

THE PIONEER

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Johnson & Johnson Vaccine Resumes After Blood Clot Cases



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Field Hockey Falls in NEC Championship



After going 4-2 in the regular season, field hockey wrapped up their season, falling to #1 seed Rider University 0-5 in the Northeast Conference Championship

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Campus Begins Vaccinating Students



Dylan Valic

A nursing student administering the Moderna vaccine

BY DYLAN VALIC & SHELLEY DEAN

EDITOR-IN-CHIEF, STAFF WRITER

As vaccines are being administered across the country, nursing students are doing their part in helping with the fight against Covid 19. Student volunteers have begun administering the Moderna vaccine at the campus's vaccine center located at the University Center.

The vaccination center was originally announced by Nassau County Executive Laura Curran on Thursday, Feb. 11, for faculty and members of the local com-

munity who met New York state's guidelines for being vaccinated. The vaccine center began giving doses of the vaccine to interested students on Friday, April 23, after eligibility was extended to anyone over the age of 16.

Students will need to be able to come back to campus for the second dose, or schedule a Moderna appointment in their hometown. School will not be in session by the time the students are due for their second shots.

The vaccine center is entirely student run, with everything from checking in to administering the vaccine being performed by students. Each room has one professor and at least two students to ensure everything is being done correctly. Medical professionals are also on standby in the case of an emergency.

The opportunity to volunteer wasn't only open to nursing students, as students from different departments volunteered to help in different ways. Non-nursing students are helping take temperatures, check people in and guide patients to their proper room so that nobody needs to unnecessarily come in contact with each other.

Nursing students who volunteered to help administer the vaccine needed to complete a series of online training modules that taught them the proper technique for administering the vaccine, and practice

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Senior Music Students Reflect on Their Time at Post



Courtesy of Jaclyn Smith

Jaclyn Smith holding her instrument

BY EMMA ROBINSON

NEWS EDITOR

The department of music recently ranked number nine on a list of Best Music Colleges in New York in 2021 for Best Value

Schools.

"Post offers a conservatory-style program that brings a diverse array of performance and academic opportunities," the website said. "Undergraduate students can pursue a bachelor of music in music education, a bachelor of science in music, or a bachelor of fine arts in music technology, entrepreneurship, and production. The department provides a variety of public performance opportunities to showcase students' skills and talents, including solo student recitals, workshops, masterclasses, and concerts both on campus and at major concert halls in New York City and abroad."

Music students at the university are proud to be a part of the accomplishment.

"When I first heard that LIU's

music program was recognized as one of the best in New York, I was excited, but not surprised," senior instrumental performance major Jaclyn Smith said. "Over the years, the department of music has fostered an environment where I could grow as a musician."

Smith is the principal clarinetist of the orchestra, wind ensemble and wind symphony. She has also been a part of some chamber music ensembles during her time at Post.

Senior instrumental performance major Sarah Kadtko, who plays both the flute and piccolo and partakes in the wind ensemble, wind symphony, orchestra, percussion ensemble, and chamber music ensembles, agrees with Smith.

"For my past four years here, the Department's faculty have consistently gone above and beyond to

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Campus Begins Vaccinating Students



Dylan Valic

Rebecca Sweeney holding her proof of vaccination

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giving the vaccine to a mannequin, according to Director of the Inter-professional Simulation Center Debra McWilliams.

The modules helped prepare students for when it was time to administer the actual vaccine.

“It helped a lot, there were a lot of visuals and you come in here and you’re not just thrown in, you know exactly what you’re doing,” junior nursing major Shanna Lynn Maleitz said.

Students felt good about being able to do their part to stop the spread of COVID-19.

“It feels really good to be helping to end this war against the virus,” junior nursing major Ahmad Yasser said.

Maleitz was happy to volunteer because she believes that she is helping to create history.

Other students felt a need to help their community, which drove them to volunteer.

“I feel like it’s our duty,” junior nursing major Andy Nunez said. “We’re in the field of nursing and this is what we’re going to be doing in the future anyway, so what better way to do it then in our community and in our school.”

Nunez also recognized the importance of the vaccines.

“There’s a lot of deaths going on because of this, so to think this could have saved somebody’s life is pretty meaningful,” he said.

On Friday, April 23, 500 doses of the Moderna vaccine were available to interested students. Monij Sankhe, a masters student in the health care administration program, received a dose of the vaccine and was happy with the results.

“It was very easy, it was very streamlined, I was welcomed very nicely and the whole process was like a piece of cake for me,” he said. “Even when I got vaccinated I didn’t even feel it.”

The accessibility of the vaccine was exciting to many students.

“I had to call the vaccine hotline every single day trying to get an appointment and I couldn’t get one anyone around here, so the current one I have scheduled is five and a half hours away on May 3rd,” sophomore musical theatre major Nick Larsen said.

Larsen quickly scheduled an appointment on campus shortly after receiving the email. The campus vaccination will save him an entire day, and over ten hours of driving.

Other students are weighing how they will make the second dose work for them, because they live out of state.

“It’s not that far of a drive back, if I have to come back I will, but I am going to try to schedule my second dose at home in Massachusetts,”

junior musical theatre Renee Hamilton said.

