Student Center the cafeteria will also be open during normal Friday through Sunday hours of 10-7. According to Corbetta, there will not be a lot of sleeping at the event. "Others might bring a sleeping bag and just catch some sleep at the Global Game Jam location." The focus is to design and create a game, they can sleep when they get home.

Participants that attend have the opportunity to meet and work with others who share the same passion and interest of gaming as them. Eric Guadara, a graduate digital game design major, said, "The only payment is the time it takes to register on the Global Game Jam's website." The website to register is tiny.cc/postgamejam.

Since this is the university's first year hosting this annual event, and it is the only location on Long Island hosting Global Game Jam, the school is expecting between 30-50 participants, but are hopeful for more. Participants can be students, or people from around the area that are interested in the event.

"We decided to host it because we believe that the Global Game Jam is a great opportunity for both LIU Post students and for the Long Island game development community to come together and create something in a short amount of time," Corbetta said.

Awards will be given out at the end of the 48-hour event, but the goal of the Global Game Jam is to work together. "While the award is an honor, the real goal of the Game Jam is to make something interesting in a short amount of time," Corbetta added.

OMELETTES

3 large eggs with fries 7.00
Egg whites only add \$2.50 • Be Creative!!
\$1.00 each additional

American, Swiss, Cheddar, Mozzarella,
Bacon, Ham, Chili, Sautéed Peppers,
Sautéed Onions, Sautéed Mushrooms

APPETIZERS

Shrimp Cocktail 10.95
Shrimp Scampi 10.95
Baked Clams 8.50
Baby Back Ribs 10.95
Mozzarella Sticks 8.00
Breaded Mushrooms 8.00
Breaded Zucchini 8.00
Potato Skins 8.50
(cheddar w/bacon, broccoli or chili)
Wing Dings 8.50
Jalapeno Poppers 8.00
Buffalo Wings 8.50
Chicken Fingers 8.00
Fried Calamari 10.95
Mussels in red or white sauce 10.95

HOMEMADE SOUPS

French Onion
served with melted cheese
Bowl 6.00 Cup 5.00
Soup of the Day
Bowl 5.50 Cup 4.50

PASTA

Linguine w/Clam or Meat Sauce 8.95

CHILI

Bowl 6.00 Cup 5.00
cheese & onions add 1.50

SIDE ORDERS

Basket of Fries 3.95
Basket of Onion Rings 6.00
Baked Potato or rice 2.75
Cole Slaw, Potato or Macaroni Salad .. 2.50
Side of Gravy or Sauce 1.25



THE IRON HORSE

6 Station Plaza • Glen Head, NY 11545 • 516-676-9272

Food Served Daily:

Monday to Friday Saturday
11am-3pm & 5pm-10pm 12pm - 3pm & 5pm-10pm
Attitude Adjustment Hour Sunday
Monday to Friday Brunch: Noon - 3pm
3 - 7PM Dinner: 5pm - 9pm

PLEASE CHECK OUR DAILY SPECIALS!!

OUR FAMOUS COMBINATIONS

Served with French Fries

Onion Rings or Mashed Potatoes add \$1.00

#1 Reuben - grilled corned beef with sauerkraut and melted swiss on rye bread 9.50
#2 Club Car - triple decker white meat turkey, crisp bacon, lettuce, tomato 9.50
#3 Cow Catcher - grilled ham, swiss and tomato on white or rye 9.50
#4 Seaboard - open tuna on an English Muffin, melted cheese, bacon, tomato 9.50
#5 Engineer - ham, turkey and corned beef topped with russian dressing 9.50
#6 Box Car - open grilled american or swiss with tomato and crispy bacon 9.50
#7 Stock Car - open roast beef on white or rye with melted mozzarella 9.50
#8 Hot Roast Beef Platter - with french fries and vegetable 9.95
#9 Hot Turkey Platter - with french fries and vegetable 9.95
#10 Monte Cristo - melted swiss, ham and turkey on french toast 9.50
#11 Roast Beef on Garlic Bread - with melted mozzarella cheese 10.50
#12 Chicken Cutlet Parmigiana 10.50
#13 Chicken Club on a roll 9.95
©Cuban Sandwich - grilled pork, ham & swiss on cuban bread with pickles and mustard ... 10.50

COMPLETE LUNCH & DINNER

Lunch & Dinner served with salad, choice of Baked Potato,
French Fries, or Rice Pilaf and Vegetable

The F.D.A. advises consuming
raw or undercooked meats, poultry,
seafood or eggs, increases
your risk of food borne illness

16oz. Boneless Shell Steak 23.50
Baby Back Ribs 22.00
Chicken Piccata 16.00
Chicken Marsala 16.00
Chicken Cutlet Parmigiana 16.00
Shrimp Scampi 18.95
Shrimp Parmigiana 18.95

Plate sharing will be \$3.00 extra

BURGERS

5 oz. 7.00 Platter w/FF .. 8.00
½ pounder 8.00 Platter w/FF ... 9.00
Be Creative!!

\$1.00 each additional

American, Swiss, Cheddar, Mozzarella,
Blue Cheese, Bacon, Ham, Chili, Sautéed Peppers,
Sautéed Onions, Sautéed Mushrooms

SANDWICHES FROM OUR
CARVING BOARD *ALL BOARS HEAT

Served on white, rye, wheat or roll with
potato salad or cole slaw • French Fries add \$
Roast Beef 8.50 Tuna Salad 7.50
Turkey 8.00 Egg Salad 7.50
Corned Beef ... 8.50 Salami 7.50
Ham 8.00 Pastrami 8.50
Ham And Cheese 8.50
Bacon, Lettuce & Tomato 7.00
Grilled American 7.00
Bologna or Liverwurst 7.00
Lettuce & Tomato add .75
Bacon add 1.00

SALADS

LIGHT BUT FILLING

Chef's Salad - Ham, Turkey, Salami, Swiss
and American Cheese on a Bed of Crisp
Greens with sliced Egg & Tomato -
add you own dressing 10.95
Tuna Platter - Heaping mound of Tuna
Salad with Sliced Egg, Lettuce, Tomato,
Potato Salad and Cole Slaw 10.00
Caesar Salad 9.00
*Add grilled chicken 3.50
Greek Salad 9.00
House Salad (small) 5.95
Chopped Salad (small) 6.95

FROM THE FRYER

Chicken in the Basket 8.50
Shrimp in the Basket 8.50
Fried Clams with Cole slaw
& fries & Cocktail Sauce 8.50
Beer Battered Cod fish
with Cole slaw & fries 10.50
Chicken Finger Platter 9.50

Welcome back Pioneers!

Our paper is looking for
dedicated writers & reporters to
get the latest news on campus!



liupostpioneer@gmail.com

HUNGRY?

PIZZA

SALADS

GYROS

HEROES

DID YOU KNOW?
You can combine coupons with friends and have one large order delivered at once!

DID YOU KNOW?
Lontza never charges for delivery to your dorm, club, or anywhere in the school. We just ask for a minimum of \$10.

