

THE PIONEER

Award-Winning Newspaper of LIU Post

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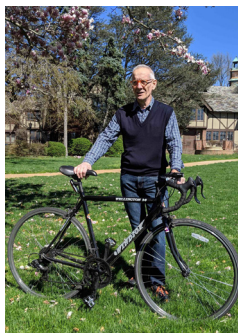
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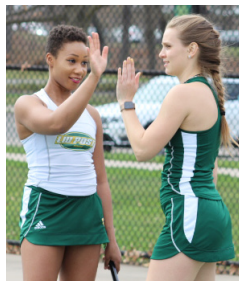


Senior BFA digital art and design students showed their digital art and design portfolios to a crowd of viewers at the S.A.L. Gallery.

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Tennis Suffers Loss in Season's Last Game

The tennis team closed up its 2018-2019 season with a 7-0 loss to Adelphi University on Friday, April 12. "Some players were hurt and some haven't had the chance to practice much during the off season, but we still did what we could," Shanice Arthur said.



Read the story on page 15

Local Legislator to Teach Course in Fall 2019 Semester

BY SHANNON MILLER

ASSISTANT NEWS EDITOR

Nassau County legislator Joshua Lafazan, who was the youngest official elected in Nassau County at age 23, will be teaching an undergraduate course in fall 2019 called ENT 60: Running for Office in the 21st Century. It is dedicated to the skills needed to overcome the challenges of running for office as a young candidate. Lafazan is currently 25.

ENT 60 is a seminar course, which is occasionally offered in the college of management, focusing on special topics in entrepreneurship and allowing students to take advantage of adjunct and visiting faculty who have specialized knowledge in a particular field. The specific title and subject matter change each time the course is offered. Students may take the class as a free elective regardless of their chosen major, according to Dr. Robert Valli, professor of technology management and dean of the college of management.

Lafazan's course will offer the next generation of politicians insight to how he accomplished defeating seasoned opponents.



COURTESY OF HOLLY CURTIS

Joshua Lafazan's course will give students an inside look at local politics and government

He wants students to understand the similarities between campaigning and entrepreneurship so they can leave the course with the ability to manage and guide their own campaign team. The course is meant to enhance students' public speaking skills, offer tips on raising funds to run a powerful organization, and instruct them on how to harness technology to make their voices heard.

Throughout the course, Lafazan will address issues facing millennials including climate change, student loan debt and affordable housing. "There are major threats facing young people, where it's time that we're going

to have to step up and demand that our priorities are met. The surest way to do that is to elect representatives from our own generation," he said.

Prior to graduating from the Harvard School of Education with a master's degree in education policy and management, Lafazan studied at Nassau Community College and Cornell University ILR School, where he received his bachelor's degree. None of the schools he attended offered a class that specifically taught young people how to run for office. His generation and younger are the largest in number, most educated and diverse

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Don't forget to pick up our special graduation issue next week!

Our last issue of the spring 2019 semester

4.24.19



CHRISTIAN KLIMASZEWSKI

Students dressed up to take graduation photos during the grad fair.

COMPILED BY JADA BUTLER

CO-EDITOR-IN-CHIEF

Tickets are on sale at the Campus Concierge in Hillwood Commons for the senior events for 2019. From attending a Yankees game to a senior formal, there is much in store to send off the class of 2019.

Seniors attended the senior grad fair from 11 a.m. to 3 p.m. on Tuesday, April 16 and Wednesday, April 17 in Hillwood Commons. Seniors picked up their caps and gowns, took senior photos, ordered class rings from Balfour Rings, learned about alumni giving through the Employer and Alumni Engagement office, and met with members of LIU Promise and the bookstore.

Students who did not order their cap and gown before the March 15 deadline can still purchase them during the fair on Wednesday until 3 p.m. Undergraduate caps & gowns are \$64.83, master's are \$99.35, and doctoral are \$120.88. Students must be in good financial

standing to pick up their cap & gown, and can pay by cash, credit card, or checks made payable to Barnes & Noble.

A senior formal will be held on Thursday, April 18 at Jericho Terrace from 7 p.m. to midnight. Seniors can dress their best for a night of dancing and glamour. Tickets include a cocktail hour, a dinner, and an open bar. Tickets are \$60 for LIU students and \$75 for non-LIU students and can be purchased at the Campus Concierge desk in Hillwood Commons. Campus shuttle transportation to the formal will leave from Hillwood Commons at 6 p.m.

For seniors seeking jobs, the Promise office will hold a resume review night on Tuesday, April 23 in Hillwood Commons room 270. Promise coaches will work with students to fine-tune their resumes so they can stand out in the job market. "The best tip we can give is to keep it [the resume] to a page," Matthew Blonar, associate director of LIU Promise, said. "Employers don't need to see everything you've done, instead think of this document as a tool to market yourself and put your best information forward to help you get the job."

Seniors can visit the Blue Point Brewery in Patchogue, NY, on April 27. There are no tasting packages for Blue Point Brewery, but free transportation is available from Hillwood Commons and departs at 4:30 p.m. On May 4, seniors can enjoy live music and six wine tastings at the Baiting Hollows Winery in Calverton at 1 p.m. on May 4. Tickets are \$15 and transportation is available for students from Hillwood Commons at 12:30 p.m.

Members of LIU Promise are offering free headshots for students to use for their LinkedIn accounts or for other professional purposes on Monday, April 29. The photographers will be available from 9 a.m. to 5 p.m. in the Hill-

wood Commons lobby. Headshots will be taken on a white background, so students are recommended to avoid wearing white tops.