Hamilton wishes the campus had opened up for vaccinations earlier, but is grateful to have the opportunity at all. Being a theatre major, she has been forced to shift many aspects of her creative life.

“Covid has taken so much of my life away from me. It has taken live theatre from me, I saw my grandma very intermittently,” Hamilton said.

Hamilton is excited that she will be able to see her 83 year old grandmother more often once she has the vaccine in her system.

For Hamilton, scheduling an appointment was extremely easy and took her less than five minutes. She encourages everyone who can to find a vaccine appointment as soon as possible.

Dean of the School of Health Professionals and Nursing, Dr. Denise Walsh, believes that the experience of operating a vaccine center right next to campus has been a positive experience for everyone involved.

“It has been a wonderful experience for not only the students but the community, to see that LIU is a part of this community and we want to give back to the people that we live with and work with,” she said. “Everyone who came through here had such a positive experience. The students who worked here had a positive experience because we emphasize that we are a part of a global community and we’re reaching out to the members of the world to help them, as in healthcare, because we are healthcare professionals that’s what our profession is based on, reaching out to others.”

Students who are interested in scheduling an appointment for a vaccine in Nassau County can visit <https://vaccine.nassaucountyny.gov/> for more information.

Students Prepair for Finals

BY JOSEPH CHANG

STAFF WRITER

As the semester comes to an end, many students find themselves preparing, and potentially cramming, for finals.

“[I’m] dreading all of my final assignments due to the fact [that] they are on the last day of classes,” freshman English major Joseph Interrante said. “It would be different if I had to complete them individually. Since they’re all due the same day, it is almost as if they’re grouped up in my mind as well.”

Some students, however, find their exams enjoyable. Junior philosophy and criminal justice major Thomas Digennaro is excited for a final that he gets to prepare an argumentative presentation.

“I love to talk, let people know what’s going on inside my head. I always like the opportunity to present and talk about something,” he

said.

To aid in concentration while preparing for exams, it’s common to listen to music.

“I listen to all kinds of music when I study,” Interrante said. “But recently I have been listening to a 24-hour Chill-hop radio playlist on YouTube. It really helps me zone out and do my work.”

Digennaro’s music taste differs from Interrante.

“I’m a pretty big Grateful Dead fan,” he said. “They’re known for their long jams, and there’s not a lot of singing going on – it’s very LoFi, and it’s good background music. I like to play it very faintly to provide a mellow vibe for my studies.”

It can be crucial to allow time to relax and take a break from studying during this time.

“I’ll give myself a little reward once I finish what I’ve planned to do for that night, and I’ll

sleep so much better because of it, so I just tell myself: ‘just get through the work,’” Digennaro said.

Some students prefer to focus on their physical health during their study breaks.

“I personally use physical fitness as my outlet,” Interrante said. “I feel like exercise helps me remain being productive while still taking a break from my mentally taxing work. It has been extremely rewarding as well.”

When finished with finals, students are already planning their summer vacation.

“Honestly, I’m just really looking forward to getting to the beach,” Digennaro said.



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Senior Music Students Reflect on Their Time at Post

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provide for its students, despite obstacles put in their way,” she said. “The care they obviously hold for us is matched only by their dedication to music and seeing us students on the path to success. I hope that this recognition serves to have that attitude rewarded.”

Despite challenges with practicing and performing music during the pandemic, music students at Post enjoyed their time in their ensembles.

“Having to transition to fully remote learning at the start of the pandemic effectively turned mine [and the rest of the department’s] way of musical life upside down,” Kadtke said. “A large amount of how we function had to stop entirely. On top of that, continuing miscommunication regarding the use and future of our facilities has placed a tremendous strain on the department’s students and faculty.”

Smith believes that finding free time as a music student can be difficult, and advises students to learn time management skills early on.

“Our academic classes are in the morning, while our ensembles rehearse in the evening, and in between, we have to practice. This leaves many of us with very little time for breaks,” she said.

Although the schedule of music students can be hectic, Kadtke and Smith have made some of their best memories in the Department of Music.

“From my four years in LIU’s music program, my best memory would have to be from the summer of 2018,” Smith said. “For about two weeks, I toured Australia with the Long Island Symphonic Winds, where we performed at multiple venues, including the world-renowned Sydney Opera House.”

Smith also recalls one of her favorite performances during the fall 2019 wind symphony concert.

“One of the pieces we played was Frank Ticheli’s Blue Shades, where I stood up in the middle of the performance to play a one-minute-long solo from memory,” Smith said. “Be-

cause of the COVID-19 pandemic, that concert was the last time I performed on stage at the Tilles Center.”

Kadtke doesn’t have a favorite performance, but remembers all of her performances at the university fondly.

“I truly cherish every opportunity I receive to perform,” she said. “It does feel especially fulfilling to be able to perform alongside my closest friends in the Department in my ensembles, especially in the form of duets and trios.”

Music students accredit a lot of the department of music’s success to the faculty members and professors.