STUDENT SPECIALS

SPECIAL 01 SMALL CHEESE PIZZA \$10⁰⁰ +TAX	SPECIAL 02 PENNE ALA VODKA GRILLED CHICKEN \$10⁰⁰ +TAX	SPECIAL 03 CHEESEBURGER DELUXE (OR BURGER DELUXE - INCLUDES FRIES/LETTUCE/TOMATO/PICKLE) \$10⁰⁰ +TAX	SPECIAL 04 GARDEN, GREEK, OR CAESAR SALAD GRILLED CHICKEN (INCLUDES ITALIAN BREAD OR FRESH MADE BREAD STICK) \$10⁰⁰ +TAX	SPECIAL 05 PARM HERO CHOICE! CHICKEN, EGGPLANT, SAUSAGE, OR MEATBALL AND 5 BUFFALO WINGS \$10⁰⁰ +TAX
SPECIAL 06 CHICKEN PARM ENTRÉE (INCLUDES PENNE PASTA, ITALIAN BREAD) \$10⁰⁰ +TAX	SPECIAL 07 GREEK CHOICE! CHICKEN SOUVLAKI OR GYRO, BEEF SOUVLAKI OR GYRO AND FRENCH FRIES \$10⁰⁰ +TAX	SPECIAL 08 LARGE CHEESE PIE, 6 BUFFALO WINGS, 6 GARLIC KNOTS (INCLUDES HOUSE-MADE BLUE CHEESE AND TOMATO SAUCE) \$20⁰⁰ +TAX	SPECIAL 09 LARGE CHEESE PIE, 6 GARLIC KNOTS, BAKED ZITI, SALAD (INCLUDES ITALIAN BREAD, HOUSE-MADE TOMATO SAUCE) \$25⁰⁰ +TAX	SPECIAL 10 2 LARGE CHEESE PIE, 12 BUFFALO WINGS (INCLUDES HOUSE-MADE BLUE CHEESE) \$35⁰⁰ +TAX

516.621.5566

38 Glen Cove Rd Greenvale, NY 11548 ▪ lontzapizza.com

SINCE 1997

MORE THAN JUST PIZZA





WATCH

On campus channel 96 or instantly on



CWPTV

CONNECT



@LIUPTV



LIUPTV



LIUPOSTTV

JOIN

PTV has something for everyone! If you want to be on camera or behind the scenes, PTV has something for you. Come to a meeting or email us for more info

Call us at 516-299-2747 or E-Mail us at LIUPOSTTV@gmail.com

MEETINGS

PTV meets on Thursdays at 12:30 upstairs in room 214
TV STUDIO

1/28 2/1 3/3 3/24 4/7

TUNE INTO CHANNEL 96 AROUND CAMPUS & IN YOUR DORMS

Broken New Years Resolutions Support Group

By Margaret Pepe

Assistant Copy Editor

Just about everyone makes a New Years resolution. Maybe you want to get better at running so you can run a half-marathon, or you want to be neater so you can actually see the floor of your room. No matter what your resolution for 2016 is, it is practically inevitable that you will break it. Actually, I can promise at some point you will break it, and that some point was probably Jan. 3. For those who have not yet broken their New Years resolution, and are trying their best to stick to it, here are some tips:

Use an agenda/planner

“Make a chart with a hand written check list, and physically check off each accomplishment,” suggested Ariana Franz, a freshman music education major.

Having your daily schedule written out will help you stay on track of what you need to do. If your resolution was eating healthier, staying organized, running, etc. you can write down your daily goal. You’re more likely to stick to your resolution if you have it written down for everyday. You write your homework and assignments down to make sure you complete them everyday, so why not write down to go running, or something healthy to eat everyday?

Download tracking apps

There is an app for everything. If you’re a shopaholic and want to cut down on your spending you can download apps that monitor how much you spend. Apps like Mint, available for iPhone and Android users, helps manage your spending, saving, budgeting, and earning. By connecting your bank account to the app you can track how much money you can spend, and divide it up into budgets like clothes, groceries, and restaurants.

If you’re training to be on American Ninja Warrior, you can download any of the Nike Training apps. These apps monitor how much you move throughout the day, how far and how fast you ran, and suggest workouts that you can do at home or at the gym. Under Armor also has an app to track what you eat, in terms of vitamins and nutrients you need to meet daily, called myFitnessPal.

Using one of these available apps makes you more conscious of what you spend, what you eat, and what you do to stay healthy.

If you’re new to the health game, worry not. Physicians suggest at least 30 minutes of exercise everyday. Head over to Pratt and either get your fitness on by yourself, with a trainer, or take one of the fitness classes offered. Classes offered range from yoga, to kickboxing; schedules can be found in the Pratt Recreation Center.

Maybe skip going out?

At the beginning of the semester, almost everyone has the goal of getting an A in all of their classes. Sometimes it happens, and sometimes, for the fifth semester in a row you find yourself saying, “C’s get degrees.” We all know you’re smart enough to get that A, but we also see you checking into a different bar on Facebook every week. Maybe skip the bar every now and then. Going out is fun, and during college is probably the best time to go out, but don’t give up on those A’s. “Fear of missing out” (FOMO) is real, but so is that 15-page paper due next Tuesday that you haven’t started yet.

Say no

As if it is your job. Saying “no” is frequently in the top ten resolutions people make each year. If you’re too busy, too stressed, or really just can’t bring yourself to do something optional, say “no.” You don’t want to let people down, but if you don’t have the time to babysit for six hours, work an extra shift, write four papers, go grocery shopping for

your mom, and drive your friend to the optometrist, just say “I’m sorry, I really just don’t have the time.” It’s an easy way to say no without offending anyone.

“Saying ‘no’ is frequently in the top ten resolutions people make each year”

Get your friends involved

“Tell your friends about your goal! They are essentially your moral support group,” said Franz. Having a support system to keep you on track will turn your resolution from a chore to a fun activity you can do together.

Say yes

Sometimes what can hold us back from being spontaneous or having fun is fear. “My New Year’s resolution was to start doing more of what makes me happy and live in the moment,” said freshman adolescence education major Alanna Jones. “To help achieve my resolution I am trying to say yes to things I wouldn’t normally do.”



TOMCORSKNOWLES.COM

Let the Good Times Roll

By Mirna Youssef
Features Editor

Have you ever looked at your camera roll and felt like you've gone back in time? Pictures and videos can capture a lifetime of moments and memories that allow you to relive your past as if it was yesterday. It's always nice when you look through your phone and you stumble upon that picture from a special night, or vacation, or a time when you tried something new. They say that pictures are worth a thousand words; these students were able to express why a special photo on their camera means so much to them.