The Promise office is collaborating with the Employer and Alumni Engagement office to co-host a career readiness fair for seniors hunting for jobs. Seniors are advised to bring copies of their resume and cover letter for a review with Promise coaches. Members of employee and alumni engagement will help seniors navigate the job search process through handshake. Free LinkedIn headshots will also be offered. The fair is on April 30 during common hour in Hillwood Commons.

Graduating seniors can decorate their grad caps to symbolize their years at Post. A grad cap decorating event is open to all graduating seniors on May 1 in the End Zone during common hour.

There will be a special movie night hosted by Promise in the Gold Coast Cinema in Hillwood Commons on May 2. They will be showing the movie "Spider-Man: Into the Spider-Verse."

Seniors can spend a night of fun and games at Dave & Buster's in Westbury on May 3 starting at 6 p.m. Tickets are \$40 and include food, two drink tickets, and one game card per ticket.

To end the senior week events, graduating seniors can gather for a senior toast lead by members of the Promise office in the Winnick Mansion at 8 p.m. on May 9.

Seniors wishing to make the Green & Gold Graduation Pledge of Social and Environmental Responsibility can do so at any senior event. The pledge, according to the liu.edu website, invites seniors to make a promise to evaluate the broader consequences of any job they take. This is the ninth year that students can volunteer to take the Green and Gold Pledge.

HOUSE ADVERTISEMENT

Graduation Classifieds

Place your ad between April 16 - April 18

Write a special message to your graduating senior

Share a favorite memory from your years at Post

Give a final farewell to the Class of 2019

Visit our table in Hillwood Commons to place your ad & for details on pricing.

Corrections

Pictured with the “Long Island Authors Group Holds Fair at Tilles” story in the April 10 issue is author Debbie De Louise, a Post alumna and former Features Editor for the Pioneer.



In “Pioneers Sweep Series against Aquinas” in the April 10 issue, The Pioneer used the incorrect portion of a photo taken by Griffin Albrecht to represent the caption of a pitcher winding up for a long throw. The correct image is to the left and has been posted online at www.liupostpioneer.com.

Events this Week

Wednesday, April 17

- *Flapjack Fundraiser | 12:30 p.m.*
The Alpha Xi Delta Philanthropy Week continues Wednesday with the AmaXIng flapjack fundraiser and 50/50 raffles.
- *Safe Smart Dating | 6 p.m.*
Students can join fraternities Sigma Delta Tau & Sigma Alpha Epsilon to learn about safe and smart dating. The event will be held in the Gold Coast room at the Winnick Student Center.
- *Relaxation Night | 8 p.m.*
The Be the Change club is hosting a relaxation night in the End Zone. Students have a chance to express themselves onstage with a song, dance, poem, or anything. There will be a karaoke contest to win a gift card.

Thursday, April 18

- *Adventure Game Night | 4:30 p.m.*
Students can join the Be The Change club in the Fishbowl for a night of fun and games like Dungeons & Dragons, Super Smash Bros. Ultimate, Uno, and more.

Friday, April 19

- *Build your own Easter Basket | 11 a.m.*
Students can stop by the promise office in Hillwood Commons room 270 to create an Easter basket to benefit students at local schools.
- *Cosenza Prize | 11:59 p.m.*
The deadline to submit your best undergraduate non-fiction writing for the Cosenza Prize is 11:59 p.m. The grand prize is \$100. Students can submit their work to Post-WC@liu.edu. Contact The Writing Center for more info.

Sunday, April 21

- *Aquaman | 3 p.m. & 9 p.m.*
The Student Activity Board is sponsoring a showing of Aquaman in the Gold Coast Cinema in Hillwood Commons.
- *Easter Sunday Mass & Dinner | 8 p.m.*
Students can celebrate Easter Sunday during Mass in the Interfaith Chapel. Mass will be followed by dinner downstairs.

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Hit the Books This Summer

Students can catch up on their credits in a six week summer course.

BY SAMANTHA CAVANAGH

STAFF WRITER

Students have the opportunity to earn three credits in six weeks during one of three summer sessions. This helps students get ahead in their degree, make up classes, or graduate early. The first session is May 20-June 21, the second is June 24-July 26 and the third is July 29-Aug. 30. Over one hundred sections of undergraduate classes as well as over one hundred sections of graduate classes are available this summer.

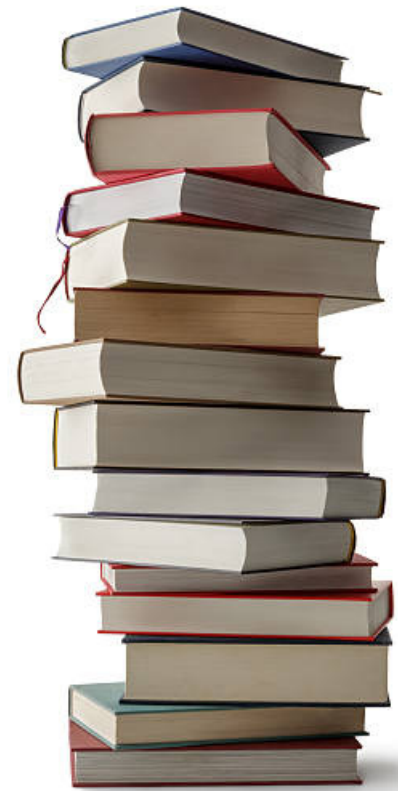
Summer classes run in the morning, afternoon, and evening. The time options for these classes are 9 a.m. through 1 p.m. (morning classes), 1:15 p.m. through 5:15 p.m. (afternoon classes), and 5:30 through 9:30 p.m. (evening classes). Students are able to take courses during multiple sessions throughout the summer. In the summer classes, students are also able to

add, drop, and withdraw from classes just like during the regular school year.

