

THE PIONEER

An Award Winning Newspaper

Volume 69, Issue 7

www.liupostpioneer.com

March 8, 2017

Kirker Leaves Post After 22 Years

JOSEPH IEMMA
STAFF WRITER

For the past 22 years, William Kirker has truly been the man behind the scenes. While his work is always seen, seldom is his work appreciated; and never has it been celebrated.

The title of Director of Facilities bears tremendous responsibility. When there were reports of graffiti accumulating on the bookshelves in the library, Kirker was on it. When a snowstorm dumped a foot of snow on campus three weeks ago, Kirker allocated the proper resources to dispose of the snow, salt the roads, and clear the paths and parking lots of any hazardous debris, so that the campus could adequately operate and serve its' students the next day.

It's been that macro-mindset, and efficient management that's kept Kirker as the director of facilities for more than two decades, but after 22



THOMAS GILLEN

William Kirker, director of department of facilities

years, he will leave his position at the end of the semester. The "decision to leave is my own," Kirker said, adding that he has an opportunity to move onto a new challenge."

While Kirker did not disclose that new opportunity, he did offer some perspective as to why he's decided to take his skills elsewhere. "As you get older, you gain a

different perspective on life. When opportunities come along, you may need to make decisions that you never thought you would. But change can be a good thing if you make it so," Kirker said.

Kirker wasted no time explaining why leaving Post will be difficult, while thanking those he's worked with along the way. "What makes it difficult to

leave are the people you leave. These are people that you have worked with every day and for me over 21 years. They become a big part of your life, they are your "work family." He called his staff "the best." Kirker added: "One person can't do everything. The team effort approach we have is what works. I couldn't get through one day without them."

Kirker's beloved secretaries, Beth Funfgeld and Josephine Curello, offered recognition for the work Kirker has done, while highlighting exactly how great a man Kirker has been, and continues to be. "He really loves you guys [the students]," Funfgeld said. "Always, you guys come first. It'll be hard when he leaves, he is a great man."

Kirker is expected to serve as director of facilities through graduation, until sometime in early to mid May, continuing to preserve and build up the campus he's called home for the past 22 years.

Acai Bowls Sold at Pratt

NICOLE CURCIO
NEWS EDITOR

On Friday, March 3 Time Out, the concession stand in the Pratt Recreation Center, began to sell acai bowls. The addition to the menu was made to bring a healthy momentum to the athletic center. Promise coaches James Economou and Cara Caporale spearheaded bringing new healthy options to Time Out, Hutton and Post and The Doll House as they are all student run businesses..

The desire for acai bowls send students off campus. Students spend approximately \$15 - \$30 per week. Junior dance major Katelyn Cotto visits Super Bowls in Syosset two to four times a week to enjoy her healthy treat. "[Having acai on campus] would save me time from travelling 15 minutes," Cotto said.

Employees of Time Out had training for making acai bowls on Tuesday, Feb. 28 by freshman volleyball player Sarah Sahli. The California native has had experience creating the

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Bachelor Degree Credit Requirement Reduced



Dr. John Lutz

ADELA RAMOS

ADAM HORNBUCKLE
STAFF WRITER

As of fall 2017, the degree plan for most baccalaureate students will be reduced to a 120 credit plan of studies, replacing the current 129 credit plan of studies required to obtain most bachelor's degrees. Students currently on 129 credit plans will be able to switch to 120 credit plans with no stipulations; all incoming freshmen will be put on 120 credit plans.

"You go to your advisors and they can put you on the new plan" Dr. John Lutz, a professor in the department of the English, said. Lutz who led a committee which pioneered the 120 credit initiative, cited affordability as a motivation for the reduction in required credits. "The nine credits has shaved off \$11,000 or \$12,000 for people's degrees" he said.

In addition to affordability, Lutz cited university competitiveness

as a major motivation for the new plans of study as well. "If students opt to go on the new plan, our four year or six year completion rate goes up right away; but we will see a big difference in four years from now; most universities have 120 credit standards," he said.

Lutz noted that the location of the nine credits being reduced varies from department to department. "I've worked on this with

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Letter from the Editors

Dear readers, on March 1, The Pioneer published the First Amendment on the front page to show that we support free speech and a free press not only for students on this campus, but for everyone, throughout the United States. The White House's action of denying access to a White House Press Briefing on Feb. 24 to several media outlets, including CNN, The New York Times, and BuzzFeed, undermines freedom of the press for all journalists, including student journalists. As journalism students, it is not only our duty to ensure that free speech and a free press, which include both dialogue and criticism, remain a part of this campus for the future, but also to stand up for journalists everywhere.

Bachelor Degree Continued from page 1

departments. For some programs, one of the things we did is reduce our core curriculum requirement by six credits," he said. Lutz attributed the initiative's inception to the university's 10-year strategic plan. Senior Vice President of Academic Affairs, Jeffrey Kane, who led efforts to design the university's 2015 strategic plan, is excited to present this 120 credit plan to the student body.

"This change is all about students; it will very likely increase graduation rates and decrease student debt...the new credit structure will likely result in a decreased financial burden on students by shortening the time it takes to graduate," Kane said.

Kane confirmed the fall semester implementation, "Working with the deans and faculty, we have taken the steps necessary to begin the change

coinciding with the start of the September 2017 school year. I have also been in contact with officials from the New York State Department of Education to implement it." Kane indicated that student response to the 120 credit change has been "very positive."

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David Capobianco, Thomas Asbaty, Joseph Iemma, Adam Hornbuckle, Anand Venigalla, Quedus Babalola

Photographers
Adela Ramos, Julia Skyba

Corrections - March 1

1. The story on page 7 entitled "Campus Farm Takes Root," the photo was taken by Daniel Hanley.
2. On page 16, the men's lacrosse photo was taken by Julia Skyba.
3. The full page ad by Pioneer alumni in the March 1 edition was a paid advertisement not a news story.
4. **Update:** On March 2, George Baroudi, the Vice President for Information Technology & CIO, sent out an email to the faculty explaining that Blackboard will be unavailable from March 13-14 in order to perform major system updates.

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, 11548; liupostpioneer@gmail.com.

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Acai Bowls Continued from page 1

treat as it is been popular on the west coast. “We gave out samples to the yoga and pilates classes that Tuesday; honestly everyone loved them,” Economou said. “The other thing that they liked was the price point.” Locations closest to campus selling this product have prices starting at \$9.50, not including tax or add ons. Time Out sells 16 oz. bowls for \$7.50, which includes three toppings and protein if desired. Also new, Sixteen oz. protein shakes can are being sold, priced between \$4 and \$5. Erica Bergen, a junior arts management major, is not a frequent buyer of acai bowls but would “definitely get them here if they are good!”

According to Economou, a major asset of the healthy bowls and shakes is the protein used in each product has been approved for use by NCAA athletes. “[Athletes] will never have to

worry about putting something ‘illegal’ in their body that may fail a drug test,” Economou said. Because Time Out is located in the athletic center, Economou and Caporale “really want to have a healthy foot forward.”

Another change to the campus food and beverage offerings on campus is the addition of Dunkin Donuts iced coffee bottles in Hutton and Post. Flavors include original, mocha, french vanilla, and espresso. Bergen, however, still thinks she will wait on the Starbucks line. “I just don’t like bottled coffee!” she said.

