

THE PIONEER

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September 19, 2018

Weather Report



Wed., Sept. 19
High 74° Low 62°



Thurs., Sept. 20
High 72° Low 63°



Fri., Sept. 21st
High 77° Low 67°

SGA Fall Agenda

BY JACK GEORGIS

NEWSLETTER EDITOR

The Student Government Association (SGA) is preparing their plans for the fall semester.

Erica Ferrara, a senior geology and environmental sustainability major, is the Vice President of the SGA. She said that SGA serves as a way of giving students a voice when interacting with the school's administration.

“[SGA is] a council of students, [including] both undergraduate and graduate students. We essentially represent the student body when advocating to the administration,” Ferrara said.

SGA has an agenda set for the semester, and each individual officer has a set of goals they would like to accomplish during their term.

“My plans this year is to work with student organizations and support them through collaboration. I want to work with them to strengthen their member base and programming events,” Ferrara said of her own goals. “I act as a resource for

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National Anthem: Where Does Post Stand (or Kneel)



IDA YNNERLAGERQVIST

Flag pole outside Pratt Recreation Center

BY CHARLOTTE GELFAND

STAFF WRITER

Nike's latest ad campaign featuring ex-NFL quarterback Colin Kaepernick has reignited the debate on football players protesting during the national anthem. The issue, on both the professional and collegiate levels, raises questions concerning an athlete's right to stand up for what they believe in versus the obligation they hold to the organization under which they play.

The movement, which began with Kaepernick in 2016, sparked a divide across the nation: some people view the acts as disrespectful and unpatriotic, while others empathize with players and their right to exercise the First Amendment. A third party simply wants to enjoy the game and keep football and

politics separate. One thing to be agreed on is that it is a tough issue on both a systematic and social level.

In May, the NFL issued a new rule prior to the 2018 season, which states that all players must stand for the national anthem, but gives them the option of returning to the locker room if they decide not to.

This issue is not limited to the NFL though. Some college football programs, such as Michigan and Michigan State, have encountered similar protests to the anthem by their players, with some sitting in prayer or raising their fists during the “Star-Spangled Banner.” This creates a new challenge for colleges to navigate.

Currently, the NCAA has no specific rules in place to regulate any player protests, leaving the matter in the hands

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LIU Gets Served

BY JADA BUTLER & JEREMY KRAMER

EDITOR-IN-CHIEF, STAFF WRITER

Mercy College filed a lawsuit in the Westchester Supreme Court against Long Island University and Edward Weis, LIU's new Vice President of Academic Affairs, on August 13.

In the complaint, Mercy College claims that Weis and LIU committed a “breach of the duty of loyalty, breach of the duty of good faith and fair dealing, tortious interference with contract, misappropriation of confidential

and proprietary information, unfair competition and injunctive relief,” resulting in damages of \$700,000 to Mercy College in scholarship money and other expenses. Weis and LIU have denied the allegations in the lawsuit.

LIU's president Kimberly Cline was president of Mercy College from 2008 to 2013, prior to joining LIU in July 2013.

Weis, who left Mercy in May and joined LIU in June, is accused in the

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Philosophical Minds



ANAND VENIGALLA

BY ANAND VENIGALLA

FEATURES EDITOR

Dr. Shawn Welnak, assistant professor of philosophy, has recently returned from a year-long sabbatical. During the 2017-2018 academic

year, he explored modernity through the eyes of the ancient Greeks in New Orleans, Louisiana. He wanted to translate Homer's poetry, and aims to write a book on Homer and the creation of the Western mind.

This semester, Welnak continues to ponder similar matters. Many events worldwide concerning social figures such as President Donald Trump or Hungarian Prime Minister Viktor Orban create diversity in what people today consider to be modernity. In order to find

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Freshman Feature: Imoniri Aghomon



From the nursing field to the track field, look out for this Post freshman. pg 6

The Next Step: Katherine Keaney



This senior theatre production major is one of the faces behind the many PTC shows. pg 8

Health: Controversial Colors



Food dyes are found in many popular snacks people consume everyday. pg 12

Women's Rugby, Stronger than Before



Last year, they made history as LIU's first women's rugby team. pg 16

Snapshot: Students During Common Hour

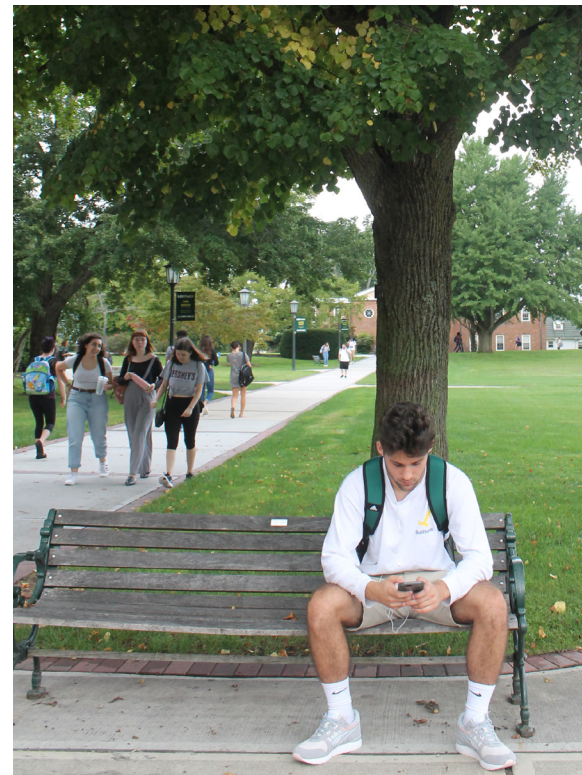
PHOTOS BY IDA YNNERLAGERQVIST



Students walking in Hillwood



Nicholas Bentivenga, freshman accounting major, reading during common hour



Brody Leinson, freshman chemistry major sitting under a tree



Alice Schonfeldt, senior psychology major studying in the library



(L-R) Freshmen Anton Ocampo, digital arts & design major and Amanda Hjelle, public relations major sitting downstairs in the library



(L-R) Freshmen Nick Del Orfano, graphic design major and Victor Zhao, digital game design major eating on the Hillwood rooftop



(L-R) Freshmen on their way to Hillwood, musical theater major, Danielle Zambuto and merchandising majors, Britney DePasquale & Mackenzie Daly

Upcoming Events

COMPILED BY ANGELIQUE D’ALESSANDRO
NEWS EDITOR, ONLIN EDITOR

Wednesday, September 19

WCWP Sports Trivia Night, 7 p.m.
Hosted in the End zone, entrance fee is \$5. Food and drink will be provided.