During the summer sessions, courses are open to both current students as well as students from other colleges and universities. For undergraduate students, the price is \$1,115 per credit and for graduate classes the price is \$1,225 per credit; both with an additional charge of \$469 in university fees.

To see the list of classes being offered, students can go to the "Summer Courses" tab on www.liu.edu, and click on "View Course Schedule."

For more information on summer sessions, those interested can visit <http://www.liu.edu/CWPost/Admission/Summer-Sessions>. Students are strongly encouraged to speak to their promise counselors about summer session courses they are interested on taking prior to signing up for them.



ISTOCKPHOTO.COM

Local Legislator to Teach Course in Fall 2019 Semester

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in the history of the United States, but they're the most underrepresented demographic in the legislative assembly, according to Lafazan. He's excited to teach the course that wasn't offered to him during his college years, and he thanks Steve Israel, former member of Congress and former director of the LIU Global Institute, for helping him connect with LIU to make it happen.

The local legislator's political career began in 2001, when he was elected to his student council at Walt Whitman Elementary School in Woodbury. From that moment on, he had a passion for representative government. "I loved the concept that I could use my voice to lift up the voices of others," he said. "Whether through student government or forensic speech and debate, I always loved politics and government."

During his time serving as senior class president at Syosset High School, he found himself and his peers in disagreement with how the school district's superintendent was

running the district. In an effort to get involved and make a change, he decided to run for a seat on the Syosset Board of Education, and in May of 2012, at the age of 18 and one month before he graduated, he became the youngest elected official to any position in N.Y. state.

After Lafazan was re-elected to the school board in 2015, he became frustrated with the number of young people who reached out to him because they had run for office too but lost, and were now inspired by his success story. He wrote a book in response called, "Political Gladiators: How Millennials Can Navigate the 21st Century Political Minefield and WIN!" This how-to tells the story of 30 young elected officials as well as his own and explains how to run for office. "When you treat young people like they have unlimited potential, they will show you that they can do exceptional work, and in this case, they can swing an election," he said. "Fast forward to 2017, we had a county executive and town supervisor under federal indictment, and I decided I was going to seek elected office to the Nassau County Legislature," Lafazan said.

Lafazan was in awe that his community took a chance on him at such a young age and believes that having met thousands of his constituents before the election was his key to winning. "I don't forget where I came from, and I don't forget who I work for," he said. "I always believed face to face wins the race. So, when I knock on a door and I speak to a resident, I think that they're comforted in my earnestness in wanting to serve. I view this as public service and not as politics; and when they meet me, I think they're also comforted to know that I'm accessible."

Taking a course with Lafazan will give students a view of politics and local government from an insider. "In an era of political disruption, he sits in the center of the aisle; I think the course would appeal to anyone with intellectual curiosity, and an interest in the future of our nation on a personal level," Valli said.

The class is scheduled for Wednesday evenings, and a definite time start time has yet to be confirmed. Students who are interested in taking the course should consult with their promise coach or advisor prior to registering.

For more news, visit us online at

www.liupostpioneer.com

Be The Change Hosts You are Noticed Day

BY DYLAN VALIC
STAFF WRITER

The Be the Change Club hosted its third annual You are Noticed Day speak out on April 9 in the End Zone. You are Noticed Day is an event to raise awareness for those experiencing feelings of alienation or loneliness.

Adam Silverstein, junior social work major, is the president and founder of the Be the Change Club, and he started You are Noticed Day. He originally had the idea for the event when he was a senior in high school, and he finally made it a reality when he came to college. “I had the idea in high school but I didn’t really do it because I was about to graduate, but when I brought Be the Change Club here to LIU Post I did it, and we have been doing it ever since,” Silverstein said.

You are Noticed Day is important to Silverstein because it raises awareness for a topic that’s not usually discussed. “I feel like it’s not really a topic that’s talked about enough; when you feel isolated, and lonely, and left out, and I think it’s something so many people struggle with,” he said. “We need to raise awareness for people who feel that way and open up those conversations about how we could all feel more connected with each other and work to help people who feel that way.”



DYLAN VALIC

The members of the Be the Change Club at the You are Noticed Day event

The main event of You are Noticed Day was a speak out in the End Zone at which students told their stories about feeling isolated. If students were not comfortable speaking out, they were still able to attend, have food, and hang out in a safe, supportive environment.

The Be the Change officers want to make You are Noticed Day a nationally-recognized event and spread it to schools around the world. They plan to continue to host You are Noticed Day, as well as other events, on campus.

ADVERTISEMENT

sat·ire

noun

the use of humor, irony, exaggeration, or ridicule to expose and criticize people's stupidity or vices, particularly in the context of contemporary politics and other topical issues.

Writers and performers are needed for a new humor podcast to be produced by students at LIU Studios (WCWP).

Interested? email: wcwp@liu.edu



Professor Cary Epstein: Man of Many Hats



AMANDA DESENS

Professor Cary Epstein



COURTESY OF CARY EPSTEIN

Professor Epstein at Nassau Zone NYS AHPERD Conference

BY ANAND VENIGALLA

FEATURES EDITOR

Cary Epstein, professor of health and physical education, is the coordinator of the teacher preparation program within the department of teaching and learning. An adjunct professor when he first came to Post in 2011, in fall 2018 Epstein was hired as the only full-time faculty in the department of health, physical education, and movement science, which has since been combined with several other departments within the college of education under the new title department of teaching and learning.

"I love teaching at LIU. I have had nothing but great experiences with all of the students in my classes. It is my hope to motivate and inspire them to be the best versions of themselves," he said.