Bubble Tea is also “in the works,” according to Economou. “Acai bowls and Bubble Tea are fairly popular in the Queens/Metro area now, which is where a big population of our students come from. We want to give them something that they may have already been used

to back home.”

Yet another dining change in the works is extended hours and a wider variety to the Doll House menu. Economou hopes to extend hours past midnight so students do not have to have food delivered to their dorms after Winnick closes. Students are not sure about the impact of new hours. “I think it would depend on what food [The Doll House] will have,” Bergen said. “I might still get Domino’s, but I’d be open to [buying food at the Doll House].” Plans are being made, but have not yet been finalized, to add more menu options, such as grilled cheese and frozen yogurt. “I think it would definitely prevent me from ordering unhealthy foods,” Cotto said. “This would be a better alternative to getting Domino’s, Chinese, or Abeetza.”

Maintenance Workers Protest on Campus

DAVID CAPOBIANCO
STAFF WRITER

On Thursday, March 2, members of the International Union of Operating Engineers (IUOE) Local 30, which represents the maintenance workers at both the LIU Post and the LIU Brooklyn campuses, held a protest by the west gate of campus at noon. The protesters blew up a big inflatable rat, a common practice at union protests against employers, and handed out flyers to protest working without a contract.

The demonstrators included workers from both the Post and Brooklyn campuses who are upset over working without a ratified union contract for 18 months. The flyers handed out reflect their frustration, saying “It’s time to respect labor at LIU,” and “LIU administration’s failed approach to labor relations is embarrassing the LIU community. Workers on campus deserve respect.”

University Communications Strategist Jennifer Solomon provided a statement on behalf of President Kimberly Cline in response to the protests: “Long Island University has had a long standing and positive relationship with Local 30 and we have consistently achieved mutually successful agreements in the past. We look forward to upholding this tradition as we continue to negotiate in good faith towards a fair and responsible contract.”

Robert Wilson, the business representative for IUOE Local 30, explained their efforts further. “Basically the administration has taken a stern position on removing benefits for guys that have been employees for decades,” he said. The benefits removed include pay raises and sick days that workers have earned over the years. Wilson said they are looking for a fair contract, fair



ADELA RAMOS

Protesters fill the lawn of the campus front entrance.

wage increases, and for the university to offer the benefits it once did. “They don’t recognize these guys are part of the LIU community,” he said.

Negotiations on new a contract for workers on both campuses have been ongoing, but not much progress is being made. “They just don’t want to move anymore,” Wilson said. “So we’re here to demonstrate and let them know that we’re just not going to tolerate it.” The union has also held a demonstration on the Brooklyn campus in September.

Andres Puerta, the IUOE Local 30 organizer, said “It’s really an embarrassment that the administration has failed to put

together decent labor relations.” Both Puerta and Wilson stressed the importance of student involvement in their efforts as well. “We would love to get the student community involved in this,” Wilson said. Puerta agreed, saying students also need to push back.

The IUOE Local 30 is asking students and faculty to contact President Cline and demand that the administration reach fair agreements with workers on campus. Students can also visit the IUOE Local 30 website at iuoelocal30.com, or follow them on Twitter @IUOELocal30.

Dance Majors Hope to Break World Record

CAROLINE RYAN
CO-EDITOR-IN-CHIEF

Caitlyn Greig, a senior dance major, is organizing an event to raise money for cancer research while also hoping to set a world record. The dance majors, together with the Post dance and cheer teams, are attempting to break the Guinness Book of World records for the most dancers to participate in a three minute hip-hop dance. The current record, according to The Guinness Book of World Records is 1,685 people. To break the current record over 1,685 people will need to participate in the choreographed dance.

The filming of the dance will be done on April 29 from 1-4 p.m. Greig and her fellow seniors are working with Campus Life in efforts to use the football field or another campus location, but nothing has been confirmed yet. The students are organizing the event through a Facebook group entitled "Break a Guinness Book World Record & Raise Money for Cancer," and are reaching out to local cheerleading gyms and dance studios to get anyone interested in participating involved.

The students have no set goal for the amount of money they would like to raise and have not yet picked a charity to give the donations to, but they are looking for as much money as possible to help families

whose children are sick with cancer. "The topic of children suffering with cancer is a really terrible situation. We want to use our art of dance to help raise money to help even one family going through this situation. Parents should never have to choose [between] giving up a job and helping their child stay healthy and supported," Lauren Hirlado, a sophomore dance major, said.

There is currently a fund raising jar set up in the dance department office located across from the library. According to the Facebook group, "The best way to raise money it is to ask for spare change. Change in pockets, ash trays, under the seats of cars, etc. Get a jar, decorate it, provide info about the cause on it, and ask for spare change." "People can create their own jars; that's what we are hoping for and whatever [money] they raise in their jar, they will bring," Greig said.

The students in the dance department have been planning this event for two months. Diamond Avant, a junior dance major, is choreographing the two minute dance, which will then be posted on Facebook for those who plan to participate in the choreography to learn the dance. This event is open to anyone who is interested in participating. Anyone interested can contact Caitlyn Greig at caitlyn.greig@my.liu.edu.



CAROLINE RYAN

Senior dance major Caitlyn Greig is organizing dancers to break a world record.

Starbucks Sold Out

THOMAS ASBATY
STAFF WRITER

The Starbucks in Hillwood Commons has been getting a lot of heat lately for its lack of items. Some products, including almond milk and skim milk, have been sold out recently, which has affected customers.

"Starbucks is a daily morning routine for me, but unfortunately sometimes they don't have a few of the flavors I want which is a bit upsetting," Taylor McNamara, a senior psychology major, said.

David Conway, the director of operations for Aramark, the food service that oversees the Starbucks on campus, said that the issue is being addressed. "We were put on a new delivery schedule by Starbucks Corporate," he said. "We have, for the most part, worked through this change and, in the future there should not be

an issue. If so, it will be isolated." Conway noted that the biggest problem he sees with the campus Starbucks "is lack of working and customer space in the Hillwood Café. During busier periods it is difficult to work in the current area," he said.

The students and faculty who work there didn't want to comment on the topic, but did tell people to complain so change is made. There was a change in Aramark management for the campus Starbucks location a couple weeks ago. Aramark is trying to meet the new Starbucks standards by training supervisors. All training requires certified barista training and store certification.

Students have noticed that since a recent change of management, Starbucks has had difficulty in keeping products on the shelf. "I go there to get caramel iced coffee and they are out, and then I ask for vanilla chai tea and they are out of that, I just don't get it," Chiara

Marangelli, a senior childhood education major, said.

The concern expressed most frequently by students is the espresso machine not working. However, Conway has ensured that "the machine is in fact working. It is scheduled for maintenance, which will be done over the next week."

Conway also stressed that Starbucks strives to be the best that it can be for all students. That is why Aramark takes all students concerns very seriously and always look to address complaints or concerns raised, he said.

Students with complaints or concerns about Starbucks can go to the Aramark offices on the first floor of Hillwood Commons and let them know.

Empowering Women

JADA BUTLER

ASSISTANT NEWS EDITOR

In honor of International Women's Day, LIU's Office of Employer Relations hosted an event in the Hillwood Cinema from 12:30 p.m. to 2 p.m. on March 6, beginning with a students' artistic showcase, and followed by a Women in Business panel.