“I’ve been fortunate enough to receive endless support from my main studio professor, Dr. Susan Deaver,” Kadtke said. “Her influence and teaching made an extremely positive impact in my musicianship – I can confidently say that I would not be the musician I am today without her encouragement over four years.”

Smith is grateful for Department Chair Dr. James McRoy, who she has been an administrative assistant for this year.

“Not only did we spend lots of time learning conducting techniques, but more importantly, we taught each other plenty of life lessons, and kept each other sane during these busy semesters,” she said.

After graduating this semester, Smith plans on teaching private lessons to aspiring musicians, and Kadtke will be pursuing her Master’s Performance degree at the Aaron Copland School of Music.

“To me, music is the ultimate form of collaboration between people; it’s so important to recognize that it’s nearly impossible to be a musician in an isolated vacuum,” Kadtke said. “You’ll need to work hard – harder than you can imagine – but it’s essential to recognize and invest in the relationships you have with other musicians. Those relationships, like music, can’t be so easily dismissed by disaster.”

Both Smith and Kadtke will be premiering their senior recitals virtually in the upcoming

weeks, interested students can email them at jaclyn.smith2@my.liu.edu and sarah.kadtke@my.liu.edu respectively to request details for streaming.

The Post wind ensemble and wind symphony performance recording release will be on Tuesday, May 11 from 7 p.m. to 8:30 p.m from the link <https://liu.zoom.us/j/92950461063?pwd=WTh4RDdNZ2VBYzBicEFhYXBRNjhvUT09>, or join with the meeting ID: 929 5046 1063 and passcode: 557018.



Courtesy of Sarah Kadtke
Sarah Kadtke holding her instrument

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Johnson & Johnson Vaccine Resumes After Blood Clot Cases



Courtesy of Ricky Dobbs

Ricky Dobbs and Devin Butera

BY SHELLEY DEAN
STAFF WRITER

The Center for Disease Control (CDC) and Food and Drug Administration (FDA) recommended a pause in the production of the

Johnson & Johnson (Janssen) vaccine after six individuals had cases of rare and severe blood clots. The pause was from April 13 to April 24.

Though only six out of almost seven million people who received the shot reported a blood clot, this was still cause for concern for the CDC and FDA, who held numerous emergency meetings to assess if the Janssen vaccine should be permitted for use again. The FDA announced that it would resume use of the vaccine on April 24.

The one-shot design of the vaccine is beneficial in many ways for people who are afraid of needles, and for people who are unable to go to two appointments to receive the Pfizer and Moderna vaccines.

Though the chances of developing the blood clot disorder is less than one in a million, recipients of the vaccine should still be weary of symptoms. Symptoms include blurred vision, backaches, severe headaches and seizures.

Students that received the Janssen vaccine on campus were nervous when they heard about the blood clot cases.

“If I feel something I will go immediately to the doctor but also I do know that it was only about six cases,” junior musical theatre major Ricky Dobbs said.

Dobbs received the vaccine at the LIU Brooklyn campus over a month ago, but still made sure to keep up with this evolving story when it broke.

The Janssen vaccine was the first vaccine made available to Dobbs, and he jumped at the opportunity to protect himself and others around him.

“I got vaccinated because I just want life to go back to normal, and if you want something you have to be a part of the solution,” Dobbs said.

Dobbs understood that if he was one of the affected individuals, he most likely would have felt a symptom already, which provided him with some peace of mind.

Dobb’s roommate, junior musical theatre major Devin Butera, received the J&J vaccine the same day, and has been watching the news as well.

“I was actually very tentative at first to get the vaccine in general, I was afraid of the side effects just for myself, just being in school,” Butera said.

Butera has to be physically active as a theatre major, and he is also in a dance show right now. His hesitation stemmed from seeing how others faced side effects from the vaccine.

After receiving the shot, Butera said he could feel it inside of him. He said he felt heavy and like the vaccine was pumping through his body.

“It buckled down to the fact that this is a once in a lifetime opportunity right now that you don’t really know when it will come again, so you take it or leave it,” Butera said.

Butera is glad that the CDC and FDA resumed the production of the Janssen vaccine, and calls having three vaccines being distributed at once “monumental.”

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LIU Alum Nominated for Fashion Award



*Courtesy of Melissa Mercedes
Melissa Mercedes looking at different clothing options*

BY JILLIAN MEHTA

ARTS & ENTERTAINMENT EDITOR

Post-alum and self-taught fashion designer Melissa Mercedes has been nominated for the Cultivate award which supports the next generation of BIPOC indie designers in the plus-size fashion community.

Mercedes has had a love for fashion since a young age and remembers sharing sketches with her grandmother at seven years old.

"I've always loved to draw so I would just start drawing dresses and I would give it to my grandmother since she was a designer and I would say I want you to make me this dress," Mercedes said. "She was blown away at the fact that I was kind of showing interest so she would take me to the fabric stores and let me pick out the fabrics for whatever design I wanted to make and she would give me certain ideas. She encouraged me the most."

However Mercedes' life took a different path from fashion, she graduated from LIU with a degree in school counseling and was working at a nonprofit organization.