DIANA ZYSK

• “This is photo is of me, Megan Draghi and Sarah Hecht. It was an impromptu picture taken in Winnick in 2015 after not seeing each other for a few weeks. This photo describes our friendship: warm, charming and definitely random. If it weren't for these beautiful women, my years at Post would definitely be dull. Love you Dragster and Sasha!” Diana Zysk, senior international business major



SALINA WEBSON

• “This is a picture of the LIU Post Cheerleading team after finishing up a very hardworking few days at NCA Cheerleading Camp. This camp was held at Boston University over the summer. I picked this picture because this team is the definition of a family to me. They are great motivators and supporters. A great team for me to rely on when I need them the most.” Salina Webson, sophomore criminal justice major



JENNIFER MEJIA

• “The most important photo on my camera roll was taken freshmen year at Post. Here I stand with someone whom I didn't imagine meeting at LIU Post. Freshmen year was filled with trials, errors, scheduled naps, and endless laughter. College is all about making memories with new people and old, who often become some of the most important people in our lives. Thanks for offering a shoulder to lean on. We've both grown so much on this journey and I'm thankful to have you by my side LIU Post Pioneer!...JK my BFF GAB.” Jennifer Mejia, senior art therapy major



RACHEL RINGOR

• The women's volleyball team shared their Senior Night at the Pratt Center last semester. “My whole family made the trip up just to see me play my last match for Post. My parents didn't tell me my grandma [and] uncle were coming, so I was really surprised and so happy. Everyone was wondering why my mom rented a minivan until the whole gang showed up three days later. Grandma brought everyone their own lei and boxed Hawaiian chocolates just because she could. I'll never forget that day.” Rachel Ringor, senior finance and international business major.

Most people can relate to that moment when you get to see your friends or family after a long time. The moment you see everyone after a long break or busy week and it just makes all the difference. Being a part of a team, like volleyball or cheerleading builds a family and community that make endless memories through the wins and losses. These are only a few of the photos that resonate with your fellow Pioneers. A picture holds special moments that you can always look back on and appreciate, share and love. If you have a picture you would like to submit to The Pioneer, please email us at: liupostpioneer@gmail.com

THE PIONEER

Do YOU still need
classes for next
semester?

SIGN UP FOR
JOU 41
to be a part of
The Pioneer

All you need to do is...

- make a weekly contribution
- attend a weekly meeting
(with free lunch)

And receive 3 credits!

Email:
liupostpioneer@gmail.com
for more information

WANTED:

- writers
- photographers
- reporters
- graphic designers
- social media managers
- editors
- + more

How Many Clubs Are You In?

By **Melanie Spina**
Co-Opinions Editor

With just a month into the new year and starting spring semester, I can't help but feel like it's time to, in a way, start all over again. Although it's the second semester of the year it still feels like it's a good opportunity to have a blank slate and do things that we perhaps wanted to do last semester but just didn't have the time to, like for example, joining a club on campus.

Joining a club in college can sometimes be time consuming but I have to say it's extremely beneficial. During my first few years of college I was the type of person that tried to get into campus clubs, went to the first meetings, but then just stopped going because I felt as if I didn't have time. Now, in my senior year of college and being a member of a club for almost two years, I have to say that I wish I stuck it out and joined more clubs in the very beginning.

Clubs don't only allow you to meet new people on campus but they also allow you to network and prosper professionally. Most, if not all, of the resume workshops I've attended in the past three years have discussed how important it is to join clubs. Having a resume filled with clubs and organizations will stand out more than just a resume of your education and classes.

Not all students feel the same. Stephanie Rozza, a senior accounting major, claims that with all her classes, work, and being a commuter she really doesn't have the time to join clubs. "It's really hard when you not only are a full time student but also have jobs," she said. "I've tried to look into it but every semester I usually have class or have to work during the time they meet."

Rozza believes that her major courses and her jobs come first. "I do agree that it's good to join clubs but for me there just isn't enough

time," she said. "I like to prioritize my time and classes and jobs are always above the clubs on campus. If I had more time, I'd definitely think of joining a club or two."

A big factor that interferes or prevents people from joining clubs is being a commuter student. Rozza and other students may feel that way since they don't have the convenience of living on campus; it becomes more difficult for them to connect to all clubs' activities. "The reason I am not part of any club is not only time-wise," Rozza said. "I have a 45 minute commute and I don't tend to be on campus every single day so that doesn't make it any easier for me to be motivated to join."

On the other hand, some commuters find a way to still commit to on campus clubs, like for example Marianna Scalise, who graduated in January 2015 with a BA in psychology. "I think it's important to be a part of something you stand for in college," she said. "Because that's where you really get to meet other individuals who share the same ideas and beliefs."

During her last semester, Scalise held the position of President of the Rainbow Alliance club. "It is definitely something that jobs or internships like to see," Scalise said. "Going to college of course provides you with more opportunities but being a part of a club goes beyond what they ask for."

It's important to realize that everything worthwhile takes work, therefore although clubs are definitely time consuming, it does pay off to be part of one. On the other hand it's also understandable to prioritize and if a club just doesn't fit into your schedule maybe there are ways to even make small contributions.



KHADIJAH SWANN



KHADIJAH SWANN

Both the S.N.A.P.P.S. and the Art and Art History Club were among the campus organizations holding a table at the Club Fair on Thursday, Jan. 21

Why Taking Classes Outside Your Major Can Actually Be Beneficial

By Melanie Spina
Co-Opinions Editor

Most of us start college expecting to only take classes related to our majors. Personally, at my high school, the classes I had to take were already chosen for me. I didn't have a choice in taking a subject that I might be interested in; I was never given an option; all classes that I was required to take were the only ones offered to me.

Coming to college, I always thought, "There is no way I am taking a class that is probably not beneficial for my major." I didn't want to think of taking math or science again and I hated the fact that I had to take the core classes as it was. Taking any class outside my major wasn't in my thought process.

What's funny though is that through taking one of these so called core requirements, I found myself falling in love with a different major and eventually making it my minor.

Having studied two different types of fields, I realized that, although taking classes outside of your major might sometimes make you feel like you are wasting your time and perhaps money you really aren't. You might discover something new you are passionate about, or that class might actually be beneficial to your future in the professional world. Everything overlaps; therefore; taking classes that may have little to do with what you are studying is not completely a waste of time.

A lot of majors require a certain amount of free elective credits, where you can take any classes that you may be interested in. Some students tend to forget that they have these credits until their final semester, like Marisa Kofmehl, a senior public relations major, whose two classes this semester consist of free electives. "I think at first I was mostly just focused on my major," Kofmehl said. "You know, getting all the major requirements done before I thought of taking any other courses."

Kofmehl will be taking a ceramics class and a sociology class this semester and she claims to be excited about both. "I chose ceramics because I really enjoyed it when I took a similar class in high school," she said. "The reason why I chose a sociology class is because I've always looked at it as the study of people and I think that could really be beneficial for a career like public relations."

Sometimes students just feel that they don't have enough time to take classes outside their majors or that his or her major doesn't allow them to do so. For example, Victoria Onorato, a sophomore who is planning on entering the field of communications, thinks that taking classes outside of your major can be a hit-or-miss. "For me, it was a great way to really test the waters in fields I normally wouldn't pick," she said. "The only downfall is the fact that even if you take a class and you were bad at it before, you might dread taking the class."

