

THE PIONEER

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Pioneer Writers Win Folio Awards



NICK TANGORRA

Jacqueline Escobar, freshman education major

Congratulations to Pioneer writers Kristina Huderski and Jacqueline Escobar, who have won 2018 Folio Awards!

Jackie, a freshman, has won for her feature story, "To Counter Prejudice? Excellence is the Answer: Overcoming the Labels," published on Nov. 14, 2017. Kristina, a senior, has won for her feature story, "Dance Student Takes on Broadway," published on Feb. 21, 2017.

Jackie and Kristina will accept their awards at the Fair Media Council's Folio Awards ceremony at the Garden City Hotel on March 21.



NICK TANGORRA

Kristina Huderski, senior broadcasting major

Aramark Response to Undercooked Meat

Last week, The Pioneer published a story entitled, "Students Complain about Undercooked Food." The Pioneer is republishing a statement provided by Aramark District Manager, Simone Harper-Register.

"We take all customer concerns about food quality very seriously, and investigate every concern that is brought to our attention. We learned about this concern through social media posts but the product was not brought to a manager or staff member so we cannot validate it.

We served over 185 portions of meat on the evening of Jan. 31 and did not receive any concerns. In addition, we checked the daily menu logs that we keep for every item cooked and served, and found that the meat was cooked to proper temperature specifications.

Nothing is more important to LIU Dining than food safety and the customer experience we deliver. We encourage anyone with a concern about their dining experience to contact any of our Managers on Duty in the dining location, or one of our associates, so that we can provide immediate attention to any concerns, comments or suggestions on the spot.

We did use this as a teaching moment with our staff to reinforce our food safety processes and procedures which are industry leading. We maintain rigid standard operating procedures for the entire flow of food production. This includes providing an environment that protects the safety and integrity of food from its delivery, throughout its storage, preparation, transport, and ultimately, to the point of service to the customer.

Our food service staff is also engaged in a learning environment that includes a food safety orientation before associates start work, ongoing manager and associate food safety training, and job-specific training to continually reinforce safe practices.

We are committed to providing a positive, safe, and healthy dining environment and we will continue to take all necessary precautions to ensure food safety and maintain a quality dining program for the entire campus community.

Please feel free to contact myself or one of our dining managers with any other concerns you may hear from the campus community."

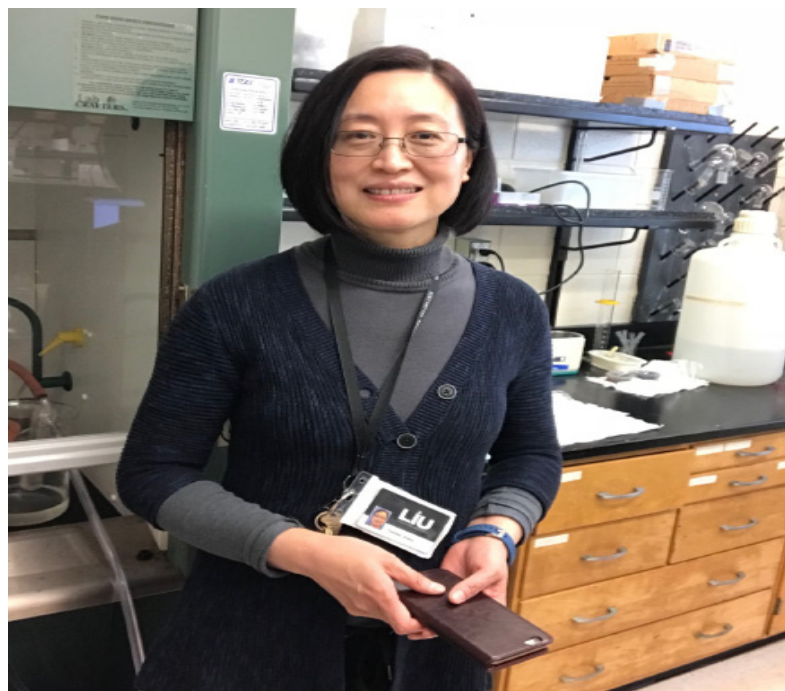
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Science Department in Need of Funds?



ANGELIQUE D'ALESSANDRO

Dr. Cheng Zhang, professor of chemistry



ANGELIQUE D'ALESSANDRO

Jamie Licausi, senior forensic science major

ANGELIQUE D'ALESSANDRO ASSISTANT ONLINE EDITOR

The 120-credit bachelor of science in forensic science degree in the department of chemistry, according to the LIU Post website, prepares students for rewarding careers “in the laboratory departments of police departments, medical examiners’ offices, toxicology and pathology.” The program integrates lecture courses with laboratory work and hands-on field experiences.

Yet, some students in the program, have voiced concerns about the laboratory equipment available to them.

Jamie Licausi is a senior forensic science major, only months away from her graduation. She has studied the subject she is most passionate about for four years, attending classes, interning, and preparing to eventually enter the workforce as a forensic scientist.

There’s only one problem - Licausi feels that Post has not provided her with the education she paid for. “In the laboratories, a lot of the time we don’t have instruments that work,” Licausi said. According to Licausi, her professor had to cancel a class meeting one day due to not having the equipment to carry out an experiment.

The class was supposed to use a particular instrument necessary to see what chemical was in a sample, but that day the few instruments that were available to the students were unusable, outdated and easily breakable.

Licausi said that at first, her education at Post seemed to be satisfactory. It wasn’t until she interned at the Westchester County Forensics Lab that she realized she did not have the tools she needed for the workplace. “At an internship, they expect you to have used these instruments before,” Licausi said, “and I hadn’t been given that experience [at Post].”

In addition to this, Licausi, who had originally planned to double major in forensic science and chemistry, discussed the recent end to the B.S. in chemistry degree. Students can still get a B.A. in chemistry, but according to Licausi, this is a less science-based degree.

Dr. Cheng Zhang, professor of chemistry, agrees that the lack of a B.S. in chemistry degree has affected students. “We want to have a

bachelor of science [in chemistry] because it is more focused on science,” Zhang said. “We no longer offer it, and that has affected some students.”

Zhang also agrees that there is a need for new instruments for the students working with her on her research project in her lab. “We have instruments on campus- some are good, but some are very old. We would love to have funding to purchase more instruments for the program.”