Epstein spent his freshman year as an undergraduate student at Post in 1998 before transferring to the University of Albany to complete his bachelor's degree. "I loved my time as a student at LIU and even though it was short lived, when I walk around campus, I have fond memories of my first year in college. I even still have my CW Post ID card."

Epstein's job as a professor allows him to follow his life-long passion for health and fitness. "I always thought being a college professor would be a really amazing job, but it wasn't necessarily on my radar," he said. After obtaining his master's degree in health education K-12 from Hofstra University, Epstein taught health for seven years at both Hewlett High School and John Adams High School. During that time, he taught his first college level course on substance abuse at LIU at night. "When it was all over, I knew this was the perfect career for me. It took awhile to get here, but I finally landed that full-time job in the fall of 2018."

Epstein was inspired by his late grandfather

Dan Lurie. "He was a famous fitness pioneer and founding father of bodybuilding. His entire life was focused on health and physical fitness," Epstein said. "He held world records in push-ups, pull ups and parallel dips to name just a few. He trained some of the world's most famous bodybuilders and coined the slogan 'Health Is Your Greatest Wealth.'" Epstein seeks to continue Lurie's legacy of completing seven full distance marathons and being a four time Ironman Triathlon finisher. "This September [8] I [will be] racing an eight-stage triathlon called the SOS [Survival of the Shawangunks] Triathlon and in October 13 I will be running the Chicago Marathon," he said.

Epstein advises students to focus on their health. "Everything you do now will 100 percent affect you in the future. It's a hard concept to grasp when you're young and you have no health issues. Look at what you eat, who you hang out with and how you feel about yourself. What kind of lifestyle do you live? All of these things will make and shape your adult lives, who are you now and who you will become in the future," he said.

Epstein teaches a course on human sexuality. "It's so much more than just sex or being straight versus gay. I have had students come to this class thinking they know it all and have left 14 weeks later, thanking me for opening up their eyes to understanding human sexuality," he said.

Epstein, who teaches a course on substance abuse, sees the vital problem in drug and substance abuse. "Unfortunately, even with the use of the internet at our fingers and learning about the dangers of drugs and drinking early on in public school, the amount of young people finding themselves addicted to various drugs is alarming. 1400 college kids across the U.S. die a year from alcohol poisoning alone," he said.

Outside of campus, Epstein is an emergency medical technician in the NYC 911 system. He

works for Lennox Hill Hospital, and he works eight-hour, 12-hour, and 16-hour shifts on the Upper East Side. He is also the EMS Lieutenant at the Hewlett Fire Department. "It's a juggling act and I can always use some more sleep," he said.

Epstein is one of the co-founders of the nonprofit organization M.A.C.H.O. (My Actions Can Help Others), in honor of his late father Scott Epstein. "The M.A.C.H.O. Foundation aims to inspire people to think with their hearts. We believe empathy and compassion are core values that should be at the forefront of our society, and it is our contention that every one of us possesses what we call 'M.A.C.H.O. Power,'" Epstein said. M.A.C.H.O. promotes its vision of ordinary superheroism through advocacy work, school assemblies, designated projects, camperships, and awards recognition programs. The Pioneer covered one of M.A.C.H.O.'s events in a report titled "Volleyball for a Cause," published March 7, 2017.

Epstein is also a lifeguard at Jones Beach during the summer, as well as the owner of the "Epi-Center Rescue" business, which provides professional open water aquatic consultation and lifeguard staffing for large swimming and multi-sport events. "As an avid triathlete for many, many years, combined [with] my love and experience as an ocean lifeguard, I saw the need for better safety measures on the water," he said. He is currently the lifeguard director for the NYC Triathlon, Swim Across America, Ironman and many other events.

In addition, he has worked as a background actor in movies and television shows such as "Mobbed," "Deal or No Deal," "Baywatch," "The Good Cop," "Mr. Robot" and "Billions." He is the lifeguard consultant of the upcoming third season of "Stranger Things" and EMT consultant of ABC's "Quantico."

Health Column: Autism Awareness Month

BY ALECIA SEXTON

STAFF WRITER

April is National Autism Awareness Month and there's no better time to learn more about this disability. According to autismspeaks.org, autism is defined as a "broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication." There is often a stigma associated with autism that shines a negative light on the autistic community.

While it's true that autistic individuals often require additional services such as speech therapy, academic tutoring, and additional experience in visual and performing arts to improve self expression and social skills, autism shouldn't be seen as a handicap. Some autistic individuals require constant assistance and help while others live completely independently. This proves that the disability presents itself across a spectrum.

Autism often decreases a person's ability to follow directions, pay attention for long amounts of time, and express emotions, thoughts and ideas. Because of this, many are misdiagnosed as being mentally disabled, which is why autism awareness is so important. Often, individuals in the spectrum have issues comprehending body language, understanding sarcasm, and catching on to social cues. Because of this, making friends proves extra challenging and potentially leads to emotional and social outbursts.

Imagine not being able to read someone's body language to conclude what they're thinking or feeling. On top of that, imagine not being able to express that confusion because your brain is overwhelmed with countless thoughts and emotions at once. This can be extremely frustrating for anyone, leading to anxiousness and anxiety. This is why it's important to speak literally, calmly and concisely when interacting with someone on the autistic spectrum and to try different communication techniques to see what works best. This simple adjustment could make a night and day difference in the ability to effectively interact with an individual with autism.

Research has shown that autism is a disorder of the senses in which individuals can either be hypersensitive or desensitized to sensory impulses such as sounds, colors, and textures. This is why some may walk on their toes to decrease the impact of the ground on their feet or may enjoy spinning on a swing as a calming, or "stimming" technique.