The event opened with a performance by "the women singers of Long Island Sound Vocal Jazz Ensemble," followed by the Post Concert Dance Company performing, "Like A Girl 2.0," choreographed by Jennifer O'Neil, a senior dance major. Nino Chavchadez presented her original artwork focused on female subjects.

Five female executives then spoke on a Women in Business panel. The panelists included Barbara J. Beatus, Associate Executive Director of Girls Inc. of Long Island; Cary Carbonaro, Managing Director of United Capital of New York and New Jersey; Trooper Erario, a NY Troop Recruitment Officer; Mallory Kerley, Manager of Marketing and Communications for United Way of Long Island; and Wendy Ofer, a Diversity and Inclusion Specialist for Canon USA. Moreen Mitchell, University Director of Employer Relations, introduced and moderated the panel, asking questions regarding their career pathways, their current roles, and opportunities for students at their companies.

A Q&A followed the panel discussion. Audience members were able to ask for advice from these women on the best ways of finding success.

When it comes to interviews, it is always important to come prepared, the panelists said. They advised bringing a printed copy of your resume to the interview, even if the employer or recruiter already has it. "I know sometimes I'm too busy with other meetings to print out your resume," Beatus said. "It's always

nice when you come prepared."

How you dress for an interview can be important. Each panelist expressed her discontent with the style of dress that millennials tend to wear when coming to meet with them. "You can't wear jeans to an interview!" Beatus said.

"We tell people to dress business casual and they show up in sweatpants," Ofer said. "A first impression is a lasting impression." Panelists gave the advice to dress for the job you want, not the job you have.

When it comes to meeting people and gaining contacts to add to your network, a student asked the panelists the best way to sustain the relationship. Carbonaro said the best way to keep in touch is to utilize social media. "By commenting on my stuff, you're constantly on my mind."

Beatus agreed, giving the example of an employer that she kept in contact with. "I met a recruiter four years ago and at the time there were no openings, but I made a reminder to reach

out every three to four months," she said. "We kept a consistent, mutual connection for four years and eventually an opportunity came."

"If there is someone very specific that you want to connect with, I would think to ask them if you can shadow them, conduct an informal interview, or even ask them to mentor you," Kerley said.

Success isn't easily obtainable and can sometimes come unexpectedly sudden or late in life. The panelists were asked if their current careers were where they expected to be working. It was a mixed response, with two out of the five panelists being in careers of their initial interests.

Kerley wanted a path that was completely opposite of what she did in high school. "I de facto [went] into communications, because I liked talking to people and branching out of my comfort zone," she said. Kerley interned at several places, including a radio station, marketing & special events, public relations, and merchandising positions, before settling into a career with Canon.

Erario, who studied physical education in college parallel to her marine corps enrollment, discovered during her internship at a corporate gym, that it was not what she thought it would be. In her last two years in the marine corps, she applied for the police exam in multiple locations, and landed a job just as she graduated.

Beatus, who also teaches yoga, closed the panel by sharing a quote from one of her students. "My [yoga] student who is 65 said, 'I don't know what I want to be when I grow up,' so just remember that," Beatus advised. "It's always a process, it's always changing, so don't put so much pressure on yourself. Just try to really think about what you like and what makes you excited. It could take you a while, but explore your options."



JADA BUTLER

LIU's Office of Employer Relations hosts Women's Day event in the Hillwood Cinema.

Sexual Assault: Start the Conversation

JADA BUTLER

ASSISTANT NEWS EDITOR

We take sexual assault ‘very seriously,’ 95 percent of American university presidents said in a montage of press releases on cases of sexual assault and rape that occur on or near their respective campuses. Their goal, however, may not be to protect the students, but to ‘protect the institution first,’ as proven, unfortunately, throughout the film ‘The Hunting Ground,’ a documentary presented by Greek and Campus Life at the Gold Coast Cinema in Hillwood Commons on Tues., Feb. 28. The film explored and exploited, case by case, rape culture in universities nation-wide.

The trajectory of the documentary followed several narratives of reported rapes on college campuses, beginning with the exhilarating moments of their college acceptances and ending with the tragic acts of their assaults and lack of support from those colleges.

Along with personal stories, the documentary included a myriad of national statistics and press releases about instances on college campuses in which a rape or assault occurred. According to the documentary, more than 16 percent of women are raped on college campuses, meaning one in five women experience rape within their four years of college. Of that 16 percent, 88 percent do not report their assaults, and only two to eight percent are false reports.

Throughout the documentary, students witnessed the inaction of the school and administration and the underreporting of these rape cases. Victims subjected to victim blaming, dissuaded and shamed for ‘crying rape’ and putting these ‘safe’ universities at risk of losing potential students.

‘Just being a woman on a college campus and seeing someone brave enough to come out and say ‘this happened to me’ and to not receive help because of the money, it’s disgusting,’ a student in the audience said.

In more cases than not, the instigator of the rape or assault goes free and without reprimand from the university. The documentary showed a disparaging comparison between the number of reported rapes and the number of expulsions, suspensions, or any action at all taken against the rapists, exposing more than 100 universities with a disproportion of over 100-200 reports and 0-3 expulsions.

The leading narrative followed Andrea Pino and Annie Clark, two rape survivors,



JADA BUTLER

*Nicholas Sieban, junior adolescent education major, president of Phi Sigma Kappa fraternity
Greg Vavrinec, senior broadcasting major, president of Sigma Alpha Epsilon fraternity,*

coincidentally from the same university, who had experienced this lack of support, and banded together to create the organization End Rape On Campus. This organization utilized Title IX, a federal law prohibiting gender discrimination in education, to hold their university accountable for letting their rapists go free. Title IX cases hit universities’ federal funding.

Pino and Clark set out on a road trip, traveling to universities all over the country to meet with other silenced rape victims and to educate as many people about Title IX as possible.

LIU Post takes active stances in both preventing and dealing with sexual assault and rape cases. ‘Every Campus Life staff member is trained in Title IX,’ Joseph Vernace, a campus life coordinator, said. The student bill of rights is posted in every building on campus, making Title IX easily accessible to students.

‘New York state is definitely one of the most progressive when it comes to sexual assault,’ Heather Stevenson, the Campus Education Coordinator for the Safe Center LI, who’s goal is to restore hope for victims of

abuse, domestic/dating violence, and rape/sexual assault, said. “That’s pretty evident here at Post, being in an environment - an empowered community - that doesn’t condone rape and sexual assault.”

Sigma Alpha Epsilon (SAE), a fraternity at LIU Post, decided in the Fall semester to promote awareness for sexual assault on campuses and to take part in Post’s second annual “Take Back the Night” (TBTN) movement. “Embarrassed and outraged” that their SAE brothers across the nation have given their fraternity the negative alias, “Sexual Assault Expected (SAE),” as well as coining the phrase “no means yes, yes means anal,” the LIU Post chapter of the fraternity

joined TBTN to make a difference and show that sexual assault will not be tolerated.

