

LIU Pharmacy Hooding Ceremony Merges With Commencement, Comes as a “Shock” to Students

Students speak out regarding this change and demand closure from administration

BY MELISSA FISHMAN
Editor-in-Chief

ON March 14, students of the LIU Pharmacy Pharm.D. program were alerted to news that the University would no longer be hosting a private hooding ceremony for the class of 2023.

A hooding ceremony is a time-honored tradition in pharmacy as well as other post-graduate degrees that is celebrated for students to mark the completion of their degree program.

To LIU Pharmacy students, the hooding ceremony is a symbol of six years of hard work and dedication that is marked with the traditional presentation of an academic hood, similar to a graduation stole.

The bestowing of hoods to graduates often takes place at a ceremony where friends, family, professors and administrators gather to celebrate the graduating class.

Now, the Class of 2023 is facing an unforeseen change to their ceremony.

The Doctor of Pharmacy (Pharm.D.) program at The Arnold & Marie Schwartz College of Pharmacy and Health Sciences is Brooklyn’s only Pharmacy school and has a 130-year legacy.

Pharmacy Class President Ahmed Elsayed and Vice President Engy Dous claim that they were invited to a Zoom meeting which they believed was meant to confirm the University’s plans for the hooding ceremony.

However, during the meeting with Pharmacy Dean of

Students, Arash Dabestani, and Senior Vice President for Academic Affairs, Randy Burd, Elsayed and Dous were informed of the administration’s decision to consolidate the Pharmacy school’s private hooding ceremony with the university-wide commencement held on May 18 at the Barclays Center.

“When we asked about the reasoning behind that, it was basically the school trying to unify every student and every program of the school into this one commencement,” said Dous.

However, Elsayed and Dous claim they have been advocating for a private hooding ceremony since last August, before the beginning of the 2022-2023 school year.

“We were very direct and very clear and honest in communication both ways, with the Dean and with the students in regards to having a special day: a distinct hooding ceremony where we wanted to have it better than the one that we had last year,” said Elsayed. “So when we were informed that we were not having a distinct hooding ceremony, it was a clear shock, not just for us, but the entire class.”

Students React

The growing sentiment among graduating pharmacy students is that they feel it doesn’t make sense for the hooding to take place at commencement.

Following their meeting with the administration, Elsayed and Dous decided that they wanted to be the first to inform their classmates of



LIU Pharmacy students take the Oath of a Pharmacist at the 2023 white coat ceremony (Photo: Patrick Campbell)

the University’s decision. As students received the news, several members of the class began reaching out to the administration.

“I am the first one in my family to ever receive a doctoral degree. My educational path is completely unique to those in my lineage,” said sixth-year Pharmacy student Alexander Miles in an email to the administration. “I am not writing to you today so that I can tell you how much I deserve this ceremony; I am writing to tell you that they deserve this ceremony.”

“I think it’s really important for us to be able to get some awareness out there to help people understand that we have been through a lot. We’re trying to accomplish a lot, and we’re trying to get places. We just think that we are deserving of this really simple thing,” said Sabeen Rizwan, whose growing petition has garnered over 1,200 signatures in support of a private ceremony.

private ceremony.

Elsayed also pointed out that having the hooding ceremony at commencement would be less “intimate” compared to a private ceremony.

“I feel like the two events have two completely different missions,” said Elsayed.

A History of Hooding Ceremonies on the Brink

The decision to cancel LIU Pharmacy’s private hooding ceremony is only the la-

test attempt by the University to do so.

According to a petition on Change.com, the Pharmacy class of 2019 was informed on December 18, 2018 that their hooding ceremony, which was to be held at the LIU Post Tilles Center, was canceled without explanation.

The petition was signed by more than 4,000 supporters and gained enough recognition to be formally addressed by the administration.

In an update posted on

January 14, 2019, user Mohamed Elmarakbi shared that the University had restored their original promise to hold a hooding ceremony for the class of 2019.

The update also shares that, “We were notified that the LIU Pharmacy Class of 2019 hooding ceremony will be held at the Tilles Center at LIU Post. Dr. Bird [sic] also assured the student body that moving forward, there will be input from the students in regards to their hooding ceremony.”

