

THE PIONEER

Award-Winning Newspaper of LIU Post

Volume 72, Issue 4

Wednesday, February 20, 2019

www.liupostpioneer.com

Spring Intramural Sports Open for Everyone



IDA YNNER LAGERQVIST

Associate director of recreation, Martin Guillet, oversees the intramural sports

BY IDA YNNER LAGERQVIST

PHOTO & SPORTS EDITOR

While the spring collegiate sports are at the beginning of their seasons, intramural sport sign-ups are open for the semester. In intramural sports, students compete against each other, rather than against neighboring college teams. Each year, 500-700 students are involved with intramural sports, according to associate director for recreational sports fitness and intramurals Martin Guillet.

There are nine intramural sports in the spring. Registration for ping pong is open all semester. Basketball and men's and women's racquetball leagues already began in the beginning of February, but students can still join teams throughout the season. The last day to join the basketball league is on Feb. 25, and the racquetball league registration is open until the last day of the semester. Upcoming intramural sports in March and April include wiffle ball home run derby, softball, 4 on 4 indoor soccer, volleyball and a fitness challenge.

"Most of the kids that play, they love it and they play every year," Guillet said. One of those students is senior nursing major Andrew Ris. He has played intramural basketball for all of his college years on the team called The Post Boys. Ris sees intramural

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Concerns about Residence Hall Conditions

BY SHANNON MILLER

ASSISTANT NEWS EDITOR

Some students living on campus have growing concerns about the cleanliness and maintenance of the Riggs, Post and Brookville residence halls. Complaints range from declining restroom conditions to a lingering mold problem.

The Pioneer has reported on mold and poor dorm conditions for almost a decade, and as students come and go, grievances remain. After returning to their dorms from the 2018-19 winter break, residents added new frustrations to an old list of unresolved issues. The facilities services department works to



SHANNON MILLER

A missing shower head in Brookville Hall

address their concerns. If they aren't aware of the problem, though, they can't fix it.

At the end of last semester, Post Hall resident and junior theater major, Alyssa Williams, noticed something was missing in the bathroom. "We literally

just walked into the restroom to take a shower and were just like 'oh, our shower heads are gone,'" she said. There are three showers in this women's bathroom, and according to Williams, all of the shower heads have yet to be replaced.

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Kicked Out of Pratt For Sports Bra, Student Said

BY JADA BUTLER

CO-EDITOR-IN-CHIEF

Thirteen students protested in the Pratt Recreation Center gym on Sunday, Feb. 17 by wearing sports bras and crop tops while working out. This protest was in response to a female student who said she was kicked out of the center for wearing a sports bra. Madison Hansmeyer, a sophomore musical theater major, had not even started her workout in the weight room on Thursday, Feb. 14, when she was approached by a male personal trainer who was sitting in the office area of the gym, and asked to leave because of her attire.

Hansmeyer took to Instagram after the incident, writing,



JADA BUTLER

Madison Hansmeyer and Michael Krebs working out in a sports bra and crop top

"Dear @liupost male coach, I have been wearing sports bras to the gym for 3 weeks straight with no problem but please let me know why I got kicked out today for 'potentially spreading skin diseases' after taking one step into the gym and not even putting my stuff down, let

alone 'getting my body stuff on all the equipment' while your basketball teams [sic] balls are hanging out of their shorts and over every piece of workout gear while sweating vodka."

Hansmeyer went on to describe how she offered to not lay on any equipment and just

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Students Volunteer at Prom



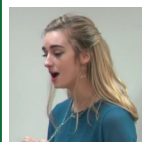
Over 30 student athletes volunteered for the "A Night to Shine" prom for individuals with special needs. pg 7

Clubs Host Magical Evening



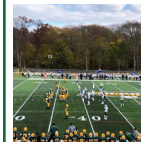
The Rainbow Alliance and the Forensic Science clubs co-sponsored the Disney Ball. Students enjoyed themed costumes and music. pg 8

PTC Invites You to a Wild Party



Post Theatre Company's (PTC) production of "Wild Party," the musical, explores the hardships of love. pg 10

Football's Biggest Recruiting Class



The football program is changing from Division II to Division I. Coach Bryan Collins has prepared by signing 31 recruits. pg 15

BSU Celebrates 4th Black Excellence Gala



The Black Student Union executive board

VANESSA GARDNER

BY JADA BUTLER

CO-EDITOR-IN-CHIEF

The Black Student Union (BSU) held their fourth annual Black Excellence Gala on Friday, Feb. 15, in the Tilles Center Atrium. The gala is a black tie affair held every year during black history month and features vendors, food, raffles, a DJ, and live entertainment. This year, all funds raised from ticket sales and the raffles benefited the Brotherhood Sister Sol organization, an evidence-based organization that provides educational programming, training, and organizing for social change.

This year was the first time the gala was hosted in Tilles. The first

year the gala was in the Gold Coast Cinema in Hillwood Commons, and the second and third years it was held in what is now the Krasnoff Theater. Students, faculty, administrators and community guests were invited to dress their best and spend a night celebrating black excellence.

In the first hour of the gala, guests were able to visit the vendors. Most of the vendors were from black-owned businesses, including Black Dove Apparel, Mainly Beauty, It's All Love apparel based in the Bronx, Parauma Potions, Differeynt Apparel, VMG Photo freelance photography by photography major Vanessa Gardner, Haiti Rocks apparel, Charmaine Mischel Couture and Ardent Candle Company.

BSU president and junior adolescent education major, Catrina Dasque, said it was important to support black-owned businesses. "When black businesses succeed, black people succeed," she said.

Students put together acts to portray members of the black community who represent black excellence. These acts included spoken word, dances, and musical performances. Guests had to guess the figure the acts represented. Among the figures of black excellence represented were Muhammad Ali, Malcolm X, MLK Jr., Madam C.J. Walker, Maya Angelou, Nat King Cole and a few others.

Dasque said the acts were a critical part of the night. "We go to a predominantly white school, and us minorities have to stick together. That comes with knowing your history," Dasque said.

The guests were very involved in the acts, cheering, clapping, hollering and snapping as students who had prepared weeks in advance performed for them. BSU vice president and junior public relations major, performed readings of two poems by Maya Angelou.

BSU meets every Tuesday during common hour in Hillwood Commons room 221. The club meetings are open for students of every background to attend. For more information on BSU events, students can follow their instagram @liupostbsu.



VANESSA GARDNER

Fr.L: Vice president Laura Rameau, club advisor Nilda Nelson, president Catrina Dasque



JADA BUTLER

Guests were served appetizers at decorative cocktail tables



JADA BUTLER

Students take part in the elegant event



JADA BUTLER

Students dressed their best for the black tie affair

Corrections

In the Feb. 13 issue, the Pioneer reported on “The Wave Launch Party.” The LIU Post FM radio station is still named WCWP. The campus student internet station has been renamed “The Wave.”

