

THE PIONEER

Informing LIU Post for 60 years

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Stay in the LEAD at LIU

By Mirna Youssef
Features Editor



SALINA WEBSON

The LIU Promise office located on the second floor of Hillwood Commons

Lead LIU, a leadership certificate program which was started during the spring 2014 semester by the office of Campus Life and LIU Promise, is “Post’s first leadership certificate program,” said Ryan Day, a success coach and one of the program coordinators. “By attending a given number of presentations and workshops, students learn essential skills and qualities to help them become leaders on campus and in their future careers,” Day said.

“Most colleges and universities have a leadership certificate program. We researched best practices and looked at sample programs from other universities before creating our Leadership Certificate program, LeadLIU,” explained Ali DiBona, Senior Associate Director of LIU Promise.

“Recent studies show that many business leaders weren’t exposed to their first real leadership development or training until almost 10 years after they began their first supervisory role,” said Day. This program is meant to expose students to skills or strengths

on the ones they already have. “LeadLIU is available to all students who are interested. There are no requirements to participate in the program,” mentioned DiBona.

The goal of the program is not to only teach students how to be leaders, but also to “help each individual student better understand their own personal leadership style,” said Day. Each student in the program must attend six workshops over two semesters, and also three core workshops. The core workshops are Leadership 101, Communication and Professionalism, and Resume building. Additionally, “each semester we offer three elective workshops that vary so that students can tailor their journey through the program based on their own personal interests,” said Day.

“During common hour in the End Zone, a selected member of Promise will give a discourse, usually a PowerPoint presentation highlighting on what they feel is relevant for that seminar,” said Jesse Agbotse, a junior

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Hoops for Hearing

By Caroline Ryan
Assistant News Editor

On Wednesday, April 13 at 6 p.m., the women of the sorority Delta Zeta will be hosting Hoops for Hearing, a five-on-five charity basketball tournament, at the Pratt Recreation Center. There will be both a men’s and women’s bracket; with teams of five players and a coach of the team’s choice or one provided by Delta Zeta. The event is open to sports teams, as well as anyone else from the Post community that wants to participate.

Delta Zeta is running this basketball event to help support the Starkey Hearing Foundation in its mission to “provide people all over the world with hearing aids, completely free of charge.” The national sorority has pledged to try to raise \$5 million in five years to help support the foundation.

Research shows that one out of eight children and teens in the United States has permanent hearing loss, caused by high-volume sounds. This is an alarming trend that has increased 30 percent in the last decade alone. It is also a condition that, in most cases, is 100 percent preventable through better listening habits.

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Features

Four students share their most memorable camera shots in this week’s feature, “Let the Good Times Roll,” on page 11



Opinions

Read up on last year’s Spring Fling artist, Kesha, and legal case on page 7



Sports

Women’s lacrosse beat no. 4 ranked University of New Haven on Saturday, March 12. Read about the victory on page 15



Letter to the Editors

Dorianna Valerio, The Pioneer's Editor-in-Chief from 2013-2014, contacted The Pioneer in response to Angela Alfano's editorial in the March, 2 issue about the struggle journalism majors face at LIU Post.

That was very well written. It really is a sad situation. I faced some adversity as a staff writer and then as the co-editor-in-chief, but there was a slightly more open path of communication between administration and The Pioneer's journalists. Not a lot, but much more than what it seems your staff has. The relationship between student journalists and the school's administration is a complex one. Customer service and journalism are like water and oil in LIU's case.

As journalists, we should never expect any source to help us even if it's for something that sheds light in a positive way and would be in their best interest to speak on. As a student, you should expect that the school provides you the adequate tools to be successful in your field of choice. However, when that is journalism -- the school administrators are still a business and want to protect their image. That's a tricky place to be in. If they help you willingly then they are providing top notch customer service and can expect you to only produce favorable articles since they provided great services. Think about when you order food. The food comes on time and taste good. The company then is expecting you to give it a high rating because they met your needs. Better to be on the side you're on than in bed with the devil.

As journalists -- please expect a sources' door to be closed on you time and time again. If you're a journalist working within a business, (which is LIU), the threat is scary for them. The Pioneer is a credible newspaper and hard hitting stories can be especially damaging to them. I'm not saying what they are doing is right because it's not, but as a business, they have the right to refuse to speak to reporters. It's not fair, but using your platform to raise awareness about Post's secretive ways is absolutely the best and professional way to do it. Don't expect to get any more support from them. There are plenty of stories to tell -- keep writing. Keep including in your articles that the school refused to comment. Don't back away from the harder stories because you don't have a comment from administration. I know you want to be fair and balanced, but understand that you are systematically being silenced. At this point you have no other option but to tell the stories the only way you can. Reach out to everyone and continue to include in your stories their continual refusal to comment. At the end it looks bad on them from a business perspective (if I were a graduating high school senior and I read the school's paper and all the stories included "refused to comment" I wouldn't waste my time). You do everything you can do with the cards you are dealt. Be fair. Be honest. And don't give up.

Also, don't be afraid to write and find stories outside the school for your own personal blogs/websites. While Professor Levin would love you all to have real experience working on a newspaper, she understands the value of great pieces for a great portfolio and will always work with you on any journalistic projects you undertake.

Real world journalism is fun. Don't be discouraged. Good luck!



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SGA Pushes for Hillwood Renovation

Joseph Iemma

Assistant Features Editor

Hillwood Commons is undoubtedly the primary rendezvous location for Post students. Starbucks, Subway, the ‘fishbowl’ and other meeting areas make Hillwood Commons a mainstay. Yet, space in Hillwood Commons is limited. The Student Government Association is pushing for a renovation of the second floor of Hillwood Commons, due to its outdated seating and inadequacy to accommodate large numbers of students. Adam Hornbuckle, a sophomore political science major and Vice President of the SGA, believes that Hillwood’s second floor is due for a ‘revamp,’ and he’s gathering the signatures to do so.

“We have about 250 signatures,” said Hornbuckle, “We’re specifically looking for new couches and more sitting area for studying. We’d also like to see new carpet and paint.” A ‘total revamp’ is what Hornbuckle is calling for, and it seems he has the support of his peers. Melina Vazquez, a junior biology major, was ecstatic when she heard what Hornbuckle and the SGA are trying to accomplish. “If they can get the second floor of Hillwood renovated, that would be a power move,” Vazquez said. “I commute, and when I’m early for class, I usually spend my time on the second floor of Hillwood, and to be honest, it can get crowded and uncomfortable. Renovations are needed.”

Clara Leone, a freshman undeclared major, agreed with Vazquez, claiming that the second floor of Hillwood ‘looks like it can be barely house 40 people.’ “No way is the second floor of Hillwood able to sustain any crowd gathering here. It looks like it hasn’t been renovated since 1980, and it has literally 12 seats.” According to collegedata.com, approximately 8,700 undergraduate and graduate students attend LIU Post, many of whom, at some point pass through Hillwood Commons. The Pioneer reached out Post’s admission’s office for a current figure on enrollment, however, a representative from the office claimed they are not allowed to give The Pioneer a figure on current enrollment.

In order to achieve their goal of renovating the much-used space in Hillwood, SGA must win over Post’s administration, in particular LIU President Kimberly Cline. The Pioneer reached out to President Cline, but she did not respond. Instead, Abigail Van Vlerah, Post’s Dean of Students, said, “I think it would be more appropriate to comment on this

when the Student Government Association has submitted their proposal. I look forward to seeing what they have in mind.”

Hornbuckle insists that SGA will submit a proposal once they finished ‘drafting proposals for the space.’ Post students wishing to add their signature to SGA’s renovation petition can do so by visiting SGA’s Facebook page at facebook.com/liupost.sga.