Just two years later, however, the Class of 2021 had their hooding ceremony canceled, but this time with a clear reason, that being the ongoing pandemic.

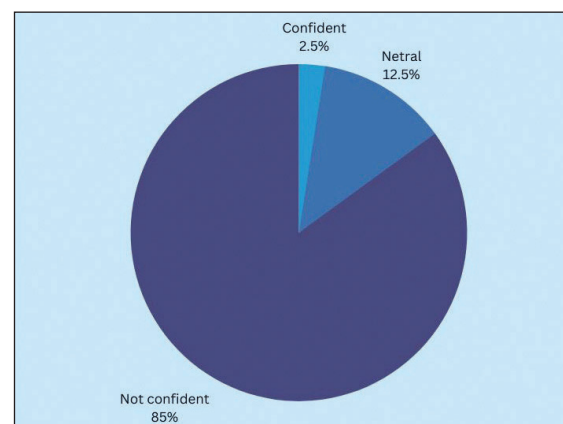
Given these circumstances, this year’s pharmacy graduates remain unsure that the university will be able to rectify the situation.

In a poll conducted on the Seawanhaka Instagram (@LIUBKNews), 85 percent of respondents shared that they are “not confident” that LIU will host a private hooding ceremony.

“I think it’s way too late for LIU to try to organize a separate hooding ceremony for us,” said sixth-year pharmacy student, Mark Maranan.

Maranan continued saying, “There’s so much that goes into it that I don’t think that there really is enough time for LIU to give us a separate hooding ceremony. So I’ve kind of given up on hoping for that.”

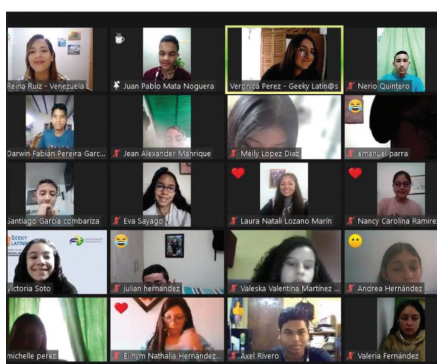
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Red Moon in Venus

Kali Uchis’s third album is delighting fans with a groovy, elevated feel.

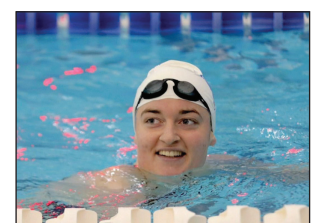
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Geeky Latin@s

A program designed by women to empower young people, encourages them to get involved in areas that have historically been dominated by men. [PAGE 5](#)

LIU Swimming Season Ends



The LIU Swimming teams closed out the 2022-2023 season with multiple records and outstanding performances. [PAGE 6](#)

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About Us

Seawanhaka is the student newspaper of Long Island University Brooklyn and the only on-campus news source since 1928. Celebrating our 94th year of publication, Seawanhaka strives to bring fair and balanced news coverage to the Brooklyn campus community regarding a multitude of relevant subjects.

Seawanhaka has served LIU as a viable source of information, and a means to prepare Journalism and Media Arts majors for successful media careers. Seawanhaka's student staff operates the newspaper under the tutelage of LIU's first-rate journalism faculty members.

All reporting, editing, and publishing is completed by a team of passionate students who believe in freedom of expression and of the press, afforded to us by the U.S. Constitution's First Amendment.

With an archive of 93 volumes, over 800 print and online issues, as well as an enhanced online presence, Seawanhaka continues to deliver the best coverage of local news, sports, and the arts. Additionally, yet most importantly, Seawanhaka serves as a voice for the students of LIU Brooklyn.

Students of all majors are encouraged to join Seawanhaka to have the chance to publish work or polish writing skills. Staff meetings are on Tuesdays at 10:50AM on zoom or in room M416.

Diverse views are presented in Seawanhaka and do not necessarily reflect the opinions of the editors or official policies of the university.

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To LIU Brooklyn students, faculty, and alumni,

For the final time during my tenure as Editor-in-Chief, Seawanhaka is proud to be releasing its first print edition of the spring semester.

This print marks a very bitter-sweet moment in my journalistic career as my fellow seniors and I say goodbye to this incredible staff.