In “University Monitors Student Printing”: by Myles Goldman in the Feb. 13 issue, the Pioneer incorrectly identified Louis Pisha as an interim loan librarian. Mr. Pisha is a Reference and Interlibrary Loan Librarian in the B. Davis Schwartz Memorial Library.

The photographs published in the Feb. 13 issue in connection with “Jackpot: Casino Night at Hillwood” were taken by Dylan Valic, not Angelique D’Alessandro.

Events This Week

COMPILED BY ANGELIQUE D’ALESSANDRO
EXECUTIVE EDITOR

Wednesday, Feb. 20

- Paint-a-Turtle
- The sisters of Delta Zeta will be holding “Paint-a-Turtle” in the Lobby of Hillwood Commons at 12:30 p.m. Students can stop by to throw paint at a sister of Delta Zeta to raise money for their philanthropy.

Thursday, Feb. 21

- Cultural Explosion
- There will be a Cultural Explosion with free food, music, and activities to celebrate diversity at Hillwood Commons lobby at 12:30 p.m.
- Trivia Night
- There will be a Trivia Night in the End Zone at 8 p.m. Students can play individually or bring a team for a chance to win.

Friday, Feb. 22

- Rain - A Tribute to The Beatles: Abbey Road
- The Tilles Center for the Performing Arts will hold “Rain - A Tribute to The Beatles: Abbey Road” on Friday, Feb. 22 at 8 p.m.



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Concerns about Residence Hall Conditions



SHANNON MILLER

The ceiling above a shower in Brookville Hall

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Williams doesn't mind the missing fixtures because "you actually get water pressure." However, her friends are irritated because the water isn't controlled and shoots out like a hose, making for an uncomfortable, and at times painful, shower.

Williams is more concerned about the corroded and broken water fountains throughout the building. Only one works and it's located on the first floor. What was once a shiny stainless steel, is now layered in a crusty film. "The water fountains are all white; they look like milk," she said.

Roy Fergus, head of the facilities department, asserts he is unaware of any complaints about the conditions of the water fountains. He plans to submit a work order immediately for plumbers to address the situation.

Junior nutrition major Katie Bendersky, a resident in Brookville Hall, avoids showering in her dorm's restroom as often as possible. "I shower at Pratt because the showers here don't even get that hot really," she said. She's uncertain if the dorm stalls are missing shower heads or if they're just subpar, but like those in Post Hall, she described them as painful. "Even when I go to Pratt it sometimes hurts and I have to use the handicap one, and I feel terrible about it. But this has an actual shower head and I'm not getting pelted by this one's stream," she said.

The facilities department didn't acknowledge directly whether Fergus or his staff are aware of the missing shower heads. They also couldn't confirm if complaints exist in the TMA work order system.

Amara Batakas, a junior criminal justice major who is also a resident of Brookville Hall, hasn't noticed if the stalls are missing shower heads, but she has noticed the recurring mold in both the restrooms and the dorms. "My friend had to move out of her room because of the mold," she said. "I'm just going to go on a wild guess here that there's mold in every building, and they really need to do something about it."

But sports management major, Jordan

Valerius Twyman, a junior who transferred to Post this semester, has yet to see any mold or missing plumbing fixtures in Brookville's bathrooms. According to him, when the resident advisors held their meeting at the start of the semester, they advised residents to keep the restrooms as clean as possible. "If we didn't, the janitors wouldn't clean it for us," he said.

In Riggs Hall, some residents are disappointed in the upkeep of the building. Sophomore theater major, Emma Cocar, recalls all of the showers not functioning in a first-floor restroom for the majority of the fall semester, forcing students to shower on a different floor. Although, like others, her main concern continues to be the mold growing in the bathroom she uses. "It didn't really start getting cleaned up until people started complaining about black mold in the dorms," she said.



SHANNON MILLER

Mold on the rim of a sink in Brookville Hall

The mold is an issue the facilities department takes very seriously and takes proper precautions to prevent as best they can. When aware of it, the custodial staff is trained to wipe it down immediately using a green chemical solution. Response time is key, according to Fergus. "Our frontline is our daily staff out in the buildings. Anytime we see windows open we want to get them closed. If there is a hole in the wall somewhere, we need to know about it because that's generally the way we get mold infiltration," he said.

Despite attempts to control the problem, black mold is still noticeable in many areas of the bathroom, students said. It's growing in the shower stalls, around the rims of the sinks, and on the corroded ceiling tiles. "It's concerning cause it's mold. That really shouldn't be growing in a bathroom that you're using on a regular basis. We all pay a lot of money to go here and it's a problem," Cocar said.

The cost to dorm on campus almost doubles the cost of commuter tuition, making resident's wonder where their money goes. Kirsten Kirker, a senior nursing major, resided on campus her first three years. She decided to commute her senior year for financial reasons. She resided in Queens Hall her freshman year, in Brookville her sophomore year, and then Riggs

her junior year. Like Cocar, she also witnessed problems with the showers in Riggs. "The woman's shower was completely sealed off, so we had to go upstairs and use that bathroom," she said.



SHANNON MILLER

A rusty power outlet in Riggs Hall

Fergus advises students to become familiar with their work order request system, TMA, put into place last year. TMA provides the facilities department with management software meant to expedite the communication process between them and those requiring maintenance. Once a work order is received, they deploy staff to get it repaired. "We're encouraging everyone to use it. 'You need any service at any time, anywhere, you're able to put it in the system and we can certainly get to everything within 24 hours,'" Fergus said.

Sophomore student, Sophia Strauss, used TMA when her dorm room ceiling began leaking one night. When mold appeared on their furniture shortly after, they were moved into a new dorm room where they again found mold growing on the bed frames. With help from their resident advisor, a TMA ticket was submitted, and staff arrived that day to remove and replace the moldy furniture, according to Strauss. "People do fill out work orders," she said, "Once the R.A. got involved, they did it all for us. That way we can just have a smooth move back in."

When residents submit a work order, they will receive an email back stating their request was received, Fergus said. A second email is then sent when the work order is assigned to a technician, and a final email goes out once the work order is completed. By using this new system, according to Fergus, "there is always an ability to know where your work request is in the system."

The facilities page of the LIU website hasn't been updated with the necessary web links needed to complete a TMA work order; nor does it reflect the newly implicated protocol suggested by the facilities department. A link to the web-based TMA form is provided in Brookville Hall's Instagram profile for those who use the social media app. If help is needed completing the form, resident advisors are available to assist students with the process. If both are unavailable, students can contact facilities services at 516-299-2277.

Kicked Out of Pratt For Sports Bra, Student Said



JADA BUTLER

Stephanie Jeker (far right) and her fellow students wearing sports bras on the treadmill

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“run and do arms,” but the coach said he would have to follow her around the gym to make sure she was telling the truth.