Joining their pledge are the fraternities Tau Kappa Epsilon, Theta Chi, and Phi Sigma Kappa, as well as the office of Campus Life and the Safe Center LI. Together they have hosted several events on campus, including the “Pillow Project” in November 2016, in which fraternity members carried pillows decorated with statistics and quotes on rape and sexual assault around campus, mirroring a similar mattress project done by a female student at Columbia University; “Walk a Mile In Her Shoes,” an event on March 7 where men walked a mile in heels to support victims of rape and sexual assault; and the screening

of “The Hunting Ground” to get members of the campus community to start a dialogue on rape and sexual assault.

Future events by Greek and Campus Life include a self-defense seminar in partnership with the Kung Fu club and self defense experts from Long Island on March 20 & 21 during common hour, and the big event, TBTN on March 30 at 7 p.m. in the Pratt Recreation Center. All proceeds will support the End Rape on Campus movement by providing funds for educational programs, training, and support on sexual assault.

Fire in Queens Hall

JADA BUTLER
ASSISTANT NEWS EDITOR

A fire broke out in the second floor kitchenette of Queens Residential Hall midday Monday, March 6. The fire was caused by a cooking incident - a popcorn bag accidentally placed in the microwave for 20 minutes instead of the advised two and a half minutes. Smoke quickly filled the second floor and the alarm was sounded.

Students exiting the residence hall assumed the alarm to be another drill, and were surprised to find the fire marshal was not waiting outside for them as in previous months.

After ten minutes of the continuous alarm blaring, students were visibly anxious and began to ask questions. Several residents from the second floor said that the second floor was filling with smoke; another saw the door to the kitchenette propped open with trash cans.

Kenneth Conn, a night electrician, later confirmed a small kitchen fire. “Someone overcooked their snack,” he said. After students were allowed to return inside, two public safety officers remained on the scene. The floor smelled of smoke, the microwave received scorch marks, and a window in the kitchenette broke as a result of the fire.

Representatives of Public Safety assured the incident had been contained and no one was injured, but made no further comments.



JADA BUTLER

Scorch marks and broken glass littered the scene of Queens Hall kitchen fire Monday afternoon.

Study Abroad in Slovenia

**DAVID
CAPOBIANCO**
STAFF WRITER

This summer, up to 15 students can earn three credits by taking a trip to Slovenia and studying abroad in an ECO 44 course, led by economics professor Veronika Dolar. The trip will run from June 28 to July 10, and also feature visits to Vienna, Austria; Venice, Italy; and Pula, Croatia.

According to the course's website, liuslovenia.weebly.com, activities include the chance to swim in the Mediterranean Sea and in an Alpine Glacier Lake, go over 500 feet deep in a coal mine, then use a cable car to climb 6310 feet above the sea level in the Slovenian Alps. On the same day, visit the birthplace of the Lipizzaner horse, and tour "one of the most majestic caves in the world where baby dragons are born."

Students will also have the chance to visit one of the most advanced thermal power stations in the world, which is not open to the general public. This is made possible because Dolar, who is from Slovenia, uses her connections in her native country to gain access to places and experiences other tourists wouldn't have access to. "We get lectures by the foreign minister of labor, and when we go to my hometown, we get the welcoming party by the mayor of the city," she said. Dolar led this summer travel course before in 2015.

The course offers the chance for students to witness economic differences and similarities in other countries and cultures firsthand. And Slovenia specifically, Dolar

says, is a great example for this. "It's a very big welfare state, it has high taxes, and their GDP per capita is much lower," she explained. "But I think when you go there, people are surprised by how good life is. This is something that I think is an eye-opener." Dolar stated that visiting Slovenia allows students to see how countries do things differently, and that there are multiple approaches to solving problems in the economy and society.

Emil Andersson, an LIU Post alumnus who went on the trip in 2015, said the trip is mostly about the economic transition in Europe, how Yugoslavia transitioned into a free-market economy, and how the countries that separated from Yugoslavia created their own states. "It was easy to understand how economic policies influenced society," he said. Andersson said he "absolutely" recommends the trip for students. "I learned a lot," he said, adding that it was "a nice mixture of economics and history." Andersson created a website about his experiences in this course, including his pictures and work from the trip and a blog, that can be found at emilandersson.weebly.com.

This course can appeal to more than just economic students, Dolar said. The course is cross-listed as a political science and international relations course but history, environmental science, art and business are key components of the trip as well. "Pretty much anybody can get something out of this," she said.

This is only the second time that Dolar is offering this course.



COURTESY OF PROFESSOR VERONIKA DOLAR

Professor Dolar's study abroad trip in 2015

When the course was first offered in 2015, it did not feature visits to Austria and Croatia. Dolar said she thinks those places add another component to the history aspect of the trip.

The cost of this course is \$4,653, which includes tuition and fees for accommodation, meals,

in-country transportation, admission to events and museums and tours, according to the course site. Airfare is not included in that price. Dolar said students can travel with her on a flight from JFK to Vienna, but it can be up to \$400 cheaper for students to buy their own tickets.

More information on the Slovenia trip can be found by contacting Dolar at veronika.dolar@liu.edu, or by visiting the course's site. Students can apply by clicking on the "course registration" tab on the website, and filling out the application.

Silent Disco: The Talk of the Campus

ALYSSA SEIDMAN
STAFF WRITER

On Thursday, March 2, the Student Government Association (SGA) and Theta Chi teamed up to co-sponsor the campus' first Silent Disco event in the Long Island Room of Winnick Student Center.

A silent disco is a popular event commonly held in the boroughs, it is a gathering of music-lovers dancing together, only the music is not played over speakers for all to hear; rather, it is heard through headphones given to participants at the beginning of the event. The end result is a bunch of people moving and grooving to what looks to be complete silence – insanity at its finest.

Aaron Cooper, a sophomore acting major and marshal for the Kappa Beta chapter of Theta Chi on-campus, said the idea came up during a fraternity meeting. "We brainstormed ideas for different events, and another brother and I came up with a silent disco," he said. "It is something that hasn't happened at Post before, and we were able to get SGA to co-sponsor the event with us."

Adam Hornbuckle, a junior political science major and vice president of SGA, said,

"[The fraternity] had all of the logistics down, but they needed some funding to put it on. Everyone in Student Government loved the idea." About 50 people came to kick up their dancing shoes. Participants received a set of headphones, which played three separate music stations – EDM, Top 40, and Alternative – simultaneously. Listeners had the option to choose what kind of music they



Students participating in Silent Disco event.

ALYSSA SEIDMAN

wanted to hear with the press of a button.

Admission was \$5 for an hour and \$10 for the night; all the proceeds were donated to Relay for Life, a total \$609. Multiple campus organizations tabled at the disco by sponsoring their own booths. The Music Industry Club, Rainbow Alliance, Phi Sigma Kappa, Alpha Xi Delta, Delta Zeta, and Sigma Delta Tau showed their support by selling baked goods and merchandise at the event. Theta Chi offered a non-alcoholic black-light drink bar, including their signature "Theta Chi lattes," and a 50/50 raffle. Cooper commented,

"Since we will be catering to different tastes in music, I think this will be a great opportunity to bring many people from across campus together for a great cause."

"It's something new for students to try, and it's [SGA's] pleasure to help Theta Chi put on the event," Hornbuckle said. "We're always here to help facilitate great ideas that clubs and organizations have, whether it's through advising or bankrolling it; we're happy to help."