Solo: A Star Wars Movie, 9 p.m.
Screening in the Gold Coast Cinema in Hillwood Commons. The event is sponsored by Student Activities Board.

Thursday, September 20

Alpha Xi Delta Blue Balloon Toss, 5 p.m.
AXiD is hosting their third annual Blue Balloon Toss for Autism Speaks. Located on Riggs Lawn, participation fee is \$5 per teams of two.

Convocation, 12 p.m.
The class of 2022 celebrates the beginning of the academic journey at LIU Post. All students must bring their LIU ID for attendance. Located in the Krasnoff Theater in Hillwood Commons.

Paint-a-Turtle, 12:30 p.m.
Hosted by Delta Zeta, pay to throw paint on the sisters of Delta Zeta.

Screening of “Intelligent Lives,” 11:30 a.m. to 2:30 p.m.
Located in the Krasnoff Theater in Hillwood Commons. A panel discussion with producer Dan Habib will follow the screening. Admission is free, but tickets must be reserved in advance.

Friday, September 21

Creative Aging Mini-Symposium, 11 a.m.
A mini-symposium designed for individuals with Parkinson’s or limited mobility issues, presented in partnership with the Mark Morris Dance Group’s internationally-acclaimed Dance for PD® program. The event will be held in the Goldsmith Atrium at the Tilles Center. More info on page 11.

Saturday, September 22

Kung Fu Class, 2 p.m.
Students can learn hand to hand combat skills and practical self defense techniques with the LIU Post Kung Fu Club. The club meets from 2 p.m. to 5 p.m. in the multipurpose room at the Pratt Recreation Center.

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Great Lawn Festival Beats the Rain



The band "Easy Street" playing in Hillwood Commons during the Great Lawn Festival

ANGELIQUE D'ALESSANDRO

BY SAMANTHA SAMANT

The third annual Great Lawn Festival took place inside Hillwood Commons on Wednesday, Sept. 12, and was organized and run by the Student Activities Board.

The event, which was originally scheduled to be held outdoors but was moved inside due to rain, included a live band, funnel cake station, cotton candy, and various activity stations

that allowed students to take home a street sign or colorful wax hand mold.

Austin Burroughs, a sophomore psychology major, said his favorite part of the festival was the band. "I would like to see more music-related events on campus," he said.

Sarah Wong, a sophomore journalism major, enjoyed seeing Student Government Association (SGA) representatives encouraging people to become members. "I would like to

see more of the clubs out on the floor during major events interacting with people," she said. She felt the event could have been longer, as some students couldn't attend because it was only during common hour.

The best part of the Great Lawn festival for Tom Stafford, a junior criminal science major, was having the popcorn and cotton candy stations, which he described as "genius" additions to the festival. However,

he wished there were rain dates for the outdoor events. "I would like to see future events with arcade-themed activities, such as skee-ball and video games," he added.

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Erica Ferrara, SGA Vice President

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them when they have any questions about the new 5 star accreditation program.”

The “5 star accreditation” is a set of criteria that a club or organization must complete to obtain a ‘5 star rating,’ or the best possible rating on campus. Also referred to as “Raising Expectations,” the rubric for reaching this status was updated in August of 2018.

Ferrara also discussed her goal of giving the entire university a voice through an anonymous comment form.

“I want students to have a voice, and for them to use that voice to stimulate positive change for this university,” she explained. “To do that, I am working on creat-

SGA’s Fall Agenda

ing an anonymous comment form where students can submit any concerns they have and our new council can address these concerns accordingly.”

The anonymous comment form is meant to allow students that may not feel comfortable with putting themselves out there publicly to have their concerns addressed.

Ferrara discussed the goals of the executive board as a whole. “This year, we as an e-board, and a council want to continue supporting students and give them the best possible experience they can have here at LIU. We would like to continue working through our committees to improve Academics, Public Safety, Facilities, and Student Engagement.”

Each of these areas are a part of LIU that has a specific focus on campus and interacts with students very frequently.

“We would like to continue to work on side door access from 7-7, improve student-administration relations, and create an even stronger SGA council that will be able to work with more students to create a better LIU,” Ferrara noted.

Last semester Public Safety experimented with allowing side door access to Brookville hall from 7 p.m. to 11 p.m., as side door access was blocked after 7 p.m. previously for all halls. This concern had been brought to SGA last semester, and they began working to expand side door access.

While the SGA officers have already been chosen, there is still a chance to get involved this semester.

“Our fall application to apply for SGA will be out shortly and everyone will get an email at their LIU emails about it. We are very excited to welcome new senators and a new class president for our freshman class. I encourage everyone who is passionate about making change on this campus to apply,” Ferrara said.

SGA elections applications for the fall are now open and will be accepted no later than 5 p.m. on Monday, Sept. 24.

Libraries in the Tech Age

BY JOSIE RERECICH
STAFF WRITER

Public libraries are an essential part of society, even in the advanced technological age. Though in-person library use has gone down, a 2016 survey from the Pew Research Center shows only a slight decline. According to the survey, the highest percentage of public library visitors happened to be millennials.