Onorato uses the example of how when she was in high school she took a trigonometry class that led her to hating math but then she took one in college last semester with Professor Losonczy and she loved the course. "I think it's great to take courses outside of your major to get a different perspective of life and what you really want," Onorato said.

With everything becoming multiplatform, it's better to be prepared and have knowledge of various fields rather than have no knowledge at all and just being prepared for one specific job. Taking classes that are not in your major requirements can help you prepare yourself for this, it makes you a well rounded person and shows that you are not only open but have incentive of learning things outside of your comfort zone.

Summer Courses: Worth It?

By Julian Wilson
Co-Opinions Editor

Many full-time college students look forward to kicking back, relaxing, and ridding their minds of all things regarding school and academia in the summer. However, if this is not the lifestyle you choose, you may be able to enroll in a summer course and still have just as much time for yourself to relax as you had hoped for. If you're thinking about taking summer courses, there are a couple of points to keep in mind.

It's essential to know what these various summer courses can do for you personally. According to a group of collective authors, the Varsity Tutors USA Today's article entitled, "3 Benefits of Summer College Courses," (May. 20, 2015), summer courses can offer the same level of education as a spring or fall semester, in a condensed period of time.

One of the benefits of summer college courses is that they offer you the chance to catch up on your work or to get ahead of any coursework if you choose to do so. "Summer courses are a great idea even if you are on schedule to graduate. If you would like to work ahead or lighten your standard semester load, taking one or more summer college classes can help you do so," according to the Varsity Tutors.

Other benefits include condensed class sizes, and fewer distractions in class, as well. According to the authors, "Summer courses are typically smaller in size than classes available during the traditional academic year. (This is due to lower summer enrollment numbers). Thus, one benefit of the summer term is its increased student-professor interaction." In regards to fewer distractions than a regular class, the site

states, "With a reduced course load, you will be able to focus more on the class or classes you're enrolled in."

Freshman psychology and forensic science double major, Shanice Arthur, believes summer courses are beneficial to pursue. "To me, learning in the summer is easier because I don't have to worry about doing work for five other classes. I go, get my work done, then I still have a lot of free time to myself," she said.

Junior broadcasting major Stephanie Mocerino agreed. "I think it's definitely beneficial because you're able to get ahead of things and set yourself up so that your schedule isn't as busy in the fall. I haven't enrolled in a summer course thus far due to traveling and working a lot over summer, but I have always wanted to and I may look into it this summer," she said.

I believe that taking summer courses in college can only help and not harm in the long run. You're receiving the same education but in a condensed amount of time, and for what it's worth, I would definitely take advantage of summer courses, if it means making my workload lighter and overall, relieving substantial amounts of school-related stress.

What about you? Have you taken, or do you plan to take, a summer course? Please forward your thoughts about it to the Pioneer at liupostpioneer@gmail.com.

Welcome Back Pioneers

By Harry Pearse

Staff Writer

So, here I am turning on my fourth first episode of a series on Netflix. I have been completely lost since I finished “Game of Thrones” last Friday. What do I do? The action packed, blood flowing and astute HBO series has got me hooked. But, my last words to my housemate Ian Jonson, who hadn’t ventured into the world of kings and wars, were, “Mate, don’t start it, your life will end and with no remorse.”

I have now started to watch another series, after many vigorous trials, and I guess it isn’t that bad. However it is nothing like the heroism of Jon Snow. It will have to do for the time being. This bubble I’ve been in throughout the winter break, during which I was getting annoyed at deciding what series to waste my life on, has been popped, and my brain has come alive with excitement. It has also put things back in perspective. I know what I should really be getting enthusiastic about, and I am now so happy the semester has begun.

In this brisk, bitter, and battering start to the spring semester, which I guess is no different than the torrential rainy London where I come from, my brain and my body grew warm at the thought of the class schedule I have chosen this semester.



ALEXANDER NAJMAN

*Philosophy professor Alexander Najman, teaches Zen Buddhism
Philosophy this semester*

I signed up for a Zen Buddhism philosophy class with the infamous and quick-witted professor Alexander Najman; anybody who knows me well enough understands that this type of course gets my ‘juices flowing’.

Najman’s ability to intrigue me in his Intro to Philosophy class during the fall semester made me feel the need to take another class with him, and so I did...and as he came to the end of explaining what this wonderful class entails this semester, my mind was exploding.

He explained that in the class we would be, “...ideally creating a new way to overcome and passively analyze the stresses and anxieties that plague our everyday realities.” Now if you aren’t blown away after reading that short quote from the mouth of the man himself, Professor Najman, then I better close up shop. This type of class, with someone

with such great experience teaching it, can’t get any better, right? Although I haven’t really begun the full class entirely, I am already filled with content.

My favorite part of this class is the writing tasks. A task that doesn’t only apply to students in this course, but it also applies to students who like writing. Each week, we have to write as much as we can; whether it is a page, page-and-a-half, or two pages, we just have to write something. The rules are that we don’t want to think, we don’t want to really put our minds to this task, but just write, anything: how you feel, what you sense or smell, something you are looking at or have seen.

This is truly beautiful. And I also think it could be therapeutic and beneficial for any student. Any stresses that you feel at the moment, about maybe starting new classes that are going to test you, any anxiety that you are having at coming back to school and seeing people you may not necessarily want to see, or maybe if you broke up with your partner over the break—just write some things down in your notepad.

It will take things off your mind, and make you more relaxed so that you can concentrate on everything that this semester will throw at you. Perhaps practicing this writing technique on a day-to-day basis is something worth trying, and if it doesn’t work then ‘sod’ it. What have you lost?

I hope that you guys felt just as lucky as I do walking into your first classes this semester. If you haven’t, then make sure you give your classes a chance, be open-minded and try to find what the class has to offer to you, to your future. If it is one of those nothing-classes that we all have to take, for one reason or another, then get through it. But please try to find positives in whatever the subject is. Don’t fight the opportunity to learn something new and different.

For example, if you think that your English Literature class will be boring, find something intriguing about it. In my English Literature class, we read a poem called ‘An Essay of Man,’ written by Alexander Pope. I couldn’t help but get aroused at the prospect of learning such gorgeous rhythmic writing. Granted I am English and I am a sucker for philosophy and writing, but if we all go into classes that we think we are going to hate, with an eager attitude and a willingness to try and learn and feel the material we are given, then maybe we might be enlightened to so many new ideas, and we might all just be surprised at what we actually enjoy, whether it be statistics or a poem from a geezer in the 18th century.