“He said it was a health violation, and when I asked why, he couldn’t tell me anything, he couldn’t show me where it said I couldn’t wear my sports bra,” Hansmeyer said. She pointed out the attire of the men working out: tank tops with exposed sides and short shorts. But she said the coach was fumbling to give her a response.

Hansmeyer goes to the gym every day, and said this is the first time she was asked to leave for her attire. This was not the first time she wore a sports bra to the gym. “He [the coach] was the only one who told me to leave,” she said.

Alex Cordova, a junior public relations major and member of the swim team, was present during the encounter with Hansmeyer, and said that wasn’t exactly how it happened.

Cordova said Hansmeyer’s outfit was not appropriate for the public space. “She was wearing a green sports bra that was more for show than for working out, and black high waisted shorts, but they didn’t cover her butt well,” she said.

The gym is open to students, faculty, staff and the community (for a membership fee). Cordova said the coach was telling Hansmeyer that she couldn’t lay on the equipment in her attire because she’d be susceptible to receiving and spreading germs. “Why would you even want to expose your body

to those kind of germs,” Cordova said. According to the office of campus recreation, shirts should cover the full chest and back to prevent ringworm, MRSA, staph and other infections.

Cordova said the rule applies to all gym visitors; even men who wear ripped t-shirts or tank tops are told to go and change.

The Pratt Recreation Center has no dress code listed under the policies section of its website. The Student Handbook, available online, also does not list a dress code for any campus facility. Signs posted on the walls in the gym advise students to spray and wipe down the equipment when they finish using it, put weights back on the racks, and that proper attire is required.

After visiting the Pratt Recreation Center on Saturday, Feb. 16, The Pioneer found signs posted on both sides of the door to the workout room. Proper attire, according to the sign, means athletic wear such as sweats, athletic shorts, full-length t-shirts and tank tops; no midriffs or backs exposed. Proper footwear is required, meaning closed toe, clean athletic shoes or sneakers only; no flip flops allowed. Hansmeyer said the sign was not there when she went to the gym Friday. Student workers at Pratt said the policy began in the beginning of the fall 2018 semester.

Dean of Students, Michael Berthel, learned of the incident after Hansmeyer’s Instagram post. He is meeting with Hansmeyer later in the week. “Maintaining the health and safety of LIU students is the most important job we have.

Policies are implemented utilizing best practices, health and safety guidelines, and overall student experience. My door is always open for students to discuss concerns regarding a policy or any concern they may have at the university.”

This incident is not the first time a female student has been told her gym attire is not appropriate. Lee Metaxa Rozenfeld, a sophomore musical theater major, said something similar happened to her in early September. “I was on the bicycle for about five minutes when [a] girl who worked there came up to me and said her boss told her to tell me, which I thought it was strange he didn’t tell me himself, that I can’t wear my outfit in the gym because it was inappropriate,” she said.

The same scenario happened to Stephanie Jeker, a sophomore theater major, in the fall 2018 semester. Before she could walk into the gym, she was stopped by a male personal trainer and told to put a shirt on. When she told him that she didn’t have one, he gave her a clean t-shirt they had in the office for her to use.

Jeker said she wore a sports bra that day because it gets very hot in the gym. “Not wearing a shirt over a sports bra wasn’t a rule,” she said. She noted that men in the gym workout shirtless or wear muscle shirts that expose “their whole body basically.”

Jeker didn’t stay very long after because she felt uncomfortable. “I was very confused and angry, because it’s the gym. It’s ridiculous



JADA BUTLER

Students wore crop tops and sports bras to protest the new policy

Rozenfeld was dressed in a crop top and high waisted leggings which covered most of her lower stomach and her entire chest area; very little skin was showing. She had to leave and change her shirt. “It was very uncomfortable because everyone who was around me heard it,” she added.

Rozenfeld said she never had a chance to talk about her encounter with anyone aside from the female students in her department who’ve had similar experiences. She said she doesn’t see the problem with how they dress and noted that women cover what needs to be covered, but they still sweat a lot when working out. “Sometimes guys are shirtless and wear short shorts, so what’s the difference,” she said.

that we can’t wear something that we’re comfortable in and that we can work out in when it gets hot in the gym. It’s not for any different reason,” she said.

But some students find the dress code reasonable. Michaela Fox, a junior musical theater major, is often at Pratt throughout the week. She said the sign on the front door has not always been there, but that it shows a common rule for most gyms to promote modesty and respect - for both men and women.

Fox said the rule should be enforced equally among men and women, and doesn’t believe that the policy is sexist. “Men can’t workout shirtless either,” she said. “Either enforce it for everyone or don’t at all.”

Lutz Writing Book on Empathy in Literature



ANAND VENIGALLA

Dr. John Lutz, professor of English, is working on a new book

BY ANAND VENIGALLA

FEATURES EDITOR

Dr. John Lutz, professor of English and chairperson of the department of English, philosophy, and foreign languages, is working on a new book, “When Grief Hath Mates: Empathy and the Human Imagination.” The book, according to Lutz, “is an interdisciplinary explanation of empathy through fields such as neuroscience, literature, social psychology, evolutionary biology, [and] philosophy.”

The opening will explore recent writing on empathy, while the rest of the book will deal with literary works “where the author is explicitly interested in empathy.” Some of those works are Homer’s “The Iliad,” William Shakespeare’s “King Lear,” Ivan Turgenev’s “Sketches from a Hunter’s Album,” and Fyodor Dostoevsky’s “The Brothers Karamazov.”

The first chapter will cover Homer’s “The Iliad,” which Lutz considers to be the founda-

tion of empathy in Western literature. “The great scene of empathy in The Iliad is the scene where Achilles gives back to Priam Hector’s body, and in the fact the way it’s described in the Iliad is that Achilles thinks of his own father and how he’ll feel when he’s [dead], and then he feels empathy for Priam and returns Hector’s body to him because he is able to put himself in Priam’s place, which is a good description of what empathy is,” Lutz said.

Empathy, according to Lutz, can be related to sympathy and compassion, but is distinct from those two. “Sympathy is feeling bad for a person, not the same thing. Empathy is feeling what they feel, or approximating what they feel,” he said.

Lutz believes there are challenges to being empathetic. The key “empathy blocker” is perception of difference. “If somebody thinks that some other person or group is somehow doing harm to them, I think that could prevent empathy for the whole group,” Lutz said.

Literature, according to Lutz, can give us the imagination needed to see how others suffer and think. It “enables us to put ourselves in the position of those who we otherwise would not necessarily come into contact with,” he said.