Thomas D. Walker, dean of the Palmer School of Library and Information Science, is not surprised that 18 to 35-year-olds make up 53 percent of public library visitors. “They’re in a position where they are relatively young and they’re exploring life,” Walker said. “Libraries have been associated with those things for decades.”

One cannot talk about public libraries today without mentioning technology. With electronic reading devices and movie streaming services, it almost seems like libraries will become obsolete in the near future.

Dr. Panos Mourdoukoutas, chairperson of the economics department, recently argued on Forbes.com in an editorial on July 21, 2018, that Amazon Books should replace public libraries. This, he wrote, would help save taxpayer dollars. The editorial, which has since been taken down from the website, caused uproar. “I don’t think I’ve seen anything that got folks so riled up as that,” said David Jank, a professor of Library Science.

Meghan Collins, a second year Library Science student, believes that all kinds of technology have a place in public libraries. “I think there should be more technology in the libraries,” said Collins. “I’ve seen 3D printers in libraries, and there should be classes with different types of technology.”

When it comes to getting people to continue using public libraries, it is up to patrons to spread the word. “It’s like any word of mouth advertising,” said Jank. “If I get something at a library, I’ll tell my family and my friends. I love when I’m at a restaurant or at a store and I overhear someone say, ‘Oh, you’ll never guess what I saw at the library.’”

Librarians also have an important task at publicity. “Librarians should keep doing what they’re doing,” said Walker. “They’re doing a spectacular job at engaging communities. They work on this around the clock. Not just the reading needs, but educational needs, cultural needs, and community needs of their populations. They analyze and reanalyze the communities in which they establish themselves in.”

When asked what she enjoys most about public libraries, Collins couldn’t decide on just one aspect. “There’s so many great things about it,” she said. “The books, the movies. You can take classes, you can have help finding something. Everyone is just so friendly there.”

One thing that people seem to agree on is that the public libraries aren’t going anywhere anytime soon. “They are very strong,” said Walker. “They receive a huge amount of community support.”

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Philosophical Minds

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new ways to understand the world, he turned to Homer and the ancient Greeks.

“My thought was that by turning to the beginning, which also may be accidentally the pinnacle and high point of civilization, I could reexamine that beginning in the hope of finding some way forward, a new way of conceiving politics,” Welnak explained. He finds the ultimate division to be between human excellence and equality, and he believes the Greeks found a balance between the two. “[I want] to find a new way forward by reconceiving the past, or looking at aspects that were not visible to scholars until now,” he added.

“I’ve come to see [the West] as a civilization that, more than any other, has accomplished what Homer calls ‘great deeds,’” Welnak said. He believes in the importance of having a sense of wonder. “Wonder arises in the human soul from perplexity; it is the opposite of the mind of an ideologue who thinks he possesses knowledge.”

Welnak believes his sabbatical has made him wiser. “The last two years made visible things that were invisible to me,” he said. “I’ve been able to take seriously and think through things I couldn’t previously think through with sufficient seriousness.”

Philosophy and politics, according to Welnak, are incompatible. “Custom rules political life,” he explained. “The ground of political life is unexamined common opinion, and the ground of

LIU Gets Served

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complaint of using his connections while he was dean of the Mercy College School of Business to forward information to promising first-year students of Mercy College and students involved in Mercy’s summer program to encourage them to attend LIU Post instead.

“This lawsuit is without merit, and we will address the facts in court,” Jon Schneider, who was LIU’s director of public relations until August and now works as an outside spokesman for LIU, said in an email. Schneider responded to inquiries on behalf of Weis, Cline and university counsel, Michael Best. Best, Weis and Cline did not directly respond to the Pioneer’s inquiries about the lawsuit.

“While we will not litigate the case in the media, we can say that LIU is very proud that our business school is ranked by the Princeton Review as one of the region’s top business schools and is one of just five percent of schools in the nation accredited by the Association to Advance Collegiate Schools of Business. With world-class faculty and experiential learning opportunities, we have very high demand from top students throughout our region and the country,” Schneider said.

Schneider added that the university does not expect that this litigation will have any impact on LIU students or faculty.

Mercy College compiles information

about prospective students, including SAT scores and high school GPA on a spreadsheet which is used to extend offers of admission to students. Mercy claims in the lawsuit that Weis emailed this spreadsheet to his private email address and contacted those students about attending LIU.

In the complaint, Mercy College alleges that this summer, Chuck Garcia, formerly a professor in Mercy’s Business Honors program, and presently at LIU, “directly solicited two of the registered students on the High SAT list by texting them on their personal cell phones and offering them more scholarship money to attend LIU...” Mercy claims that Garcia would not have access to confidential information without disclosure by Weis. Garcia did not respond to the Pioneer’s inquiries.

As of May 1, 42 students were registered and accepted into Mercy’s Business Honors program. In the suit, Mercy said by July 20, nine students notified the university of their switch to Long Island University.

According to Mercy, a single student not enrolled in the University costs around \$32,252. This sum includes tuition, registration, board and meal plans per year. Mercy claims that the loss of these students has extra weight as they were not just part of the Honors College, but also had stellar SAT scores and academic records.

FEATURES

From Nursing Field to Track Field, This Freshman Has High Hopes



Imoniri Aghomon

BY MICHAEL AMPOFO

STAFF WRITER

A new school year means fresh faces. Freshmen transitioning from highschool to college are adjusting to new responsibilities and changes, but the class of 2022 are here and ready to make their mark on Post.

Imoniri Aghomon is beginning the year

undecided, but she is positive about starting her first semester.

It’s her first time away from her hometown, Bay Shore, yet she is optimistic about the opportunities ahead. “It’s refreshing, [there is] so much to do on campus, lots of stuff to get me involved. The teachers give so much support, they want you succeed rather than fail and want you to communicate - the faculty [are] beyond what I could’ve expected,” she said.

Though undecided, Aghomon is considering a major in nursing, influenced by stories from when her mother was in nursing. She also heard rumors of incompetence with some health professionals, so through nursing she hopes to “make a change and give the health profession a new face.”