According to Zhang, the students in the chemistry department still thrive without the instruments, but their dedication is the exact reason they need the opportunity to work with more tools. “My students do great work. Students from the program went to Washington D.C. to present their work and two won national awards. Only 100 in the nation win this,” Zhang said. “I hope that people will see that we need these instruments for our research.”

Neil Edwards, the chemistry department laboratory manager, also expressed disappointment with the end of the B.S. in chemistry degree. “I think we lost a few chemistry majors because of it,” Edwards said. “Traditionally, if you want to go to grad school, you get a bachelor of science degree. I don’t understand the decision, but it is not in my hands.”

Edwards said that updates have been made in the chemistry department, but that the biomedical department is in more need of updated equipment. “In biomedical, things like the gene analyzers are outdated and need to be replaced,” Edwards said. “I think the equipment [in chemistry] does the job it is supposed to do. I hope to see updates in the next few years, but it is not as needed right now in the chemistry department as it is for genetic equipment.”

Edwards said the last set of updates to the laboratories in the chemistry department took place five years ago. “All of the labs received updated fume hoods, which are an integral part of the lab in terms of safety,” Edwards said. Within the last four years the department also added two new research laboratories, he said.

Cece Amayo, a senior biomedical science major, said that her education has been affected by the lack of instruments available to science majors.

“In chemistry, we have equipment that is outdated. The lab set up is outdated, too. Most other labs [at other universities] have better instruments,” Amayo said.

“At Post, money isn’t going into science. We are not getting the education we pay for,” Amayo said. “It doesn’t look good for the university.”

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Science Department in Need of Funds?

Continued from page 2

Dr. Vladimir Fainzilberg, a chemistry professor, agreed that the program needs equipment updates. "We need an update of practically all equipment, especially in forensic science. The equipment in that program is outdated," Fainzilberg said. "In chemistry, we have good mass spectrometers, and very good FTIR, used in organic chemistry analysis. But we badly need an update on gas chromatographers."

Although the department has requested funding for updated instruments, Fainzilberg said the "cries remain in vain." Fainzilberg said, though, that "compared to other departments in the college of arts and sciences, we must treat ourselves as a "lucky" department. Administration was kind enough to update our general chemistry labs about five years ago, and we are now considered as state-of-the-art for entry-level chemistry courses, even compared to Ivy League universities."

Fainzilberg added that the administration "also has the intention, which still only remains an intention, to update the organic chemistry

laboratories this coming summer. But, we are still short on equipment and especially short on full-time staff, which ultimately hurts our students and affects the quality of education."

For Licausi and Amayo, both seniors, a change in the curriculum and updated laboratory instruments would be a good start.

"I would like to see the money go where it is really needed. We are the next generation of doctors and nurses. Money should go to student education," Amayo said.

Licausi also hopes that by speaking up about the issues within her program, she can make her voice heard and inspire change on campus.

"I want to make our program the best it can be," Licausi said. "And I want to be able to be proud when I say I graduated with a forensic science degree from Post."

Corrections:

The Queen Mab poem "Talkin' Long Distance Parking Paranoid Blues" published in The Pioneer last issue was written by an anonymous writer and was posted in various locations around campus.

The photo credit for the story "North Korea: A Welcome Presence? Or an Unwanted Guest," was an image from NBC's broadcast of the Olympics.

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Florida School Shooting Opens Discussions of Campus Safety



Michael Fevola, director of public safety

JADA BUTLER

JADA BUTLER
NEWS EDITOR

The office of public safety has responded to the school shooting at Marjory Stoneman Douglas High School in Parkland, Florida with tightened security plans for the campus. There have been no incidents of shootings on campus, although some students and professors have raised concerns about safety procedures.

Alexa Kaplan, a junior business marketing major and commuter and business manager of The Pioneer, lost a relative in the school shooting in Florida. -“This particular shooting hit me a little harder emotionally,” she said. “I became a lot angrier and eager for a change in our society.”

Kaplan, who transferred to Post from Syracuse, wants the open campus policy at Post to be monitored thoroughly. “When I was at Syracuse, there were a bunch of security booths scattered at main points and entrances on campus who would stop people in cars and ask to see their student or faculty ID. I think we should do that here,” she said.

SUNY Old Westbury also has a security booth at its entrance. All visitors to the campus must “report first to the University Police Department to obtain a visitor parking pass,” according to the university website, oldwestbury.edu/police/parking

Security booths, or guard posts, are located at the west gate before the library. Michael Fevola, director of the office of public safety, said the booth, which is not covered every day, is secondary to campus patrol and response actions. Many commuter students have said they do not see a guard there in the mornings.

“The officer that is there goes when he is available, usually during the morning rush,” Fevola said. The officer is assigned Monday through Thursday, unless he is responding to a call, according to Fevola.

Fevola said an open campus is dictated by the type of community

a campus is in. “Brooklyn campus is closed, because that’s the way the city is. Here [on Long Island], campuses want to be a part of the community we are in,” he said. Violence and crimes are less likely to occur at Post, according to Fevola, who stated that Brookville has a “much lower average in crimes than the national average.” The U.S. national average crime rate is 278.8 percent, while Brookville is at 67.3 percent, according to City-Data.com collective data of murders, rapes, robberies, assaults, burglaries, thefts, auto thefts and arson in the United States.

Last semester, there was a reported break-in in the South Residence Hall, and several computers were stolen from the labs in Humanities by a local thief - who was caught and arrested - according to the university’s crime log records and reported by local news.

“The overwhelming issue we have had with people that are not part of our campus community and come on campus are property crimes, not against people or any type of violence,” Fevola said. To combat suspicious activity and/or persons, students and faculty are expected to follow the “see something, say something” protocol by reporting the issue to Public Safety at 516-299-2222.

Depending on the severity, one or more officers are dispatched to respond to the call. “We encourage people to call in suspicious people, but leave a description, what the person is doing [and] a call back number to get back in touch,” Fevola said.

An adjunct professor in the English department expressed concern for security on campus grounds after the high school shooting in Florida. “We aren’t even able to lock our doors [in Humanities]. What is the safety plan we have for this school - there’s nothing,” she said.