Although I haven’t quite understood the meaning of this quote yet, and I am sure I will as the semester goes on. I am going to leave it with you and see how you interpret it:

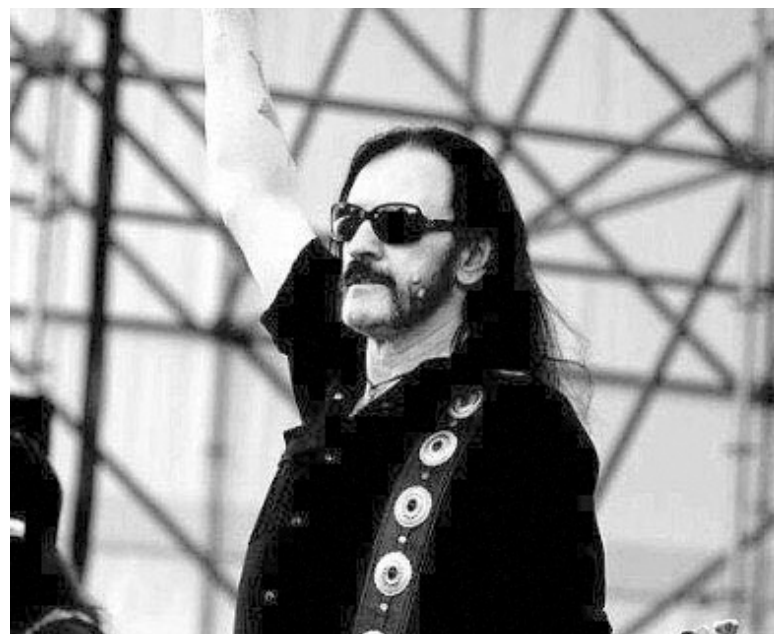
*“Empty handed I go and yet the spade is in
my hands;
I walk on foot, and yet on the back of an Ox
I am riding;
When I pass over the bridge,
Lo, the water floweth not, but the bridge
doth flow” — Alexander Pope*

In Memory of Passing Legends



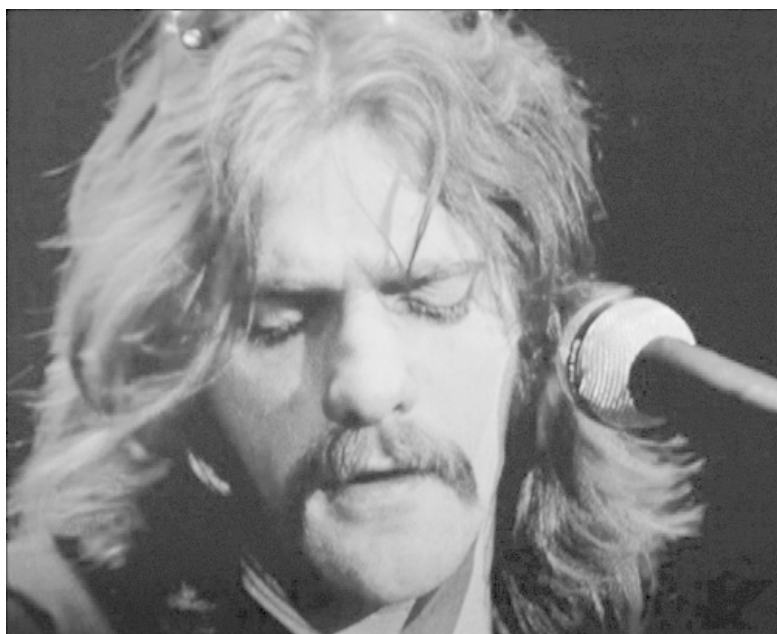
FACEBOOK/HARRY POTTER

Alan Rickman, perhaps most widely known for his role as professor Severus Snape in the Harry Potter series



FACEBOOK/MOTORHEAD

Lemmy, who founded and fronted the band Motorhead



FACEBOOK/GLENN FREY

American singer, and founding member of the band Eagles



FACEBOOK/DAVID BOWIE

English singer songwriter, actor and multi-instrumentalist, David Bowie

Arts in Brief

By Bendik Sorensen

Arts & Entertainment Editor

Jan. 29:

TAO: Seventeen Samurai, a combo of athletics and performance arts, takes place in the Tilles Center at 10:30 a.m.

Tickets available at Tilles Box Office and Ticketmaster.

Jan. 29-31:

Virgil J. Lee New Play Festival, staged readings of two new plays in development will be workshopped with professional directors.

Jan. 29 & 30 at 8 p.m., Jan. 31 at 3 p.m.

Little Theatre Mainstage

Three Things You Must Do This Spring

By Bendik Soerensen

Arts & Entertainment Editor

See Black Sabbath for the last time

Ozzy Osbourne, Tony Iommi and Geezer Butler are roaming through the states one last time, and they'll stop by Madison Square Garden. They are getting awfully close to a 50-year career (48 this year), but because of health problems here and there, they are calling it quits. You should see them live one last time because they are Black Sabbath, and there are no others like them. A genre-defining, groundbreaking band, and there will never be another chance to see them again. "Is this the end of the beginning? Or the beginning of the end?"

Black Sabbath plays at MSG on Feb. 25 and 27, and a third show has been set up at the Nikon at Jones Beach Theatre on August 17.

Tickets are available now at Ticketmaster.

Go to the Whitney Museum of American Art and make up your mind

The new Whitney Museum opened last year, and received a lot of good reviews in newspapers and magazines. However, the more I hear people talk about modern art while being the A&E editor, the more I doubt if many of you know what classifies as modern art. I have seen the viral picture of a glove at the MoMA where people walk around it, unsure whether it is an installation or not. That is not how it is. The bandwagon is not the place

to be. That is why you should take a day, go there and see for yourself. The people there might be snobby, but the stuff on the walls is not. Social commentary, commentary on the art world itself. It is not a glove on the floor, or "I could do that myself." It can be beautiful or ugly, but it is sure worth it.

See the New York Philharmonic play Brahms' A German Requiem

A hidden little gem, among youth it seems, is the New York Philharmonic. A premiere symphony orchestra with a wide variety of concerts throughout the season. Brahms wrote the Requiem after the death of his mother. It is an epic piece of orchestral music. Unlike the ugliness you might find at the Whitney or the Black Sabbath concert, this is purely beautiful. It is a calming experience in the middle of the semester. A heartfelt tribute to his mom. "Selig sind die Toten." "Blessed are the dead."

Tickets are on sale through www.nyphil.org and they will play A German Requiem several times in March.

EVER LISTEN TO
THE RADIO
AND THINK "I CAN DO THAT..."
PROVE IT!
WCWP 88.1 FM

Coach of the Week: Erik Smiles

By Thomas Scavetta

Assistant Sports Editor

In his third year as the Head Coach of the men's basketball team, Erik Smiles has led his team to a 13-5 record. The Pioneers currently sit tied atop the East Coast Conference with St. Thomas Aquinas College. Smiles is very familiar with the ECC as he spent his collegiate career playing basketball at the University of Bridgeport. Prior to becoming the Head Coach at LIU Post, Smiles was the guy in charge at Farmingdale State College from 2004-2013.

Q: When did you first develop an interest in coaching basketball?

A: I probably knew I wanted to be a coach back in high school. Back then I kind of realized that I wasn't going to be a professional basketball player.

Q: What went through your mind when you were named the Head Coach here at LIU Post?