As an athlete coming from Bay Shore High School, Aghomon has acquired and brought with her extensive athletic awards. With the titles of All Country Shot Put, Weight Throw & Discus thrower in both 2018 seasons, All Long Island Weight Thrower, as well as All State No.1 and No.5 in Discus and Weight Throw respectively, Aghomon is eagerly waiting to start her freshman year of track and field. Despite

her accolades she holds education as a high priority, and she intends to keep a healthy balance between school, sports and friends while representing The Pioneers in the best way possible.

Aghomon’s adjustment to the social side of college is going smoothly. “Just from the few days of classes I noticed that the students are really relaxed, we all got to really know about each others strengths and weakness. We are all willing to help each other,” she said.

Aghomon lives on campus and gets along well with her roommate Margrett, who she met early in June. “Things have to be done before and after moving,” she said. Planning who is getting what and when is important for the move-in process to be quick and easy. She and her roommate had to completely rearrange their dorm room to make the most out of the space they had.

With new experiences ahead and a re-ignited passion to achieve more, Aghomon is aiming to break barriers both academically and competitively. From the nursing field to the track field, be sure to look out for the Bay Shore High School graduate, now LIU Post freshman, Imoniri Aghomon.

BY ANAND VENIGALLA

FEATURES EDITOR

Students Share Semester Goals

Summer is over and students have returned to campus to begin a new semester. Their return is a time to reflect on both their past accomplishments and future goals for achievement and success.



PROVIDED BY JULIA MCCLOE

Julia McCloe, a sophomore musical theater major, has substantial goals in mind. “One of my goals is to get more involved in the Pioneer community. I want to explore all of the various opportunities available to me at Post,” McCloe said. “I also want to find a way to make student voices heard more clearly when it comes to what goes on at LIU. I sometimes feel as though student opinions aren’t considered when big decisions are made at the University, and I’d like to open up an easier way to communicate with faculty. I’m striving to get higher grades than I did last semester as well.”



ANAND VENIGALLA

Lennon Ashton, a sophomore music education major, has high hopes. “I’m really looking forward to coming back to Post. LIU Post is a great school with great vibes, amazing students, wonderful faculty, and it’s a place where you really get the most out of your education. For me personally, I’m looking forward to teach music in the future and this place is getting me so much closer to my dream job, and I think this is going to be a successful school year for all of us,” Ashton declared.



ANAND VENIGALLA

Michaela Fox, a junior musical theater major, intends to explore more of her passions. “I’m really excited for this year ahead. I know junior year is really challenging and it pushes people and I’m ready for the challenge; my main goal is to entirely delve myself into my work, [and] to have more fun than I had in the past. My first two years were this adjustment period and getting used to school, and this year I’m into this groove, I’m into this pattern, and I’m ready to stick with it and keep going and have my method and have my pattern and make it work for me.”



ANAND VENIGALLA

Juliana Caputo, a junior adolescent education major with a concentration in English, is also hopeful for this semester. “I realize it went so fast and it kind of just hit me when I became a junior, so I’m really looking forward to getting more involved on campus. There’s a couple of clubs I’m hoping to join, and I’m really enjoying my classes this semester. So it’s exciting being back,” Caputo mentioned.



IDA YNNERLAGERQVIST

Matt Goldstein, a senior criminal justice major, says he also wants to be more involved on campus this year. “Right now I’m Vice President of Be the Change, so that means I’ll have a bigger role promoting the club, making sure more people go to events, and making this club bigger and better. And also [I want to] make sure [that I] go to a lots of sports games, that athletes can come in [to the club] and more fraternities and sororities, and more collaborations with them for events.”



ANAND VENIGALLA

Amanda Jean-Louis, a senior music major, expressed her hopes to meet the challenges that senior year will pose. “Classes are a lot more demanding than usual, as is to be expected, but I will be attacking it with every fiber of my being and I am also going to be really balancing that with a social life and doing exactly what I did before.”

The Next Step: Katherine Keaney



Katherine Keaney

BY KARIS FULLER

ARTS & ENTERTAINMENT EDITOR

The Department of Theater, Dance & Arts Management is far more than just the individuals acting on stage. There's a whole other world behind the curtains, filled with late nights and fueled by coffee. Senior theatre production major with a focus in stage management, Katherine Keaney has certainly established herself as one of the faces behind the many PTC shows.

Keaney has been through ups and downs as a member of PTC. Starting at LIU Post as a musical theatre major, Keaney knew that her love for the theatre was for more than just the act of performing, which resulted in her chang-

ing her major fall 2016. "I realized I never loved performing; it's [just] all I knew. At the end of the day I've always loved theater as a whole. And the process of taking words on the page and making them mean something," Keaney said. She had not heard of LIU Post before 2014; all Keaney knew was that she wanted to be close to the Big Apple. "Post seemed like a very welcoming campus, bright, with a very strong theatre program, with a close approximation to New York City, Keaney said. "But also good vibes!"

Like other prospective students, the Boston native attended auditions in the fall of 2014 with Unified in NYC. "My mother was a college counselor, so she insisted I look at the school despite me not wanting to because I hadn't heard of it before," she said. "We were in the neighborhood because I was looking at Hofstra, which is a renowned program, and I fell in love the campus immediately." Keaney's connection with the other prospective students and professors like Dave Hugo made her decision an easy one. "He (Hugo) influences students, he sets a really strong influence and passion for their students and about LIU Post that is undeniable," Keaney said.

Spending her last summer working for online last minute ticket app TodayTix, Keaney was absorbed in the Broadway lights and met many of her stage idols. "I did run into a lot of the LIU Post theatre faculty, and like the entire athletic department," she said.