Students Spring Break Destinations

QUEDUS BABALOLA
STAFF WRITER

Summer, summer, summer, summer, wait, rewind, it's still winter. It's official, spring break is here, with just two days of classes left. All-inclusive hotel and flight prices are skyrocketing as we speak. Middle and high school students are not included in the college spring break ritual, but still look forward to it starting from their early days of middle school. Each year, college students across the country get together and go on trips with their friends to places like Miami, Cancun, and the Dominican Republic. Let's see where Post students are going this year.

"I've always wanted to go to Miami for the lavish lifestyle, the nightlife and the endless parties, and fortunately, I will be going there with my best friends this spring break." Allison Wayne, a junior biology major, mentioned. All-inclusive tickets to Miami are starting at \$499

on major vacation ticketing sites. Miami offers the first-time goer the nightlife that will bring them back next year, with bars that serve cocktails and margaritas that start at \$2 and last all night long, streets that are filled with parties to the point where one doesn't have to pay to get into a club because they can party outside, and even hotels that are right on the boardwalk of the nearest beach.

Not everyone wants to escape to a mini-summer vacation in Miami for spring break. Some students are going to the mountains to ski, sled and enjoy the cold and snowy weather while it lasts. "I feel as though Miami and all those other popular places are played-out, and everyone's always going there, so in an effort to be different I've organized a trip between my siblings and my friends to head up to the Poconos for spring break," Thomas Severe, a freshman English major, said. "I can have fun within New York, but there's so much out there that I don't

even know exists, so explain to me why I should limit myself to the five boroughs of New York."

Camelback Resort, located in the Poconos Mountains, has started its spring break packages at \$1300 for six days and five nights for a family of four, but tickets must have been bought before March 3rd to get the special.

With such a short amount of time to go on vacation, some students stay at home and make money. Danielle Akamba, a junior English major commented, "I honestly don't believe the hype behind spring break; it's just another American excuse to go and waste money."

Due to the fact that most students don't have Friday classes, spring break starts this Thursday for many students who will be off to classes again on March 20th.

Syracuse, here I come.



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Post for LGBT

KRISTINA HUDERSKI
FEATURES EDITOR

Most LGBT students and allies feel they have the right to express themselves freely and without judgment, and the Rainbow Alliance advocates for this cause. President of the Rainbow Alliance, Christina DiSilvestro, a senior public relations major, along with junior broadcasting major and vice president Alexandra Tiso, reinstated the Rainbow Alliance in Sept. 2016. DiSilvestro explained the club’s purpose, “The Rainbow Alliance is a safe-place for those who are inside of the LGBTQ community and its allies. We welcome anyone who is willing to step outside of the normal boundary and get down to business to help support the LGBTQ community with fun events and fundraisers!”

The club was started years ago, but stopped running because of decline in members. In fall 2015, other students tried to revive the club, but did not have enough members or a good advertising team. “I didn’t know anything about it; we had no clue it was an already a founded club,” Tiso said.

In Sept. 2016, DiSilvestro and Tiso began planning and revamping in order to bring the Rainbow Alliance back. During the fall semester, they did the paperwork, rewrote the club’s constitution, and got approval from the head of campus life, Matt Blonar, for the club to be active again. With the help of the head of student clubs, Tara Ernst, who met with DiSilvestro and Tiso every Monday and helped fill out the



COURTESY OF ALEXANDRA TISO

Rainbow Alliance raises awareness for LGBT students

five-star papers that are required for all clubs, the Rainbow Alliance was ready to restart. DiSilvestro and Tiso began tabling events in Hillwood Commons to gain members. “We got over 50 signatures in two months,” Tiso said of their efforts during the fall semester. Over winter break, Tiso and DiSilvestro worked together to prepare for their first Rainbow Alliance meeting.

On Jan. 25, 2017, the Rainbow Alliance held its first meeting, with 22 people in attendance. They now hold meetings every Wednesday at 12:30 p.m., with more and more members in attendance. During the meetings, the members discuss events, fundraisers, and end with an open discussion. At this time, a question that a member wrote is picked out of a

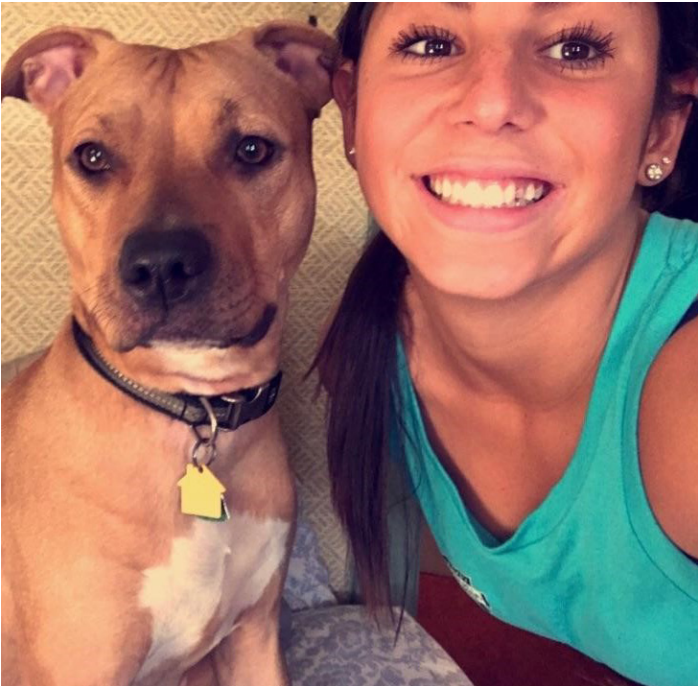
Continued on page 15

Pet of the Week: Meet Leah

THOMAS ASBATY
STAFF WRITER

Leah, pet of junior psychology major Marissa Angelo, is a one-year-old pitbull. Leah joined Angelo and her family in Sept. 2015 from a breeder on Long Island. “She helps me with stress because when I go home to visit, she jumps all over me and is so loving that I forget what I was stressed about in the first place,” Angelo said. Leah and Angelo love running around outside together. “I am so happy she is a part of our family. She brings so much joy to our lives.”

SUBMIT YOUR PET OF THE WEEK
Hey readers, would you like to see your pet featured in the Pioneer? Email me a picture at Kristina.huderski@my.liu.edu with your pet’s name, age, when you got your pet, and what your favorite thing is to do with him or her.



COURTESY OF MARISSA ANGELO

Recipe of the Week: Mac & Cheese in a Mug

CAROLINE RYAN
CO-EDITOR-IN-CHIEF

Looking for a quick meal that's easy to make in your dorm room? The Pioneer will now be featuring recipes that students can easily make in a microwave, for when you get tired of eating the same food on campus every day. Each recipe will feature a few simple ingredients you can use to make some on-the-go deliciousness! If you would like to send us your own recipe please email us at liupostpioneer@gmail.com.

Ingredients:

A large mug
Pasta noodles
Pre-shredded cheese
Milk
Water

Step 1:

Put water and desired amount of pasta noodles in a large mug.

Step 2:

Place mug in the microwave, set on high for about 2 minutes (the water may boil over but that is normal).

Step 3:

Microwave for another minute then stir. (Caution the mug may become hot). Periodically check to make sure all the water has been absorbed. If not, continue microwaving until all the water is gone.

Step 4:

Stir in milk and shredded cheese. Place mug back in the microwave for 30-60 seconds.