"I was doing counseling and I was working at a nonprofit organization alongside youth and

one of my responsibilities was to do job readiness and teach students how to speak at a job interview and how to dress," Mercedes said. "Different designers would send us clothing to give to these underprivileged kids and my job was to take the wardrobe that we got and show these kids how to dress for job interviews."

This sparked the same passion for clothes Mercedes had as a kid and helped her find her way back to fashion.

"Once I saw the transformation of how clothes can make someone feel so empowered I just kind of fell in love with that process and I had always loved fashion and styling friends but that was the first time that I was like wait a minute I think I can make a career, I think I can really do this," Mercedes said.

Styling came naturally to Mercedes as she had been styling her friends and family her whole life.

"I would just do it for fun, it was something I always did, didn't think anything of it. It was if my friends wanted fashion advice they would come to me, like how does this look or they would send me pictures or what do I wear so it became very natural. I took that seriously first, I kind of started to turn that into a career, and I created a company called Retro Boho Chic and I started styling and that was when I was invited to the Grammys and so I went."

In 2016 Mercedes was invited to the Latin Grammys to style a musician as well as attend herself. Her excitement for the event was short-lived when she realized she didn't know what to wear.

"I couldn't find anything to wear so I went to every store and tried on everything and I just remember crying in the fitting room and saying 'oh my god if this is how I feel I can't imagine how other women feel'," she said. "So I just went to the fabric store, picked out what I liked, figured out what I wanted, had it made, and walked the red carpet. Everyone was like who are you wearing? Who are you wearing? And that was the moment that it was okay yeah I have something here. This was something I did

in a couple of days and hadn't put that much thought into, so I knew if I gave it a real chance it could be something special."

The dress made news at the Latin Grammys and caught the eye of a fellow stylist.

"I took the dress that I had and I had it in my showroom and a stylist Ricky he pulled the dress for his client and she made the cover for people in Espanol which meant so much to me as a Latina and I was just blown away that my very first garment and the very first creation I made was on the cover of people, so it was very humbling," Mercedes said.

Mercedes is passionate not only about fashion but about making fashion more inclusive for curvy women.

"I think it's just wrong to leave people out and exclude people and for curvy women plus-size women, it's more than half of women that are plus so it doesn't make sense to exclude them and cut them out. That's what I would say just not leaving anyone out and if you want to be inclusive you should be in any capacity that you can," Mercedes said.

When thinking about her career's unique path, the designer doesn't regret her degree in school counseling.

"Counseling is honestly the icing on the cake, you know people say 'oh you went in a completely different direction' but I really think that counseling is such a really big part of fashion and working with people and body images," she said. "Especially me because I work with women who are curvier than the rest and so that takes sometimes some patience and understanding that knowing how to deal with different personalities has been very helpful."

The designer is honored to be nominated for the Cultivate award and hopes to win.

"The Cultivate Award is an award that is being given by the Curvy Fashionista and it is sponsored by ELOQUII, they wanted to create a contest for designers of color to highlight women and people of color to showcase creativity," Mercedes said. "Everyone can tune in to the Cultivate Award on May second."



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Senior Spotlight: Dylan Valic

BY CHRISTOPHER TRICK

STAFF WRITER

Senior communications major Dylan Valic began his journey at Post from a young age.

Hailing from New Hyde Park, Valic attended many summer camps at LIU.

"It was a great time," Valic said. "The campus was really pretty, and the people were so cool. I knew I had to come here."

By his senior year of high school, Valic had toured a number of schools, but decided on Post.

"I toured other schools like Hofstra, but I decided on Post," he said. "I knew I wanted to stay on Long Island, and it seemed like the best fit."

Originally, Valic wanted to be a business major, but a faculty member's recommendation changed his mind.

"I was in this communications class, and the professor suggested that I join the paper," Valic said. "I joined and started as a staff writer. I was hooked in seconds."

Valic then changed his major to communications, with two minors in journalism and business.

"After being a staff writer, I joined the editorial board as editor of the Features section," he said. "Soon after, I was offered the position

of editor-in-chief. It's a little tedious to have to stay up past midnight to get the layout of the paper all set up, but it's worth it."

In addition to the school newspaper, Valic was also involved with PTV and WCWP News.

"This made me feel more well-rounded," Valic said. "I got to augment my communications skills in both visual and written forms."

During the summer of 2020, Valic held an internship with the Long Island Herald.

"COVID kind of screwed things up, trying to meet people in person and all," he said. "But it was a great experience nonetheless."

Valic said that he hasn't decided on an exact career path yet, but knows he wants to stay in the field of communications.

"I'll see where life takes me," he said. "I'm looking to stay in New York for now, but I may look elsewhere in the future. Communication is a broad field, and there's plenty of options."

Valic expressed his gratitude for the support from students and faculty at Post, and who worked with him on the Pioneer.

"Without them, I wouldn't be where I am today," he said. "I've made some amazing connections with faculty and students. I'm really going to miss these guys."

In his spare time, Valic can be found reading, writing, playing video games, and spending time with his friends and family.