MICHAEL OTERO

Second floor of Hillwood Commons, one of the spots students petition to see more places to sit

Hoops for Hearing *continued from page 1*

Theresa Kelly, a freshman music education major, and the Vice President of Programs for the LIU Post chapter of Delta Zeta, said, “We’re really excited to get the entire school community involved in this playfully competitive basketball tournament for an amazing cause. In addition to seeing some of your friends and classmates going head to head in five-on-five games, there will also be lots of chances to win some awesome raffle baskets made by the sisters of Delta Zeta!”

In addition to the games, the event will also have a special half-time performance, which has yet to be decided, and raffles. Each basketball game will be about ten minutes long. The team with the most points at the end of ten minutes will advance to the next round.

In order to bring awareness to the philanthropy’s mission to improve speech and hearing, the final round will be a silent game. During this game, players will not be allowed to make any noise. If they do, every time they talk, their team will donate \$1 to the charity.

Alyssa Hu, junior finance major and the president of Delta Zeta, said, “I am so excited for our philanthropy event this semester, Hoops for Hearing. I think that it will be a great night for everyone. I can only hope that we will be as, or even more successful as last semester.” Last

semester, the Delta Zeta sisters raised \$1,000 at an event called Dr. DeZirable, which was a male pageant that consisted of three rounds, dress to impress, talent and Q&A. “I really want to encourage everyone to come out and join us for this event. Not only will it be a lot of fun, but it will help make a difference in someone’s life,” said Hu.

“The gift of hearing opens up a whole new world of opportunity. It connects individuals to life and helps them realize they can accomplish more than they ever thought possible,” said Brittany Amadio, a junior early childhood education major and a member of Delta Zeta.

Tickets for the event will be sold by the Delta Zeta sisters every Wednesday in Hillwood Commons during common hour. Tickets to attend are \$3 at tabling and \$5 at the door. Teams of five will be \$25 or \$5 per player. Questions can be referred to Delta Zeta’s Vice President of Philanthropy, Brittney Amadio, at Brittney.Amadio@my.liu.edu

To help Delta Zeta and the Starkey Hearing Foundation, make a donation at: <https://dzhikeforhearing.org/persongroup/piupsilon>.

Taking Back the Night

By **Caroline Ryan**
Assistant News Editor

The office of Campus Life will host LIU Post's Take Back the Night event on March 31 in the Hillwood Commons Lecture Hall at 7 p.m.

"Take Back the Night is an event that brings awareness to the campus community regarding sexual assault and domestic violence," said Cheyenne Oberther, programming specialist for Campus Life. The event will raise awareness and unite our community against sexual assault and domestic violence. Post is still requiring students to complete the mandatory Haven Course on Sexual Assault, this event however, is a separate event to raise awareness.

On a website entitled The Rape, Abuse & Incest National Network (RAINN), "Women ages 18-24 who are enrolled in college are three times more likely than women in general to suffer from sexual violence." With numbers this high, many universities like Post are holding events like this to speak out against sexual assault.

The Take Back the Night Committee, composed of students, will be hosting awareness programs during common hour every Tuesday leading up to the event. These will include a self-defense course, campaign awareness, and a visual display. They are going to help to engage students and the campus community and promote participation in the March 31 event.

Theresa Kelley, a freshman music education major, said, "When I found out this event would be taking place at Post, I immediately wanted to have a part in the planning process. College campuses get an awful reputation for being unsafe. Hosting events

like Take Back the Night increase awareness for this massive national problem, as well as help increase understanding and support in our own community for survivors and advocates alike. It shows that we will not stand for this on our campus. I'm very excited to for this event and even more excited to see in grow in years to come."

The event will include a display in which student organizations will have the opportunity to co-sponsor and have their names displayed on t-shirts. Students will also have the opportunity to create slogans to display in Hillwood Commons in an effort to publically show their stance against violence. There will also be a keynote speaker, who has yet to be decided, and a march following the main portion of the event. Students are encouraged to participate in designing their own banner and follow along with chants, which will be an opportunity for students to speak out and be heard.

"Sexual assault and domestic violence are important topics and we are happy to have a student-led committee that is leading this initiative," said Michael Berthel, director of Campus Life.

"Campus Life is looking forward to the event and I am confident that it will become a long-standing, and successful program. Oberther has worked hard to engage students and student organizations to get involved," said Berthel.

Students who want to get involved in the planning, or attend the event, can contact Campus Life's Cheyenne Oberther at Cheyenne.Oberther@liu.edu or at 516-299-3594.

Lead LIU continued from page 1

health science major. "I have been provided with insight and knowledge that I wouldn't normally get in a regular class setting," said Thomas Lantino, a junior criminal justice major who has participated in a LeadLIU workshop.

The workshops are put together by a team of success coaches. "I, along with 2 other success coaches, Mikki Rosman and Joe Vernace, serve as the coordinators" and "together, the three of us handle all aspects of assembling and implementing the schedule of workshops each semester," said Day.

There has been a great deal of interest among students in the various workshops. "We have had over 100 students participate in LeadLIU and this semester will have our first large class of students completing the program," said DiBona. There has been "significant growth in attendance at our workshops this year and [we] had over 30 students attend our Team Leadership workshop just last week," continued Day.

The program is not mandatory. Students may sign up to participate and receive their certification through the office of Campus Life and LIU Promise. "This program has prepared me for my future career by teaching me resume skills, professionalism and networking, so I truly benefited from my time learning at these programs," said Stephanie Frobin, a senior psychology major, who has participated in the program.

"Our hope is to not only attract students who are formally participating in the LeadLIU program but also anyone who may be interested in a particular topic that we're presenting. We're continuing to create new workshops to meet the needs of our diverse student body," continued Day. "Attendance is taken at all events and we keep track of students' progress while continuing to stay in contact throughout the semester," which helps keep track of who receives the certificate, said DiBona.

For more information about the Lead LIU program, contact LIU Promise at 516-299-3737 or stop their office on the second floor of Hillwood Commons. There are still two more workshops this semester, Communication & Professionalism, on March 15 during Common Hour in Hillwood Commons room 221, and the Networking Social on April 13 at 5 p.m. in the Tilles Center Atrium.



EVERFI.COM

Take Back the Night is an additional event to raise awareness of sexual assault, separate from the still require Haven online course

Social Entrepreneurship Seminar for Undergrads

By Shelby Townsend
Staff Writer

Starting this semester, undergraduate students at Post will be able to take Management 81, a seminar that provides students with the opportunity to become consultants for nonprofit organizations. A similar course had been available to students at the graduate level, but this is the first semester the three-credit course is offered to undergraduate students.

According to Dr. James Freeley, an Associate Professor of Management who created the course ten years ago for graduate students, the difference between entrepreneurship and social entrepreneurship is the focus and main goal of the business. Entrepreneurship is “starting a new business to make a profit,” but “social entrepreneurship wants to solve a problem in society and secondarily make a profit.” Freeley said that within the last ten years, social entrepreneurs have become “an emerging trend in business.”

According to an LIU Post press release from May 7, 2014, graduate students collaborated with Strength for Life and Enactus. The two nonprofit organizations look to improve the lives of cancer patients through exercise, and using entrepreneurial action to help those in need. During the spring semester of 2014, students enrolled in the social en-

trepreneurship course helped the organizations with common business problems such as marketing strategies and ways of funding. They also learned how to make a business plan and “a profit without relying on government grants or charitable donations.”

This semester, undergraduate students have the opportunity to work on three consulting projects. For the first one, students can work with a nonprofit religious organization by planning the organization’s annual event. The second project involves students helping the same organization develop a brand. The third consulting project is with a start-up agricultural business that barter natural food and needs help determining what direction to go in.