Stir and Enjoy!



CAROLINE RYAN

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Student Reactions to the Oscars

ANAND VENIGALLA
STAFF WRITER

The 2017 Academy Awards, which aired Feb. 26 on ABC, had 32.9 million viewers. Hosted by Jimmy Kimmel, the Oscars awarded actors, actresses, writers, producers and directors for their extraordinary work creating films for audiences of all ages. However; having only 32.9 million viewers signifies a continuing decline in viewership. The decline in Oscar viewership is also visible among the students who had not watched the Oscars and were unable to comment. But for those who did watch the broadcast, they had comments on this year's show.

For some, the increase of Oscar nominees for black actors and African-American cinema was noteworthy. Gabriella Salvaggi, a sophomore education major, said, "because they got a lot of heat last year for seeming racist, they almost tried to overcompensate, even though many of the actors and movies were more than deserving of the nominations."

For others, a significant event was the mix-up on the Best Picture honor that was erroneously awarded first "La La Land," instead of the actual winner, "Moonlight." "It was interesting," Rokib Morad, a junior math major, said. "When they were going to announce Best Picture. It was a bit of a shock that they made a mistake like Miss America and Steve Harvey."

And still others, like Tyler McGarvey, a senior biology major, found Jimmy Kimmel to be a commendable host. "I thought that Jimmy Kimmel was a very funny host," he said. Notable also to McGarvey was that "La La Land" got so many nominations.

The sparsity of comments from LIU Post students supports evidence of the lack of a wider audience among younger viewers and Americans in general. In addition, the absence of familiarity with many of the nominated films seems to be part of why the Oscars aren't seen as imperative to view. While Jimmy Kimmel and the Best Picture mix-up are unforgettable, it seems that many young students have started to lose interest in the Oscars.

How to Balance Relationships with School

NICOLE CURCIO
NEWS EDITOR

Being a student requires time to attend class, do homework, and study. Additionally, some students need to find time, not only for themselves, but for a significant other. Finding the balance between school and a relationship is something couples learn to work around.

Sophomore business administration major Samantha Mullins balances her schedule with that of her boyfriend, Chris McBride, a senior football player with a major in finance, who will stay for a fifth year to complete his master's. "I definitely have full days," Mullins said. "I work two jobs, am currently taking 19 credits, and I'm heavily involved on campus." Mullins is a sister in the Delta Zeta sorority, works for the student run businesses and with the College of Management, recruiting potential business students and mentoring high school students.

McBride's schedule is also full. "His football schedule is something else. Football does wear the guys out. I try to be as understanding as possible about all that," Mullins said. Though they are both busy, each of them live on campus, allowing them to make



COURTESY OF MARY CATE BOTTENUS

*Mary Cate Bottenus
& Sean Dillon*

time to see one another during the weekends or nights when they each have less to do. The two are able to help each other academically, providing benefits to spending time together. However, living on campus challenges the relationship due to, "everyone knowing everything about our lives," according to Mullins. Also, once breaks from school come, the two live 1800 miles apart. After having the opportunity to see one another every day, an adjustment has to be made when Mullins returns to Texas and McBride to New Jersey. "The distance is hard but we make it work. I'm able to fly up to Jersey and he's been able to



COURTESY OF SAMANTHA MULLINS

*Samantha Mullins
& Chris McBride*

come to Texas with me in the past."

Some students balance long-distance relationships during the school year with heavy workloads and demanding majors. Mary Cate Bottenus, a sophomore dance major, met her significant other, Sean Dillon, on campus in fall 2015. Dillon, who graduated in spring 2016, lives in Staten Island, while Bottenus resides on campus. "My major requires my schedule to be open seven days a week for class and rehearsals," Bottenus said.

Last year, before Dillon graduated, the couple was able to see each other after late-night rehearsals and on weekends. The distance

makes it difficult for weekend trips because Bottenus needs to stay on campus Friday through Sunday for rehearsals.

Though the couple is unable to spend time together as often as they'd like, they keep in contact as much as possible through texting and FaceTime calls. "Having class during the day and rehearsals at night makes afternoons the only available time I have to talk to him. Unfortunately, that's the same time he works." The two work through it by scheduling weekends in advance that they can visit each other.

Relationships are "a beneficial factor" to life, Bottenus said, which is why she and Dillon work through the distance. For Mullins and McBride, residing in the same place still requires time apart. "As much as Chris is a priority in my life, he also realizes that by doing all the things [I do], I keep building up my resume which would allow for a better future," Mullins said.

Life as a student can be difficult to balance, and having a relationship is an added task that needs to be worked into scheduling. If the relationship includes mutual understanding of each other's academic priorities, then it will likely not jeopardized by the time apart.

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LGBT Continued from page 11

jar, and the members discuss and give their own input.

The Rainbow Alliance held a bake sale in Hillwood on Feb. 21 and raised \$60 to help with event costs for the Take Back the Night event that will be held on March 30 in the Pratt Recreation Center; they will also take part in that event. There are many events coming up for the Rainbow Alliance such as another bake sale and their Pride week, an event-filled week to honor the LGBT community.

The bake sale will take place on March 7 in Hillwood at 12:30 p.m. to raise money for club t-shirts and Pride week. On March 27, a transgender speaker will address students in the Gold Coast Cinema and will play the trailer for the documentary “Real Boy,” which will be

played the following day at the Tilles Center. The club’s Pride week begins April 17 and ends on the 20. Each day, an event will be directed towards LGBT activism. Their biggest events are the candlelight vigil and the Pride week finale. On April 17, the club will hold a candlelight vigil to honor those who passed at the Pulse nightclub in Orlando, Florida. On April 20, the Rainbow Alliance is taking over Hillwood; you can get your makeup done by an artist, drink a milkshake, take lots of photos, and dance to music sponsored by WCWP, the campus radio station.

With the help of the Rainbow Alliance, LGBT students and allies across campus have found a place to express their beliefs and find friends that understand them. Julio Feliciano Jr.,

a senior public relations major, who also handles the club’s PR, said, “This club has honestly touched me in a way I could have never expected. It is just so amazing to finally have a club that is for individuals that identity under the LGBTQ umbrella. And I am very excited on what the club will be doing for the rest of the semester and for future years to come.”

To join the Rainbow Alliance, email Alexandra.tiso@my.liu.edu or attend the club’s meeting Wednesday during common hour in Hillwood room 109.

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General Colin Powell Inspires the Crowd at Tilles



General Colin Powell speaks at Tilles Center

ALEC MATUSZAK

ALEC MATUSZAK

ARTS & ENTERTAINMENT EDITOR

General Colin Powell, a retired four-star general, former national security advisor to the former president George W. Bush and a New York Native, spoke to

a crowded audience at the Tilles Center Thursday evening, March 2. Powell started by expressing how lucky he was to be in his position of speaking to today's youth, and that things can change very quickly. "Just imagine that you are the number one diplomat in the world,

the Secretary of State of the United States of America; and the next day, you ain't," Powell said.