Ida Ynner Lagerqvist

Dylan Valic in front of the capitol building

Senior Spotlight: Jada Harrison

BY JAMES BONNER

STAFF WRITER

Senior broadcasting major Jada Harrison knew that she wanted to enter the field of broadcasting when she got a taste of the field in high school.

"When I was in high school, I actually wanted to major in marine bio and I think it was my junior or senior year, our school got a TV studio and I took the class and I really liked it, but I've always liked the news and TV and stuff like that. So, I guess the class really showed me the other side of all that and I decided to apply to schools for that major," she said.

She feels that broadcasting does a lot to help others.

"In this day and age, I feel like it keeps people entertained and keeps people going, not even just news but radio and all types of media," she said.

Broadcasting isn't as simple as it may seem, including many different parts to ensure a broadcast turns out successfully. One can work in sound, lighting, directing, producing and engineering on the radio side. The broadcasting major has many layers to it that she feels people don't realize. Harrison wants to apply her broadcasting skills by being in the back-

ground of a television production.

Harrison's dream job would be to work for CBS, because they have been more diverse lately and the network is well known. If she's on the news or a talk show, Harrison would prefer to make content for those in their 30s and 40s. And if she were to do pop-culture work, she'd cater to people who are late teens to early 20s.

Harrison is a fan of television and has watched a lot of TV in her time. She loves HBO, CBS, FX and MSNBC. She used to like MTV when she was younger, but she finds now that it has changed too much.

Harrison prefers BBC for fair and balanced news coverage. She feels like channels like CNN are more left leaning, and that causes them not to show everything. The issue of polarization is definitely an issue in today's political climate.

Harrison's advice for the underclassmen in her program would be to try everything related to broadcasting, and find out what you like.

"Try everything on both sides of broadcasting. Definitely try to get an internship. I unfortunately haven't found one yet, but I think testing everything and seeing where you can apply those skills in different areas is important," she said.



Courtesy of Jada Harrison

Senior broadcasting major Jada Harrison

Senior Spotlight: Christopher Trick

BY DYLAN VALIC

EDITOR-IN-CHIEF

Senior communications major Christopher Trick has had numerous experiences at LIU that have helped shape him into the person he is today. Originally coming to LIU to be an English teacher, Trick has changed career paths multiple times on his college journey, exploring options in both journalism and business, as well as a possible career in marketing.

During his time at Post, Trick joined multiple clubs including the Newman Club, the Institute for the Study of Democracy and Liberalism, as well as writing for the campus radio station and newspaper. Trick was also on the committee that organized the freshman common read during his sophomore year.

Trick is currently exploring multiple options for possible career paths, deciding between attending law school or pursuing a career in marketing. His dream job would be to one day become an executive manager, following in the footsteps of other members of his family who hold executive positions in finance.

Another career Trick would be interested in pursuing would be an on air host for a political talk show, such as Fox News, which would allow him to pursue his interest in journalism. Trick considers himself to be unbiased, which would make him a good candidate for

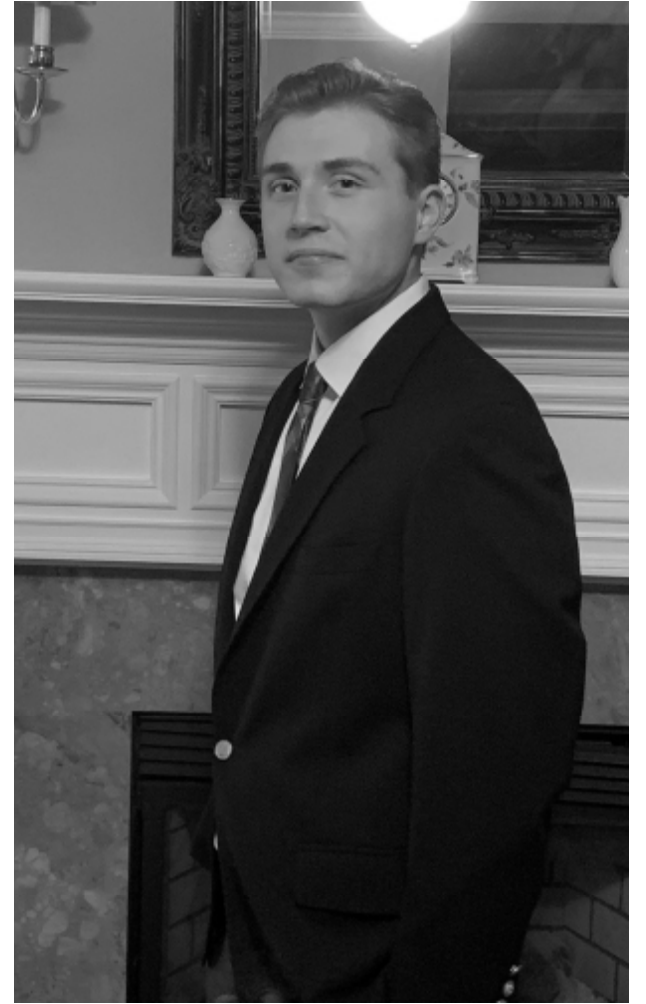
the position, but does not want to associate with the toxic nature of politics.