“I like to call it a win-win situation,” Freeley said. “It’s great for students because they get to apply theoretical knowledge to real business situations.” Freeley also said that businesses benefit because they get the expertise from students “trained in various skills in business,” and LIU Post benefits because it is able to give back to the community.

“Some of the students told me this whole process really opened their eyes to a whole different area that they can use their skills in other than private enterprise,” Freeley said.

ADVERTISEMENT



The advertisement features a stylized television set on the left with the text "LIU POST Student Television" and "liuposttv.com" on its screen. To the right of the TV are four circular images showing students in various roles: a student in a "TELEVISION TATION CREW" shirt, hands on a control panel, a student operating a camera, and a student in front of a monitor. Below these images is a black banner with social media icons and handles: Twitter (@LIUPTV), Instagram (LIUPTV), Facebook (LIUPOSTTV), YouTube (LIUPOSTTV), and CWPTV. The website "liuposttv.com" is also displayed in the center.

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Is “Honor Killing” Honorable?

Melanie Spina
Co-Opinions Editor

“A Girl in The River: The Price of Forgiveness” recently won the Oscar for short documentaries. However, this film holds way more significance than the act of winning a gold statue. For many women, this documentary is said to be a life saver since it tells the real-life story of Saba Quaiser, a 19-year-old Pakistani woman who survived what is known as “honor killing,” an act that is carried out by family members when a female has brought dishonor upon the family.

In 2014, Quaiser was beaten and shot in the head by her own father and uncle, according to the New York Times. Why? Simply because she fell in love with someone her family did not approve of, ran off with him and got married. Just hours after her marriage, her father and uncle drove her by the riverbank and attempted to murder her as an act of “honor killing.” This act is more likely to happen in Muslim, Hindu and Sikh communities although, according to an ethics guide written by the BBC in 2014, acts of honor violence can happen worldwide from South America to Asia but no all countries keep official statistics. It’s also important to clarify that “honor killing” isn’t justified by any of the world’s major religions, rather that it is seen more like a tradition with very patriarchal families.

Amazingly, Quaiser survived. The bullet tore through the left side of her face and left her unconscious as the men threw her body in the river. Quaiser managed to come out from the river and find help, eventually leading her to star in this documentary to tell her story in hopes of bringing light to this issue of “honor killing.”

Unfortunately, Quaiser is not alone. According to the United Nation’s population fund, a UN agency that addresses reproductive health and population issues, 5,000 women annually are killed for what they call “honor.” Many are not as lucky as Quaiser in surviving.

There are a lot of factors connected to the honor a woman holds to her family in a patriarchal culture. In the Islamic religion, there is the term “sharaf,” which is related to the honor that a family unit holds and this can fluctuate up or down; in other words, it’s the dignity a family name has. The Islamic term “ird” is the individual honor of women, and this value can only decrease; this is basically what we know as the purity a woman holds.

In patriarchal countries women are considered objects to men; this perception of whether women should be killed or not does not go

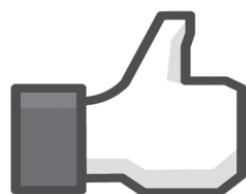
through court of law. Word of mouth, how she is perceived, and rumors about her could potentially bring shame to her family. Even in North America, “Honor Violence Measurement Methods,” a 2015 study released by the research corporation Westat and commissioned by the U.S. Department of Justice, estimated that there are 23 to 27 honor killings per year in the U.S.; 91 percent of these cases are believed to be because of the women acting too “western.” The report also states that it’s very hard to know whether these numbers are exact since honor killings and violence go highly unreported and unidentified in the U.S. and are usually committed by those that follow the same way of thinking of patriarchal societies. Believe it or not, in some Muslim countries, if a woman is raped she must either marry her rapist or be killed due to the dishonor she caused her family.

The Frontline documentary “Outlawed in Pakistan,” tells the story of 13-year-old Kainat Soomro, who in 2007 accused four men of gang rape and, as a result, her village ordered her family to kill her and consider her an outlaw. When her family refused to do so, they went to court for justice but she did not get the justice she deserved, since it took two years for the hearing to actually begin. Instead, her family lost everything, having to take refuge in a small apartment in a rundown neighborhood in Karachi, Pakistan. As if that wasn’t enough, in 2010 her brother was killed because of the whole court process. Soomro is still fighting for her justice today.

It’s 2016; Quaiser’s incident just happened two years ago. Is it really necessary to kill your daughter because you believe she has dishonored your family? Isn’t there a better way to go about this? How is it possible that in the 20th century women in parts of the world ruled by patriarchal societies, are still being treated with such great injustice?

Should such a cruel act really be named “honor killing?” I don’t know about you, but I don’t see much honor in the act of killing a family member. It’s important to discuss issues like this, not only because it’s wrong, but also because we need to stand with those that can’t speak up for themselves.

Thankfully, this documentary is being recognized by the Academy, and has shined light on the situation. So much so that the Prime Minister of Pakistan, Nawaz Sharif, has promised to change the country’s laws to help diminish the act of “honor killing”.



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Seniors: Post Reflections

Julian Wilson

Co-Opinions Editor

The 2015-2016 academic year has hit its middle mark, and it's almost time for current seniors to graduate from the place that has been their institutional home for four years. What will they do after graduation? How will they transition from college to the real world? Are they ready to move on?

For senior broadcasting major, Courtney Cox, she's nervous about the uncertain future, but optimistic that things will turn out all right. "I feel nervous to graduate because so many people tell this generation that you're not going to get a job, no matter what field you're in... but, I am excited as well because I love what I do and I'm not sure if I would have gotten the same experience at another university," Cox expressed.

Although Cox was unsure of what she wanted to do with her career for a while, her later experiences during her penultimate year triggered a change for the better, and one she will never forget. "My fondest memory of attending Post is joining PTV. I went from being shy and unsure about what I wanted to do in life to being super confident and feeling like an involved college student. I made great friends and it helped me see what exactly I want to do in broadcasting," Cox stated.

As for senior broadcasting major, Charlie Moerler, he shares similar feelings surrounding his future as Cox. "I'm nervous because I'm about to enter the real world but I'm excited because I have my whole life

ahead of me," Moerler stated. What about his fondest memory at Post? Moerler couldn't pick just one. For him, everyone who he's met over the course of his enrollment, were his cherished moments. "For me, it was all of the amazing people that I've met," said Moerler.

I am currently a senior as well, and the last four years here at Post have certainly been eventful, spanning from all directions. However, my experiences here have been positive and filled with optimism when it comes to expanding my creative horizons and overall, being confident in my ability to progress and grow. I thank Post for all the hands-on opportunities it provided for me to learn from.

As a personal note, and a message to all whom I leave behind, my advice to you is to never give up, and keep striving for the best that you can be. There will be times when it seems too rough to try, but trust me, there is always a light at the end and you will overcome the obstacles.

If you're unsure of what to do, Moerler and Cox have more to say to help you out. "Do as many internships as you possibly can. Do ones in the summer, fall and spring if you can. They give you real life experience and it can help you determine what you like and what you don't. This way when it comes to job searching, you don't have to wonder as much," says Cox.

Lastly, Moerler states, "Every year of college flies by but especially senior year. Don't be afraid to take it all in. Live in the moment and cherish it. You'd be happy you did."

Why We Should Pay Attention to Kesha's Case

Melanie Spina

Co-Opinions Editor

A lot of us might know Kesha as the fun and quirky pop star who performed on campus during Spring Fling last year. Some may not know about the amount of abuse that she says she has gone through throughout her career.

Kesha Rose Sebert, who is known for her catchy hit singles like "Tik Tok" or "Timber," has worked with Lukasz Gottwald, better known as Dr. Luke, on both of her albums. Dr. Luke had an arrangement with Sony Music since November 2011 to run Kemosabe Records, for which he writes and produces music exclusively for the conglomerate, according to Rolling Stone.