A: Oh, it was very exciting because this was a program I grew up watching. I grew up in Huntington down the street and my dad used to take me to the games back in the old gymnasium when Coach Galeazzi was coaching back in the '80s and early '90s when I was little kid. This place has always had a special place in my heart because of that and this was in some ways my hometown team, so I was really thrilled to become the head coach. It was a job I always wanted and in a lot of ways a dream come true.

Q: Now in your third season as Head Coach, is there anything different we should expect to see from the team this year?

A: We're a lot bigger. We got three tall forwards in Barrington Alston, Michael Phillip, and Hunter Powell that we recruited. Plus, we got two 6-foot-6 guys back in Nick Kahn and Greg Dotson, so we'll be a little bit bigger. In year three, you'll see a lot of guys who have that experience factor, in terms of moving the ball, understanding the concepts better and understanding our stuff, so I think we have a chance to have a really good year.

Q: Can you describe the chemistry between you and your players both on and off the court?

A: We have guys like Jared Hall, Aary Bibens, and Dillon Burns, who have all been together for two to three years now, so it's definitely a group that knows me, knows my staff, and knows what we're doing on the court X and O wise. They've been living together in the dorms for two to three years now, so those seven to eight guys we have returning who know each other, know the system, know the school, have very strong bonds with one another. Also, the four new guys have kind of molded right in with everyone else.

This place has always had a special place in my heart because of that and this was in some ways my hometown team, so I was really thrilled to become the head coach



MICHAEL OTERO

Head Coach Erik Smiles and the Pioneers are facing University of Bridgeport on Wednesday, Jan. 27, the place where Smiles spent his collegiate career as a basketball player

Q: You've been working with some of these players for the past two years or so and have two returning starters from last year in Burns and Dotson. What have you seen in their growth and development?

A: Yeah, Burns and Dotson both started a lot of games for us the past two years, but we have a lot of other guys who have started for us this year who have been in the program for a long time. Hall and Bibens are both seeing a lot of action, so yes we have those two starters back, but we have four or five other guys who have been in the mix and have seen a lot of significant minutes. Chris Orozco is another guy who started around eight to ten games last year and is back, so I think we definitely have a solid core back that we're building off of.

Q: We've seen some coaches get into trouble recently due to unethical behavior. What are your thoughts on this issue?

A: Unfortunately it's a part of business. I wish it wasn't, but coaches for whatever reason take things a little too tight to the vest when they're hungry and want to win and maybe do some things they shouldn't do. I don't think things like that serve the purpose of being a good role model, but unfortunately it happens.

Q: Have you ever experienced these issues as a student or as a coach?

A: I mean I've kind of been sheltered. The coaches I've played for never got involved in anything. I played Division II and coached Divisions II and III, so some of the stuff you see happening at big time schools like in the SEC, the Big East, or the Big 12 doesn't really filter down to this level. Those kinds of things don't really happen at the levels I've played and coached.

Men's Basketball Slips to UDC

By Thomas Scavetta

Assistant Sports Editor

Junior guard Jared Hall may have had a career-night scoring 27 points, but it wasn't enough as the LIU Post Men's Basketball team (13-5) fell short last Wednesday against the University of the District of Columbia (8-9), 84-73, at the UDC Sports Complex in Washington, D.C.



JACQUELINE SCACCIA

This East Coast Conference battle had the Pioneers on their heels as they found themselves playing from behind the majority of the night. After trailing 21-16 in the first half, the Pioneers went on a 12-5 streak in less than three minutes to grab a 28-26 edge over the Firebirds. Senior guard Dillon Burns ended the run with a go-ahead lay-up at the 5:26 mark of the opening half.

Although the Pioneers shot the ball well during that stretch, the hosts reclaimed a 40-37 lead heading into the locker room. Hall led all scorers with 11 points.

In the latter stanza, the Green and Gold went on a 7-0 burst to tie the game up at 46, but the Firebirds took complete control from that point on as the hosts improved to 6-3 in ECC play.

In addition to Hall's performance, junior forward Greg Dotson collected 14 points, four rebounds, four steals, and three assists in the defeat. Burns chipped in with nine points, three boards, and dished out two helpers. The Firebirds were led by junior guard Martin Campbell who logged 22 points and six rebounds. Fellow junior guard Kasim Chandler totaled 21 points and eight dimes, with 16 of those points coming in the second half.

After falling to 8-2 in ECC action, Head Coach Erick Smiles and his LIU squad will take the floor tonight when they square off against the University of Bridgeport in Bridgeport, Conn. The Pioneers won the first meeting back on Dec. 9, 62-54.

LIU senior guard Akosa Maduegbunam shared his thoughts on tonight's matchup:

"The key to slowing down Bridgeport is sticking to our defensive principles that Coach Smiles has instilled in this program. Our goal is to play solid half-court, man-to-man defense, which forces our opponents to take low percentage shots."

In their previous matchup, the Pioneers struggled from the field. "It's a long season and shooting is a fiscal thing that comes and goes. As a team, we try to play off our bigs and share the basketball. Our defense is our offense, so we try to get out and run after forcing shots on the defensive end," Maduegbunam continued. LIU has used their size to their advantage all season long by playing inside out and off their bigs like junior forward Barrington Alston and senior forward Michael Phillip. "Those guys can both score and pass out of the post, so if we play off of them we'll be able to dictate the tone of the game," he concluded.

Tip-off is scheduled for 7:30 p.m.

Coach of the Week continued from page 16...

Q: Do you think how an athlete performs in the classroom translates over to how they perform on the court?

A: Oh yeah, I definitely think there's a correlation with kids who have good grades and kids who are high IQ players. It's not true 100% of the time, but I definitely think there's a correlation between the kind of kid you recruit and how he is as a student and as a person in terms of how that translates in their performance on the court, so I believe there's a strong connection there. Thankfully, we've had some pretty bright students and good guys who have gotten the job done in the classroom, so knock on wood.

Q: What would you consider to be the keys to excellence for these young men?

A: One of the biggest things for us is time management. We got practice, weights, conditioning, and film. Our guys have class, their families, social lives, and study hall, so I think learning how to be disciplined and dedicated to managing your time and sticking to your schedule, whether it's going to class from 9-12, then going to the library and studying, eating dinner, having practice and then spending another hour studying after practice. I think time management is really one of the most important things our guys learn. We try to instill into them how to be dedicated and disciplined and how to keep your day organized because that's how the real world is. A lot of different things go on at once; multi-tasking is what it is, so having that skill is critical for us to instill into our guys.

Q: What is one interesting thing people may not know about you?

A: I'm a huge history buff. I recently went to college to become a history teacher and I'm pretty big into geography. When my wife and I go on vacation, it's more to go see monuments and history trails.

Former Wrestler Still has Love for the Game

By Michael Otero
Co-Editor-in-Chief

During the 2014-2015 school year, LIU Post reinstated wrestling, a sport that had a long history at the university. Before last year, the last wrestling match at LIU was in 1988. The comeback has sparked great feedback from alumni and former wrestlers alike.

Warren Hannas was a wrestler for the then C.W. Post Pioneers when their wrestling program was in its hay-day in the 1960s. Hannas, now 70 years young, felt proud to see the program revived in Brookville, “Long Island wrestlers have dominated New York state high school programs for many decades!”