Outside of school Trick is a lector at his local church, a position that allowed him to improve his public speaking skills and advocate for causes that he is passionate about.

Trick also enjoys a multitude of hobbies such as reading, writing, exercising, watching television and spending time with friends and family.

After graduation, Trick plans to move away from Long Island, preferably to the south. He doesn't have a concrete plan of action set yet, but is waiting to see what life has in store for him.

"I'm seeing where life takes me right now, because I've learned that you can't plan everything but that life can be very pleasant sometimes and surprise you in ways that perhaps one could not have imagined," he said.



Courtesy of Christopher Trick

Senior communications major Christopher Trick

ARTS AND ENTERTAINMENT

New Radio Show Joins the Wave

BY JILLIAN MEHTA

ARTS AND ENTERTAINMENT EDITOR

"The Shiver" is a new alternative indie radio show hosted by sophomore art education major Jane Montalto and sophomore English education major Tori Monteleone.

The co-hosts share a love for alternative music and love the chance to share it with listeners.

"We call it like a show and tell of alternative music so I pick four songs, Tori picks four songs most of the time neither of us has heard the songs the other person picks so we talk about the songs," Montalto said. "I'm obsessed with music so it's kind of a cool way to talk about music uninterrupted."

Monteleone came up with the name for the show when thinking about the university mascot.

"I thought of the shiver because shiver is the name of a group of sharks so like we're the LIU sharks shiver and our music is so cool it'll make you shiver," Monteleone said.

Montalto has a broad music taste.

"I think it's very all over the place, which is I say alternative. I like more indie rock, sometimes singer-songwriter folkie music but then I also like new wave stuff like I'm wearing my talking heads shirt today, so I like that kind of music too," Montalto said.

The pair includes a "Shiver Shout Out" to help viewers find new music during the show.

"Every week we also do the shiver shoutout so like I've been trying to find smaller artists and stuff like that to tell people about that's a cool way to find new music and I joke that it's music that like a person is gonna blow up and you can gatekeep your friends, like 'oh I heard them when they only had 800 listeners on Spotify so,'" Montalto said.

The co-hosts recorded their first episode recently and recounted the experience.

"It was nerve-racking I'll say that especially because you have to record a demo first and then the radio station listens to it then you go, so when we were recording our demo they only had one headphone jack so only Jane had headphones so I was just reacting because I

couldn't hear everything at once so it was more of trying to anticipate what was going on but I really think we hit our stride," Monteleone said.

Montalto shared Monteleone's nerves, but quickly got the hang of things.

"For me the first show, I do the board of stuff and the levels of audio, so it was definitely scary because like when you do the demo it was okay if I mess this up it's fine we can just start over and we can do it again but when it's a live show you're you just have to keep going. It's still a learning curve for me because even last week's episode I accidentally forgot to pause the music and turned back the computer audio and you could hear the next start for a second while Tori was talking and her face was like 'uh' no 'go go go go go' we have ten seconds. Definitely 'the show must go on' type of thing," Montalto said.

Viewers can listen to "The Shiver" every Thursday from 6 to 7 p.m. at LIUWave.org, and keep up with the show on Instagram and Twitter at @TheShiver.

Senior Spotlight: Anastacia Muñoz



Courtesy of Anastacia Muñoz

Senior theatre major Anastacia Muñoz

BY ZACH TABER

ASSISTANT ARTS AND ENTERTAINMENT EDITOR

Graduating senior and theatre arts major Anastacia Muñoz is leaving Post with a plethora of accolades to their name, and what's certain to be a very bright future ahead of them. Throughout her time here, Muñoz has been incredibly involved in the theatre department, where she's spearheaded both student projects and entire organizations. However they haven't ever limited themselves in their scope of involvement, and they're leaving Post with a wide array of memories they've gotten to experience from all over campus.

Muñoz's collegiate journey actually began elsewhere, but transferring to Post's theatre program gave her the rigorous theatre training

she wanted out of a collegiate experience.

"I was a student at another university in the midwest, and I was not getting the training that I wanted as an actor," Muñoz said. "I did a bunch of walk-in auditions & that is where I met Dave Hugo, his honesty, in addition to the incredible training, sold me on coming to LIU for their theater program."

As a Post student, Muñoz dove headfirst into their involvement in the school's theatre department. The Emerging Student Theatre Artists (ESTA) club was one way they were able to make the most out of being involved in the theatre community on campus.

"Joining ESTA, for me, was a no brainer," Muñoz said. Not only were they an active participant, they would eventually be elected as an e-board member of the organization.

"In my four years at Post, I was able to hold two positions on the e-board, the marketing position my junior year & the co-president this year. Additionally, I was in Katz the Musical as Old Deuteronomy, Ensemble in Once On This Island and I directed the Anonymous Seussical the Zoomsical."

Muñoz's involvement in the theatre department hardly ended with their commitment to ESTA. During her time at Post, she also performed in multiple mainstage shows, was selected as a company coach, a senior leadership position in the theatre department and worked in the school's costume shop, all of which they look back on fondly as their time here is coming to a close.

"My favorite memories include teaching every incoming freshmen class how to sew, being a part of the inaugural Shakespeare class, and being chosen as a company coach," she said.