For the past two years, my Managing Editor Reyna Iwamoto and I have worked tirelessly to elevate Seawanhaka's content and to represent the interests of the LIU Brooklyn community to the best of our ability with the platform we have.

I can say with absolute certainty that I have cherished every moment with our staff, we

have diligently pursued every story possible, and we have led steadfastly with courage and compassion.

I would like to thank our staff, especially the section editors, our advisor Dr. Mandy Zhang, Dr. Donald Bird, and the students of LIU Brooklyn.

To the next generation of Seawanhaka staffers, I encourage you all to continue doing the incredibly important work you have been doing and to pursue all of the stories that need to be told.

To the students of LIU Brooklyn and beyond, I invite you to view our collection of articles on our website, as well as in print, and I hope that it is to

your liking.

As always, Seawanhaka is honored to be the only on-campus news source at LIU Brooklyn and we welcome your feedback and suggestions.

I am immensely proud of this staff for curating yet another amazing issue of Seawanhaka and I look forward to sharing it with all of you.

For inquiries, we encourage you to contact us via email or through our social media (@LIUBKNEWS)

Sincerely,
Melissa Fishman, Editor-in-Chief

LONG ISLAND UNIVERSITY

in partnership with Center for Communication, Inc.

— presents —

THE GEORGE POLK AWARDS SEMINAR “When Covering War Gets Personal”

Thursday, April 13, 2023 | 6 – 7:30 p.m. ET



Mstyslav Chernov, Panelist

Associated Press

Winner of the Polk Award for War Reporting for groundbreaking exclusive coverage of the siege of Mariupol at the outset of the war in Ukraine.



Alex Perry, Panelist

Outside Magazine

Winner of the Sydney H. Schanberg Prize for his vivid investigative account of an ISIS attack on a remote town in Mozambique.



Lynsey Addario, Panelist

The New York Times

Winner of the Polk Award for Photojournalism for an iconic image of the bodies of a woman and her two children struck by a Russian mortar shell that narrowly missed Ms. Addario.



Charlayne Hunter-Gault, Moderator

PBS NewsHour

The award-winning print and broadcast journalist, author of five books, most recently *My People: Five Decades of Writing about Black Lives*.



LIU BROOKLYN

1 University Plaza, Brooklyn, NY 11201
Flatbush Avenue Extension between DeKalb Avenue & Willoughby Street
Library Learning Center (LLC), Ground Floor
Light refreshments served in the LLC lobby starting at 5 p.m.

Event is free of charge and open to the public.
Reservations Required. Please RSVP to: polk.awards@liu.edu

Participating Organizations: Craig Newmark Graduate School of Journalism at CUNY, and the Foreign Press Association USA

CRAIG NEWMARK GRADUATE SCHOOL OF JOURNALISM



LIU Women's Water Polo's Inaugural Team Takes on Their Final Season

BY MADISON MCCARTHY
Deputy Sports Editor

NEARLY four years ago, Long Island University announced the unification of the Post and Brooklyn athletics programs into a single NCAA Division I program. With the move to one LIU came the addition of Women's Water Polo at the Brooklyn campus. Now the inaugural class is taking its final season.

The LIU Women's Water Polo seniors are Kate Fischer, Taylor Thurlow, Kate Hinrichs, Jeannet Garcia, Jessica Dean, Jenna Anderson, Rebecca Ansell, and Julia Zebak. The eight seniors were part of the original twelve girls who started the program four years ago. Over the years, the team has faced the challenges of a new team head-on while continuing to grow in and out of the pool.

Senior Kate Fischer explained her view on the growth over the years,

"In the course of four years, our team has grown in



Head Coach Gabby Juarez and Assistant Coach Gabby Garritson address the team at practice. (Photo: Madison McCarthy)

numbers but also in love. Our coach has done an amazing job not only recruiting talent but as well as finding genuinely good people to be a part of our team. Every year we gained some new faces, and their drive to succeed only motivated the rest of the team more."

Fischer also explained that getting to her senior season was met with challenges along the way. She said,

"My freshman year (2019) was our first year as a program. There were only 12 of us on the team, and nearly every week, more than two people would be injured. That would leave us playing four

games every single weekend with only one or two substitutions. Not having a bench was so incredibly difficult. Because our team was made up of basically all freshmen, we were younger and less experienced than most of the teams we had played against. Over the years, we built a bench, gained experience, and grew a hunger to be the best. Each year we get better and better and make advancements that the 2019 women's water polo team could only wish for."