Focusing on the similarities and common ground that we share cultivates empathy, Lutz said. “We all need shelter, we all need food, we all need a sense of belonging, we all need security. Those are common across all cultures.” Likewise, empathy can actually help the appreciation of the authentic differences peoples can have, keeping these differences from becoming antagonistic. “All this talk of difference is important, but I think you can’t appreciate difference and respect it without first recognizing a kind of common human ground on which we all reside,” he said.

Lutz encourages others to read literature to promote empathy, especially literature from other cultures. “I think that cultivating a

kind of openness to the point of view of others, listening rather than talking to others, and actively trying to understand where they’re coming from before leaping to a judgment would be [great] advice,” he said. “Empathy is fundamentally connected to my commitment to the liberal arts and sciences, which is to me something that teaches the value of perspective-taking, and inhabiting the world that other peoples might inhabit.”

Empathy, according to Lutz, should be extended even to “bad” people. He cited Ras-kolnikov, the student-murderer of Fyodor Dostoevsky’s “Crime and Punishment,” and Humbert Humbert, the pedophile and rapist of Vladimir Nabokov’s “Lolita” as examples. “We do need to have empathy for those who are bad, because we need to understand evil so that we can prevent it,” Lutz said. “Empathy is not endorsement, and that’s where I think people get confused.”

“King Lear” shows the problems that arise from the absence of empathy, Lutz said. “Shakespeare’s deeply caught up in the problem of empathy, and the play is a depiction of the consequences of the absence of empathy,” he said. “So by being disenfranchised himself, he comes to occupy and recognize what it’s like to be the very lowest beggar in society, and that leads him to at least the idea that he has to do something.”

Lutz’s interest in this project started from his meditations on his readings. “When I started thinking about it, I started thinking about numerous books that I loved, where the authors were deeply engaged in dealing with empathy as a human problem.” He saw it in action in all these books.

Lutz anticipates his book will be finished in two years; he is currently “well into the research for the opening introduction.” He does not yet have a publisher lined up.

Diet Dilemma

BY ALECIA SEXTON

STAFF WRITER

Many people wonder what type of macronutrient, whether it be a carbohydrate, protein, or fat, is the most efficient type of fuel for the brain and ultimately the body.

Scientists identified carbohydrates as the preferred form of nutrition for the brain. The brain uses about 20 percent of the body’s oxygen and up to 50 percent of the body’s total glucose (blood sugar). It’s important that we fuel our brains with the absolute best substances. But what substances are best?

This dilemma inspired the creation of fad diets that claim to be the “most effective in producing raw energy.” The Atkins and Keto diets are just two diets that have become popularized

in American society. However, studies conclude that while these diets are effective in shifting body composition, they, as well as all diets, should be closely researched before starting.

The basis of both the Atkins and Keto diets stem from our ancestors and the fact that food often wasn’t readily available to them. During these times they experienced a carbohydrate deficit, forcing the body to use stored fat and protein as a fuel to survive.

The goal of the Atkins diet is to reduce one’s carbohydrate intake to about 25 grams per day, equivalent to half of a potato. At the same time you increase your intake of both proteins and fats. In this diet, consuming fewer carbs will decrease cravings and skew the body towards burning stored fat for energy, ultimately leading to weight loss.

The Keto diet, while similar to Atkins, is stricter since it aims to reduce carb intake to

below 20 grams per day, and emphasizes consuming healthy fats such as avocados and olive oil.

“Keto” is derived from the biological process ketosis, where ketone molecules are produced and the body burns fat as its primary source of fuel. If the body remains in this carbohydrate deprived state, fat will become the main source of fuel and will burn rapidly.

A diet abundant in carbs signals the body to use them for immediate energy and continue to retain stored fat. But cutting out carbs may not be the most favorable way to lose weight.

Many people who begin these diets report side effects such as weakness, dizziness, brain fog, and heart palpitations. If you are thinking of beginning a new diet, especially if you suffer from any health conditions or have dietary restrictions, you should always consult with a medical professional first.

Students Volunteer at Prom



TIM TEBOW FOUNDATION

Honorary guests and their buddies hit the dance floor



TIM TEBOW FOUNDATION

All guests were individually crowned as King or Queen and given their moment to shine

**GUESTS SIGNED WAIVERS FOR THEIR PHOTOS TO BE TAKEN DURING THE EVENT

BY JADA BUTLER

CO-EDITOR-IN-CHIEF

Over 30 student-athletes volunteered for the “A Night to Shine” prom for individuals with special needs on Long Island on Friday, Feb. 8.

The event, sponsored by the Tim Tebow Foundation, was hosted by Church Unleashed at its Commack campus. This year marked the fifth anniversary of the event; 655 churches from around the world came together to host the prom on the same night. This is the first year the event was hosted by Church Unleashed.

Ninety-two “honorary guests” attended the event with their families and caretakers. There were 220 volunteers, 34 from Post. The volunteers were split into “administrators,” who served snacks, and “buddies,” who were paired with a guest and were their date for the night. Buddies did everything with their guest from dancing, talking, and relaxing in the respite, or relief, rooms.

Lea Brady, a junior healthcare administration major, is a member of Church Unleashed and was one of the 34 Post student volunteers. Brady said her church had applied to host the event three years prior, and this was the first time they were approved. “It is a very special one night of the year,” she said.

After the event, volunteers and families messaged Brady saying how impressed they were with the set up and shared their excitement for the years to come.

Bency Ortiz, executive assistant to the lead pastors Todd and Mary Bishop at Church Unleashed, was in charge of coordinating the event and community outreach for donations. “I found a lot of the organizations [in Commack] wanted to be a part of this because it’s

never happened before in the community. Everything from food to desserts, entertainment and special guests were all donated,” she said.

A lot went into preparing for the night, according to Ortiz. Leading up to the event, the church held a boutique dress and tuxedo drive. All of the dress attire was donated, including several brand-new dresses. Guests who already registered could come and pick out a free outfit to wear to the prom.

A pre-prom event featured volunteers doing hair and makeup for the women and shoe shining for the men, and a respite room where guests were pampered and given massages. At the prom, the guests and their buddies could take a limo ride around the block and enter the space on a red carpet through a balloon archway. Ortiz wanted it to be magical. “We wanted to love on our guests, love on our volunteers and let them know they are special and unique,” she said.

Ortiz said it is difficult for some families to attend services and events for special needs children because they don’t want to disrupt the programs. That’s why they created the “Champions Club” space in their church. The Champions Club features a sensory room, motor skills room, and discovery room for individuals with special needs to go and relax. “We made the rooms available for our guests [at the prom] to have a chance to relieve themselves from the noise, or if they needed to calm down,” Ortiz said.

Ortiz said they wanted the night to be fun and enjoyable for everyone from the guests to the buddies and the parents. Volunteers over 18-years-old, and all of the “buddies” had to undergo background screenings and attend training prior to the prom; the goal was for

the buddies to be able to cater to their guests’ needs and to be prepared for any situation. “We wanted the parents to sit back and relax, since it’s a 24 hour job for them,” she said.