In October 2014, Kesha filed a lawsuit against Dr. Luke in a California state court, seeking to void her contract with him and allowing her to work with other labels. In this suit, according to Rolling Stone, Kesha claimed that during her 10 years working with Dr. Luke she had been "sexually, physically, verbally and emotionally abused," by him. Kesha claimed that she was afraid that with the power and money Dr. Luke has, he would carry out his threats and therefore she was too scared to speak up about the abuse he had done to her.

Dr. Luke vehemently denied Kesha's allegations. He countersued Kesha for defamation and breach of contract, claiming that her accusations were "false and shocking," according to Rolling Stone. The injunction case was brought to the New York Supreme Court in June because the Los Angeles superior court judge held that any legal disputes arising from Kesha's contract had to be resolved in New York. New York State Supreme Court Justice, Shirley Werner Kornreich, denied an injunction that would have allowed Kesha to record new music for a label that wasn't Kemosabe on February 19. Justice Kornreich found that there was no showing of irreparable harm.

After reading the injunction request, I can conclude that although there aren't enough facts or proof of the abuse Kesha faced working with Dr. Luke. There is very little consideration as to what it would mean for

her to continue working under the contract. Yes, Kesha does not have to see Dr. Luke or record with him around, but she still must record under his name. Generally, it's saying that Kesha doesn't have to live with him, but he still owns her. He still has control over what she is recording and he is the one that decides what to do with it.

Kesha's lawyer focused a lot on the fact that Dr. Luke could potentially ruin her future recordings by not promoting her future work, which is something that could be labeled as financial abuse. According to the National Network to End Domestic Violence, this is a tactic that many abusers use to gain control and power over the victim in approximately 98 percent of abusive relationships.

The court's decision came as a shock to many Kesha fans. Even big celebrities were surprised and showed their support for the artist. Taylor Swift donated \$250,000 to her cause while Lady Gaga claimed she didn't want to live in a country where the government decides if a victim was actually raped or not. Even Adele spoke out and dedicated her Brit Award for Best Female Solo Artist to Kesha.

I personally agree with Lady Gaga's words. It shouldn't have to be the case that someone else gets to decide whether you, as an individual, were abused or not. In Kesha's case, the judge claims that since there wasn't valid evidence that she would do the commercially reasonable thing, meaning declaring in favor of what was written in the contract. Although I do understand why the judge would declare in favor of the contract, since it's a legal contract, unfortunately the reasonable thing to do in this case turns out to be the requirement that this woman sticks to a contract she made when she was simply a teenager and remain under the control of a man who she claims abused her, because she physically doesn't have to see him.

Yes, I do understand there wasn't enough evidence, but the biggest problem with sexual abuse cases is that they are very hard to prove, because most of the time there are no witnesses. Because of this, a lot of victims refrain from speaking up. Kesha will never be able to physically show proof, not by video, not by having a witness. It should be enough

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HUNGRY?

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continued from page 7

coming from her mouth.

By rejecting Kesha's injunction, this decision could potentially create the impression that her feelings of fear are invalid, that she has no reason whatsoever to feel like she is not safe, which can in return scare many other victims to come forward in the future. Editorial Director at MTV, Jessica Hopper, tweeted on the day of the case, saying: "To be in the courtroom for Kesha hearing today was to see the machinations of rape culture in high gear."

Seeing the pictures of Kesha sobbing in court, at the thought of her career still in the hands of this man really makes one think that this is something that should be taken seriously. How can someone express such emotions and yet still be looked in the face by many and claim that her feelings are invalid in comparison to a commercial contract.

Kesha might have agreed to this heavily negotiated contract, but does that mean she agreed to, potentially, being abused physically and mentally by this man? I don't believe so. As actress Lena Dunham said in an article she wrote in response to the case: "The part of not hurting one another as human beings is so obvious that it's usually not added into corporate documents."

When did a business transaction become more important than someone's own health? If someone claims that they are afraid for their life if they continue working with another person, I think it's important to take that seriously.

Thankfully this case has brought a lot of attention to the injustice that is happening not only to Kesha, but to victims of sexual abuse around the world who may feel their claims are less significant than their abuser's point of view. People are tired of seeing things like this happen and they are speaking up, not afraid to lose all they have worked for. It's time for a change. It's time to care more about the well being of human beings rather than the business behind them.



SALINA WEBSON

Kesha performed at the 2015 Spring Fling at the Tilles Center. She is headlining the news for a legal case against her producer, Dr. Lake, whom she claims has sexually assaulted her.

FEATURES

Intuitive Eating: Tips on Healthy Living in College

By Stefani Pappas, Heather DiBiasi and Kelsey Kettell

Contributing Writers

Prioritizing your health in college can be difficult. Once you balance your exams, assignments, and social time, eating healthy and staying physically active aren't easy tasks. However, focusing on your nutrition and fitness can improve your body, mood, and college experience overall.

Intuitive eating is an approach that fosters a healthy relationship with food and your body. Instead of focusing on rigid diet rules and stigmas, intuitive eating individualizes good nutrition and health to your personal needs. When you follow the principles of intuitive eating, you'll find that a healthy lifestyle becomes second nature and simple to manage.

These are the intuitive eating guidelines and simple tips on how you can implement them into your everyday life:

1. Reject The Diet Mentality

Most diets result in failure and disappointment. Intuitive eating is not a diet, but rather it is a lifestyle. The principles of intuitive eating focus on listening to your body and eating for nourishment.

2. Honor Your Hunger

Your body knows when it's hungry and needs intake for energy. Additionally, your body knows when it's full. Honor these hunger signals and listen to your biological cues.

3. Make Peace With Food

Give yourself unconditional permission to eat, and avoid depriving yourself of certain foods. Eating sensibly and in moderation is key to living a healthy lifestyle.

4. Challenge The Food Police

Do you have certain food rules about what you can and cannot eat? Reject this mentality, as it leads to negative thoughts and connotations. Most of the time, these rules are based on fads and not backed by research.

5. Respect Your Fullness

Similarly to honoring your hunger, your body knows when it's full. Trust your fullness signals and give yourself time to digest after eating.

6. Discover The Satisfaction Factor

Eating should be enjoyable and satisfying. Eat foods you love and savor the flavors. Sit down and portion out your meal, and enjoy every bite.

7. Honor Your Feelings Without Using Food

College brings stress from your academic responsibilities and new environment. Coping with food is only a short-term fix. Address the true issues, and make time to relax during your hectic day.

8. Respect Your Body

Accept your genetic blueprint. Every body is unique and special; embrace your natural figure so you can feel better about who you are.

9. Exercise – Feel The Difference

Exercise shouldn't be just about calorie burning; fitness improves your mood and overall health. Get moving and find what type of exercise you appreciate most.

10. Honor Your Health- Gentle Nutrition

Make food choices that make you feel good, both in the short-term and long-term. What you eat consistently matters; balance your plate and find a place for all foods you enjoy.

Stefani, Heather and Kelsey are the LIU Campus Nutritionists. They are located in Life Sciences room 150 and offer free nutrition services to all students and faculty on campus. You can email them at post-nutritionist@liu.edu or call 516-299-2881 to schedule an appointment. Follow them on Instagram @sensible_bites for healthy eating inspiration.