Public Safety officers began listing classrooms with doors that can be locked from the inside and which ones cannot. “We are looking at different ways to be able to secure classroom doors from the inside in the event of a lockdown,” Fevola said. These locks must be compliant with fire marshal codes; certain types of deadbolts would not be allowed.

Along with door locks, additional cameras have been added to Humanities, and the Fine Arts building will receive more in the next week,

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Society of Professional Journalists Hosts Headshot Event



Tiffany Miller, political science major gets her headshot taken at the SPJ event.

NICK TANGORRA



Students dress up in business attire for the headshot event.

THE PIONEER

KYHARA JEANTY
STAFF WRITER

The LIU Post chapter of the Society of Professional Journalists (SPJ) hosted a free headshot event on Thursday, Feb. 6 in the Pell Hall photography studio. SPJ encourages students with backgrounds in journalism to take advantage of training opportunities and tools for their careers.

Justin Capalbo, professor of photography and Post alumnus, took student photographs to use for professional portfolios, resumés, websites and LinkedIn. The event was free for all students. "Our goal at LIU is to try to prepare students for the workplace, and we try to give them as many different opportunities as possible," Capalbo said.

Over 40 students were in attendance with majors ranging from nutrition to business. "I thought it was a wonderful experience because headshots can get pretty expensive and it's good for it to be professional looking," Tiffany Miller, a political science major and journalism minor, said.

Tracy Zeal, a senior nursing major, enjoyed her experience. "I don't want to take an immature picture, so taking professional pictures would be better for me and my professional career," she said.

This was Capalbo's first time taking headshots for students. "It was a wonderful experience working with the LIU students from all different majors and to give back to the LIU Post community," he said.

While SPJ hasn't been as active in the past, the new co-presidents, Jada Butler and Dondre Lemon, sophomore and junior journalism majors respectively, plan for more events in the future. "We are hoping to have guest speakers from the New York Times and tours of studios such as FiOS1 or News 12," Lemon said.

"We want to give our members real world experience, and hopefully what we have planned will be interesting and helpful for their careers," Butler said.

SPJ is still taking more young writers to join in future events and trips. SPJ has a fee of \$37.50 for a one-year membership. Students can sign up at www.spj.org.

Editors Note: Jada Butler and Dondre Lemon are the News Editor and Assistant News Editor of The Pioneer and are featured in this article as the co-presidents of SPJ. Tiffany Miller is also a staff writer for The Pioneer

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Civil Liberties Speaker on Immigration



JACQUELINE ESCOBAR

Susan Gottehrer, the director of NYCLU

JACQUELINE ESCOBAR

STAFF WRITER

Susan Gottehrer, the director of the Nassau County Chapter of the New York Civil Liberties Union (NYCLU), spoke about immigration issues affecting many students in the community on Feb. 20. Her organization provides training to immigrant communities to be aware of “what the issue is of, who is responsible, and who has choices to make,” she said. The talk, arranged by Amy Freedman, chairperson of the political science department, was held in the End Zone in Hillwood Commons, and attended by over 20 students.

Gottehrer discussed the important issues that immigrants face when Immigration Customs and Enforcement (ICE) arrive to detain undocumented individuals.

“Police in Nassau County are working with them and we are advocating for our local police to stop affiliating with ICE; in order for the police to do their jobs effectively, they have to have the community’s trust,” Gottehrer said.

Gottehrer mentioned the issues that an undocumented immigrant

faces when approached by authorities.

“The police and the undocumented person will talk to each other, then the local data base will link up to federal and ICE agents and then the person’s undocumented status will be revealed,” she said.

“Language-barriers also is a present issue when ICE knocks on their doors,” she said. They often can’t stand up for themselves.

Gottehrer added that Temporary Protected Status (TPS), Deferred Action for Childhood Arrivals (DACA), and the Mara Salvatrucha gang (MS-13) are being improperly used to label many immigrants today in the U.S.

“There are people in the immigrant communities who run away from MS13 and they are frightened; because of the loss of TPS and DACA, people are becoming nationless. Removal of bodies are happening in this country and if this is happening, it better be happening constitutionally,” Gottehrer said.

The NYCLU’s message to authorities, Gottehrer said, is “If what you are doing is constitutionally ok, then it is ok for us to question.”

Gottehrer provided students with procedures that immigrants should be taking if ICE approaches their homes.



NICK TANGORRA

Florida School Shooting Opens Discussions of Campus Safety

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according to Fevola. “All cameras on campus are 24/7, and the vast majority of them operate on motion, that’s to save space. We are constantly adding new cameras to different areas strategically,” Fevola said.

Fevola said that the most important thing to do is educate the campus community on active-shooter protocols. “In the event of an incident including an active shooter, Public Safety has protocols in place and the ability to immediately alert the entire campus community via a mass text/email blast with specific advisements and instructions,” Fevola said in the Nov. 29 article “LIU Post Campus Shooting Guidelines” published in The Pioneer. The guidelines are at <http://liu.edu/cwpost/Public-safety>. Next week, a Public Safety app detailing the “see something, say something” and “run/hide/fight” protocols among others will be available for students to download on both Apple and Android devices.

Fevola gives this advice: be aware of your surroundings. “When leaving the academic buildings, take different exits, get familiar with the building,” he said. “We are creatures of habit. When we leave, we go down ‘this’ stairwell because it’s the closest one. If you’re not in a hurry one day, explore the building, go out a different way.” Knowing your

surroundings could be valuable in an emergency.

At the request of members from the Student Government Association (SGA), Fevola has set up a pilot program in Brookville residence hall to allow student access to side doors. The program authorizes Brookville Hall residents with ID to open side and rear doors. Residence halls only have cameras in the lobbies, according to Fevola, which is why entrance to the side doors is not allowed. “We want to be able to see on the camera who’s coming in, especially if the guard that is there had any type of issue, or the RA or desk attendant,” he said.

They are exploring the possibility of side/rear door access. Cameras are already put in place at Brookville side doors to monitor who is walking in and out. SGA wants to prove that with side door access, people won’t prop the doors, which is a common security risk in residence halls. “Students don’t always want to walk all the way around the buildings to get inside,” Fevola said. “If we get good feedback, we will continue that for other dorms.”