Part of the challenge the team faced came in what could have been a record year for the Sharks. Despite only

having eight active players for the final two games of the season, the team secured its spot in the championship, only to be withdrawn the day before the competition due to NCAA compliance reasons.

On a brighter note, the team has only grown from these obstacles; adding to the roster that was already a force in college water polo, juniors Elena Camarena and Paola Dominquez provided some much-needed depth to the team. As a freshman, Dominquez was named MAAC Rookie of the Year while scoring 21 goals, 12 assists, and 15 steals. Camarena had a record season in 2021, being named MAAC Co-Defensive Player of the Year, All-MAAC

first team, and MAAC 2021-22 Academic Honor Roll.

Senior Jenna Anderson explained how the team has changed over her four years,

"We started in 2019 as a new program, and since then, we have made it to conference finals and have ranked top 25 nationally! I have loved seeing the team grow and all the new additions to our team over the last four years."

However, the 2023 season did not get off to the start the team had hoped for, going 9-9 in preseason play. Sophomore Emma Sardo explained,

"Going on a losing streak earlier this year was a big challenge. We had to rebuild back what we had lost both in the water and in our team

attitude."

After working together to move past their preseason woes, the team started their conference schedule 3-0. The Sharks took home those three wins in the same weekend against Villanova, VMI, and La Salle. The action continues for the Sharks on Saturday, March 25, 2023, against Wagner College.

As for the rest of the season, junior team manager Alique Karakachian explains:

"I am so excited to watch this year's seniors get to finish what they started here at LIU. The team has been through a lot, and no matter the outcome, I'm glad we get to do this one more time together. I'm ready to do whatever is necessary."

As the LIU Women's Water Polo inaugural class takes to the pool for their final season, it's clear the program has made its mark. As the season continues, the LIU Women's Water Polo team will continue to strive for excellence and come together as a team, no matter the outcome.



The LIU women's water polo team during a game this season. (Photo: Madison McCarthy)

2022 George Polk Award Winners Announced

BY REYNA IWAMOTO
Managing Editor

ON Monday, Feb. 20, 2023, the LIU Polk School of Communications announced the 2022 George Polk Awards in Journalism. Among the recipients are reporters who covered the war in Ukraine; unveiled the false motives of former crypto currency empire FTX; revealed irregularities in a renowned neuroscientist and university president's research; examined the illegal exploitation of the Amazon rainforest; and published a leak of the U.S. Supreme Court ruling overturning Roe v. Wade.

"We were deluged with so many worthwhile entries, it was difficult to choose among them," said John Darnton, curator of the awards.

"Interestingly, a lot of reporters went after large, thematic stories, like the role of private equity companies in buying up hospitals, private homes and apartment complexes," Darnton said. "And the war in Ukraine produced superb war reporting, done at great peril."

The George Polk Awards, established in 1949 by LIU, were created to commemora-

te George Polk, a CBS correspondent who was murdered in 1948 while covering the civil war in Greece. The awards honor special achievement in journalism, focusing on the "intrepid, bold, and influential work of the reporters themselves, placing a premium on investigative work."

"Long Island University is pleased to recognize this year's George Polk Award winners for exceptional work that will be remembered over the course of history," LIU President Kimberly Cline said.

Nominated by reporters, news organizations, members of the public, or recommended by a panel of advisors, the 2022 winners exemplify fearless reporting and a commitment to uncovering matters of critical importance.

The New York Times received three awards: the prize for foreign reporting in Ukraine for its reporting on the war, the education reporting award for work by Eliza Shapiro and Brian M. Rosenthal that exposed how private schools in New York's Hasidic Jewish community were failing to provide students with a basic education despite receiving more than a quarter of a billion dollars



Wall Street Journal reporter Jeff Horwitz accepting his Polk Award at last year's Polk Award luncheon. (Photo: Ryan Kelley via LIU)

in funding annually, and the photojournalism award for Lynsey Addario's photo that captured the horrors of war in Ukraine.