Powell admitted that once he was no longer Secretary of State, he was a bit depressed and needed to fill a void in his life. His advice for older men and women who are going through a depressive period in life? "Buy a corvette," he joked. Even though Powell is no longer Secretary of State, or National Security Advisor to the president, he still maintains his interest in world politics. Most of all, he focuses on his passion for inspiring and teaching younger people. The Harlem native spoke about his difficulties in getting into a military school because of the color of his skin. He told the crowd of a few hundred people about how important immigrants are to the success of America. Powell had two immigrant parents who were poor but despite their economic troubles, made the best of their life here in America.

Powell understood the concerns of today's teenagers, worried about the economic and political climate that they live in.

Powell's response to these concerns brought the crowd to cheers and applause: "Don't ever underestimate America. We have resiliency in our DNA," he said. Powell did not hold any punches when it came to criticizing the current members of Congress. "Congress can't do what the founding fathers did in less than three months," Powell said.

Senior psychology major Abi Sawyer was impressed by the former General. "I was honestly unsure of what to expect," she said. "He is a very relatable and knowledgeable man, managing to recount his successes and failures in a humble and humorous fashion," Sawyer said. Sawyer is an international student from England, and has "similar views as Powell". "He shows passion and optimism for the future, which is encouraging for people," Sawyer said.

In addition to his career in politics, the retired general enjoys his free time at home with his wife, and is interested in businesses located in Silicon Valley.

This lecture was the introduction of Congressman Steve Israel's Global LIU Initiative at LIU Post.

Arts This Week

COMPILED BY ASHLEY BOWDEN
ASSISTANT COPYEDITOR

March 1-31

Masters of fine arts presents Thesis Exhibition I. Hutchens Gallery

March 7-11

Art Exhibit: S.A.L. Gallery presents Danielle Muratore, BFA Photography. Reception Wednesday, March 8 from 5-8 p.m.
Sculpture Gallery presents Shu Su, MA Art Therapy.

March 8

Public Relations Student Society of America presents "Meet and Network" with fellow students. Humanities 110, 12:30 p.m.

March 9

Department of music presents flute recital featuring Dr. Susan Deaver flute students. Great Hall, 8:15 p.m. Free admission.

Volleyball for a Cause



Professor Cary Epstein

THOMAS ASBATY

THOMAS ASBATY STAFF WRITER

The Macho Foundation is sponsoring a Volley for M.A.C.H.O or Volleyball For a Cause on Wednesday, March 22 at the Pratt Recreation Gymnasium from 4:30 p.m. to 7:30 p.m.

The entry fee is \$10 per person, with five to seven players per team. There will be free t-shirts for the first 50 players, along with dinner for everyone. This will be the second annual Volley for a Cause for the foundation, and the money raised will be used for MACHO scholarships and MACHO rewards.

The Macho Foundation is a non-for profit organization that was founded by Cary Epstein, a professor at LIU post that has taught in substance abuse, human sexuality and nutrition classes in the department of health and physical education. Epstein's brother, sister and mother created this foundation after Scott Epstein, his father, died

in a tragic car accident in 2013. Macho means My Actions Can Affect Others, created due to Epstein's stage wrestling name, Macho.

Scott was a counselor at Coleman Country Day Camp in Merrick, NY. As a huge WWE fan, he would dress up and engage in jello fights for the kids. The kids grew to love him so much that the camp kept inviting him back; this lasted around 20 years. "It became this fun thing, and the kids looked forward to it, and my father took this macho character that he created and eventually made it so much more," Epstein said.

Eventually his father and the kids grew to love Macho Man so much, he would dress up the whole summer as Macho Man. "It took on its own life, the camp changed his name tag, and instead of saying Scoot it said Macho," Epstein said.

The word macho eventually turned into a new meaning. When a child at camp asked Scott what it meant, he responded, "It means my actions can help others and that is how I live my life and that is how

you should live yours."

Cary Epstein described his father as a man who put other people before himself; he was the epitome of kindness. So Scott began to not only be Macho and a camp counselor, but a man who inspired kids to be the best person that they could possibly be. "My father started to be a hero to thousands of kids and parents at camp. So much that when he passed away in 2013, there were around 900 people at his funeral service, with a recurring message that your father changed my life."

"The foundation has been going on for years way before 2013, but there wasn't a name to it, it was just my dad being himself and spreading kindness. But now it is our goal and mission as a family to leave behind the legacy that he left for us," Epstein said.

The Macho Man logo is Scott Epstein as a cartoon, so he travels with the foundation as much as the family does. The foundation travels to schools mostly on Long Island. They put together assemblies that aim to teach kids kindness and not

just to think with the brain, but to think with the heart as well.

Cary does all the motivational speaking. Cary, the oldest of the siblings, is the face of the foundation.

"This isn't an anti-bully thing. It has nothing to do with bullying. It is all the things that you can do and things you should do. Not all the things you shouldn't do. Kids are taught in school 'don't do that, don't do this,' which is important, but the Macho Foundation focuses on what you should be doing," Epstein said.

As a non-profit organization, they are not allowed to collect money, so the money that comes in goes right back out to the community. The foundation receives money from the schools they speak at, and with that money, provide for the kids who can't afford to go to day camp. They also have created Macho scholarships and the Macho rewards program.

The rewards program is for kids who aren't the most athletic and best scholars in the school, but are just good overall kids. Through the program, any school can recognize any student, teacher, staff and faculty with a Macho reward for being a good person. The winners of the rewards program most importantly get recognition, and they also receive a plaque from the foundation.

Cary Epstein wants the foundation to be nationally recognized in the future. He compared his dream for this foundation with the Make a Wish foundation and Polar Bear Plunge, and he hopes that this foundation turns into his full time job.

For more information about The M.A.C.H.O Foundation, visit themachofoundation.org or search for theMACHOfoundation on Facebook and Instagram, and on Twitter at @wearemacho. If you would you like to recognize someone for being MACHO you can email the foundation at themachofoundation@gmail.com

Men's Lax Wins First Conference Battle of the Season



ADELA RAMOS

Dylan Harned, Junior, HealthXcare Administration Major

SHELBY TOWNSEND
SPORTS EDITOR

The nineteenth ranked Pioneer men's lacrosse team defeated twentieth ranked Molloy 11-4 during their first conference match-up of the season on March 4 in Brookville.

The Lions started off strong, immediately scoring the first point of the game within the first two minutes of the game, but a goal by sophomore attackman/midfielder Frank Ranfone near the end of the first quarter tied the game. The Pioneers were able to prevent the Lions from scoring

during the second quarter while also adding two more points on board to give them a two-point lead going into the half. They continued to dominate the entire second half, scoring eight more points to give them a seven-point win over Molloy.

A young Pioneer offense started to click during Saturday's frigid game, outscoring the Lions in three of the four quarters, scoring five of their 11 points in the final quarter of the game. Ranfone continued to score for the Pioneers, tallying three goals and one assist to bring his

season point total to 17 points. Junior attackman Chris Trasacco recorded a game-high five points with two goals and three assists. Junior midfielder Dylan Harned contributed two goals with one assist to bring his season point total to 18. Sophomore midfielder Steven Frank made both of his attempts at the goal to add two points for the home team.

The veteran Pioneer defense held strong against a quick Molloy offense. Senior defenseman Ryan Stern led the Pioneers, picking up four ground balls and causing three

turnovers. Junior midfielder Kris Alvarado and Senior defenseman both collected two ground balls while senior goalie Matthew Liantonio recorded a game high 11 saves for the Pioneers. Sophomore midfielder Connor Farrell collected five ground balls and won 11 of 17 face-offs.