There's a wonderful film titled "Temple Grandin" that tells the real-life story of one woman's journey living with autism. If you're interested in learning more about autism through the eyes of someone with the disability, this movie is not only informative, but extremely instrumental in truly understanding it. The film helps shine light on the fact that individuals with autism are "different but not less" and deserve to be heard and understood.

Foreign Languages Professor Bikes to Work



COURTESY OF MARCO CODEBO

Professor Marco Codebo with his bike

BY JACQUELINE ESCOBAR

STAFF WRITER

Marco Codebo, associate professor of Italian and French in the department of English, philosophy, and foreign languages, is as dedicated to his health as he is to his students. Although most professors and students drive to school, Codebo prefers to bike.

"I bike to work from either Westbury or Manhasset," he said. "I live in Sunnyside, Queens and I carry my bike on the LIRR, and I bike from the arrival station to campus." The distance for Codebo is more or less nine miles from either station, although he prefers the road from Westbury, which he says is much better for cycling. This month, Codebo made the trip all the way from Sunnyside to Post.

He bikes for many reasons. "I have been an active cyclist throughout my whole life; the first time I put a foot in this country in 1988, it was for the bike trip of my life: biking across the continent from Seattle to Maine," he said. He was younger and more fit back then, and was able to make the cycling trip in 44 days. He documented his trip in an article titled, "American Dream" on adventurecycling.org.

Thirty years have passed and Codebo isn't as fast as he used to be, but he still enjoys the sensation of riding his bike. "Every time my bike is on the road, I can smell adventure in the air and not only that, on a bike, you feel the season change and you can spot the first

flowers in spring and the last rusty leaves in fall; you shiver through the wintery air. In a word, you are more alive than ever on a bike," Codebo said.

Codebo has another reason for biking – to protect the environment. "I love my planet and worry about it, the air, water, trees, and grass are common goods. They belong to all of us even if, too often we behave as though they belonged to none of us. I want to take care of the goods I share with my fellow human beings," Codebo said.

Codebo says cycling to work is just like recycling. "Small actions that become important when repeated many times and shared within a community," he said.

Codebo believes the university should lobby local governments for bike lanes on Long Island. He said bike lanes would essentially be fun for a lot of people on the weekends and can make life better for bike commuters like him on working days.

Codebo offers this advice to students: "Take some time for yourself, just for yourself, each day. Time for checking your plans, seeing what good or bad you have done, reminding you of the important things in your life. You do not need hours to do this, just a few minutes, but just do it every day. Turn off the noise in the world, screen yourself from all the distractions, and focus on what you want to do with your life. I need a bicycle to do it, but I bet our students are smarter than me and can think without pedaling."



THE DAY WE CELEBRATE FOR *A Week.*

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BFA Seniors Showcase Their Work



JACK GEORGIS

Patricia Fredes became interested in digital art and design through her combined love for computers and art.



JACK GEORGIS

Caitlin Buschinski has a passion for drawing pop culture icons.

BY JACK GEORGIS

NEWSLETTER & ASSISTANT ONLINE EDITOR

Senior BFA digital art and design students showed their digital art and design portfolios to a crowd of viewers at the S.A.L Gallery. The exhibit showed from April 9 to April 14 and featured the work of six senior BFA digital art and design students: Caitlin Buschinski, Patricia Fredes, Anna Burgess, Yuehui Zhu, Xiaonyu Wang, and Anthony Graffeo. A reception took place on April 10 from 5 p.m.-8 p.m. where the artists showed off their work.

The gallery featured an abundance of pieces from posters and magazine covers, to candles and TV ads that the students created in digital design. Several of the artists had computers set

up to show even more of their work in addition to what was displayed in the gallery.

“I started as visual merchandising major at a different school,” Buschinski said. “I realized fashion wasn’t for me, but I still wanted to design, so I looked into design program here and loved the work I saw.”

Fredes became interested in digital art and design as a method combining of her passions. “I always liked computers and art and I have a passion for art, so I put those two together and it worked out,” Fredes said.

Buschinski mentioned that her favorite works were her vector portraits. “I feel like I portray emotion well in my illustration and in my use of color. I like taking pop culture people and drawing them,” she said.

Fredes spoke more on her design process and what she most enjoyed creating. “I love creating 3D pieces using Maya [3D art design and animation software]. It’s fun. I really like that,” Fredes said.

Fredes also spoke more on the process of creating pieces. “My favorite pieces are the ones created in Maya. I also use photoshop to be able to create all the textures for my pieces,” Fredes said

Since the students did various different types of pieces, some of them had a favorite type of piece to design. “I like designing everything,” Buschinski said, “I especially love when I can incorporate illustration into anything I do.”

HOUSE ADVERTISEMENT

Graphic Designers Wanted

Join our staff for the fall 2019 semester!

Graphic designers are needed to fill the following positions:

Head Layout Manager · News Layout Editor

Features Layout Editor · Arts & Entertainment Layout Editor

Sports Layout Editor

Layout staff must be available Monday & Tuesday afternoons to layout weekly issues of The Pioneer.