THE PIONEER

Catch the latest news
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liupostpioneer.com



Let the Good Times Roll

By Mirna Youssef
Features Editor

To most college students, their phone is their life. Not only because it houses their favorite social media, games, emails and notes, but also their photographs. Your photos will always mean something and you will have that moment forever. Here are this week’s LIU Post student’s favorite photo on their phones:



PHOTO COURTESY OF MANLEY FRANCIOS

“This is my favorite picture on my camera roll because this was the first picture taken with my fraternity brothers on my senior year. They have made my years here at post memorable and filled with laughter.” Manley Francios, senior forensic science major

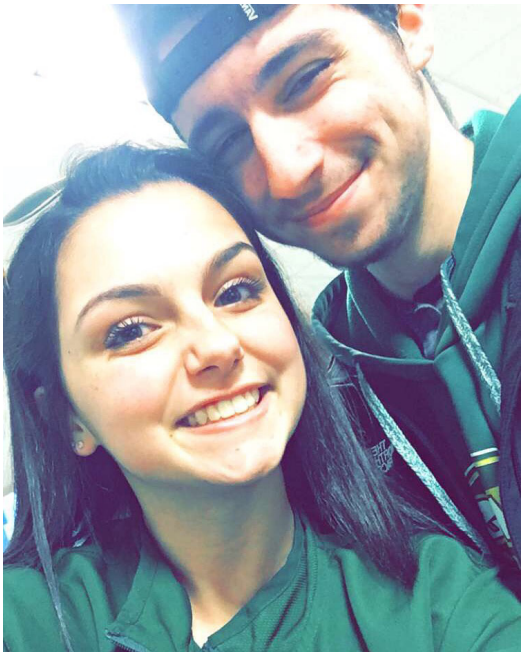


PHOTO COURTESY OF ANDREW SERVEDIO

“This is my little sister who came to visit me at Post. She’s always got my back and I always got hers. Love her to death.” Andrew Servedio, freshman broadcasting major



PHOTO COURTESY OF CHARLOTTE FETONTI

“This is my favorite photo cause it makes my boyfriend and me look really cute n’ fun. Also it was homecoming so it reminds me of the best party weekend of the year.” Charlotte Fetonti, freshman speech language pathology major



PHOTO COURTESY OF SKYLAR HORNYAK

“Here’s one of me and friends supporting our post lacrosse men’s team. Although it was cold we stayed to support our boys!” Skylar Hornyak, freshman art therapy major

Share your favorite photograph on your phone too! Email it to us at: liupostpioneer@gmail.com and tell us why it is important to you!

THE PIONEER

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“REBEL” Coming to Post

By Thomas Gillen

Assistant A&E Editor

“REBEL” is the new film by Maria Agui Carter; a faculty member of Emerson College and writer/director/producer of the documentary mini-series “Culture Shock” and multiple films for PBS, including “Tango Duel Dance” and “The Devil’s Music.” “REBEL” was screened at the Tilles Center on March 15 as part of the On Screen/In Person film series, to “bring some of the best new independent American films and their respective filmmakers to communities across the mid-Atlantic region,” according to tillescenter.org.

“REBEL” is a documentary about a Cuban immigrant named Loreta Velazquez, one of the 1,000 women who fought in the American Civil War disguised as a man. According to RebelDocumentary.com, Loreta Velazquez served as Harry T. Buford and fought at First Bull Run before being wounded at Shiloh. After working for the Confederacy as a spy, she revealed her true identity in her memoir, the *Woman in Battle*. According to TexasEscapes.com, it was discovered that Loreta was impersonating as a man after receiving medical care from her wound at Shiloh.

Maria Agui Carter, the writer and director of “REBEL,” described her inspiration behind the film. “I came across Loreta Velazquez’ story in 2000 and read her memoir. But in many of the references to her over the years, there had been accusations that she was a liar, a prostitute, or the figment of her white editor’s imagination. It wasn’t until I read a series of articles about the over 1,000 women soldiers of the American Civil War by a senior military archivist, who wrote about Loreta as a real person, that I began to dig deeper into her story: She had been deliberately erased.”

When audiences view this documentary, Agui Carter hopes they have a greater understanding of themes revolving around identity. “I want people to come away with a deeper understanding of the politics of nation-building and the way our history is crafted and constructed by those in power. There are many themes running through this film – the politics of identity including gender, sexuality, ethnicity in a sweeping adventure tale that is a great way to invite deeper conversations about all these themes through a film about this one woman.”

Agui Carter decided to focus her film on Loreta Velazquez because she is an immigrant herself. “I arrived in the U.S. from my native Ecuador and felt I could tell that immigrant story. Loreta deeply identified with this country and she wanted to prove her loyalty and citizenry through her involvement in the Civil War – we see generation after generation of immigrants doing that.” Agui Carter added, “I also felt her story would resonate deeply with women. She was also an incredibly daring and brave woman who dared to go beyond the restrictive boundaries

of her time, and I was fascinated by her personality and drive, and felt others would be too.”

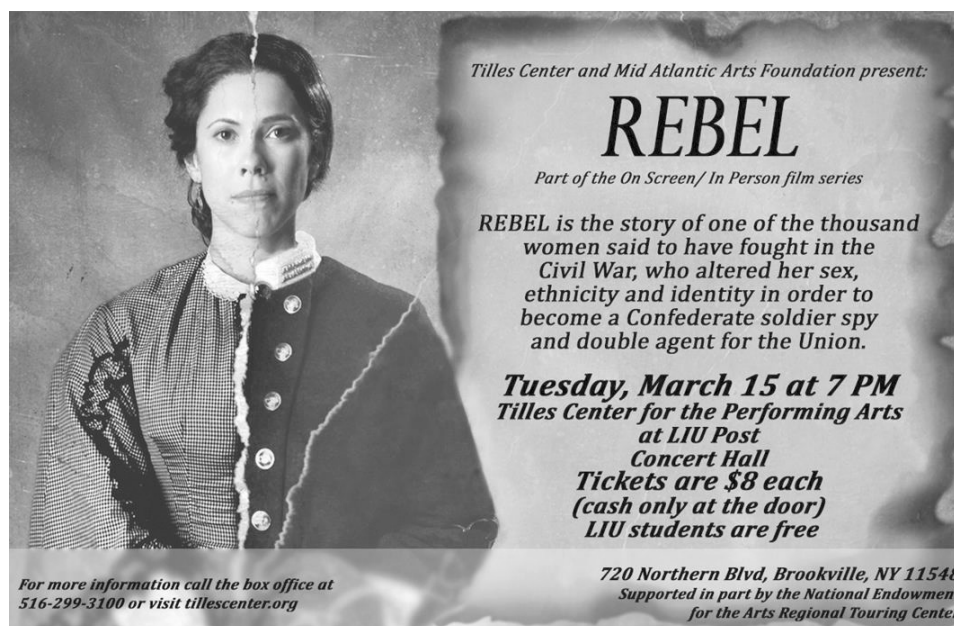
To compile research for “REBEL,” Agui Carter was able to join the Harvard History Department by winning a Warren Center Fellowship. According to the website warrencenter.fas.harvard.edu, “Since its found in 1965, the Warren Center has annually hosted 6-12 visiting scholars, thus enriching Harvard’s Americanist community, and benefiting the fellows with access to Harvard’s resources at a critical point in their scholarship.” Agui Carter also conducted research in New Orleans at Tulane’s Latin American Studies Department by winning a Rockefeller Fellowship. During the 12 years she spent to complete the film and acquire funding, Agui Carter was able to complete 10 other films.

Besides being shown at the Tilles Center, “REBEL” will be shown at the Paramount Theater in Boston when Agui Carter returns to teaching in the media arts department at Emerson College. Agui Carter has been screening “REBEL” on a tour since 2013 and the film has played at venues like the Smithsonian Museum of American History in Washington D.C. and the Grauman’s Chinese Theatre in California.

As for the future, Agui Carter is involved in a number of projects. Besides being a producer on the upcoming PBS series “Latina SciGirls” and writing a script for a video for the American Museum of Natural History, she is also working on a new film called “Secret Life of La Mariposa.” “It has received support from a number of screenwriter’s labs and I am now polishing the script, it is about an undocumented Mexican teen girl who escapes abuse through magic realism, until the fantasy threatens her life,” Agui Carter said.