Though the theatre department remained her priority over her time here, Muñoz never limited themselves in their involvement on campus, and she harbors fond memories from a plethora of different experiences at Post.

"Within the school, my favorite memory would have to be making new friends while working at the Tilles Center," they said.

Though they'll certainly be missed as a Post student, Muñoz already has exciting plans lined up for her future, which will certainly lead her to be as successful in life as they've been here on campus. With the rigorous training they've received here, and the skills they've formulated through their incredibly thorough involvement at school, she's leaving Post more than prepared to tackle the theatre industry at large.

"After I graduate in May, I will be a Teaching Artist Trainee at the Alliance Theater in Atlanta, Georgia for the summer, where I plan on moving to start my tv, film and theater career," Muñoz said. "I want my future to be surrounded by the arts whether it be performing on a stage or a screen, running my own theater company or teaching a new generation the power of theater."

Senior Spotlight: Emily Ruben

BY JADA HARRISON

STAFF WRITER

The Studio Art Club will be saying farewell to forensic science senior Emily Ruben this semester. Ruben is a two year vice president of the club alongside her best friend Cassidy Shankar, and has done a lot to keep the club engaging and active in the campus community.

"When the club started out, we had only a few members, mostly due to our lack of exposure. We wanted to get our name out there so we came up with some cool events and meeting ideas that made us into the club we are today," she said.

Emily gives credit to Shankar for pioneering the idea for the club, it has become an outlet for students of all majors to show off their talent and creativity in ways their everyday studies may not let them.

"The Studio Art Club is a club for all majors. It's main purpose is to gather those who have an interest in art but do not have the time in their day to pursue it, like me. As a forensic

science major, I am often unable to express my creativity as I would like to. But this club has given me that, and helped in growing my strongest friendships that I have today."

It is fair to say that in her time at Post, Ruben has been privileged enough to experience the many opportunities that are available to students.

"My favorite experience I had with LIU Post was in my sophomore year. The Honors College was able to fund an entire trip to Costa Rica for just my roommate and I with a program named 'Partners in the Parks.' We were given the amazing opportunity to spend a week in Costa Rica's National Park, Juan Castro Blanco," she said. "Traveling abroad for the first time independently was a fantastic experience, one that I am so grateful to have had. Being a part of the Honors College definitely enhanced my time here at Post for many reasons such as this one."

Ruben has some advice for incoming freshmen and hopes for the future of the art club as she moves on to the next journey in her life.

"The best advice I can give to any student

is to make connections. With faculty, staff and friends. The more professional and social connections you make throughout college, the better your experience will be, both before and after school is finished," she said. "I will be graduating this upcoming May. I am honored to pass the torch down to Alexa Jones, who will be taking over as acting VP. I hope in our creation of the Studio that those who love art, found a place to express it in their spare time."



Courtesy of Emily Ruben

Emily Ruben



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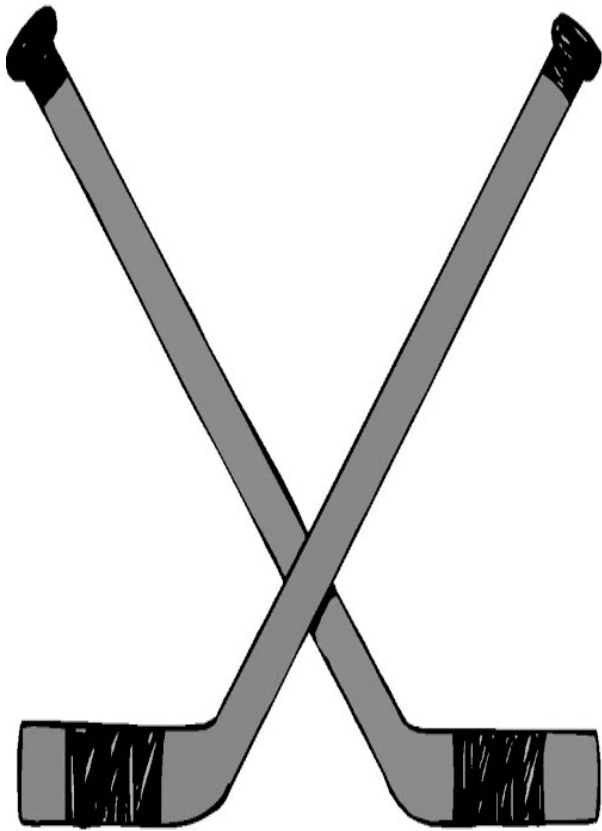
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NHL Playoffs Coming Soon



BY CHRISTOPHER TRICK

STAFF WRITER

The 2021 NHL season saw players seeking to compete with rival teams in the midst of a global pandemic and a sluggish economy, providing players and fans with some much-needed relief from the gloomy realities of the outside world.

There are four divisions within the NHL: North, East, Central, and West.

For the sake of limiting travel across the U.S.-Canadian border during the pandemic, the NHL instituted a divisional realignment to give both players and fans the best and safest experience possible.