Interested students can email their availability to liupostpioneer@gmail.com

Happy Easter: Paper Bunny Craft



Step one

What you'll need:

Colored construction paper
Tape
Scissors
Sharpie marker
Red or pink marker

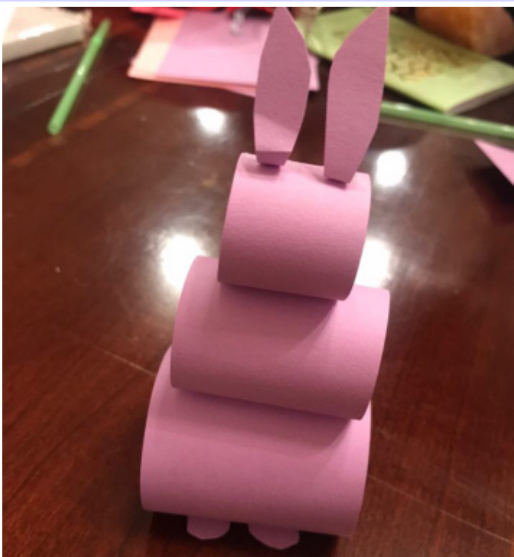
BY ANGELIQUE D'ALESSANDRO
EXECUTIVE EDITOR

To make this fast and easy Easter dorm decor, cut your construction paper into three strips of three different widths, each one slightly wider than the last. Fold the three strips of paper into cylinders and then tape them so they retain the shape.

Next, stack the three cylinders on top of each other with the largest at the bottom. Use the scraps of construction paper to cut out two rabbit-ear shaped pieces and then tape them to the top cylinder.

Then, use a different color construction paper to cut out two pieces slightly smaller than the ears you just attached and put them in the middle to be the "inner ear." Finally, draw on a nose using a pink or red marker and then use a black sharpie to make two eyes and a cute bunny mouth.

You can also attach two small pieces of construction paper to the bottom cylinder to represent two feet. When the craft is done, you will have a tiny, adorable bunny decoration to put anywhere in your dorm.




Step two



Step three

PHOTOS BY ANGELIQUE D'ALESSANDRO

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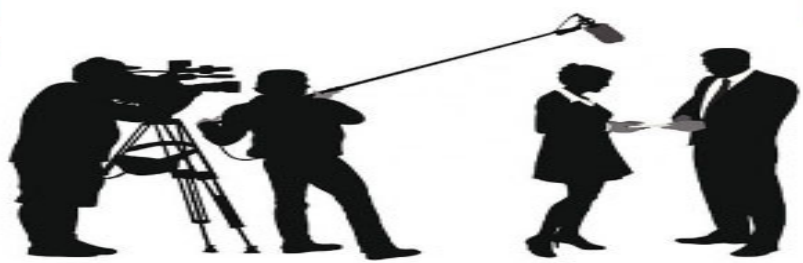
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Film Students Attend Social Action Screening



COURTESY OF SUSAN ZEIG

Film students with *Padres y Jóvenes Unidos* states wide organizer, Alex Ortega

BY KARIS FULLER

ARTS & ENTERTAINMENT EDITOR

Professor Susan Zeig, chair of the communications department, accompanied seven students to a screening called “Following Their Lead Youth in Action” on April 8. Brave New Films and the Ford Foundation sponsored the screening. It took place at The Ford Foundation Center for Social Justice in New York City and brought together four nonprofit organizations that rely on the input of youth organizers. The audience gathered to watch four short films, one on each of the organizations, that gave details about the activism of the young people.

Brave New Films produces films to educate people on a variety of social justice issues. The partnership with The Ford Foundation allowed for these organizations to reach different parts of the country.

Rise For Youth is a Virginia based organization that fights against juvenile detention, advocating for alternatives to youth incarceration. In 2017, they successfully aided the shut down of Beaumont Juvenile Detention Center in Beaumont, V.A., while delaying the construction of a second center late last year.

Youth Vs Apocalypse is an organization that brings climate-based issues to classrooms in the Bay Area. Its goal is to get the youth of

California to stand up and fight for their future, reducing their carbon footprint and tackling the issue of environmental racism.

Formed in 1990, the Native Youth Alliance is an organization that represents the indigenous people of the Omaha tribe (a Midwestern Native American tribe). Its efforts focus on saving the Omaha-Ponca language (native language) from extinction and providing homes and land for native youth. “Together we wrote to secure a future for the seventh generation,” co-founder Nathan Phillips said at the event.

Based in Colorado, *Padres y Jóvenes Unidos* is an organization that handles immigrant issues, from immigrant students’ rights to reforming their schools and elevating the voices of immigrants. Led by youth of color, the group works to end the school to jail track. “The overuse of harsh school discipline, zero-tolerance policies, the criminalization of youth behavior and the disproportionate impact on students of color are causing severe harm to Colorado students, families, and communities,” according to its website.

Although these nonprofits represent different social issues, they had one thing in common: the efforts of youth make them some of the fastest growing organizations in the United States and across the world.

At the screening and discussion, the audience of 40 heard from adults working at the

charities as well as a panel of youth representatives from each nonprofit. The panel consisted of high school student Kidaya Wright from Rise For Youth, Althea Phillips, youth organizer for Native Youth Alliance, Alex Ortega from *Padres y Jóvenes Unidos*, and 15-year-old Hannah Estrada representing Youth Vs Apocalypse. The four discussed the challenges they face as youth leaders, and expressed what the “old folk” in the room could do to help.

Currently residing in Denver, 21-year-old Ortega uses the impact of his immigration story to help children in the same conditions. He was initially undocumented when he came to the US at 16 as an immigrant, Ortega found himself in ESL (English as a second language) classes.

Ortega was shocked at the number of his peers who were failing with no assistance from the teachers and the school, while he himself was excelling. This is how he first got involved with youth organizing as he establishing a tutor system to help his failing peers. Now, studying at university, and enjoying being a youth organizer, he also identifies the pressures of the job. “Sometimes I come home and just need to cry,” Ortega said, “I just eat ice cream, cry and go on.”

To learn more about these organizations, the work they do and how to get involved, visit www.bravenewfilms.org.