Sharon Marier-Kennelly, the General Manager and Director of Programming Initiatives at the Tilles Center, stated that all students should see “REBEL,” because “It is a remarkable portrayal of an individual completely modifying her own identity, which is a story that will resonate for anyone interested in gender and identity issues. The film’s Director, Maria Agui Carter is a very accomplished, having won the Erik Barnouw Award (Best Historical Film in America) for the film. Women’s Fund of Long Island is a programming partner on the performance.”

For more information about “REBEL,” go to rebeldocumentary.com and check out the Facebook page at facebook.com/REBEL.docu. Tickets for “REBEL” can be purchased at the Tilles Center Box Office for \$8 each. The box office is open from 1-6 p.m.



TILLES CENTER

“REBEL” premieres at the Tilles Center on Tuesday, March 15

Music Recital Rundown

By Bendik Sorensen
A&E Editor

The Great Hall in the Winnick House is a relatively busy place. During the day, it's nice and quiet, but come nightfall, the hall gets filled with song and melody. "Music majors are required to have two recitals through their time at post," said Veronica Nguyen, a sophomore music major. She is currently preparing for her second recital; one that is not required. "I'm having a sophomore recital as well. It's nice to get the experience, and when it matters more, I know what I'm doing," she said.


There are about four recitals going on in the Great Hall every week, with students ranging from Nguyen- a mezzo soprano classical singer, to jazz guitarists and trumpeters. "Usually, there are collaborations between the students," Nguyen said. "We help each other out a lot." Nguyen also explained that the students, at the start of their career at Post, gets a professor/mentor that follows the student throughout their studies. "We get familiar with each other," she said. That professor usually ends up accompanying and helping out on the recitals.

The point of the recitals, which range between 30 minutes to an hour, is to get experience. Not just the performance itself, but what goes into a longer performance in terms of preparation, logistics etc. "We usually start preparing for the recitals as soon as the academic year starts," Nguyen said. "But of course, we use stuff that we already know, so it's not just new stuff specifically for that one per-

formance." The students are responsible for gathering an ensemble, getting together and practicing in their spare time to be prepared in time for their performance.

At the end of the day, the performance is not graded. It is, however, an important piece of the musical career puzzle. It's a part of being a musician.

Follow the CACD Calendar of events for the list of performances each week. Catch Veronica Nguyen and her performance on April 8 at 5:30 p.m. in the Interfaith Chapel.



Veronica Nguyen, a sophomore music major, practicing her upcoming rehearsal

BENDIK SORENSEN

Arts on Campus

By Bendik Sorensen
A&E Editor

Art Exhibits
March 15-19: The Art Department presents Jacqueline Scaccia. Her BFA thesis show will be up in the SAL Gallery in the Library. The Reception is held March 16 from 5-8 p.m. It is open to all and admission is free.

The Art Department presents MFA Midterm Review. The midterm pieces will be up in the Sculpture Gallery. It is open to all and admission is free.

Music Recitals
March 16: The Music Department presents Kevin Ammann, baritone. His sophomore recital takes place in the Great Hall at 5:30 p.m. Admission is free and open to all.

March 17: The Music Department presents Kevin William Ruvolo. His senior recital takes place in the Great Hall at 8:15 p.m. Admission is free and open to all.

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Women's Lacrosse Sneaks by New Haven

By Thomas Scavetta

Assistant Sports Editor

Freshman midfielder Ryan McKinney had a break-out game as she scored three goals to propel the fifth ranked women's lacrosse team (3-1) to a 7-5 win over fourth ranked University of New Haven (2-1), on Saturday, March 12, at Panther Stadium in New Haven, CT.

McKinney punched in two of her three markers in the opening stanza. Senior attacker Emily Delaney and junior attacker Stefani Vagelatos scored 55 seconds apart, giving the Pioneers a 4-1 cushion at halftime.

In the early moments of the latter stanza, junior attacker Corinne Fisher of New Haven scored back-to-back free-position goals to open the second half, closing the gap to 4-3 with 26:43 remaining. It was all Post from that point on though; as the Pioneers answered every goal the Chargers scored the remainder of the game.

In addition to McKinney's three point effort, Delaney logged one goal and two assists for three points in the win. Vagelatos also pitched in recording two points (1 G, 1 A). Junior defender/midfielder Cara Douglas had a solid outing tallying a goal, four ground balls, four caused turnovers and won two draw controls.

Defensively, the Pioneers held New Haven without a shot and forced four turnovers in the last eight minutes of action, which was enough to claw out the victory. Sophomore goalie Olivia Kirk had a career-high 12 saves for the Pioneers. Her counterpart, junior net-minder Alyssa Gionatti, denied 11 shots for the Chargers.

Head Coach Meghan McNamara and the Pioneers return to the field on Wednesday, March 16, when they make the trip down to Philadelphia, PA. for a matchup with Philadelphia University. Opening draw is slated for 4 p.m.



KHADIJAH SWANN

#14, Junior attacker Stephanie Vangelatos

Florida Trip is a Home Run for Baseball

By Michael Otero

Co-Editor-in-Chief

On Monday, March 7, the baseball team opened a series of five games in the Sunshine State against Nyack College. Powered by a pair of juniors, the Pioneers won their opening game by a score of 3-1. Starting pitcher, junior Jake DeCarli went the distance allowing just one run and striking out 12 while his battery mate, junior Thomas Asbaty, launched a two-run homer to kick start the offense.

In their next game on Tuesday, March 8, it was more of the same from the Pioneer pitching staff. Senior hurler Joey Arena struck out 11 members of Post University in an 8-1 rout. The Pioneers, who were kept off the board through the first three innings, broke through in the fourth with run scoring hits from sophomore outfielder Rob Andreoli, junior outfielder Kenny Daley and freshman infielder Jimmy Mendyk. With a 3-0 lead, Asbaty corked his second home run in as many games and the Pioneers were well on their way to another victory.

Nyack College, just one day removed from a loss to the Pioneers, returned to the diamond against the Green and Gold and suffered the same result; a loss. Junior pitcher Dan Jagiello labored through six tough innings and allowed five earned runs, but did earn his first win of the season. Jagiello and junior reliever Brian Tinney punched out a combined 13 opponents and held the fort down for the Pioneer offense which went off for nine runs. Andreoli and Asbaty continued their hot hitting,

each collecting two RBIs and multi-hit games.

The Pioneers lone loss on the road trip came to Lynn College on Wednesday, March 9. The Pioneers were out-hit 12-7 and outscored 12-8. The turning point came in the fifth inning when Lynn College battled back from a three run deficit. One inning later, Lynn College plated two more runs and then plated an additional two runs in the seventh inning on a two-run bomb down the left field line. Andreoli and senior first baseman David Groeneveld each had two RBIs and went 1-3 with a walk, but the Pioneers couldn't scratch enough runs together to beat Lynn College.

In their final game in Florida, the Pioneers scored three runs in the bottom of the ninth inning and walked off Bloomfield College in an 8-7 victory. In the ninth inning, the Pioneers loaded the bases with nobody out. After a walk, Groeneveld tied the score with a sacrifice fly and two batters later, freshman outfielder Dave Brehm singled to win the game for the Pioneers. Andreoli, Groeneveld, sophomore shortstop Joe Spitaleri and junior catcher Kyle Fagan all had multi-hit efforts in the win.

The Pioneers return to the field on Thursday, March 17, when they travel to Bloomfield, N.J. to play Bloomfield College. First pitch is scheduled for 3:30 p.m.