Senior year has much to offer for Keaney. "It's really now about honing my craft and getting confident and comfortable in the decisions

you made. It's really the year of taking all oeuvre learnt[?] and just letting yourself settle and grow, and prepare for the next step," Keaney said. After graduation, Keaney hopes to travel. "In the long run I want to be a part of art, that includes culture and cultivates what it means to be human, what it means to learn about other places," Keaney said. "I want to tour, I want to be a part of touring companies rather than settling in New York City." This semester, Keaney will be stage managing the main stage production of Ellen McLaughlin's "Iphigenia and Other Daughters."

Sophomore Emily Shoup has worked with Keaney since fall 2017. "She has the most amazing imagination and somehow makes the most boring tasks seem so much fun," Shoup said.

Keaney speaks highly of her past three years. "The professors really put their all into the students so you develop some really close individual relationships," Keaney said. "The professors in the tech classes are always talking about past students, and then they'll meet up with each other, even students that have graduated a decade ago."

In terms of advice for new students joining PTC, Keaney wishes she had more confidence from the beginning. "Don't let anyone else define you, just make your own choices and do them for you and you'll find your way. Don't stop working and don't lose sight of the passion, because at the end of the day you're going to be okay."

Editor's note: This series follows the returning members of the Post Theatre Company.

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Wake Up and Smell the Artwork

BY JOSIE RERECICH
STAFF WRITER

The S.A.L. Gallery unveiled their first exhibition of the year entitled, “Wake Up.” The formal reception was held on Wednesday, Sept. 12, and consisted of artwork by five masters in fine arts (MFA) students. Each student chose a current issue that people need to be aware of as their source of inspiration.

Jessica Hart, a first year MFA student, focused on animal abuse and the killing of endangered animals with her artwork. Inspired by her love for animals Hart used soft pastels and charcoal to draw her two displayed pieces. Hart, who is also an art teacher, hopes that by looking at her drawings people will realize the brutality of animal abuse.

Kathleen Celestin-Parks, a second year MFA student, focused on women’s rights and issues with her artwork. She was inspired by various news stories about topics such as the “Me Too” movement. Celestin-Parks, who is also an art teacher, hopes that by looking at her printmaking artwork, people will realize that someday they might wake up and find that their rights are gone.

Danielle Savarese, a second year MFA student and elementary

school teacher, focused on pollution of the earth and oceans as the concept behind her pieces. Inspired by her passion for the ocean and the time she met sea turtles while snorkeling, Savarese hopes that by looking at her paintings people will become more aware of the pollution and the dangers animals face in the polluting world.

Second year MFA student Sharon Papp focused on the environment and humans’ wasteful ways with her artwork. Inspired by the plastic vortexes in each of the Earth’s oceans, Papp used mixed media, mostly utilizing plastic bags she found on the beach. Papp, a special education art teacher in Queens, hopes that by looking at her artwork people will feel a sense of urgency to do something about the planet’s garbage crisis.

Additionally, Farina Bayat’s work was also on display. Her use of calligraphy and India ink gave her drawings a delicate touch.

Those who attended the reception were completely absorbed in the artwork. The room was quiet, but everyone’s thoughts were loud enough to spark a feeling of change within their hearts.



JOSIE RERECICH

Danielle Savarese with “Six out of Seven”



JOSIE RERECICH

Kathleen Celestin-Parks with “No More Wire Hangars”



JOSIE RERECICH

Jessica Hart with “Beaten”



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Songbirds Find Home at Post

BY MELISSA PONTON

ASSISTANT ARTS & ENTERTAINMENT, COPY EDITOR

This past week the Post Music Department welcomed a brand new ensemble to its' extensive repertoire, an all Women's Choir. Led by Dr. Jennifer Scott Miceli this is the first Women's Choir that Post has been known to have. But what exactly is a Women's Choir? "It is the coming together of women singers of all ages to nurture and support one another through music," describes Miceli, "[The] Women's Choir will grow the musicianship of each of its' members and provide an opportunity for expression through song."

Last spring Dr. Mark Shapiro, the director of Choral Activities, approached Miceli about the creation of the new ensemble due to the recent recruitment of women singers. It seemed like an obvious way to showcase these women's talents and allow other students, regardless of major, to partake in the team building and creative experience.

Miceli serves as the conductor for the ensemble, and is assisted by graduate student and choir member Courtney Sack, additionally Christine Doré serves as the accompanist. However, teaching the music is a joint effort that all three take part in.

Sixteen women attended the first rehearsal, and the group is now up to 21 members. The group currently hosts two alumni, six non-music majors, 10 undergraduate music majors,

and three graduate music majors. The choir is organized into soprano I, soprano II, alto I, and alto II in order to be capable of singing challenging, multi-part repertoire.

"[The] Women's Choir will be performing a variety of music including contemporary, classical, a capella, jazz, pop, and more" mentions Miceli. This fall the group will be performing Randall Thompson's Alleluia, Charles Baker's arrangement of Three Hanukkah Songs, Karen Beth's arrangement of Touching, Ain't No Grave Can Hold My Body Down by Caldwell and Ivory, and Aretha Franklin's Chain of Fools as tribute to the late, great singer.

"I love the fresh sound this ensemble has. It is a group of 21 women who have never concertized together, and we are just loving every second of making music and finding our sound!" exclaims Sack, "I would love for this group to become a staple at LIU. I am graduating in May, so it would nice to come back and see the progress and amazing music this group will be making in the future! I am also excited to get to conduct these wonderful women in performance this semester!"

According to Miceli the group has already demonstrated tremendous potential and she has a particular interest in providing the members leadership roles within the choir. "Music students, and in particular music education students, are encouraged to direct choral warm-up exercises in each rehearsal," she said.

Miceli finds the conducting process to be "fun, rigorous, expressive, terrifying, and so very gratifying."

With performances already on the horizon, the Women's Choir is ready to display its' talents and high performance calibre. They will be performing with the Long Island Sound Vocal Jazz in the new Krasnoff Theatre (previously Hillwood Concert Hall) on Saturday, November 17th at 8 p.m. In addition, the group will collaborate with the Huntington Choral Society at Huntington High School on Saturday, December 8th at 8 p.m.