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The New York Times



Sudoku

Ken Ken

The grid is divided into nine blocks, each containing nine squares. The rules of the game are simple: each of the nine blocks must contain all of the numbers 1-9 within it's squares. Each number can only appear once in any row, column or box.

Test your skills and upload your finished puzzle to social media and tag The Pioneer!

Instagram: liu_postpioneer
Twitter: @liupostpioneer

This game combines Sudoku and math. Fill the grid with the numbers 1 to 6 such that they only appear once in each column and row, and that they answer the math equation in each marked section.

Test your skills and upload your finished puzzle to social media and tag The Pioneer!

Instagram: liu_postpioneer
Twitter: @liupostpioneer

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 9 | | 1 | 5 | 7 | 2 | |
| 5 | | | | 2 | | 4 | | |
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| | 1 | | 3 | | | 9 | | |
| | 5 | | 7 | | 1 | | | |
| 2 | | | | | | | | 1 |

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| | | | | 30× | |
| 7+ | 24× | | 1- | 6× | |
| | 7+ | | | 4× | 3+ |
| 3÷ | | 120× | 45× | | |
| | | | | | |

DIFFICULTY LEVEL: EASY

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Football Players to Train with N.Y. Giants



CHRISTIAN KLIMASZEWSKI

Pioneer NE10 champions celebrate their victory

BY CHRISTIAN KLIMASZEWSKI

STAFF WRITER

Even though football season ended in December, Pioneer football players have been preparing to get drafted by an NFL football team. Running back Malik Pierre, wide receiver Mike Richardson, wide receiver Deon Mash, linebacker Jake Carlock and defensive end Kevin Petit-Frere have been working hard during the offseason to prepare for the NFL draft. These players earned invites to Columbia University's Pro Day on March 14, where NFL coaches and scouts evaluated players as they performed different drills to show off their skills in the 40-yard dash, bench press, and much more..

"I had to get two NFL scouts to recommend me to the Columbia University coach, so I could get into their pro day," Richardson said. He ended the season with 778 yards, 10 touchdowns, and was named to the All Northeast-10 Conference first team.

"My pro day went really well. A lot of coaches and scouts liked the way I performed and everything," Petit-Frere said. He ended the season with 11.5 sacks, 53 tackles, and was named to the All-American second team. "Kevin was a monster on the field this season. It always felt like he was making a big play," said Jason Glickman, a sophomore broadcast-

ing major and the WCWP Sports play-by-play commentator for the football team.

The players' performances earned them invites to workout with the New York Giants. "After performing all the drills and tests, a Giants scout approached me and invited me to their local pro day on April 5," Carlock said. Carlock ended the season with 67 tackles and 4 sacks. He made two huge plays to help his team win the NE-10 championship and was named NE-10 defensive player of the year.

During their workout with the Giants, each player practiced drills with their position coach.

"We went on the field and did positional

work, ran routes with quarterbacks, and then stayed after to catch punts," Richardson said. He also returned punts for the Pioneers during his three years on the team. Considering Richardson, Mash, and Pierre are offensive players, they went with the offensive coaches from the professional team, while Carlock and Petit-Frere went with the defensive coaches.

"It went well. They had me do different linebacker drills to get a good look at me," Carlock said. Carlock was also able to work out as a long snapper. "I felt good out there. I felt confident about the drills and my performance."

continued on page 15



COURTESY OF MIKE RICHARDSON

Fr. L. Kevin Petit-Frere, Mike Richardson, Deon Mash, Malik Pierre

Tennis Suffers Loss in Season's Last Game



AMANDA DESENS

Shanice Arthur and Veronika Koudelkova high five

AMANDA DESENS

Katie Kumpas jumps to hit the ball

BY AMANDA DESENS

ASSISTANT PHOTO EDITOR

The women's tennis team closed up its 2018-2019 season with a 7-0 loss to Adelphi University on Friday, April 12. "Some players were hurt and some haven't had the chance to practice much during the off season, but we still did what we could," Shanice Arthur, a senior psychology and forensic science major, said.

Rain and heavy winds didn't stop the Pioneers from stepping on the court at 3 p.m. The game started with intense doubles. The

Pioneers kept up with only one game behind Adelphi.

This was the team's last match before summer break. To commemorate the seniors, Arthur and senior Katie Kumpas, adolescent education major, were given flowers as a thanks for their years as players on the team. The two seniors were ready to face their last collegiate match, but with mixed emotions. "Honestly, I don't know where my tennis career is going to go from here. College tennis has helped me make new friends and teach me how to balance my time," Arthur said.

Sophomore nursing major Veronika Koudelkova and Arthur had a close game in their double match. The two kept up with Adelphi for most of the game, but fell short by the end of the match losing 6-5.

While the Pioneers were sunk in the singles, a noteworthy game between Arthur and Adelphi's Samantha Perri gave the Panthers a challenge. Keeping up with the fast-paced game, Arthur managed to keep a tie between her and Perri for up for six matches. After that, Perri took over the game and the close game ended in a loss 10-7 for Arthur.

Football Players to Train with N.Y. Giants

continued from page 14

Petit-Frere was a dominant defensive end for the Pioneers during his four-year career in green and gold, but the Giants' coaches had Petit-Frere work out as a outside linebacker. "With my size, length, and everything, outside linebacker fits me well in a 3-4 defense," Petit-Frere said.

"I'd be like a stand-up defensive linebacker, but could also drop back into coverage against tight ends, running backs, and wide receivers."

Carlock and Petit-Frere both grew up as New York Giants fans and it was a surreal moment to be working out with their favorite team. "I've been a Giants fan my whole life. Seeing the facilities and everything was just amazing. It will be something I'll never forget," Carlock said.