The Pioneers now hold an overall record of 3-3 this season and are 1-0 in the East Coast Conference. They will return to action March 11 when they host Chestnut College at 11 am.

Athlete of the Week: Talya Williams



SHELBY TOWNSEND

Talya Williams, Junior, Track and Field Runner

SHELBY TOWNSEND
SPORTS EDITOR

Junior track and field and cross country runner Talya Williams may be one of the busiest student-athletes on campus. She just capped off her indoor track season with a personal record in the mile at the Eastern College Athletic Conference Championships with a time of 4:59.47, just two-hundredths of a second away from breaking LIU Post's record. To qualify for this meet, which is a Division I meet, Williams won the mile at the East Coast Conference Championships with a time of 5:02.81, her personal best until she improved again a week later at the ECAC Championships.

Williams never really stops running. She spends her summers preparing for the cross country season that starts in the fall, and then spends the fall competing. After cross country ends, she dives

right into the indoor track season, which runs right into the outdoor track season. On top of all of this, she has to balance school, in which she is enrolled in 24 credit hours this semester, and an internship at Nassau Task: an alternative to incarceration for people struggling with substance abuse.

She starts her day, every day, around 6 am with practice and training, and then heads straight to Nassau Task where she works 21 hours per week. From there, she heads straight back to campus for class at five. Oh, and during her free time she also works at the Pratt Recreation Center.

"I start everything early because I do have a lot," Williams said. "When I get an assignment, and this doesn't happen every time, but I do try to start it early. Just do a little bit at a time."

Williams is enrolled in the dual degree program for criminal

justice, which she thought was going to take five years to complete, but it turns out that she be able to complete it in four. This means after this year, she will only have one more year left at Post.

"I feel like I just got here," Williams said. "I still don't know what I want to do, and that's kind of crazy because I only have one more year."

Growing up in Schenectady, NY, Williams fell in love with competitive running at an early age. Both of her parents ran track when they were in high school, and Williams wanted to follow in her mother's footsteps. "I always used to watch the track team and the cross country team practice," Williams explained. "That's what my mom did, so in 7th grade I tried it and I've been doing it ever since."

When Williams first came to LIU Post in the fall of 2014, she had no idea that she would become the runner she is today. With her parents separated at an early age, she split her time between her mother who lives in upstate New York, and her father who lives in Georgia. Williams felt she could not perform to the best of her ability in high school because her personal life made it difficult to put in the time and focus. "I wasn't that fast coming out of high school," Williams said. "When I got to college, I felt like anything I could do in college would be better than high school."

During her three-year athletic career at Post, Williams has pushed past her own expectations in all three sports. She has competed in the mile at the ECAC Championships twice, and she won the 5,000 and 1,500 meter run at multiple track meets for outdoor track. In cross country, her favorite sport of the three, she qualified for the NCAA Championships her very first year at Post. She has been able to significantly improve her times in every event that she runs in. For example, it took her more than 19 minutes to run the 5k for cross country when she was in high school, but now she is consistently running the same event in 18

minutes, something she says she never thought she would be able to do.

"The way my coach coaches us, it feels easy to run that fast now," Williams said, referring to current head coach of all three running teams, Kevin Buckley.

Coach Buckley told the Pioneer earlier in the season that his runners train hard throughout the season, but it's important to give them a small break before big meets, especially since many of them, including Williams, run multiple events.

Indoor and outdoor track were re-introduced to Post in 2014, and since then, the program has seen three different head coaches. Robert Morris, the first head coach who recruited Williams, left the program after her first cross country season in 2014, leaving the men's and women's running teams without a head coach as they prepared for the indoor track and field season. "Everyone was just all over the place doing their own thing, so I wasn't really happy with the program when it first started," Williams explained.

In Feb. 2015, Pat Slevin was appointed as the new head coach, but also left Post after the 2015 cross country season. This year, Kevin Buckley took over for all of the running programs, and it seems that the program is finally starting to come together. Williams is impressed by the time and effort Buckley has been putting into building the program at Post.

Williams and the rest of the outdoor track and field team will start their season March 25 at the St. Joseph's Spring Opener in Patchogue, NY.

Results

Baseball

Saturday, March 4 vs Bloomfield College
Cancelled due to frigid temperatures

Softball

Sunday, March 5 vs Bentley University
Win 7-0
Sunday, March 5 vs Holy Family University
Win 6-1
Monday, March 6 vs University of Minnesota Duluth
Loss 0-2

Men's Lacrosse

Saturday, March 4 vs Molloy College
Win 11-4

Women's Lacrosse

Saturday, March 4 vs Le Moyne College
Loss 6-10

Upcoming Schedule

Baseball

Wednesday, March 8 @ 3:30 p.m.
Vs Pace University
Friday, March 10 @ 12 p.m., 3 p.m.
Vs University of the Sciences Philadelphia
Saturday, March 11 @ 12 p.m., 3 p.m.
University of the Sciences Philadelphia
Philadelphia, PA.

Softball

Wednesday, March 8 @ 9 a.m.
College of Saint Rose
Wednesday, March 8 @ 11:30 a.m.
Saint Anselm University
Thursday, March 9 @ 6 p.m.
Wilmington University
Thursday, March 9 @ 8:30 p.m.
Walsh University
Saturday, March 11 @ 1 p.m.
Le Moyne College
Saturday, March 11 @ 3:30 p.m.
Wayne State University
Clermont, FLA.

Men's Lacrosse

Saturday, March 11 @ 11 a.m.
Vs Chestnut Hill College

Women's Lacrosse

Wednesday, March 8 @ 3 p.m.
Vs Philadelphia University
Saturday, March 11 @ 12 p.m.
Stonehill College
Easton, MASS.

Women's Swimming

Wednesday, March 8 ALL DAY
NCAA Division II Championships
Birmingham, ALA.

COMPILED BY ASHLEY BOWDEN
ASSISTANT COPYEDITOR

Women's Lax Falls to Le Moyne

BY SHELBY TOWNSEND
SPORTS EDITOR

The fourth ranked Pioneer women's lacrosse team fell to the third ranked Le Moyne College 10-6 in a non-conference match-up March 4 at the Bethpage Federal Credit Union Stadium.

The Pioneers came out strong during the first half, outscoring the Dolphins 4-3. A 5-0 run by Le Moyne in the middle of the second half gave them a five-point advantage over the home team.

Senior attacker Connor Bird led the Pioneer offense with two goals and one assist. Sophomore attacker Morgan Lanning scored a goal during the first half to bring the Pioneers in the lead. Redshirt senior attacker Alexis Newman and senior attacker Stefanie Vagelatos each recorded two points with one goal and one assist.

One the defensive end, senior Cara Douglas led the Pioneers by collecting three ground balls and causing two turnovers, senior Brianna Gibbons and freshman Paige

Sherlock both collected two groundballs. Junior goalkeeper Olivia Kirk was able to save six shots for the home team.

The Pioneers are now 1-1 on their season. They will return to action March 8 against Philadelphia University at the Bethpage Federal Credit Union Stadium at 3 pm.



Alexis Newman, Senior,
International Business Major

Men's Lacrosse



Pioneers take on Molloy College

ADELA RAMOS