Editor’s Note: Alexa Kaplan, mentioned in this article, is the Business Manager for The Pioneer.

Campus Bikes Where are They Now?

TIFFANY MILLER

STAFF WRITER

On Oct. 13, 2017, LIU Post introduced 25 new bikes on campus, available free of charge to students, to enhance the beneficial effects of exercise and a healthy and sustainable lifestyle. Due to the large size of the campus, using bicycles not only reduces traffic and parking congestion, but also improves the physical health of students, and allows them to effectively move from one building to another in a timely fashion. The bikes were initially stationed at Post Hall, Brookville Hall, in front of the Library and between Nassau and Suffolk Halls, locations where there is heavy student traffic. Students were able to choose a bike from any location by putting in the code 1954 to unlock it, and drop it off at the stations nearest to their destination.

According to the email sent by President Kimberly Cline introducing the bikes, "The bike program uses the Honor System." The bikes were available to students at no charge, no advanced requests, and no identification required.

According to a mass email sent by Michael Berthel, dean of students, on Jan. 31, 25 new bikes were purchased and arrived on campus. The school continued to make them available by an honor system.

Nneka Carroll, a freshman biology major with a focus in pre-med, constantly uses the bikes to get to and from classes during the week. "I love that there are now more LIU bikes because it makes transportation to class and practice easier for more students; especially in the cold. However, I hate that they are always broken," she said.

Other students have similar complaints about the maintenance of

the bikes. "I hate the LIU bikes because they're thrown around campus and broken," Gabriela Fernandez, a freshman criminal justice major, said. Jahdai Harthernandez, a freshman forensic science major, agreed. "One thing I dislike about the bikes is that sometimes they're hard to find on campus and they aren't taken care of when people use them so they end up being no longer useful," she said. On Sunday, Feb. 18, senior broadcasting major Abraham Orenstein observed a broken bike thrown in the fountain in front of Humanities Hall.

On a recent Monday afternoon, bikes were observed in front of Kumble and Humanities Halls and either left on the ground or propped up against the walls instead of being placed in designated bike stands.

Michael Berthel, dean of students, has not responded to the Pioneer's inquiries about the introduction of the new bikes or their maintenance.



Bike was thrown in fountain outside Humanities Hall

COURTESY OF ABRAHAM ORENSTEIN

Health Hacks: Figuring Out Fiber

ALECIA SEXTON

LAYOUT MANAGER



ALECIA SEXTON

Wholesome, high fiber foods

Most health conscious individuals are aware about appropriate carbohydrate, protein and fat intakes. Something, however, that almost 95 percent of Americans are ignoring is fiber. Often we associate fiber with prune juice, bran and many other cringe worthy foods, and while it's true that these foods have the highest fiber content, it is possible to eat a fiber rich diet without getting queasy.

We may not always consider fiber a nutrient, but according to the American Dietetic Association it certainly is. Even more, this nutrient is incredibly important for supporting the body's detoxification mechanism, energy maintenance, and overall athletic health and performance.

Fiber is a complex-carbohydrate that sourced from a variety of plant-based foods such as fruits, veggies, whole grains, beans, nuts and seeds. The two forms of fiber that are found in nature are insoluble and soluble. Insoluble fiber supports digestion and the elimination of toxins while soluble fiber helps steady blood sugar, aid intestinal nutrient absorption, and ensure proper hydration.

Perhaps the most significant component of fiber is its detoxification properties since we are exposed to many 'hidden' toxins in our daily lives such as food, tap water, and the environment. The daily recommended amount of fiber for men and women under 50 is 38 grams and 25 grams, respectively and since only 3 percent of people consume this amount, attention should definitely be given to this vital nutrient.

It should be noted, however, while fiber has many benefits, high fiber meals should be avoided right before exercise since consuming it puts the body into a 'rest and digest' stage in which blood flow and bodily energy is focused into the digestive system, not to the muscles. Also, drinking plenty of fluids throughout the day in conjunction with consuming fiber is crucial since fiber absorbs water in your digestive tract and can lead to constipation (eww, i know) if there's not enough water present.

Of course, before changing your diet around and increasing your fiber intake significantly, you should consult with your healthcare provider to make sure it would be a beneficial component to your life.

Dylan Silva: University Mascot

ANAND VENIGALLA
ASSISTANT FEATURES EDITOR

Dylan Silva, a senior business management major, has been the mascot of LIU Post for four years. The mascot, which is a Pioneer, cheers on the football and basketball teams at school games along with the cheerleaders.

"It's an honor being the Pioneer," Silva said. "I came in my freshman year and coaches approached me and asked if I would like to be the mascot. I immediately said yes, so I went to mascot camp in Boston and came back with a blue ribbon and a trophy for the university." Silva is a volunteer at this camp and is trained on how to be a mascot.

"Every year my favorite event is going down to Cheer Nationals and participating on the cheer mat where I essentially help tell the storyline of the cheer routine," Silva said.

Right now Silva is preparing to compete in cheerleading nationals along with the cheer teams in Daytona, Florida in April.

Silva values his time at LIU Post. "I've learned a lot of critical skills here. I'm lucky to be at the College of Management so I get to take what I'm learning and implement it through real-world [situations] through student-run businesses," Silva said. "LIU has prepared me with such great leadership skills, and being the mascot has prepared me in becoming a strong leader, because a lot of kids and alumni look up to the mascot."

Silva gave some friendly advice. "Once you start something, stick to it, don't ever give

up," he said. "You have to have a lot of agility to be successful throughout the course of college, and always be willing and open to learning new things to really push yourself to become a better person."

In addition, Silva considered his best advice to be self-confident. "I believe self-confidence is the key to success. Self-confidence is the reason why someone can be successful. You have to be able to believe in yourself, and if you don't believe in yourself, then how can you have a career?" Silva said.

Silva speaks from experience. "One point [where I didn't believe in myself] was when I was really struggling academically and I was involved in a lot on campus." His mentor worked with him to create a plan for success. For Silva, this was beneficial. "At first I thought I would have to give something up, like an activity I'm involved in on campus. However, once I sat down with my mentor and wrote out my daily schedule I learned very quickly that I still had time for myself and I still had time to do homework. So my best word of advice is don't give up, don't be afraid to reach out and ask people for help as well," Silva said.