Miceli and Sack are elated by the potential and positive response the group has had. "I am so happy with all the buzz this choir is receiving. I am so glad so many women saw our flyers and wanted to join us in song!" Sack commented. "I was extremely impressed by all of the women who came out. We had several non-music majors, and they are very musical, and just love to sing!"

Students interested in joining the Women's Choir have until the end of the Add/Drop period (Sept. 18) to join. Rehearsals are every Wednesday from 5-7:30 p.m. in the Music Rehearsal Building. If unable to join this semester individuals are more than welcome to contact Miceli and Sack about joining in the spring semester. Contact them at Jennifer.Miceli@liu.edu and Courtney.Sack@my.liu.edu.

Creative Aging Mini-Symposium



AMBER STAR MERKENS

BY MYLES GOLDMAN

STAFF WRITER

If you know somebody with Parkinson's Disease (PD) or would like to spread the word about a good cause, on Sept. 21, the Tilles Center will host the Creative Aging Mini-Symposium for people of with mobility disabilities.

The Tilles Center does more than house live performances, is accessible and friendly to various audiences, which Stephanie Turner, director of education and outreach at the Tilles Center, said.

"One of our initiatives here is to provide

for what we call the 'underserved audience,'" Turner said. "What we are recognizing is that there are more adult citizens that have limited mobility as well as health related issues such as Parkinson's." PD is a neurodegenerative disorder that affects brain cells that produce dopamine. Side effects include muscle spasms, speech impediments and fatigue.

The Tilles Center has partnered up with the Mark Morris Dance for PD program for the first time to provide a fun way of treatment for the attendees, according to Turner.

"Research has shown that people with Parkinson's that a very effective treatment is to stay active and make sure that you have that

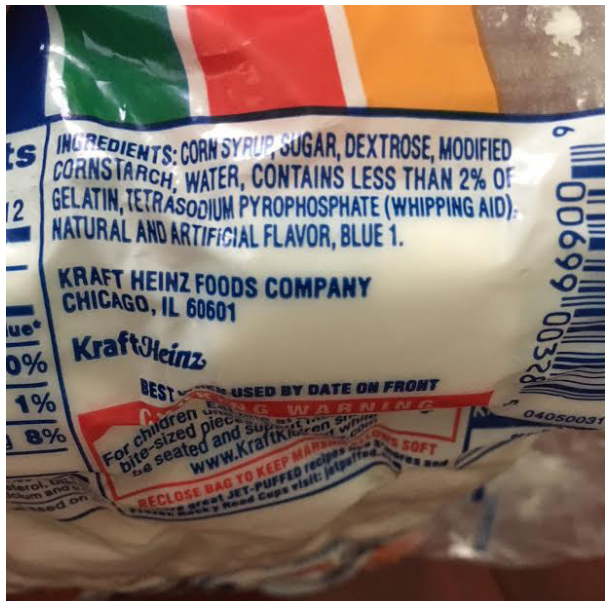
mind body connection," she said.

Admission is free due to a sponsorship from Dance Party For Parkinson's, a non-profit organization that helps raise money for Parkinson's research.

The Creative Aging Mini-Symposium will consist of a dance class, luncheon, a screening of the documentary, "Capturing Grace" and a Q&A featuring the Dance for PD program director, David Leventhal, who will also be teaching the dance class.

For more information on the charities, visit dancepartyforparkinsons.org, markmorrisdancegroup.org and danceforparkinsons.org.

Controversial Colors in Your Food



Blue 1 found in marshmallows

ALECIA SEXTON

BY ALECIA SEXTON

LAYOUT MANAGER

Not many of us are accustomed to reading food labels before we indulge in a bag of Sour Patch Kids or a cup of yogurt, and many people are uninterested in the ingredients in a McDonald's strawberry milkshake. However, these snacks, among many other popular items in stores and at restaurants, contain a common additive that is so controversial that it's banned in other countries such as the U.K.; food dyes.

Odds are that if you read the ingredient list of any food item that has any coloring, you'll find the names Red 40, Yellow 5, Blue 2, and other simple colors. They're seemingly simple but in actuality these colors are cooked up in a laboratory, made up of many hard-to-pronounce chemicals. The Food and Drug Administration (FDA) has deemed these chemicals "safe to consume in small amounts."

But just how small is small? This guideline is hard to grasp and even harder to measure since the actual amount of dye in each food product is unknown, as is the amount of dye ingested by an individual each day. Since dyes are often found in more than one consumed product, it can be almost impossible to tell.

Studies performed by the British government that have been published on the National Center for Biotechnology Information website confirm that some studies performed by the FDA regarding food dyes have been found to be inaccurate, since they're often done on lab rats and are terminated before the animals have the physiological ability to develop disease or illness. The typical length of a funded study is two rat years which equates to about sixty five human years. Many criticize this because unless rats are administered the proportionally appropriate amount of dyes that the average person would consume in sixty five years, it cannot be deemed accurate.

Food dyes have gained a negative popular opinion based on several small scaled human studies. Dr. Warner Beteman, a member of the British government, and allergists from San Francisco, California have performed studies concluding that the artificial dyes Red 40 and Yellow 5 cause hyperactivity and exhibit genotoxic effects on chromosomes.

Genotoxicity is when chemicals exert a mutational effect on the chromosomes of certain genetically predisposed individuals. The mutational effects observed in studies include the development of cancerous and non cancerous tumors, as well as altered nervous system development and function.

Developing children are the demographic with the greatest exposure to artificial dyes. Since early childhood is the stage of life when

the most important growth and development is occurring, it would seem that this would be the most apparent time to steer clear of food dyes. It's been concluded in a 2004 European study that cocktails of dyes in products actually have the ability to create synergistic effects, meaning that when blended, negative physiological processes are actually accelerated. Also concluded is the fact that children with ADHD benefited in 73 percent of cases from eliminating artificial colorings, experiencing improved symptoms and decreased need for medication.