Every Rose has its Thorn

By Michael Otero
Co-Editor-in-Chief



MICHAEL OTERO

Men's basketball fell to St. Thomas Aquinas College in the ECC tournament for the third consecutive year

The fourth-seeded men's basketball team came out on top on Wednesday, March 2, against fifth-seeded University of Bridgeport in the first round of the East Coast Conference Championship (ECC) at the Pratt Recreation Center in Brookville, N.Y. The 73-68 overtime victory sent the Pioneers to the ECC semi-finals where they met up with St. Thomas Aquinas College in Washington D.C.

The Pioneers trailed 59-51 with less than three minutes in regulation, but a 9-1 run tied the game at 60. Junior guard Jared Hall had the clutch shot of the run and of the night; knocking down a game-tying trey with a minute and a half left. Hall had a chance to win the game for the Pioneers in regulation, but his walk-off attempt did not fall.

In the overtime session, the Pioneers fell behind early, but were brought back to life when senior guard Dillon Burns hit a go-ahead three pointer to kick start an 11-2 burst. After Burns' field goal, junior forward Barrington Alston brought the house down with a powerful two-handed dunk over a Bridgeport defender that helped propel the Green and Gold to the win.

For the match, junior forward Greg Dotson had a team-high 22 points on 50 percent shooting from the field and also grabbed nine rebounds. In addition to Hall's clutch shooting, he poured in 17 points and also inhaled five rebounds and dished out two assists. Burns racked up 11 points, five boards and four assists while Alston added seven points and seven rebounds to his stat line.

As a team, the Pioneers got extra possessions with their work on the offensive glass. As a result, they outscored Bridgeport 15-4 in second chance points. The Pioneers dominance down low didn't stop on the offensive glass either; they scored 32 of their 73 points from the paint and limited Bridgeport to 10 such points.

Bridgeport was led by junior guard Devon Elliot who scored 18

points on 18 shots. He also contributed five rebounds and three steals. Bridgeport shot just 33 percent from the floor, but kept themselves in the game because of their efficiency from behind the arc and their ability to force turnovers on the defensive end. Unfortunately for Bridgeport, it wasn't enough to upend the Pioneers.

In their matchup against St. Thomas Aquinas College on Saturday, March 5, the Pioneers suffered an 85-58 loss. With the victory, the Spartans from St. Thomas won their nineteenth consecutive game while the Pioneers finish their season with an 18-12 record.

Early on, the Pioneers held their own, mainly because of the efforts from Dotson who scored six straight points in the game's opening minutes. With the Pioneers trailing 16-13, senior guard Akosa Maduebugnum nailed a triple to even up the score, but that was the last time the Pioneers held a share of the lead. A 7-2 run after that three pointer shook the confidence of the Pioneers and a later 9-0 run led to the Spartan lead ballooning to 13 at the break.

In the second half, the Pioneers couldn't right the ship and the Spartans took advantage; extending their lead to as much as 20. The Spartans were led by a quartet of double-digit scorers; the high man being junior guard Chaz Watler who poured in 15. For the Pioneers, Dotson was the top dog in the scoring department with a team-high 19 points while Hall added 13 of his own.

As a team, the Pioneers don't have to look far to see why they lost this game. They lost the turnover battle by a wide margin and failed to stop the Spartans from getting out in transition. The Pioneers committed 24 turnovers and allowed 26 fast break points.

This is the third consecutive year that St. Thomas Aquinas College has knocked out LIU Post in the ECC Tournament and subsequently ended their season.

Softball Splits Spring Break Weekend

By Michael Otero
Co-Editor-in-Chief

On Thursday, March 10, the softball team wrapped up their regional play at the PFX Spring Games in sunny Clermont, FL. In game one against American International College, the Pioneers pounded the opposing pitchers for 15 hits and 12 runs in a 12-5 victory.

Junior pitcher Ashley Martin earned her second win of the season, going five innings, scattering eight baserunners and striking out six. At the dish, senior infielder Maria Palmeri drove in two runs in four at-bats while sophomore catcher Emily DeVito, fresh off the bench, came through with a big two-run base-knock in the late innings to put the Pioneers up for good.

Later that same day, the Pioneers showed their ability to win games in different ways. Coming off an offensive explosion just hours earlier, the Pioneers battled Assumption College and won by a score of 1-0.

The lone run came curtesy of senior pitcher Isabella Corrao who knocked in freshman infielder Leah Mele in the first inning on a little old single. Both teams totaled just six hits, but the Pioneers got the most out of those hits, scratching the only run across home plate.

In the circle, freshman hurler Hannah Olshevski went the distance, allowing seven total baserunners and striking out a pair. The Pioneer defense was stellar as well; committing zero errors on a day

where Assumption put the ball in play more times than not. Olshevski improved her record to 4-0 while her counterpart, Roy Kendal, dropped to 2-2 on the season.

In their penultimate matchup in Florida, the Pioneer bats were stifled by Minot State University's Alyssa Cornejo. The junior improved to 5-1, going eight shutout innings, allowing three hits and striking out eight. For the Pioneers, Martin also went eight innings, but got zero run support and suffered the loss when Minot State pushed three runs across in the eighth inning.

The Pioneer bats were shut down again during the nightcap when senior pitcher Sarah Appold of Saginaw Valley State struck out nine over seven innings and allowed zero runs. Saginaw Valley handled their business at the plate too, scoring a run in the first and three more in the second thanks to a three run home run off the bat of senior infielder Jessica Wood.

The Pioneers have now been shutout in two straight games and have put together a combined six hits during that span. Head Coach Jamie Apicella will try and right the ship on Wednesday, March 16, when they return to Long Island to face-off against Adelphi University in a double-dip from Garden City, N.Y. First pitch is scheduled for 2 p.m.

Athlete of the Week: Paige Swantek

By Thomas Scavetta
Assistant Sports Editor

Paige Swantek, senior speech-language pathology major from Smithtown, N.Y., is the captain of the softball team and is a very versatile player. Swantek plays multiple positions for the Pioneers including, catcher, first basemen and designated player. Entering her fourth year with the Pioneers, Swantek has earned All-East Coast Conference honors in each of her first three years. In addition, she has also been recognized twice as a Division II Conference Commissioners Association All-Region Player and achieved Academic All-America third-team accolades last year.

Q: As a senior with a lot of experience, how do the younger players look up to you?

A: As a senior that has been through the program, I know what it is like to be a freshman. I lead by example and show the younger players what our program here at Post is all about. It is not only what is done on the field, but off the field as well. I make sure that the younger players know that I am there for them and will help and support them with whatever they need.

Q: How did you first become interested in playing softball?

A: As a kid, I always loved playing sports as well as watching them on TV. When I was five years old, I started playing tee-ball, and from there on out I continued through little league. In fifth grade, I started playing summer travel ball and fell in love with the game even more.

Q: What's the strongest asset to your game?

A: I would say the strongest asset to my game is my offense. It has always been my strong point ever since I was young.

Q: How have these spring games helped your team grow and prepare yourselves for conference play?

A: The trip down to Florida is always an awesome way to kick-off our season and also helps build our team's confidence. Besides just getting to know each other on the field, we bond a lot off the field as well. We also stay in houses, which helps strengthen our team camaraderie and it is very fun.

Q: Do you usually play more at first base or as a designated player? Which position do you enjoy more and why?

A: In my previous years, I spent majority of my time as the team's designated player. I have worked very hard to try and earn a position on the field, and getting the opportunity to play first base has been incredible. I enjoy every aspect of the game and will embrace whatever it is that I need to do in order to help the team be successful.

Q: What other positions have you played throughout the course of your career? Which proved to be the most difficult for you?

A: My entire softball career I have been a catcher, even entering college. I have been a catcher since I was nine. Being a catcher on the hot summer days in all the gear during travel ball was definitely a lot of work, but I loved it. There were days that I would catch three to four games, and

continued on page 18

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looking back I don't know how I was able to do that. It's hard to say what the most difficult position for me is because they each have such different responsibilities and require different skills.