The Northern Division consisted of the following teams: the Calgary Flames, the Edmonton Oilers, the Montreal Canadiens, the Ottawa Senators, the Toronto Maple Leafs, the Vancouver Canucks, and the Winnipeg Jets.

The East Division consisted of the following teams: the Boston Bruins, the Buffalo Sabres, the New Jersey Devils, the New York Islanders, the New York Rangers, the Philadelphia Flyers, the Pittsburgh Penguins, and the Washington Capitals.

The Central Division consisted of the following teams: the Carolina Hurricanes, the Chicago Blackhawks, the Columbus Blue Jackets, the Dallas Stars, the Detroit Red Wings, the Florida Panthers, the Nashville Predators, and the Tampa Bay Lightning.

The West Division consisted of the following teams: the Anaheim Ducks, the Arizona Coyotes, the Colorado Avalanche, the Los Angeles Kings, the Minnesota Wild, the San Jose Sharks, the St. Louis Blues, and the Vegas Golden Knights.

Initially, fans were not allowed in the stadiums for most teams, but the Dallas Stars, Florida Panthers and Arizona Coyotes allowed a limited number of fans at their home games. Social distancing protocols were enforced, and coaches were required to wear masks around players.

The season began on Jan. 13 and set to end

on May 8.

The NHL will have a 16-team playoff. The top four teams from each division will compete in a round-robin to decide the division winners. Then the remaining four teams will be re-seeded based on point totals and face off for another round-robin format to determine the Stanley Cup Championship. All rounds will be best of seven.

The playoffs begin on May 11 and end sometime in July.

Aaron Wayne, a freshman finance major, is looking forward to watching the Islanders compete for a title.

"I hope the Islanders see some success," Wayne said. "I've been watching the Islanders since I was a kid. They're a part of who I am, and I'd love to see them do well."

Tara Eckhardt, a junior English major, is excited for what is to come of the unusual playoff format this season.

"It's a little confusing to keep up with all these divisional changes," Eckhardt said. "But hopefully, an exciting end to the season is on the horizon. Go Islanders!"

Though the season may have seemed different, the spirit and devotion of NHL fans and players persist, and executives are determined to have a successful end to the season.

"While we are well aware of the challenges ahead, as was the case last spring and summer, we are continuing to prioritize the health and safety of our participants and the communities in which we live and play," NHL Commissioner Gary Bettman said.

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Upcoming
Schedule

- Baseball**
Friday, April 30 at Bryant University
- Softball**
Wednesday, April 28 at Bryant University @ 12:30 P.M.
- Men's Lacrosse**
Wednesday, May 5 at NEC Championship Tournament
- Women's Lacrosse**
Wednesday, April 28 at Bryant University @ 3 P.M.
- Water Polo**
Saturday/Sunday, May 1-2 at MAAC Championships

Field Hockey Falls in NEC
Championship



The field hockey team during the championship game

COURTESY OF ATHLETICS

Game
Results

- Baseball**
Monday, April 26 vs Sacred Heart University
Win 3-2
- Softball**
Saturday, April 24 vs Central Connecticut State University
Win 9-6
- Men's Lacrosse**
Tuesday, April 27 vs Bryant University
Loss 17-20
- Women's Lacrosse**
Wednesday, April 21 vs Wagner College
Loss 9-13
- Water Polo**
Sunday, April 25 at Iona College
Win 13-9
- Field Hockey**
Thursday, April 23 NEC Championship at #1 Rider University
Loss 0-5
- Men's Golf**
Friday-Sunday, April 23-25 at NEC Championship
1st of 7

BY THERESA MORRISSEY
STAFF WRITER

After going 4-2 in the regular season, field hockey wrapped up their season, falling to #1 seed Rider University 0-5 in the Northeast Conference Championship in Lawrenceville, New Jersey on Thursday, April 22.

Rider got an early start on LIU by scoring a goal in the first and second quarters before scoring two goals in the third and their last goal in the fourth. Senior goalkeeper Rachel Vellis saved eight shots, earning her All-Championship Team honors.

In addition to Women's Field Hockey making the NEC Championship game, freshman Sol Espona was named NEC Rookie of the Year. Espona, who previously won Rookie of the Week three times this season, was also awarded second-team All-NEC recognition.

"It is an honor to be recognized as Rookie of the Year. It marks my path for the rest of my college career as a student-athlete. More importantly, I have so much pride to represent LIU with

the award," Espona said.

Coach Raenee Savin was proud of her freshman player for winning this honor.

"We are so proud of Sol for being recognized as NEC rookie of the year. She is a force to be reckoned with. She works hard offensively and defensively but when she gets that fire in her eyes, she raises the bar to a whole other level," she said. "The combination of her skill, speed, and nose for the goal set her apart from other players on the field. Her reverse chip shot is amongst the best I've ever seen."

While the Women's Field Hockey season ended earlier than the team would've liked, Coach Savin already has her sights set on next season and is hopeful that they will be able to reach an attainable goal, an NEC Championship title.

"The number one goal for next season is for us to win the NEC Championship. In our first two years at the Division 1 level, we have finished third and second respectively. We want a championship title," she said.