Silva credited his coach Matthew Blonar for his success, in addition to Dr. Robert Valli dean of the college of business management, and assistant deans Raymond Pullaro, and Graziela Fusaro.

When he graduates, Silva desires to go into consulting. "I want to be able to flip companies and help companies with strategy and developing, and driving a startup company to be successful," Silva said.

He cited his work on student-run businesses and the deans' scholars program. "Last fall I had an idea to do the Stuff-the-Bag sale which resulted in \$8000 dollars in sales," said Silva.



COURTESY OF DYLAN SILVA



COURTESY OF DYLAN SILVA

Procrastination: We're All Guilty of it

GILLIAN PIETROWSKI
ASSISTANT FEATURES EDITOR

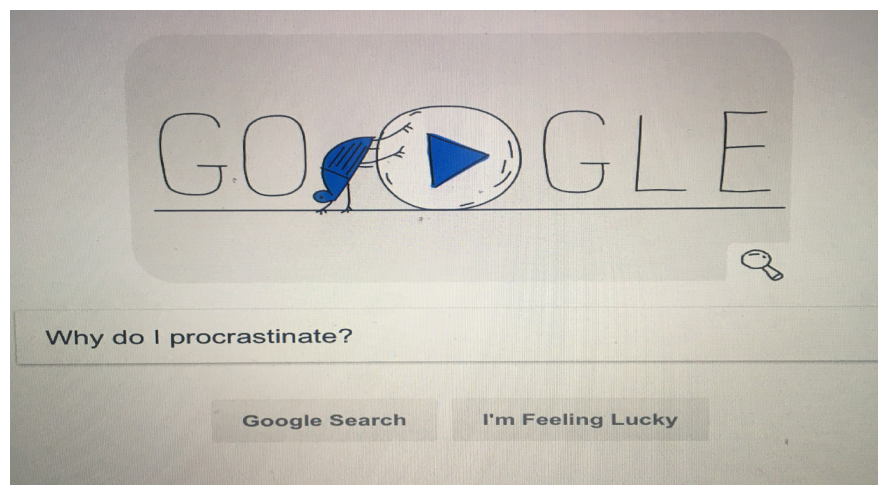
There is no denying it at this point; procrastination gets to everyone at some point or another. For some reason, calling off our assignments until the last day sounds like an amazing idea until that last day comes and you end up stressed out, and pull an all nighter to get it done. So why do we always end up waiting till the last second even though we know what torture we will put ourselves through?

"I certainly do [procrastinate] sometimes, especially when it comes to studying or homework. I would go to do it, but then I would decide to push the work back a little," Gianna Leone, a freshman health science major said.

Leone also has an idea as to why so many of us leave ourselves with very little time to finish our work, "I definitely think we procrastinate so much is because of social media. We are always using our phones," she said.

There are a few ways to avoid procrastination, but it might take some dedication and strong will power to do it. Try organizing your work throughout the week. Do a little bit each day leading up to the day your assignment or test so when it comes to the end you won't need to scramble to get it all done in one day.

Leone has a suggestion on how to help too, "I think the best thing to do when your doing homework or studying is to put your cell phone on silent and out of sight so your not tempted to use it," Leone said. Separating yourself from all of your distractions can be extremely helpful in order to get your work done in a reasonable amount of time.



This Week in Photos:



Students and professors attend changes in Immigration Policies and Practices event on Tuesday, Feb. 20

NICK TANGORRA



Dondre Lemon, and Kyhara Jeanty hosts of Pioneer TV, which just launched season 2 this past week.

NICK TANGORRA



Alpha Xi Delta tabling in Hillwood during common hour

COURTESY OF VANESSA GARDNER



Lacrosse players, Maddie Titus #6 and Bri Feldman #23 practicing on the field.

NICK TANGORRA



A blood drive was held on Feb. 21 & 22 in the End Zone.

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KARIS FULLER

ASSISTANT ARTS & ENTERTAINMENT EDITOR

It's no surprise that technology has transformed our lives. "Black Mirror," a show formerly available only in Britain, transferred production rights to Netflix in 2016. The show presents a satirical twist on what life has become as people grow more dependent on technology. Creator and producer Charlie Brooker uses a compilation of standalone episodes to show how technology controls our lives. The latest installment aired on Netflix on Dec. 29. The wait was greatly anticipated.

"Black Mirror" is a confusing show," Caitlin Johnstone, junior health science major, said, "But that's why I was so excited to watch it; you do not know where the season is going to take you next." With midterms coming up, a show like "Black Mirror" can be watched in segments and allow students time to study.

When it first hit television screens in 2011, the dark comedy achieved instant success. In 2017, the show won a British Academy Television Craft Award for best makeup and hair design, and in 2012 it won an International Emmy Award for best TV movie/mini-series. Each episode has a different cast, setting and reality. They examine the consequences of unexamined technologies: those that could exist in our own reality in the future.

The show's title alludes to the screens people monotonously stare at throughout their daily lives. From the little black screen that fits in the palm of one's hand to the 50-inch screens that plaster the walls of houses, escaping this 'black mirror' is impossible. Brooker and co-producer Annabel Jones portray these to be the most controlling aspect of our society, and it is one that we subject ourselves to every day.

Some may find the first episode of season one difficult to comprehend. Brooker and the cast, including Rory Kinnear and Lindsay Duncan, lead viewers into a world that is quite similar to our own, and provide onlookers with a fourth-wall perspective on various situations. For example, in one episode, the Prime Minister was asked to do questionable things as ransom to ensure the safety of the country's beloved princess. All the viewer can do is sit back and watch deception unfold. The latest season hints at the irony of the audience watching the show on a black screen and that they are out of control like the characters in the anthology.

Those watching season four have become accustomed to its standalone episodes, meaning the viewer can choose to skip those that disinterest them and won't miss any crucial information or shocking twists.

The episodes evoke viewers' laughter, yet the issues they laugh at are realistic in the western world. In episode three of the second sea-

son, a cartoon character named Waldo gains popularity for his vulgar language and ends up running for a government official in a fictional English town. Aspects of the episode such as the propaganda and money used to endorse the campaign are very similar to the current standings in the United States and the election of a TV personality to the oval office.