While other countries are either required to label products that contain dyes or have eliminated them completely, the U.S. still backs up the claim that dyes aren't an issue since they're only "present in negligible amounts."

According to the Center for Science in the Public Interest, major companies and manufacturers such as McDonalds, Mars, Pepsi and Kraft in other countries have switched to natural dyes and food colorings from vegetables. In the U.K., orange soda is actually colored with carrot and pumpkin extracts rather than a cocktail of yellow and red chemicals.

While more research and concrete studies are necessary in the field of food colorings, it can't hurt to read food labels and try and control the amount of colorings consumed. You may be surprised to find that the pickles, ice cream, salmon and the salad dressing in your shopping cart are full of a rainbow of controversial colors.

Editor's Note: The Pioneer is not responsible for giving medical advice. Please refer to a medical professional for serious concerns regarding personal health.



Food dyes are found in many popular snacks people consume everyday

ALECIA SEXTON

Capable of Happiness: Enjoy the Journey



BY GILLIAN PIETROWSKI

COLUMNS EDITOR

Everything happens for a reason. The good and the bad all come together to lead us to where we are meant to be, but sometimes we get stuck in the bad moments and don't under-

stand why good things can't always come our way.

I am guilty of getting too caught up with why certain things don't go as planned. I get upset and want to give up on my goals, but I am working on being patient and making lessons out of my mistakes.

We are all on a separate journey to achieve the best life possible for ourselves, but obstacles get in our way and cause us to lose the motivation and happiness we need to get there.

It can happen to anyone; your grades could be failing and it can cause you to question if this is worth it, or one bad game in whatever sport you play makes you feel like giving up. As scary as it seems, in order to get to where we

want to be, we have to face these challenges instead of dwelling on them. In the end, the hardships we overcome make us stronger and make reaching our goals that much more glorious.

A new way to approach those obstacles is to embrace them and learn from them. Not everything is going to be easy to achieve, but when we take the time to teach ourselves how to approach our goals differently after a loss it helps to improve ourselves. No matter the set back, you need to keep your mind positive through your journey.

When one door closes, another door opens. It is okay to take a few steps back when hit with an obstacle, but it is never okay to give up without giving it your all.

Is Commuting For You, or Not For You?



A view of the Long Island Expressway during a morning commute

TRAVIS FORTUNAS

BY TRAVIS FORTOUNAS

STAFF WRITER

Campus life is completely different for a commuter than it is for a student dorming on campus.

Commuters spend less time on campus and therefore have to pile classes into two or three days a week, which can be stressful. Resident students are able to scatter their classes throughout the week, making time management and scheduling easier.

While my friends were hard at work trying to decide on the dream colleges, I was figuring out the easiest way to save money for my family, and at the same time get the education I deserved. I knew commuting was going to be one of my biggest challenges when I enrolled here last year. Yet, the people I've met and the friendships I've shared have made commuting from Miller Place in Suffolk County an effortless trip.

Commuting from over an hour away has its downsides. Traffic on the Long Island Expressway every morning makes a cup of coffee and loud music a must. When driving alone, not being able to utilize the HOV lane or have someone else to talk to during the drive can also be challenging.

A long commute minimizes the time spent socializing and studying. Students who dorm can socialize with their roommates and other students in their residence hall. Commuting students may feel that they can only stay for classes, knowing they have to drive far to get back home. However, they can still socialize with their peers in places like Hillwood Commons.

While dorming has its perks, I find my best work is done in my house where distractions are minimal and help is just an email away. Leaving my family for a long period of time is something I wouldn't be able to do. I enjoy the drive and the company I'm greeted

by every day when I arrive on campus. Commuting students can still be outgoing and personable with others on campus. My personality has brought me a long way at this school, and the great friends I've made since last year have impacted my college career forever.

WRITERS WANTED

Is there a topic you love to write about, or would love to explore?

Start a weekly column!

The new columns section is looking for writers to share new perspectives. Share your ideas at our weekly Monday meetings during common hour, or submit your story ideas to liupostpioneer@gmail.com



What books do I need for my classes???

Finding your textbooks is even easier than ever! By following the instructions below, you will be able to find out what course materials are needed for each of your classes with one simple click.

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Step 2: After logging in click on the **MY CENTER** icon

Step 3: Select your **WEEKLY SCHEDULE** view

Step 4: On the **MY CLASS SCHEDULE** page, change the display option from “**WEEKLY CALENDAR VIEW**” to “**LIST VIEW**”

Step 5: Next click on the highlighted link that says “**VIEW BOOKS AT LIU POST STORE**”

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BIO 103 001 FALL 2018 LIU POST

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Penalty Comeback Scores Winning Goal



MYLES GOLDMAN

Emily Miller, senior forward

BY MYLES GOLDMAN

STAFF WRITER

It was a scorcher at the Bethpage Federal Credit Union Stadium on Saturday, Sept. 15 as the Pioneers played against the Adelphi University Panthers for the first time this season.

It was a slow game in both the first and second halves, with the score static at 0-0. It wasn't until the end of the 67th minute when a sharp pass by senior forward, Emily Miller connected to sophomore midfielder Sammy Bell, to put the Pioneers on top 1-0 with less than three minutes left in regulation.

Prior to the combined effort by Bell and Miller, Miller had drawn a penalty for body contact earlier in the half.

"The penalty affected me slightly; I was more heated than anything because it wasn't a call I agreed with, but I knew that when I got back in the game we had to step it up with the few minutes that were left," Miller said.

While it seemed like the Pioneers had sealed the deal by the late goal, the Panthers were given a break by scoring on a penalty shot with over one minute left in regulation.