Elise Strange, a senior psychology major, was a buddy that night. She was with her buddy all night, doing whatever he wanted to do. “My buddy loved eating; he was eating everything,” she said. Later in the night, she accompanied her buddy to one of the separate rooms to relax. “People with more sensory issues could go to another room for pet therapy, a coloring center and just a quiet space. It was amazing with all the different options they had,” she said.

The highlight of the night was the crowning ceremony. Each of the 86 guests was called up one by one to a stage and sat on throne-like seats while being crowned king or queen of the night by two Disney princesses, Ariel and Moana. “The smiles on their faces and the emotions they showed” made the night, Ortiz said. This event is the first time many of these guests ever experienced a prom, and the volunteers and members of the church wanted them to feel special.

Ortiz received much feedback from parents and volunteers that the event was “tremendously live changing for them.” During the prom she approached a mother who was very emotional. “I asked her if she was okay and she said, ‘I’ve never seen my daughter so happy.’ It was really nice to see,” Ortiz said.

“We are really grateful for all our volunteers,” Ortiz said. “The event could not have happened, first and foremost without the grace of God, and second without our volunteers.”

Clubs Host Magical Evening



ASHLEY BOWDEN

Members of the Forensic Science club Anya White, Kaitlyn Noss, and Kaitlyn Coletta dressed in costumes for the Disney Ball



ASHLEY BOWDEN

"The Little Mermaid" inspired table decorations

BY ASHLEY BOWDEN

CO-EDITOR-IN-CHIEF

The Rainbow Alliance and the Forensic Science clubs co-sponsored the Disney Ball in the Tilles Atrium on Feb. 13. About 30 attendees enjoyed dressing in themed costumes, listening to well-known Disney songs, eating Italian food catered by Aramark, and participating in activities and games. Students paid a \$10 admission fee at the event's table in Hillwood or \$15 admission fee at the door.

"[The] Forensics Science Club and us wanted to do something special together, and we decided that a Valentine's event would be cool," Nicole Ludwig, sophomore psychology major and president of the Rainbow Alliance, said. The Disney concept was a way to bring the community together.

"The event is very fun, it has lively tables and people to talk to, and free food," Reese Roselle, freshman game design major, said. Throughout the evening, the soundtrack consisted of "the Disney music that you would recognize right away whether you hate [it] or not," Roselle said. This included songs such as "Colors of the Wind" and "Do You Want to Build a Snowman?"

The clubs met to choose what decorations, games, and music would be featured. It took about two weeks to plan the event. Each table for eight had decorations inspired by different Disney films including "Moana," "The Little Mermaid," "Beauty and the Beast," and "Cinderella." Attendees played Disney Pictionary, trivia, and participated in karaoke. Winners received prizes in the form of \$20 gift

cards for Subway, Starbucks and Dominos.

Erin Gorden, senior forensic science major and president of the Forensic Science Club, decided to co-sponsor the event with the Rainbow Alliance when she heard both clubs were interested in hosting something for Valentine's Day. "I'm looking forward to people having fun however way they want to have fun," Gorden said. People sang along and danced to the well-known songs playing over the speakers. "That's the best part of any event."

"I've always loved Disney, and [I] love going to Disney World with my friends and my family, so I when I heard about this, I definitely wanted to come," Danielle Fasano, junior childhood and special education major, said. The clubs advertised the Disney Ball over social media. The iconic image of Cinderella's castle hung on the wall. "Having the castle up is cool, it makes me feel like we're in Disney World," Fasano said.

Some attendees dressed up for the occasion. "Some people are wearing different things like Minnie Mouse bows and actual outfits from Disney movies," Roselle said. Fasano donned "Beauty and the Beast" themed Minnie Mouse ears that she brought from a previous Disney World trip.

Tiffany Holtje, junior art education major, enjoyed the food at the event. Garlic knots were an overall favorite of the evening. "This event in college, it makes you feel like a kid again," Holtje said.

Since she is graduating in May, Gorden would be happy to see more events like the Disney Ball take place again with more clubs involved. "I would love to see stuff like that



ASHLEY BOWDEN

Students pose in front of Cinderella's Castle

happen, where I'm leaving behind something while I'm gone."

"It's a good event because Disney happens to be one of the most childhood-oriented things you could think of," Roselle said. "It's just really nostalgic and it feels nice."

S.A.L. Gallery: Expression of Self Destruction



ABILIO DOMINGUEZ

"Yin" (Left) by Ruth Mistretta; "Yang" (right) by Madelynn Ehmer

ABILIO DOMINGUEZ

"Self-Destruction" by Ruth Mistretta

BY ABILIO DOMINGUEZ

STAFF WRITER

The latest exhibit at the S.A.L. gallery in the library, "Self-Destruction," by junior art therapy major, Ruth Mistretta, is a powerful depiction of the artist's indulgence in negative behaviors in order to forget the outside pressures of the world.

The pieces entitled 'Self Destruction' shows two drawings of a figure with contrasting facial expressions. In the first picture, the model is holding a lit cigarette away from her body with a grim and distraught look on her face. In the second picture, the model's facial expression changed to one that is happier and more at peace, as she blows out the smoke from

the cigarette.

The artist created this specific piece of artwork as a way to cope with overwhelming emotions as she grew up. She began smoking at 14-years-old, and despite knowing how much smoking negatively impacts her health, she continued to do so. Smoking filled the void within her that nothing else could; it provided her serenity and enveloped her with a calm feeling that made her mind feel at ease, even if it was just for a moment. Eventually she fought against her desire to smoke and the urge to indulge in behaviors that she knew would only negatively impact her in the long run. To this day, she continues to do just that.

Mistretta's "Yin" and junior art education major, Madelynn Ehm-

er's "Yang" also grace the walls of the gallery. The duo's work shows an intricate line that connects two brains that despite looking similar on the outside, differ greatly on the inside.

In Chinese philosophy, the principle of Yin and Yang is that all things in life have contradictory opposites that cannot exist without the other. Yin is dark, and is associated with negativity and femininity. Yang is the opposite, it represents light, and is associated with positivity and masculinity.

The artwork shows one brain filled with bright colors and objects that instill human beings with feelings of joy such as a cute kitten, sweet drinks and treats such as coffee and cookies, and holidays that are meant to bring

families together as exemplified by the skeleton wearing flowers which is a clear depiction of Day of the Dead.

The second brain is associated with darker colors and makes the audience wonder more about the artist who created the piece. It is evident that although the artist has essential components of life within her drawing such as water and the moon, she is still on a path to figuring out what truly makes her happy.

The line that connects both of these brains represents how despite their differences, the authors have a shared love of artwork and creative expression which may not make them so different from one another after all.