The war reporting award was presented to video journalist Mstyslav Chernov, photographer Evgeniy Maloletka, video producer Vasilisa Stepanenko and reporter Lori Hinnant from the Associated Press for their reporting on horrific narratives and images from Mariupol, Ukraine. Chernov, Maloletka and Stepanenko were the only reporters from a Western news outlet in the besieged city when the bombing began, and Ukrainian authorities credited the AP reporting with saving many lives by helping to open a humanitarian corridor for fleeing people.

Journalists from Reuters

received the state reporting award for uncovering the widespread use of migrant children for illegal labor at auto-part factories and poultry slaughterhouses.

Josh Gerstein, Alex Ward, Peter Canellos and the staff of Politico received the national reporting award for their work revealing a rare leak from the U.S. Supreme Court: Justice Samuel Alito's draft opinion that would overturn Roe v. Wade. Politico continued its reporting with stories examining ethics and external influences on Supreme Court justices.

The local reporting award was given to John Archibald, Ashley Remkus and Ramsey Archibald of the website AL.com for their investigation into how the police in Brookside, Alabama targeted poorer residents, increasing

traffic citations and vehicle seizures, resulting in a 640%-increase in town revenue for over two years.

Ian Allison and Tracy Wang of the digital currency news source CoinDesk, won the financial reporting award for exposing suspicious dealings between Sam Bankman-Fried's crypto currency empire FTX and Alameda Research, an investigation that would set in motion the implosion of both firms.

The environmental reporting honor was awarded to Terrence McCoy of the Washington Post for his six-part series, "The Amazon, Undoing." McCoy's work examined the illegal exploitation of the Amazon rainforest and highlighted how Brazil's failure to protect this global resource pushed it near the point of irreversible destruction.

The national television reporting award went to Shimon Prokupecz and his CNN crew for their coverage of the school shooting in Uvalde, Texas. Through recorded evidence and interviews with survivors and relatives of the 19 children and two teachers who died, Prokupecz and his team's work demonstrated that law enforcement's inexplicable delay of over an hour

in challenging the gunman probably cost lives.

The Sydney H. Schanberg prize honors long-form investigative journalism, and was awarded to freelance journalist Alex Perry, an American-born British war correspondent who reported on a 2021 ISIS attack in a remote town in Mozambique for Outside Magazine. Established in 2022 by journalist Jane Freiman Schanberg to honor her late husband, the Schanberg Prize honors enterprise journalism "that results from staying with a story, sometimes at great risk or sacrifice."

"The fearless work of these distinguished journalists proves that diligent reporting will always have the power to affect positive change throughout the world," LIU President Cline said.

The 2022 George Polk Award winners will be honored on Friday, April 14 at a luncheon ceremony at the New York Athletic Club. This ceremony will follow an evening seminar on April 13 on LIU Brooklyn's campus of "When Covering War Gets Personal," allowing several winners to delve more deeply into their stories.

Album Review: Red Moon in Venus is a Journey of Heartbreak and Healing

BY JAEQWON SUAREZ
Staff Reporter

AFTER Kali Uchis released her single, "I Wish You Roses," she let fans know that an album was coming pretty soon, with her also releasing a snippet of "Not Too Late (interlude)." "Red Moon in Venus" is Uchis's third album that was released on March 3, that stuck to her groovy and jazzy R&B feel while also elevating it to provide something new for her fans.

This whole album takes the audience through the journey of heartbreak, healing, and building self-confidence after leaving a hard relationship. It perfectly portrays thoughts that a heartbroken ex, which is Uchis and her listeners, go through to come to terms with the fact that sometimes the end of a relationship is not always our fault.

As Uchis described it in an interview with Genius, "Love is the message." "Red Moon in Venus" is a timeless, burning expression of desire, heartbreak, faith, and honesty, reflecting the divine femininity of the moon and Venus. The moon and Venus work together to make key aspects of love and domestic life work well.

To start off the album, Uchis provides us the scenery in "In My Garden", with sounds of birds whistling and wind lightly blowing. In this track she lets herself know that in case they ever forgot, she loves her, which can be difficult to remember sometimes.

This then leads her into singing about how she never thought she would be without her significant other in "I Wish you Roses." Throughout the whole song we get metaphors of how her rose should be appreciated and cared for.