As the clock dwindled down, there was a brief intermission before overtime, which gave the Pioneers a minute to put together a strategy.

"Before overtime, we all got together and talked about the heart and passion we have. We usually play well in overtime, so we wanted to make sure everyone was composed and confident going into it," Miller commented.

Overtime ended as quickly as it began as Miller scored the game-winning goal just 58 seconds into the period, assisted by freshman forward, Emma Braeckmans to give the Pioneers the win.

The Pioneer's next game is Sunday, Sept. 23 at 11 a.m. at Bethpage Federal Credit Union Stadium against Saint Anselm College.

National Anthem: Where Does Post Stand (or Kneel)

continued from page 1

of each individual college program.

LIU Post does not have any written rules concerning players and the national anthem and has not experienced players kneeling during the anthem, according to Bryan Collins, the head football coach.

"We have the national anthem before kickoff after the coin toss," Collins said. "It's something that's ingrained in us as something we respect and we do, as far as a department, as well as a football program, and I don't think there's been a situation when any of our players have thought anything differently," he added.

Prior to kickoff at each football game, the players and staff stand for the national anthem, a tradition which Collins says is not shown on TV or even during a live stream, making the point that there is not the same stage for a protest as in the NFL, due to lack of coverage and viewership.

"I think it's a different set of circumstances as far as the outreach on a message that you

want to send. This is not the NFL, there aren't millions of people watching. Our attention in the pregame should be towards our game," Collins said.

Greg Powell, sophomore psychology major and quarterback, agrees that the spotlight is much bigger for those in the NFL. "I think it's a very good platform to use it for. It's obviously getting a lot of attention. They should definitely use the platform that they have right now to spread the message and getting people talking," he said.

Despite the NFL and collegiate football being on two separate platforms, Collins insists on the importance of listening to any and all of his players' concerns. He believes in maintaining the notion of comradery.

"I think it's always good to lead the discussion on something that might bother one of the players on the team. If it affects a small group of players on our team then it affects all of us," he said. "Everybody is effected as part of the

team and part of the program, so if somebody has some thoughts or something they want to share with the rest of us, we certainly have that communication."



CHARLOTTE GELFAND

Greg Powell, sophomore quarterback

Upcoming Schedule

Rugby
Sunday, Sept. 23 @ noon vs
Colby-Sawyer College
Brookville, NY

Tennis
Wednesday, Sept. 26 @ 11
a.m. vs New York Institute
of Technology
Old Westbury, NY

Football
Saturday, Sept. 22 @ 1 P.M.
vs Bentley University
Brookville, NY

Women's Soccer
Thursday, Sept. 20 @ 4 p.m.
vs Wilmington University
New Castle, Del.

Saturday Sept. 22 @ 3 p.m.
vs Molloy College
Rockville Centre, NY

Men's Soccer
Saturday, Sept. 22 @ noon vs
Molloy College
Rockville Centre, NY

Field Hockey
Sunday, Sept. 23 @ 11 a.m. vs
Saint Anselm College
Home

Volleyball
Friday, Sept. 21 @ 7 p.m. vs
Roberts Wesleyan College
Rochester, NY

Saturday, Sept. 22 @ 1 p.m.
vs
Daemen College
Amherst, NY



Women's Rugby Back & Stronger than Before



IDA YNNERLAGERQVIST



IDA YNNERLAGERQVIST



IDA YNNERLAGERQVIST



IDA YNNERLAGERQVIST

Women's rugby practice for their upcoming season

BY IDA YNNERLAGERQVIST

PHOTO EDITOR

Last year, they made history as the university's first ever women's rugby team. This year, with six new recruits, strong bonds and leadership will take them through their second season as a NCAA team.

Venture to the practice fields behind the Pratt Recreation Center and hear the whistles and the laughter - it's the women's rugby team in the middle of their practice. This semester, the team welcomes 14 players that are new to the sport, something head coach John Royal sees as the team's biggest challenge. He pointed out two elements that they are working on to improve themselves.

"We are still a work in progress when it comes to fundamental skills and game management," Royal said. Bella Lubsey, a freshman film major, agrees. "Because we have some players that are fully brand new to the game, we just need to strengthen the general background knowledge of how to play," she said.

In all team sports, strong connections between players are important, especially in a sport like rugby. Their bonds are one of the team's biggest strengths.

Frankie Ferrara, a senior health science major, pointed out the team's strong ability to be there for each other. "It's a rough sport so you have to be close with your team. We work really well together and we can really rely on each other. Even if it's outside of rugby, if something happens we are always there to pick each other up," she said.

Each team member has their own unique background. "How we just all come together is wonderful. Each one of us has something different that we bring to the team, and I feel like that is unique," Nickala Stephens, a freshman pre-medical science major, said.

Walking in to their second season, Royal has a clear goal. "My goal for this group is to play smart, intelligent rugby [and] to show excellence in the classroom while setting an example of sportsmanship and leadership both on and off the field."

The rugby team's season began with a 34-26 victory against Castleton in their season opener Sept. 2, followed by a 36-0 loss against Molloy College Sept. 8, putting them at 1-1 for the season. Their next game is Sunday, Sept. 23, at 12 p.m. where the Pioneers welcome Colby-Sawyer College to their home field.

Game Results

Football
Saturday, Sept. 15
vs Stonehill College
Win 27-7

Volleyball
Wednesday, Sept. 12
vs New York Institute of
Technology
Win 3-0

Thursday, Sept. 14
vs Adelphi University
Loss 3-2

Saturday, Sept. 15 vs
Southern Connecticut State
University
Win 3-0

Women's Soccer
Saturday Sept. 15 vs
University of Bridgeport
Loss 2-1

Men's Soccer
Saturday, Sept. 15 vs
University of Bridgeport
Win 3-0

Field Hockey
Wednesday, Sept. 12 vs
East Stroudsburg University
Loss 5-0

Saturday, Sept. 15
vs Adelphi University
Win 2-1