Netflix Review: "Conversations with a Killer: The Ted Bundy Tapes"

BY MORGAN KASHINSKY

STAFF WRITER

The four-part documentary "Conversations with a Killer: The Ted Bundy Tapes," released on Jan. 24, became instantly popular among Netflix users.

The episodes are composed of archival footage and audio recordings of Theodore "Ted" Robert Bundy, one of the most notorious serial killers in the United States, as well as reporters, detectives, district attorneys, and those who knew Bundy personally.

Throughout the episodes, we

hear Bundy in his own words and in the third person, explain the rationale of his killings- seemingly wanting to confess without taking any sort of responsibility.

An unfortunate side effect of many true crime documentaries and TV shows is that many killers become "glamorized." We can see the result of this as Twitter users had no shame in admitting an attraction to Bundy for his looks after the show had been released.

However, this is an integral part of the series- he was a charming man with subjectively good looks, according to many. And an impor-

tant message to take away from the series may be to differentiate charm from safety.

"It was shocking to see how he could lure his victims that easily just by being 'good looking,'" Tove Sparrman, a senior international business major, said. "The part that was most interesting was probably Bundy's ignorance and how he thought he was better and smarter than everyone else."

The rights to the new Ted Bundy film "Extremely Wicked, Shockingly Evil, and Vile" by the same director, starring Lily Collins and Zac Efron, has reportedly been

bought by Netflix.

If you enjoyed watching "Conversations with a Killer: The Ted Bundy Tapes," you may also enjoy watching "The Staircase" and "Evil Genius," both on Netflix, "The Jinx," on HBO, and the listening to the podcast "Crime Junkies" on Spotify.

When consuming true crime media, keep in mind that the stories, victims, and their families are real, and the crimes have had tangible impacts on the lives of everyone involved.

PTC Invites You to a Wild Party

BY JADA BUTLER

CO-EDITOR-IN-CHIEF

Post Theatre Company's (PTC) production of "Wild Party," the musical, explores the hardships of love.

Set in the 1920s, "Wild Party" tells the story of a vaudeville dancer named Queenie, played by sophomore musical theater major Madison Hansmeyer, and her violent lover, a vaudeville clown named Burrs, played by sophomore musical theater major Michael Krebs.

When their relationship becomes too much for Queenie to handle, she decides to "throw a party to end all parties" and make a change in her life. Jealousy, violence, love and hate are themes that arise throughout the wild night.

The show comes together with a "swing vibe" under the direction of New York City director, Scott Ebersold, music director Kerry Prep, and choreographer Brad Landers.

Though set in the 1920s, the themes and scenarios transcend time. "'Wild Party' deals with a relationship that has gone terribly wrong, and in the course of the evening Queenie needs to make a choice about what she wants to do with the rest of her life," Ebersold said.

Ebersold doesn't want the audience to feel out of place in the 1928 setting. "I wanted to make it very immediate for a modern audience, so we have the audience on two sides of the set, and they can see each other through the set so you are always looking at someone from your own time and world while you're watching the play," he said.

He wanted 1928 to feel real and visceral and "in your face," which is why the cast comes out into the audience and interacts with them throughout the show.

The story goes deeper than what is on the surface. The actors want the audience to understand the reality of some relationships, even in modern times.

Hansmeyer, who plays Queenie, said the show is more relevant than ever. "[We want to show] that women always have a choice, and that people always have a choice,



JADA BUTLER

Madison Hansmeyer, sophomore musical theater major (Queenie) and Gabriel Amato, senior musical theater major (Black) in rehearsal

and that a relationship can get messy no matter what year it is," she said. "I think it's important for people to take away how important every choice can be, no matter how small it feels in a moment, and that it's never too late to get out of something," she continued.

Krebs, who plays Burrs, described his character as the "villain" of the show. "He's the person who has a devil on his shoulder constantly.

While he's in a relationship with Queenie, he's very abusive over her, controlling. He doesn't have a sense of his personality, and with that he sort of drives her away," Krebs said.

It's difficult for Krebs to portray the abusive half of a relationship, something he's never had to experience in himself.

"But at the end of the day, when you trust that other person you're working with, everything sort of works out," Krebs said.

There's a love square that goes on in the show between Queenie, Burrs, Black, and Kate. Black, played by Gabriel Amato, senior musical theater major, is a sly, smooth-talking man from Chicago who comes to New York and ends up at Queenie's party. Throughout the play, Queenie falls in love with Black, and that's where the trouble begins.

Kate, played by Anna Gwaltney, a junior musical theater major, is a prostitute and the "wild child" of the group. "She's loud, bold and brassy and is the 'life of the party' as she says so herself," Gwaltney said.

But Kate has an inner conflict that makes her one of the most relatable characters, according to Gwaltney.

"The truth is that she is very lonely and desperately wants to be loved by anyone she can find, and she takes an interest in Burrs," she said.

On the surface, Kate is positive and bold, but there is a moment in the show where the audience can see what goes on inside her mind. "It's really just a front. I think that resonates with a lot of people," Gwaltney said.

Amato believes there are many lessons to take away from the show.

"I hope [the audience] takes away the right way to love someone, the wrong way to love someone, and the fun way to love someone," he said. "There's a lot of variations of relationships and human interaction. It can get raunchy, it can get deadly, and it can get really heartfelt."

"Wild Party" will run for two weeks in the Little Theater Mainstage, starting Friday, Feb. 22 at 7:30 p.m.

There will also be performances on Saturday, Feb. 23 at 7:30 p.m., Sunday, Feb. 25 at 3 p.m., Thursday, Feb. 28 to Saturday, March 2 at 7:30 p.m., and Sunday, March 3 at 3 p.m. Tickets are \$15 for general admission, \$12 for senior citizens, and \$10 for students and PTC members. Tickets can be purchased at the box office or online at tix55.com/ptc700.



JADA BUTLER

Fr. L: Anna Gwaltney, Michael Krebs, Madison Hansmeyer, and Gabriel Amato rehearsing

Game Review: Kingdom Hearts 3

BY DYLAN VALIC

STAFF WRITER

Since Square Enix released “Kingdom Hearts II” in 2005, fans eagerly awaited the next installment in the series. The series has had a few side installments throughout the years, but none of them have managed to reach the levels of success the main entries have. That all ended on Jan. 29, when “Kingdom Hearts III” was released.

“Kingdom Hearts” is a crossover series between Disney’s cinematic hits and Square Enix’s “Final Fantasy” games. The newest entry in the series allows players to explore the worlds from newer Disney movies such as “Big Hero 6,” “Frozen,” and “Tangled.” Thanks to Disney’s 2006 acquisition of Pixar, characters from “Monsters, Inc” and “Toy Story” also joined the star-studded cast.