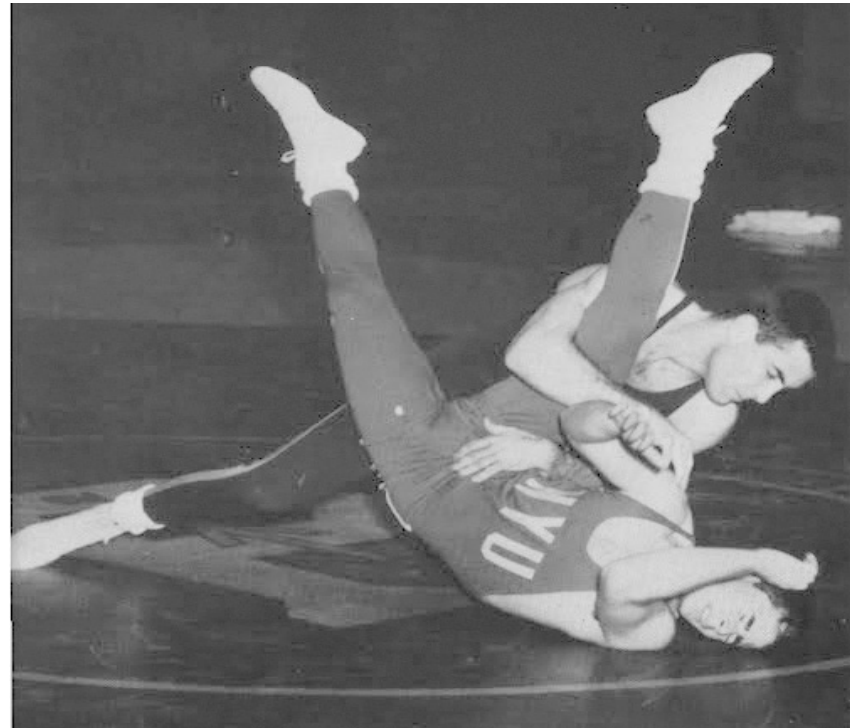
Hannas, who wrestled for Post as a senior, previously wrestled at Franklin and Marshall for a couple of seasons before transferring to Post. At that time, his coach was Jim Davey. Davey was the man responsible for catapulting Hannas’ wrestling career. “He encouraged me to join the team in my senior year having demonstrated my abilities in the wrestling room in my junior year.”

The importance of a coach to his wrestlers cannot be overstated. Hannas stressed how important Davey was to him. “He drew talent and cultivated both technique and disciplined athletic fitness. He was a man that you wanted to push yourself to your optimum and deliver for.”

After he graduated from Post, Hannas still had a desire to be a part of the sport he loved. He had been very successful on the mat, but wanted to instill values in the younger generation of wrestlers. So, when he became an English teacher at Village School District in the Stony Brook region, he mentored seventh, eighth, and ninth graders and taught them how to wrestle. Even to this day, Hannas still has the itch to coach wrestling. He assists a wrestling program in Madison, Conn., where his two grandsons are beginning to hone their skills.

Hannas, who has seen his fair share of wrestling matches, gives young wrestlers a piece of advice: “Never underestimate your opponent and find out your biggest weakness and work on it.” How can you expect to get better when you’re never willing to improve? Hannas was and still is open to constructive criticism of the sport he loves.

The wrestling team, with a roster of 21 members is currently coached by Joe Patrovich. They still have plenty of matches left this season. The team is currently ranked in the top 10 in the latest D2wrestle.com Super Region I rankings. “Wrestling is like a chess match with your body,” Hannas said fondly. Each move has a bunch of possible counters and there are then counters to those counters. “If skills and training are equal, the victory can depend on a slight nuance or a stronger desire [to win].”



LIU POST LIBRARY ARCHIVES

LIU Post Frosh wins Irish Dance Contest

By Maxime Devillaz
Co-Editor-in-Chief

Kyle Felice has a chance to become world champion, in a sport that would have many shake their heads unwittingly. The freshman biology major is a competitive Irish dancer who floored his competition in the men’s under-18 Mid-Atlantic Region Irish Dance Championships in Philadelphia on Friday, Nov. 27.

The “Oirechtas”— in Irish dancing terms referring to an annual championship — featured dancers from Delaware, Pennsylvania, New York and New Jersey. The first-place earned him a spot in the world championships that will take place in Glasgow, Scotland in March.

“I beat some very good competition, and I got to wear the blue winner’s sash around all weekend,” Felice said. “But really I immediately started thinking about my next challenge.”

Felice describes the sport as requiring “the flexibility, endurance, strength, and drive of all athletes, plus the rhythm, skill, and footwork of talented dancers.” He therefore puts a lot of energy into core and cardio training, and underlines that “I drill my steps a lot.”

Usually, practice is scheduled three times per week, but to bulk before major competitions like Scotland, Felice doubles the hours in the Dorothy-Petri dance studio, which has locations in East Northport, N.Y., and in Belfast, Ireland.

As a Longwood High School graduate, acclimatizing to college life has not been an easy feat.

“I decided to rush a fraternity this semester,” Felice said, “so it’s not uncommon for me to bring my school books or my TKE handbook to practice.”

But Felice finds many sources of inspiration to keep up with the dancing: his teachers, Lisa and Karen Petri, for pushing him to improve every day when hitting the floor; his parents, Jim and Sheila Felice — his mother, as a former competitive Irish dancer herself, specifically for introducing him to the sport at the age of 6; and Shia Labeouf, the American actor, performance artist and director, whose “Just Do It” motivational speech on YouTube has over 8.7 million views.

While there are lots of benefits with Irish dancing, Felice said, he describes the best to be travelling for competitions throughout the world with friends, and exploring new places.

Other than being given that experience when he flies to Scotland next year to compete in the world championships, Felice expects to “come out of the trip a stronger and better dancer than I am now, regardless of how I do in the competition.”

Winter Break Sports Stories you may have Missed

Michael Otero
Co-Editor-in-Chief

Since our departure from classes just before Christmas of last year, there have been a lot of storylines in each sport that you may have missed.

In the NFL, Odell Beckham Jr. had an eventful meeting with Panthers cornerback Josh Norman. What started with good old fashioned hard-nose football turned ugly when Beckham launched himself head first at Norman with the likely intent of trying to injure the defensive back. The result was a one game suspension for perhaps the most talented wide out in the NFL.

Staying in MetLife, the Jets, who had the opportunity to sneak in the playoffs with a week 17 win, were shown the door by former coach Rex Ryan. Ryan handed the Jets their second loss this season and finally captured that elusive "Super Bowl?" Yeah, sure we'll go with that.

Whatever, we'll move on from the New York teams. Carolina keeps on winning, even though their top receiver (yes top receiver) is Ted Ginn Jr. Oh yeah, they also have CAMMMMMMM, who will most likely win the MVP award for his incredible season which featured 45 total touchdowns. Another place that is used to winning and keeps seeing it is New England. The Patriots and Belichick grabbed the second seed and seemed to be on a crash course with the Panthers in the much anticipated 50th Super Bowl. That was, until old-man Peyton Manning stepped up and spoiled that party.