Along with storylines that shock, grip and scare the viewer, the outstanding production of these short dramas is what carries the show. With some having a darker undertone than others, the variety makes any episode relevant to us all.



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Music Students to Perform in Recital Hall

ASHLEY BOWDEN
ARTS & ENTERTAINMENT EDITOR

The Music Department's Hillwood Recital series continues Wednesday, Feb. 28 at 12:30 p.m. in the Tilles Atrium with performances by three music majors. Graduate student KaraAnn Leone will perform two pieces on flute, and graduate student Laura Fallon will perform two pieces on the euphonium. Joseph Savold, a senior, will be featured as well.

Leone and Fallon are both in their final year of the master of arts program. They both attended Post for their undergraduate studies as well and have had invaluable experiences in the music program. "I wouldn't be the musician I am today if I didn't come to this program," Leone said.

"Since it's very much like a family in the department, there isn't really competition," Fallon said. "Everyone's encouraging each other to improve."

Leone has performed in front of large audiences three to four times a semester. Though her studies focused on music education, she believes there is much to be gained from performing as well. "All the performance opportunities I had as an undergrad was one of the reasons I came back to grad school here," she said.

"It's nerve-racking, but it's also really exciting because it gives you an opportunity to showcase everything that you've prepared," Leone said. "This is what I've worked for my entire career that I've been here," she said, anticipating her upcoming performance. She finds the experience of performing to be rewarding above all else and has grown as an artist because of it. "When I was a freshman, it was nearly impossible to get me onstage to perform anything solo, and now I love it," she said. Given her introverted personality, Leone hopes to show her fellow musicians that solo performances are not as scary as they seem.

"When I get into the zone of playing, I kind of forget about my nerves," Fallon said. Having her instrument between her and the audience makes the experience less stressful for her. Fallon, who has always enjoyed music, started playing the euphonium in elementary school. By the time she attended high school, she decided she wanted to pursue a career in music.

Fallon will perform Niccolo Paganini's "Cantabile" and Philip Sparks' "Fantasy," on euphonium. She compared the brass instrument to a small tuba, and said it plays in the same range as a trombone. "You learn something new about a piece every time you play it because it's different each time," she said. She will also perform with the wind symphony at the Band Festival April 13. Her graduate recital is scheduled for April 26 at 8 p.m. in the Great Hall.

In addition to a movement from the "Hamburger Sonata" by C.P.E. Bach and "The Concertino for Flute and Piano" by Cecile Chaminade, Leone will be presenting a preview of the solo repertoire she will perform at her graduate recital on March 8 at 8:15 p.m. in the Great Hall. Having learned the concertino, she is excited to perform it during her last semester. Leone will also conduct a small chamber orchestra at her graduate recital. "I want [my audience] to enjoy the night so that I can enjoy it, too," she said.

Leone aspires to teach music as a profession, and both she and Fallon believe people who denounce music as a career should view the matter in a broader perspective. "It's not just about becoming famous, becoming an artist, I think there's more to music than [that]," Leone said.



ASHLEY BOWDEN

Kara Ann Leone, second year master's student.



ASHLEY BOWDEN

Laura Fallon, second year master's student

Movie Review: Black Panther

BRIAN CANO, QUEDUS BABALOLA
STAFF WRITER, ASSISTANT ARTS & ENTERTAINMENT
EDITOR



The latest film from Marvel Studios, “Black Panther,” did not disappoint. Chadwick Boseman plays the lead role of T’Challa, the next king of Wakanda, a fictional country. Since he is the protagonist and soon-to-be-ruler, he is supposed to be the protector of its citizens as well. The antagonist, Erik Killmonger (Michael B. Jordan) went face-to-face with the T’Challa for the throne.

T’Challa ends up losing the fight, but is granted the powers of a black panther in order to defeat the unfit king. It’s safe to say that the director did a good job simply because the movie has made millions of dollars. On the day of the film’s release, the film’s box office revenue was 25 million dollars.

“The film was entertaining and has a strong plot with a strong cast, but [it’s] definitely not the best Marvel movie of all time,” Jonathan Gaviria, a student at Adelphi University said.

“The film set the platform for what lies ahead in the nearby future: Avengers Infinity War,” Gaviria said. The new film will depict classic Marvel superheroes including Thor, Iron Man, Captain America, The Winter Soldier, Hulk, Spider Man, Black Panther, Ant-Man, Doctor Strange, Guardians of the Galaxy and more. These characters will come together and fight for the greater good of the human race.

“I think the Black Panther movie will provide more hype for the Marvel franchise,” Erick Cifuentes, a student at Farmingdale State College, said. “The fans will look forward to seeing ‘the king’ in action in Infinity War against Thanos.” It is safe to say that the Black Panther film has made its mark in the Marvel World and will ease its way into the new film Avengers Infinity War.

The buzz behind “Black Panther” within the African-American community has been very positive. Instead of racism and injustice to people of color, the movie centered around the Black Panther superhero and the Wakanda nation. Though some may perceive the movie as racist, it’s the same thing as going to see a Spiderman, Superman or Batman film, but this time, the lead character is African. Fans even wore tribal outfits to see the film.

Overall, the movie showed African-Americans loud and clear why representation matters, and that no matter what, they should be proud of their background. Wakanda forever.

Arts This Week:

Feb.27-March 3

S.A.L Gallery presents Karina Cube, fine arts. Reception Wednesday, Feb. 28 from 5-8 p.m.

Feb.28

Department of Music presents student recital at 12:30 p.m. in the Tilles Atrium. Undergraduate and graduate music majors will perform, admission is free.

March 2

Tilles Center presents Skaatskapelle Weimer at 8 p.m., conducted by Kirill Karabits and featuring Valeriy Sokolov, violin. They will perform an All-Brahms program: American Festival Overture, Violin Concerto in D major, Symphony No. 1. Tickets are available online at www.tillescenter.org, and prices range from \$50-\$110. Discounted student tickets are available, visit the Tilles Center box office for details.

March 3

Tilles Center presents Kurt Elling, a Grammy-award winning jazz vocalist, at 8 p.m. Tickets are available online at www.tillescenter.org, and cost \$40. Discounted student tickets are available, visit the Tilles Center box office for details.