Don’t let the Disney characters fool you, however; the game’s plot is still very dark and holds true to the serious tones of the “Final Fantasy” series. You play as Sora, a chosen hero of light who travels to the different worlds to find six heroes. These heroes will fight alongside him in an upcoming war. The antagonist, Xehanort, is likewise attempting to find others to stand alongside him in battle. The Keyblade War, the event the game leads up to, is a fated battle between light and darkness for control of Kingdom Hearts. If Sora and his friends fail, the power that Kingdom Hearts contains will fall into Xehanort’s hands, and life will be changed forever.

Combat in “Kingdom Hearts III” is a combination of mechanics from the previous entries in the series. Returning veterans will be happy to see the return of mechanics, such as shot



lock or reaction commands, while newcomers are slowly introduced to these functions and how they work. Taking the best of 13 years’ worth of mechanics makes the combat featured in “Kingdom Hearts III” smooth and responsive.

Throughout my play, I never felt that the game deliberately put me at an unfair advantage, and that every enemy could be defeated by one of the mechanics at my disposal. This is a huge jump forward from previous entries in the series, where I felt limited by what options the game provided me in combat.

Despite its strengths, “Kingdom Hearts III” is not without faults. The mini game sections feel very invasive and take you out of the moment. Certain story sections, such as the “Frozen” world, are just frame by frame retellings of the movies they are based on.

The voice acting seems to be a mixed bag,

with certain characters sounding natural and others sounding like they are reading a script.

This is in contrast to previous entries in the series where all of the characters sounded natural and as if they were actually present in the situation at hand.

Students agree that the game could have used some improvements. “I felt the story wasn’t as good as One and the combat wasn’t as good as Two,” Jesse Taylor, a sophomore game design major, said. “I liked it for nostalgia, but I felt like it would be hard for newcomers to get into.”

Despite its flaws, “Kingdom Hearts III” is a fantastic experience overall. I enjoyed almost every moment of it and felt like the 13 year wait was worth it.

“Kingdom Hearts III” is available for PlayStation 4 and Xbox One for \$60.

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Alumnus Becomes YouTube Star



BY KARIS FULLER

ARTS & ENTERTAINMENT EDITOR

For Michael Henry, who graduated with a BFA in acting, the success that followed his move to the west coast has been monumental. Henry started his YouTube channel, "Michael Henry" in April 2014 and has since accumulated 70,000 followers, with average viewership in the millions per video. Henry's skits, improvisations and comedic outlook on what life throws at people quickly gained him a large following.

Henry moved to Los Angeles in an attempt to challenge himself and experience the world of acting and performance outside of the college stage. In the Post Theater Company, the acting was "very avant garde, experimental and artistic," he said, but his "natural instincts lead more to comedy." In Los Angeles, he spent most of his time "going to improv classes, doing some stand up, and doing sketch comedy. And now I do my own YouTube channel."

His channel's success over the past five years has snowballed. As an advocate for the LGBTQ community, Henry proudly uses the global platform of YouTube to reach parts of the world where people are alone, struggling and may not get any form of representation.

"I get messages from people from Syria, China, Taiwan, Russia, [and] India. They don't get to be themselves where they are," he said. "A lot of these people don't even have YouTube; they're watching it on the dark corners of the web."

Henry believes that by continuing his channel and social media presence, he is aiding American society in accepting people. "We have a lot of things to work on in America when it comes to minority issues, but it's really bad in a number of other places," Henry said. He now knows that by being authentic to himself he is helping people, and that has been a humbling experience. "I get to tell stories of myself with myself and my friends that are a lot like most of the globe; I didn't realize [it] was as impactful as it is," he said.

Henry recently starred in "Pig Hag," a feature length film that will premiere at the SXSW film festival in Austin this March. "It [the movie] shows you someone authentically trying to make their life work, and I think we can all relate to that, especially people that don't feel like they fit in," Henry said.

The film follows Jodie (Anna Schlegel), a woman in her 30s dealing with the pressures of trying to find love. She thinks she finds it at a concert but is ghosted the next morning-- the

definition of unlucky in love. The journey she embarks on with her four gay best friends (one played by Henry) following the concert prove the importance of friendship.

"We're her [Jodie's] confidants; we are I guess her substitute for a 'man' romantically in her life," Henry said. "She sees that having your strong friendship bonds are almost as important as having your male romantic bonds."

Henry has big plans for the future. "The next five years I plan on being the next Lisa Ray, the next Lena Dunham work-wise, people who have created their own stuff online and then been able to showcase it on a massive scale," he said. Henry hopes to transition to television; his ultimate goal is to have his own television show whether it be digital, via cable or a broadcast. Henry said. "That's what we all need; we don't have any gay shows on television right now that actually tell their [the LGBTQ community] stories."

Reflecting on his time at Post and the things he has overcome since then, Henry said college is the perfect foundation for what he built on his own. "When it comes to creating things, just do it. You're going to second guess yourself, you're going to fail, but embrace failing," he said.

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		8					6	
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9		6	3		2			

DIFFICULTY LEVEL: HARD

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DIFFICULTY LEVEL: EASY

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Full Moon Horoscopes

FULL MOON ON TUESDAY, FEB 19

Aries: (March 21 - April 19)
You have an itch to do something this full moon, Aries, but don't let it be a spending spree. With the moon in Virgo, you'll find a drive within you to do research or detail oriented work. Do your best to avoid tensions with coworkers and maintain your focus.

Taurus: (April 20 - May 20)
Practice patience with the people around you this week Taurus, as the full moon can heighten emotions and lead to tense relationships. This a great time for you to register for classes, as you are motivated and can get ahead of your schedule.

Gemini: (May 21 - June 20)
The full moon will create a challenge in balancing your work life and your friends and family, Gemini. Focus on your studies at this time, skillfully balance your time between hitting the books and hanging with friends.

Cancer: (June 21 - July 22)
This week is a great time to be focused, Cancer. Pay attention to your surroundings, and spend time focusing in on your studies. Don't let unexpected distractions hold you back.

Leo: (July 23 - Aug 22)
The full moon has your mind focused, Leo, so use this week to go over your finances and personal schedule. It's time to focus on yourself, balance your budget, and create a plan for what to spend your money on.

Virgo: (Aug 23 - Sept 22)
It is possible that the full moon could create tension between you and your friends or partner concerning shared work or expenses, Virgo. To avoid this, have an open discussion with your loved ones and make sure to pitch in equally with them.

Libra: (Sept. 23 - Oct. 22)
The full moon makes you fully in tune with your goals, Libra. Don't let stressful situations with classmates get in your way. If you stay on top of what you're doing, you can get everything on your agenda done.

Scorpio: (Oct. 23 - Nov 21)
You might have some disagreements with your partner during this time, Scorpio, but remember to be patient with those around you and you can get through this full moon unscathed. If you are feeling motivated, this is a good time to plan a vacation or quick getaway to clear your mind.