For Petit-Frere, growing up, his favorite player on the Giants was former

All-Pro and former Super Bowl Champion, defensive end Jason Pierre-Paul. "Getting to actually be where he once was and hopefully get a chance to play for them, it's just mind blowing," Petit-Frere said.

The Post players have also received contact from several other NFL teams. The Indianapolis Colts and the Atlanta Falcons also contacted Petit-Frere. "My agent did speak to the Lions, Colts, 49ers and Redskins about me after my pro day," Richardson said.

"I was able to watch these guys week in and week out. These guys are game changers," Glickman said. "I would not be surprised if an NFL [team] picks up one of these guys." The football players will have to wait and hope until the NFL draft from April 27-April 29 to hear if their names are called to be drafted in the NFL.



CHRISTIAN KLIMASZEWSKI

Football players line up on the field

Upcoming Schedule

Women's Lacrosse

Thursday, April 18 @ 3 p.m.
vs. Bentley University
Waltham, Mass.

Tuesday, April 23 @ 4 p.m.
vs. University of Bridgeport
Bridgeport, Conn.

Men's Lacrosse

Saturday, April 20 @ 2 p.m.
vs. Mercy College
Dobbs Ferry, NY

Baseball

Thursday, April 18
@ 3.30 p.m.
vs. Molloy College
Rockville Centre, N.Y.

Saturday, April 20
@ 12 p.m. & 3 p.m.
vs. Molloy College
Home

Monday, April 22 @ 3.30 p.m.
vs. Molloy College
Rockville Centre, N.Y.

Softball

Saturday, April 20
@ 11 a.m. & 1 p.m.
vs. Queens College
Home

Monday, April 22
@ 3 p.m. & 5 p.m.
vs. Pace University
Home

Tuesday, April 23
@ 2.30 & 4.30
vs. Caldwell University
Caldwell, N.J.

Golf

Friday, April 19 @ 1.30 p.m.
at Jefferson University
Tri-Match
Lafayette Hill, Pa.

Outdoor Track & Field

Saturday, April 20 @ 9 a.m.
at East Coast Conference
Championship
Farmingdale, N.Y.

Former Swimmer Joins Rugby Team



ASHLEY BOWDEN

Caitlin Johnstone is a two-time collegiate athlete as a member of both the swim team and the rugby team.

BY ASHLEY BOWDEN

CO-EDITOR-IN-CHIEF

Caitlin Johnstone, senior health science major, traded her sea legs to run on land when she joined the women's rugby team during the spring 2019 semester. She has been a member of the swim team since spring 2016 and plans to continue on the rugby team during fall 2019, the semester she graduates.

Since the swimming season came to an end, Johnstone chose to make the most of her time by revisiting the sport she played in high school. "It's nice to be a part of a team sport, swimming is more individual," Johnstone said. She enjoys the learning opportunity that comes along with team sports. Playing on the rugby team allows her to get advice from her teammates and correct mistakes during gameplay. "A mistake might be dropping the ball, not catching it or tackling incorrectly," Johnstone said.

Johnstone finished her swimming season and joined the rugby team with an ankle injury and a fractured foot. "With my injury, I thought I wasn't even going to get to play," Johnstone said. She took two months to heal and go through physical therapy before playing on the field in March. Johnstone officially joined the team in January. Despite having to overcome an injury, the main thing Johnstone adjusted to was the amount of running. "I found a lot of my skills from high school were still there, and I didn't

find tackling too bad," she said.

Since she joined the team late, Johnstone was glad the other members were open and welcoming. "Walking onto a team that's been together already for a couple of years, adding a new person could be messy, but I fit in really well," she said. Having a will to learn the sport again as well as teammates willing to help have been vital for Johnstone as she adjusted to playing rugby.

"I knew I wanted to play rugby after I was done with swimming," Johnstone said. In fall 2018 she spoke with the previous coach, John Royal about joining the team. When Colleen Doherty became head coach, she allowed Johnstone to join. "It's a relatively new team, so the team's still kind of small and getting on its feet," Johnstone said. Women's rugby, which began on campus in 2016-17, currently has 12 members.

When she played rugby in high school, Johnstone enjoyed playing with 15 players on each side of the field. So far, the Pioneers have played games with seven team members on each side. Johnstone anticipates playing longer games with more players in the fall season.

Johnstone scored her first two collegiate tries for the Pioneers on Saturday, April 13 against Colby Sawyer College. "An achievement for me was being able to overcome my injury and step on the field and play," she said. Rugby will become a Division I sport under the One-LIU merger.

Game Results

Women's Lacrosse

Saturday, April 13
vs. New York Institute of
Technology
Loss 8-7 (OT)

Tuesday, April 16
vs. University of New Haven

Men's Lacrosse

Saturday, April 13
vs. New York Institute of
Technology
Win 17-14

Softball

Saturday, April 13
vs. Saint Thomas Aquinas
College
Game 1: Win 3-1
Game 2: Win 3-1

Sunday, April 14
vs. Southern New Hampshire
University
Game 1: Win 4-2
Game 2: Loss 5-0

Tuesday, April 16
vs. University of Bridgeport

Baseball

Wednesday, April 10
vs. East Stroudsburg Univer-
sity
Loss 12-7

Friday, April 12
vs. University of Bridgeport
Win 2-1

Sunday, April 14
vs. University of Bridgeport
Game 1: Loss 1-0
Game 2: Win 17-2

Women's Tennis

Friday, April 12
vs. Adelphi University
Loss 7-0

Rugby

Saturday, April 13
at Sacred Heart 7's
Won 1 out of 3 games