She tells her lover that she tends to love a lot, so don't be afraid to get "pricked" as she calls it. Starting off the



Kali Uchis Red Moon In Venus Album Cover. (Photo: Genius)

album with "I Wish You Roses" was an excellent choice because it sends out the message that it's ok to love hard and deep when it comes to that specific person, but it's also important to know your worth in the relationship so that no one gets hurt.

As she sung in the song: "With pretty flowers can come the bee sting"

The next song, Worth the Wait, supports what the previous song has said and adds that surface level comments won't get them anywhere.

In her song she sings: "Quit tellin' me you wanna put a baby in me If your affection for me's truly only skin-deep I don't wanna end up just another broken family."

In many cases this scenario has played out about a million times, just proving the fact that some people don't know how to truly love besides just looking at the physical. Any person that someone gets with should also be about how they are as a person, morally and personality wise.

This can lead to people feeling envious of what it means to be truly loved or even how to truly love, because nothing will never be enough, and they'll soon learn that some love-interests are worth the wait.

"Worth the Wait" has beautiful transitions into the

next song all about love, "Love Between." "Love Between" by far has been such an amazing song that I enjoy listening to everytime it comes on.

The best lines are in the chorus: "Love between two human beings Can be so wonderful"

Her inspiration for this line actually came from one of her favorite songs, but she changed it to human beings because love is universal and has no set rules. No one can tell anyone how to love, which is what this song is all about.

"If you invite me in, will you hurt me?", "Would you ever need to leave?", "If this isn't meant to be, why are we even here?" These are the types of questions that Uchis makes the listeners think about as we listen to her amazing harmonies.

The next two tracks, "All Mine" and "Fantasy", go together, while also featuring her current boyfriend, Don Toliver, describing what is hers and how the relationship is going.

All mine dives into Uchis letting other girls know that Toliver is all hers. Everytime he smiles or laughs, that's all her doing. She even says in these lyrics:

"You couldn't keep him even if I gave him to you It's just pathetic at this point If you think my baby'll

leave me for you"

Fantasy switches up from the groove and jazz to disco, which fits perfectly because love can be at times a fantasy.

I really love the whole concept of the song because even though it is titled Fantasy, they still talk about arguments and them getting mad at each other just like any other relationship.

The lesson here is to learn from your mistakes, just like the song says. "Como Te Quiero Yo" only reaffirms that with the lyrics: "Cause we got issues, everyone does Si no hay drama no hay amor"

"Como Te Quiero Yo" translates to "As much as I love you" or "How I love you." Some days you could want that person infinitely and unconditionally and it doesn't matter what others have to say, because they aren't experiencing the love that you are giving.

She continues with her mix of Spanish and English, which is something that

son to stop, because they'll always try to pit people against you once they see you doing better without them.

My two personal favorites from this album, "Endlessly" and "Moral Conscience", dive more into what kind of love she wants from her significant other.

"Endlessly" follows up with being the second disco song on the album, describing how she wants to be spoiled in every way like it's Valentine's day. She holds herself to this high standard and also tells us as listeners we should always expect the best and never settle for anything.

We are the type of people who someone would want to be with forever, so why settle? That's what Uchis wants us to take away, because in the end she doesn't need that person, but she'll have them running to her forever.

"Moral Conscience" piggybacks off of Endlessly in a unique way because we see what happens when her lover decides to leave her.

there is no point in seeing what the world has to offer if they're by her side.

But she also contradicts herself, as anyone who is lovesick, knowing that missing them is bad for her. She sings in "Not Too Late (interlude)":

"Cuando te vi, senti por fin que encontré algo real"

She's basically telling listeners that when that person, she felt like she finally found something real. This is later supported by her next track, "Deserve Me" featuring fellow R&B artist Summer Walker.

Uchis and Walker fit so well and compliment each other nicely on this R&B track. She finally finds herself again and realizes she is happier without them in her love, even stating in the song:

"yo fui la que siempre te di de todo"

The melody and the guitar at the end will definitely be one you'll want to have replay, along with "Moonlight", which was her second single from her album released a week before her album was dropped.

The album ends on a happy note, with the song "Happy Now." This was an amazing closer, as Uchis finally learns to forgive and doesn't want any bad blood between them.

This also relates to the title of the album, because she sings about how she'd wish her ex could realign the stars for them and just give them a chance to start over.