Mar. 23-25 and 28-31

Upcoming from Post Theatre Company: MFA on Mainstage. Second year MFA students Brady Ness, Chamila Priyanka and Kayleigh Jacobs present a series of new plays about psychological realism and contemporary issues. All performances will take place on the Little Theatre mainstage, Fridays and Saturdays at 7:30 p.m. and Sunday matinees at 3 p.m. Tickets are available online at www.tix55.com/ptc700. Prices are \$15 for general admission, \$12 for seniors and \$10 for students.



ASHLEY BOWDEN

Victoria Rousseau, sophomore musical theatre major cast in MFA show.

Athlete of the Week: Aary Bibens

MYLES GOLDMAN

SPORTS EDITOR

Aary Bibens, senior business administration major, played his last two games as a Pioneer last weekend for the men's basketball team.

Bibens played a total of 101 games for the Pioneers. When asked how he felt about his one hundredth game, he said, "I felt good, I wasn't even aware that it was game 100 for me honestly but it went by so fast. It's bitter-sweet." Throughout his career as a Pioneer, he accumulated over 500 points.

Bibens' time on the basketball team meant more to him than just racking up points. "I loved my time here as a Pioneer. I grew academically, athletically and as a person. I accomplished a lot and Post helped

create many opportunities for the future and myself. I had a lot of fun while doing it all." Bibens said.

While Bibens had a prosperous career on the men's basketball team, he said this is it for him and basketball. "This is the end of the road for me basketball wise. Being a global MBA student here has set me up for many opportunities after basketball in the business world," Bibens said.

Assistant coach, Peter Lipka, commented on Bibens' career as a Pioneer. "Aary is a hard working kid on and off the court. He shows a great deal of focus and determination being our only graduate student on the team. I loved working with someone as mature as Aary with a selfless priority, team first," he said.

Athlete of the Week



Aary Bibens

Bennington, Vt.

Year: Senior

Major: Business Administration

Men's Lacrosse Starts New Season Strong

JADA BUTLER, MICHAEL DOMAGALA, ANTHONY CAVARRETTA, GRIFFIN WARD

NEWS EDITOR, ASSISTANT SPORTS EDITOR, & CONTRIBUTING WRITERS

In its home opener on Saturday, Feb. 24, the men's lacrosse team defeated Adelphi University, 9-8. The victory was a historic one as the Pioneers came out on top against the Panthers for the first time since 2008 at home.

Dylan Harned and Eric Donahoe, both senior midfielders, Steven Frank, junior midfielder, and William Snelders freshman attacker, scored two points a piece, which helped fuel the win. Bryan Ochs, junior goalie, made 14 saves on 22 shots on goal and was a key reason for the Pioneers' hard fought victory.

The first half was a back-and-forth battle the entire way - when one team scored, the other answered. The Pioneers led 8-7 at intermission, and three minutes into the second half, Adelphi tied the score at eight points. The second of Harned's two goals, with 7:40 in the third, was the game-winning goal as the Pioneers cracked down on defense and held Adelphi scoreless in the final 26:46 of the game.

"We left nothing in the tank," Connor Farrell, junior faceoff, who won seven face-offs, said. "Not beating Adelphi in the regular season in 10 years added extra fuel to the fire so we all trusted each other and gave it our all."

The men's lacrosse team began their spring season with a new head coach. Eric Wolf replaces John Jez as head coach of the men's lacrosse team, and is finding the transition to be smooth. "It's been great, for me I just run the culture how I do it, the program how I do it, and try to be my authentic self, and I think the boys have been pretty responsive to it and we try to make the environment an enjoyable one and the boys are fired up to come out and practice and compete on game day, so far so good."

Heading into the new season, Wolf is confident in the team's dynamics. "We try to be balanced on all facets of the game. We got a lot of talented guys, offensively and defensively. Collectively as a unit, if we are all doing our jobs we should be pretty successful," he said.

"Coach Wolf's really good, really positive and really helpful with the transition. He's gearing us towards the right look on the season," Donahoe said.

Wolf isn't concerned with the upcoming competition. "I'm really

not comparing ourselves to anyone else in the country. We hold to our own standards," he said. "We're trying to better than we were they day before. If we do that on a day-in and day-out basis, we're going to be making progress, we're going to be growing, and then we'll be on the path towards being the best team we can be."

William Snelders, freshman attacker, had his first 10 points in his collegiate debut against American International College on Feb. 17 in the season opener. "He plays well off the other guys, he's a product of our offense working together as a unit," Wolf said. While Wolf said he doesn't want to call out any players, Snelders is making a name for himself early on.

"We're all here to win. New coaches bring in some new offensive stuff and techniques. We are looking forward to carry this new year forward," Harned said. Last year, Harned lead the team in points. "As a leader, I always got to be positive. Always leading by example, someone is always looking up to you," he said.

With a new coach overseeing the team, some changes are being made. "Biggest change, if we're talking on the field, a complete overhaul of what we've been doing, especially offensively. We cleaned the slate, got a whole new offense going in," Harned said.

The Pioneers will look to win their third consecutive game when they begin a three-game road trip against Pace University on Saturday, March 3 in Pleasantville, NY.



JADA BUTLER

Men's Basketball Secures No. 4 ECC Seed



MYLES GOLDMAN

MYLES GOLDMAN & JADA BUTLER
SPORTS EDITOR & NEWS EDITOR

The men's basketball team landed a slim victory against the Roberts Wesleyan Redhawks in the East Coast Championship (ECC) final tournament game on Sunday, Feb. 25, securing the number four seed. The home game was a close call, with the Pioneers leading by just six points, 86-80, at the end.

It wasn't an easy start for the Pioneers, with the Redhawks leading 5-0 at the start of the first. Kyle Doucette, sophomore forward, placed the Pioneers on the board with two points at 16:41 in the first half.

The Redhawks put up an aggressive offense as they dominated the court in the first half. The Pioneers had trouble keeping the ball in their hands, yet managed a lead of 18-11 by their first time-out. They took a 44-30 lead at the end of the first half.

Sophomore guard Jared Rivers scored 30 point to bring the Pioneers to their win. Senior guard Kyle Taylor-McLeggan, Doucette, and freshman guard Darien Jenkins scored 12 points each. Doucette added 12 rebounds to snatch a double-double.