Sagittarius: (Nov 22 - Dec 21)
If you are being pulled between your school work and your friends or family, this full moon might be a good time to think about your priorities, Sagittarius. Focus on your loved ones at this time, as your personal relationships cannot be avoided.

Capricorn: (Dec 22 - Jan 19)
Feeling clumsy, Capricorn? This could be because the full moon is making you accident-prone. Your emotions could be heightened this week, so keeping your guard up around others isn't the worst idea. Remember, constant vigilance.

Aquarius: (Jan 20 - Feb 18)
Use your common sense and patience to make financial decisions this week, Aquarius. The planets are having a party in your money house, so good fortune may be coming your way if you play your cards right.

Pisces: (Feb 19 - March 20)
This week is a good time to make future plans, Pisces, but only if you remain patient with the people around you. You don't have to be a people pleaser, but try and connect with friends and family to avoid tension.



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Football’s Biggest Recruiting Class



The Pioneers playing on the football field in 2018

IDA YNNER LAGERQVIST

BY CHRISTIAN KLIMASZEWSKI

STAFF WRITER

In October 2018, LIU announced that the LIU Post and the LIU Brooklyn athletic teams were merging, becoming ONE LIU and a Division I sports program. Some of the LIU Post athletic programs would be discontinued, but not the football program. The football program will remain on the Brookville campus. The football team ended its season with a Northeast-10 Championship, a 10-1 record, and a first-round loss to Slippery Rock.

With the football program changing from Division II to Division I and a move to the Northeast Conference, head coach Bryan Collins and his staff have been busy getting ready for their inaugural Division I season by signing more than 31 recruits for the upcoming season.

This is the biggest recruiting class the program has had, regardless of level of play. Coach Collins and his staff recruited players in nine different states this year including Virginia, Florida, Illinois, and Maryland. “The competition is elevated now. With where LIU is located, it makes it very attractive place to come to for the next four, five years,” Coach Collins said. “We wanted to become a more national brand than a regional brand.”

The football team will have 15 starting seniors graduate in May, including Chris Coles, Jake Carlock, Malik Pierre and Mike Richardson, who were all three-year starters. “I believe every single position has been filled with this recruiting class,” Coach Collins said.

He and his staff changed up their recruiting tactics for the Division I level. “Many of the players we recruited are receiving academic

scholarships. I think it’s important nationally that we recruit that kind of player that the university projects as increasing our national brand,” Coach Collins said.

In the past four years, the football team had three starting transfer quarterbacks: Jeff Kidd (2015-2016), Yianni Gavalas (2017), Chris Laviano (2018), and for 2019, according to Coach Collins, junior transfer quarterback Clay Bethard from Iowa Western College has the potential to start this season.

The team has recruited two top quarterbacks including Camden Orth from Florida and Luke Sprague from Pennsylvania. “We’re very happy with our incoming quarterbacks. It’s going to be a very good competition this season,” Coach Collins said.

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Women's Basketball

Wednesday, Feb. 20 @ 5 p.m.
vs University of Bridgeport
Bridgeport, Conn.

Saturday, Feb. 23 @ 1.30 p.m.
vs Mercy College
Home

Men's Basketball

Wednesday, Feb. 20 @ 7 p.m.
vs University of Bridgeport
Bridgeport, Conn.

Saturday, Feb. 23 @ 3.30 p.m.
vs Mercy College
Home

Baseball

Thursday, Feb. 21 @ 6 p.m.
vs Southern New Hampshire
University
Myrtle Beach, S.C.

Friday, Feb. 22 @ 4 p.m.
vs Felician College
Myrtle Beach, S.C.

Friday, Feb. 22 @ 7 p.m.
vs Stonehill College
Myrtle Beach, S.C.

Swimming

Friday, Feb. 22 – Sunday,
Feb. 24
at Metropolitan
Championships
Piscataway, N.J.

Wrestling

Saturday, Feb. 23
at NCAA Super Region I
Championship
Erie, Pa.

Bowling

Saturday, Feb. 23 – Sunday,
Feb. 24
at Molloy College
East Meadow, N.Y.

Women's Lacrosse

Saturday, Feb. 23 @ 11 a.m.
vs Merrimack College
Home

Men's Lacrosse

Saturday, Feb. 23 @ 2.30 p.m.
vs Saint Anselm College
Home

Spring Intramural Sports Open for Everyone

continued from page 1

sports as a great way to get together with his friends and “have fun while competing against others who are looking to do the same thing.”

All the events are organized by the department of campus recreation, but there are no scheduled practices for the sports. The teams or individuals are free to organize training sessions in their own time. “There are lots of teams that play that take it a little bit more seriously and they will set up practices on their own; then we organize the games,” Guillet said.

The only requirement to be able to sign up for intramural sports is to be a current student registered for the semester. Prior experience in a sport is not required. “There are definitely different levels of people who play. We have people who played in high school that are very competitive and take it very seriously and then there are other kids who are just playing for fun,” Guillet said.

Ris belongs to the group of players who played sports in high school. Even though he and his teammates can be competitive, they try to make the experience fun for everyone. “I think towards the end of the season, it definitely gets more competitive but throughout the regular season we definitely try to have some fun and make it as fun as possible for everyone involved, such as the refs and all the players,” Ris said.



IDA YNNER LAGERQVIST

Sign ups are ongoing for intramural sports

Ris strongly encourages other students to get involved with intramural sports. “I think everyone on campus should be involved. I think it’s a great way to get involved with campus activities, make friends and kind of just enjoy college life,” he said.

Students can sign up for intramural sports in Guillet’s office located in the gym behind the front desk of Pratt Recreation Center, or online at <https://www.imleagues.com/liupost>.



IDA YNNER LAGERQVIST

Students can join intramural teams and compete against other students on campus

Game Results

Baseball

Friday, Feb. 15
at University of Tampa
Lost 9-1

Saturday, Feb. 16
at University of Tampa
Lost 9-2

Sunday, Feb. 17
at University of Tampa
Lost 9-0

Women's Basketball

Friday, Feb. 15
vs Daemen College
Lost 60-53

Sunday, Feb. 17
vs Roberts Wesleyan College
Lost 66-61

Men's Basketball

Friday, Feb. 15
vs Daemen College (N.Y.)
Lost 108-63

Sunday, Feb. 17
vs Roberts Wesleyan College
Lost 79-70

Bowling

Saturday, Feb. 16
at Metro Classic
1 out of 6 teams

Men's Lacrosse

Saturday, Feb. 16
vs American International
College
Won 28-8

Men's Indoor Track & Field

Saturday, Feb. 16
East Coast Conference
Championship
Tied 6 out of 10 teams

Women's Indoor Track & Field

Saturday, Feb. 16
East Coast Conference
Championship
4 out of 11 teams

#PioneerNation