This entire album just reinforces the importance of self-worth, while also dealing with exes from your past. Each track was put next to each other so perfectly and the story feels so real as she describes her worth.

Like Uchis said in the Genius interview, "It's believed by many astrologers that the blood moon can send your emotions into a spin, and that's what I felt represented this body of work best."

"Red Moon In Venus" is a timeless, burning expression of desire, heartbreak, faith, and honesty, reflecting the divine femininity of the moon and Venus."

-Kali Uchis

I really enjoyed, especially with "Hasta Cuando."

Dealing with a jealous ex, Uchis describes in both languages that what her ex is doing is so sad and obsessive, asking in Spanish how long are they going to keep talking about her?

"¿Hasta cuándo tú vas a hablar de mí? Déjame ser feliz, you're so sorry"

In those situations, there is no convincing that per-

Switching back to slow jazz, her vocals on this track shows off her incredible range with hitting those higher notes. This could definitely be someone's instant favorite their first time listening to the album because she admits that she lost herself a little bit once that person left.

This leads into the next tracks "Not Too Late (interlude)" and "Blue." In both of these songs she talks about missing them and saying

Dear Charlie: How Do I Reignite My Love for Past Hobbies and Passions?

BY CHARLIE

Dear Charlie is an advice column that allows readers to ask Charlie for guidance on how to deal with problems. Whether it's about love, friendships, or frustrations, Charlie is here to give you tips and ideas for tackling life's everyday challenges.

Readers can ask Charlie for advice through DM via our Instagram @liubknews, or anonymously through a form at www.liubknews.com

IN college, you can often find yourself in a slump when it comes to hobbies and inte-



rests outside of school.

There is always something going on in your academic life that leaves little room for your passions, and the stress of school may also add to the pile of reasons you can't pursue your interests.

In the wise words of Kendrick Lamar, "Dream only a

dream if work don't follow it." As you grow older, it takes more work to pursue your passions, clearing schedules, rejecting plans.

Lucky for you reader, the break is here and the mid-term season is but a fading memory now. Which means now is the perfect time to bring back the spark!

There is not a tried and true method to solve these issues, but solving the smaller hurdles often proves as a way to simplify the process.

No matter what your hobbies are, spending time actively doing or observing them is of course the most obvious and effective way to keep the flame of passion alive. Proven by your effort in asking for

advice, your drive to improve and continue your hobbies is already present, all that you need now is how to reintroduce your hobbies into your schedule.

This starts with time management. Knowing how much time you spend on your hobbies and where in your schedule you can clear a time where it is your only focus.

Multitasking is a skill that's important in work, but when it comes to personal hobbies and activities it is best to spend your time doing one thing rather than multiple at the same time.

This reaffirms your care for the activity and allows you to truly indulge in it without other worries and res-

ponsibilities distracting you.

Sit down and just do it, set a timer and go crazy, have fun, and relearn what it means to enjoy your time doing what you love.

While working on reintroduction. You have to start in small doses, slowly getting back into the groove. If you

play an instrument you can try relearning a song you love, painting your favorite view, cooking your most loved meal, and picking up some new moves. There's so much you can do by starting with small doses of everything you

love

Once you figure out a schedule that works for you, just have fun! Never give up your passions, perhaps you might put them on hold but never fully away. They are what keep your spirits up when life feels like it's taking over.



Dreaming of Productivity. (Photo: Sleep Advisor)

Geeky Latin@s, A Program Designed by Women to Empower Youth in STEAM

BY DANIELA PEREZ LEAL
Deputy News Editor

GEEKY Latin@s started with a group of Latin women in Canada and the United States who began empowering people by encouraging them to be involved in science, mathematics, technology, engineering, and arts (STEAM), which are areas that have historically been dominated by men while also promoting gender inclusion.