The Pioneers had their largest lead at 52-32 in the second half, but the Redhawks used an 18-6 run to make it a five-point game, 66-61, with 7:57 remaining. The Redhawks managed to cut the deficit down to four points, but the Pioneers held on for the six-point victory and home playoff game.

This win follows a loss of 61-58 on Friday, Feb. 23, when the Pioneers celebrated Senior Day at home against Daemen College. The three seniors on the team were honored, economics major Kyle Taylor-McLeggan, criminal justice major Hunter Powell and business administration major Aary Bibens.

The seniors played well; Bibens collected nine points, McLeggan and Powell grabbed the rebounds. However, Rivers picked up 24 points with two assists.

The first half was even with a score of 29-29, 13 points coming from Rivers as he played a total of 19 of 20 minutes in the half. Just over halfway through the final half, the Pioneers were down with a score of 44-39 and Daemen College started to take off, by adding on 10 points and limiting the Pioneers to four points with just under four and a half minutes left in the game.

The Pioneers started to show some life later on. After being fouled on a three-point shot, Rivers went to the free throw line, scoring for all three shots, and cut the lead down to 60-55 in favor of Daemen College. With 19 seconds left in the game, Rivers drops a three pointer, making the score 60-58. Unfortunately, after a missed three pointer by the Pioneers, Daemen went on to win, 61-58.

The Pioneers will host Molloy College in the play-in round on Wednesday, Feb. 28 at the Pratt Recreation Center.



JADA BUTLER

Head Coach Erik Smiles and sophomore Jared Rivers



MYLES GOLDMAN



JADA BUTLER

Upcoming Schedule

Men's Basketball

Wednesday, Feb. 28 @ 7 p.m.

East Coast Championship
Play-in Round
Vs. Molloy College
Brookville, N.Y.
Saturday, March 3

East Coast Conference
Semifinals
TBD

Sunday, March 4
East Coast Conference Finals
TBD

Women's Basketball

Saturday, March 3
East Coast Conference
Semifinals
TBD
Rochester, NY

Sunday, March 4
East Coast Conference Finals
TBD
Rochester, NY

Women's Lacrosse

Wednesday, Feb. 28 @ 3 p.m.
Vs. Bentley University
Brookville, NY

Saturday, March 3 @ 12 p.m.
Vs. Roberts Wesleyan College
Rochester, NY

Wednesday, March 7 @ 6 p.m.
Vs. Pace University
New York, NY

Men's Lacrosse

Saturday, March 3 @ 1:00 p.m.
Vs. Pace University
Pleasantville, NY



Women's Lacrosse Wins Season Opener



NICK TANGORRA

JADA BUTLER, MICHAEL DOMAGALA, GRIFFIN WARD
NEWS EDITOR, ASSISTANT
SPORTS EDITOR &
CONTRIBUTING WRITER

The women's lacrosse team had a successful start to the spring season after defeating Southern New Hampshire University (SNHU), 16-7, at their home game on Saturday, Feb. 24. Sophomore midfielders, Paige Sherlock and Brianna Feldman scored four goals apiece to bring the Pioneers home.

Jill LoManto, sophomore attacker, led all players with seven points, all by assists. Olivia Kirk, senior goalkeeper, made 16 saves on 23 shots on goal. Trish Brisotti, junior midfielder, added three goals of her own, along with two goals from Alyssa Mallery, sophomore midfielder.

"We motivated and pushed each other throughout the whole game," Brianna Feldman, sophomore midfielder, said. "The overall chemistry of the offense and defense came together to help us play as a unit."

The Pioneers scored four straight goals in the opening 10:00 leading 4-0. A goal from SNHU made it 4-1, before another four goal surge from the Pioneers. The halftime score was 9-3, and in the second half, the Pioneers closed the game on a 7-4 run for the win.

The women's lacrosse team

is facing some changes this season. "We've been doing a lot of prep work, working a lot on fundamentals and concepts, change our mentality approaching the game," Meghan McNamara, head coach, said.

Two rule changes began for the 2018 season: free movement, which allows the players to move on the field freely like a majority of sports, and the addition of the possession clock for Divisions II and III, which Division I had for the 2017 season.

"It creates a very upbeat, uptempo game. It's back and forth, the way the game should be played. Adding the free movement on top of that - it's never-ending and it's great," McNamara said. "It puts a lot of honesty on the players to understand what the situations are, how to control the tempo. It's changed a lot but it brought back the love of the game and the speed of the game that we enjoy to play," she said.

McNamara laid out some short-term goals for the team to improve on this season. "We know we are going to be faced with a lot of adversity, different situations, getting comfortable with the rule changes and finding ourselves. We obviously want to compete, we want to do well and we want to put ourselves in a position to compete in the ECC championship."

The Pioneers return to action on Wednesday, Feb. 28 when they host Bentley University at 3:00 p.m.

Results

Baseball

Thursday, Feb. 22 vs. Merrimack College
Win 3-2

Friday, Feb. 23 vs. Wilmington University
Loss 8-3 Game one
Vs. Stonehill College
Loss 9-8 Game two
Saturday, Feb. 24 vs. Southern New Hampshire University
Loss 9-8

Sunday, Feb. 25 vs. Franklin Pierce University
Win 20-16

Women's Basketball

Friday, Feb. 23 vs. Daemen College
Win 74-61
Sunday, Feb. 25 vs. Roberts Wesleyan College
Win 70-62

Men's Basketball

Friday, Feb. 23 vs. Daemen College
Loss 61-68
Sunday, Feb. 25 vs. Roberts Wesleyan College
Win 86-80

Men's & Women's Indoor Track

Friday, Feb. 23 at ECC
Women's 3 place
Men's 4 place

Wrestling

Saturday, Feb. 24 at NCAA Super Region I Championships
7 of 15

Women's Bowling

Saturday, Feb 24 at Molloy Invitational
7 place
Sunday, Feb 25 at Molloy Invitational
7 place

Women's Lacrosse

Saturday, Feb 24 vs. Southern New Hampshire University
Win 16-7

Men's Lacrosse

Saturday, Feb. 24 vs. Adelphi University
Win 9-8