Q: Can you describe the relationship between you, your teammates and your coaching staff, and how those bonds translate into your performance on and off the field?

A: Being a member of the softball team means being a member of a whole new family. As a unit, we treat each other as we would treat our families. We care for each other and are always looking out for one another. Our coaching staff is incredible. They are not just coaches of the game, but they are coaches of life. They have taught me so many lessons both on and off the field. Having a coaching staff that treats the team not only as a team, but as their own family means so much to me, and I know I can speak for the rest of my team as well.

Q: Describe being a four year starter here at Post and what has been your biggest challenge to date.

A: It has been an amazing experience thus far, and I want to finish my softball career with no regrets. I want to give everything I have in order to be the best I can be and have the most successful season as a team that we can possibly have. I would say the biggest challenge to date has to do with classes during the traditional softball season. It's hard to miss classes, especially because of weather related issues that may change the game schedule around. The professors are very understanding here, but it is still difficult to miss class and have to work on your own and make up what you may have missed. Hearing the professor teach about the subject is a lot different than reading about it and doing extra assignments.

Q: What influenced your decision to come to Post?

A: My goal as a student-athlete was to be a part of something special and an extremely competitive and successful collegiate softball team. I heard many great things about Post. When I visited the school, I fell in love with the campus and I also loved the coaching staff. Post also has great academics which was pivotal for my decision. When I visited Post, I knew it was where I belonged.

Q: You've had a lot of success as a Pioneer, but what would you say was your biggest accomplishment so far?

A: My biggest accomplishment by far was attending the Division II Women's College World Series. It is every softball player's dream to be able to participate in a World Series, and I am extremely fortunate to have had this opportunity. Making it to the World Series required a 13 inning win over Southern New Hampshire University. Being down 4-2 in the bottom of the seventh inning with two outs, and ending up winning the game and advancing to the World Series is a memory I will carry with me for the rest of my life.

Q: Do you think this year's team has what it takes to make another run at the NCAA Tournament and Division II World Series?

A: I do not just think this team has what it takes to make the Division II World Series; I know this team has what it takes. We are a unit of 17 girls that grind day in and day out to better ourselves. Whenever we are not practicing, you can find girls on the team putting in extra work to get better. This team has a lot of talent and depth, and I know we have what it takes to make another appearance in the World Series. We have to take things one day at a time, and give 150 percent effort into each and every game we play. In the end, the results will show for themselves. I am looking forward to a great season.

Q: You currently rank third on the team in hits and runs batted in and fifth in batting average and runs scored. You also led the team in homeruns last year. What's the key to having success at the plate?

A: It's important to have a positive mindset when entering the batter's box. We talk about zone hitting here at Post, and I feel that this approach has helped me tremendously in my years here. It is also very important to believe in yourself and your teammates. Softball is a team sport, so being successful is not just because of you doing a good job, but it's also your teammates who are helping you and giving you the opportunity to excel. Softball is a complete mental game, so being mentally tough is a huge factor when playing this game. A prime example of the craziness of this game is that hall of fame players have averages around .300. This equates to three hits in every ten at bats. This is saying that the most successful players in baseball are only successful three out of every ten times. Crazy, isn't it?

Q: Who is your favorite athlete and why?

A: My favorite athlete is David Wright. I love watching him play because he has such a great approach to the game. He is always giving every ounce of effort that he has. No matter if he is doing phenomenal or is striking out every at bat, he stays composed and shows no emotions.

Q: Any plans after graduating?

A: My plan is to attend graduate school in the fall for speech-language pathology.



LIU POST ATHLETICS

Paige Swantek, senior captain of the softball team



KYLE WILSON

The swimming team placed eight at the NCAA Division II Championship meet in Indianapolis, Ind. on Saturday, March 12. The Pioneers have now splashed through all competition for this season



TOM KANE

The golf team introduced its spring season with a 359-397 win at East Stroudsburg University over spring break. The team is now looking to defend its title at the Revolutionary Collegiate Golf Classic on Saturday, March 19, in Elkton, Md



MAXIME DEVILLAZ

Sophomore Joe Calderone wrestled for one victory in the National Tournament on Friday, March 11. The championships concluded the team's season, which overall ended 11-11 in total dual count



MAXIME DEVILLAZ

PIONEER SPORTS



Results

Baseball

Monday, March 7 - Thursday, March 10
4 Wins & 1 Loss

Men's Lacrosse

Saturday, March 12 @ Molloy College
Won 9-7

Softball

Wednesday, March 10 - Saturday, March 12
3 Wins & 2 Losses

Women's Lacrosse

Saturday, March 12 vs University of New Haven
Won 7-5

Upcoming Schedule

Women's Lacrosse

Wednesday, March 16 @ Philadelphia University @ 4 p.m.
Saturday, March 19 @ Roberts Wesleyan College @ 12 p.m.

Softball

Wednesday, March 16 @ Adelphi University @ 2 p.m., 4 p.m.
Sunday, March 20 vs Stonehill College @ 11 a.m., 1 p.m. @ LIU Post Softball Complex

Baseball

Thursday, March 17 vs Bloomfield College @ 3:30 p.m. @ LIU Post Baseball Field
Friday, March 18 @ University of New Haven @ 3:30 p.m.
Sunday, March 20 vs Le Moyne College @ 12 p.m., 3 p.m. @ LIU Post Baseball Field

Men's Lacrosse

Saturday, March 19 @ Chestnut Hill College @ 7 p.m.

Men's Lacrosse Edges Out No. 13 Molloy College

By Thomas Scavetta
Assistant Sports Editor



JESSICA PEACE

Sophomore midfielder Eric Donahoe covering ground in defense

On Saturday, March 12, the 10th-ranked men's lacrosse team (3-2) secured its third-straight victory, defeating 13th-ranked Molloy College (5-1), 9-7, in an East Coast Conference tilt at John A. Darcy Field in Rockville Centre, N.Y.

The Pioneers got off to a hot start; scoring four goals in the second period, giving themselves a 6-2 advantage heading into halftime. Senior attacker/midfielder Ryan Slane, sophomore midfielder Dylan Harned, senior attacker Matt Belando and graduate midfielder Jeremy Morgan all found the back of the cage for the Green and Gold during that span.

In the latter stanza, the hosts continued to dominate as Slane and Harned teamed up for a pair of goals scored just 48 seconds apart extending the lead to 8-2.

As the Pioneers brought a six goal lead into the final period, all seemed to be said and done. However, the Lions kept fighting and slowly chipped away at the lead scoring five out of the next six goals. With just 1:35 to go in the contest, the Lions chopped the deficit down to 9-7.

With a comeback stirring, junior goalie Matthew Liantonio and the Pioneers buckled down and held on for the win as the Lions only had one shot on goal the rest of the way. Liantonio made seven saves for his Pioneer squad as his counterpart, Ryan Toomey, stopped 13 shots. Slane paved the way for the Green and Gold with four points (3 G, 1 A) while Harned and Morgan each tallied two goals apiece for the Pioneers.

Overall, Post held the advantage in nearly every category; leading 34-30 in shots, 22-13 in ground balls, 13-of-17 (76.5 percent) on clears and 2-of-4 (50.0 percent) with the man-up opportunity. The Pioneers also won 12 face-offs and caused 11 turnovers. Morgan and sophomore midfielder Kris Alvarado led the Pioneers, causing two miscues each. Junior midfielder Anthony Galeotafiore finished 12-of-20 on face-offs.

Head Coach John Jez and the Pioneers look to improve to 4-2 on Saturday, March 19, when they square-off against Chestnut Hill College, in an ECC showdown, in Philadelphia, Pa. Opening draw is scheduled for 7:30 p.m.