Here's a public service announcement to all defensive backs when facing Aaron Rodgers when your team is leading and it's the last play of the game: BAT DOWN THE BALL. Rodgers completed his second Hail Mary this season, this one against the Cardinals which tied the game at 20 in the divisional round of the playoffs. Perhaps more dramatic than his first one, Rodgers completed the pass under heavy pressure and launched the ball nearly 60 yards down field where Jeff Janis played

the role of hero, hauling in the prayer to keep the Packers season alive for about five more minutes as the Cardinals won the thrilling match in overtime.

While the NFL has seen its fair share of great games and fantastic plays, the NBA is no slouch. We have to start where last season ended and that's with the Golden State Warriors. Do they ever lose? The answer is yes, but it doesn't seem like it. A team with their record at this point is just unheard of. The only team that can compare to where the Warriors stand right now is the 95-96 Michael Jordan led Chicago Bulls who went a jaw-dropping 72-10 en route to another banner being raised at the United Center.

Now, I may be a little biased here, but I don't care. Kristaps Porzingis has been one of if not the best pick of the draft. The 7-foot-3 Latvian forward has provided a spark for the Knicks and they have already surpassed their win total of last year. (That's not saying much, but still). The talented rookie has averaged a hair under 14 points per game to go along with eight rebounds and electrifying dunks that get the fans in the Garden on their feet.

Some other NBA storylines have been the retirement tour for Kobe Bryant which seems to hit a different city for the last time every game. (Congrats to Kobe on a great career). Another man, who is actually older than Kobe and keeps chugging along, is Tim Duncan. The Duncan-led Spurs are a well-oiled machine that doesn't let up. In a western conference that is very top heavy with the likes of the Warriors, Spurs, Thunder, and Clippers, the Spurs will be a tough out against any team and that includes the Warriors.

In the baseball offseason, other than pitchers getting insane amounts of money, there has been a lot of movement. (Some of those pitchers getting absurd amounts of money include David Price to the

...Winter Break continued on page 20

Pioneers Sinking, but Seeking Redemption

By Michael Otero
Co-Editor-in-Chief

After suffering their fourth straight loss one week ago to the University of the District of Columbia in our nation's capital, the women's basketball team found itself 14 games under .500 and sitting at 2-14 on the season.

In that matchup against UDC, the Pioneers were seemingly out of it in the second quarter. Once UDC started hitting their shots and locking down on defense, they took off. The low point for the Pioneers was a 16 point hole before the half.

The double-digit deficit was too much for the Pioneers to overcome and they ultimately fell 70-47. Senior guard Khea Gibbs dropped 16 points while junior forward Melsha Messam finished with 11 points and eight boards off the bench.

On Wednesday, Jan. 27, the Pioneers are back in action and are seeking their first win away from the Pratt Recreation Center as they are taking on the University of Bridgeport from Connecticut. In their earlier matchup this season, the Pioneers lost a close game 58-52 and that one was at home.

In that aforementioned game, senior guard Jalyn Brown was the catalyst for the Pioneers, leading them in the scoring department with 17 while also dishing out three assists. Senior forward Nyasia Davis also played well, adding seven points, 10 rebounds, and accumulating four steals.

The key to victory for Bridgeport was points off turnovers. Bridgeport outscored the Pioneers 25-5 in that category. In addition to that, Bridgeport was also led by a trio of double-digit scorers. The Pioneers will be seeking redemption when the game tips off at 5 p.m.

PIONEER SPORTS



Results

Men's Basketball

Lost 73/84

Women's Basketball

Lost 47/70

Swimming was Cancelled

Upcoming Schedule

Men's Basketball

Bridgeport University
Wednesday January 27 7:30

Dowling College
Saturday January 30 at 3:30pm

Women's Basketball

Bridgeport University
Wednesday January 27 5pm

Dowling College
Saturday January 30 at 1pm

Swimming

Kutztown, Pennsylvania
Saturday January 30 at 1pm

Wrestling

Providence, RI
Saturday January 30 at 9:30am

Winter Break continued from page 19...

BoSox for \$217 million, Zack Greinke to the D-Backs for \$206 million, Johnny Cueto to the Giants for \$130 million, Mike Leake to the Cardinals for \$80 million, and Scott Kazmir to the Dodgers for \$48 million). These five pitchers named account for \$681 million dollars, but the best staff in baseball doesn't even come close to that number.

The New York Mets staff will get bolstered this year when Zack Wheeler returns to the rotation as the likely no. 4 or 5 starter. He will join a staff of flamethrowers headlined by Matt Harvey, which also includes Jacob deGrom, Noah Syndergaard, Steven Matz and Bartolo Colon (I had to throw him in there because he's hilarious). The Amazin's lost postseason hero Daniel Murphy to the Nationals via free agency, but upgraded defensively with Neil Walker and Asdrubal Cabrera patrolling the middle of the field. Also, he's baaaaaaaaaack! Yoenis Cespedes is back in Queens on a three year deal with an opt-out after the first year. There's the big bat this team needed.

One borough over, the Yankees had quite the offseason. Looking to build off a 2015 campaign where they made the playoffs for the first time in two seasons, the Yankees added Starlin Castro to upgrade second base. The former Cubs middle infielder was part of a youth movement which also included the addition of flame-throwing Cuban left hander Aroldis Chapman. Chapman now joins a bullpen that led baseball in strikeouts with studs like Dellin Betances and Andrew Miller.

Some other notable free agents to switch teams include: John Lackey, Ben Zobrist, and Jason Heyward, all of whom went to the Cubs. Jordan Zimmerman will now pitch with Justin Verlander in Detroit and Wei-Yin Chen was somehow able to convince the Marlins to give him \$80 million. Chen went 11-8 with an ERA in the mid-threes last year. Maybe this is why the Marlins are never in contention. Because of these contracts.

College football always seems to be Alabama vs everyone else. And by everyone else, I mean everyone else. After dismantling Michigan St. in the first round of the much anticipated College Football Playoff, Alabama then went on to face the no. 1 team in the land in Clemson. In the championship game, the Crimson Tide showed why they are national champs. Powered by a 24 point fourth quarter, Nick Saban and his team won the shootout 45-40. In a year full of running backs who tore it up in college football, Alabama's Derrick Henry took home the coveted Heisman Trophy, then proceeded to win a national championship, then declare for the NFL draft where millions of dollars are waiting for him. Not a bad deal if you ask me.

That's a small recap of some things that happened in the sports world over the break, and just think about all the other things coming up. The Super Bowl is right around the corner, NBA all-star weekend, March Madness, MLB spring training, the list goes on. Prepare for a great year in sports.



WIKIPEDIA.ORG

CAM-V-P is what most fans in Carolina are chanting when Newton takes the field.

College football
always seems to
be Alabama vs
everyone else.
And by everyone
else, I mean
everyone else