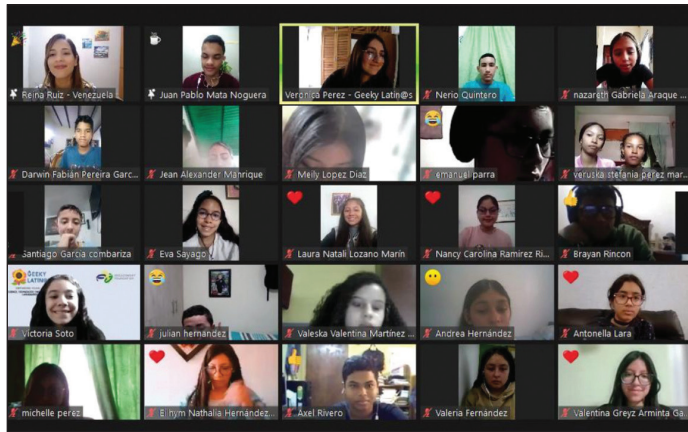
While this free program is directed to young people, mostly girls between the ages of 12 and 18, it has benefited around 630 young people from its online program with a presence in 17 countries around the world.

"Geeky Latin@s is a wonderful program that started as a virtual education alternative in the midst of the COVID-19 pandemic, to empower young people through STEAM areas," said Engagement Foundation President Gabi Garcia.

Initially, the program started in Spanish, but thanks to its growth, English has been implemented with the French and Portuguese editions are coming soon.

"Today we have been growing and improving, expanding to 17 countries around the world and implementing editions in different languages," said Garcia.

Geeky Latin@s was born out of the need to respond to the numerous socio-economic problems in the Americas, such as inequality and gender inclusion in science, mathematics, technology, engineering, and arts (STEAM),



Geeky Latin@s Technology Workshop on Zoom. (Photo: Daniela Perez)

of individuals and communities.

"We contribute with education, individual welfare, and community development to reduce inequality of opportunities and promote social inclusion," said the Engagement Foundation.

The organizing team is made up of Venezuelan women located in communities in Canada, the U.S., and Colombia.

It's led by Venezuelan scientist Alicia Viloría Petit and Engagement Foundation President and architect Gabi Garcia.

"As a scientist and university professor I have always enjoyed my work, but thanks to Geeky I have begun to discover my full potential," said Viloría Petit.

Although the program primarily targets youth from Latin communities, due to its expansion, it now includes youth from communities in the Americas, Europe, and Africa.

Its online platform promotes the diversity of gen-

Each edition takes 12 weeks and is conducted simultaneously in English and Spanish, during which participants become familiar with STEAM careers, the Sustainable Development Goals, and the importance of leadership, entrepreneurship, and innovation.

In turn, the young people are educated through thematic seminars, activities, and lectures led by professionals specialized in areas of science, technology, mathematics, arts, and engineering.

"I was very inspired by these presentations, they were amazing. Someday I aspire to become a super successful woman," said Maria Tuozzo, a graduate student from the 5th edition.

In each session, the speakers talk about their origins, achievements, the opportunities they encountered, the obstacles they overcame, their work, and the importance of their work in different educational, scientific, technological, public, and legislative sectors.

At the end of the edition, every participant developed and improved abilities such as creativity, curiosity, communication, resilience, encouragement, leadership, global commitment, social responsibility, etc.

"At the end of the program, I was able to discover what I want to study in college, and all the tools I learned helped me feel more confident to express my beliefs and be a better leader," said Tuozzo.

Through the skills acquired and developed, the program concludes with presenting social responsibility projects that address a problem and find a solution, plus an action plan to solve it.

These projects are created by the participants themselves, based on what they learned during the presentation on entrepreneurship and social commitment that Gabi Garcia oversees.

"Through this project, the participants exercise multiple talents and show us that we have a very high potential to respond to global problems," said Viloría Petit.

After the presentation of the projects, the program

concludes with a graduation ceremony where the students are recognized by the entire team and their classmates.

Also, the outstanding students received scholarships to study English, and the opportunity to win technological equipment.

However, the learning process does not end here, because after graduation the graduates become part of a big community that offers them the opportunity to be part of different Geeky Societies.

Geeky Latin@s has around six societies that are divided into these categories: the mathematics society with Hub Ciencia Emprende, the digital technology society with Digital Moment, the social impact society, the environmental society, the entrepreneurship society, and the arts and communication society.

All these societies continue to promote participation in different projects and engagement with STEAM areas. Through societies, the development of creativity, leadership, and curiosity never stops growing.

It's also important to note, this awesome work cannot be achieved without the help of sponsors and godparents that support the program day to day.

"The biggest challenge is to sustain the program financially, so we are always looking for people who want to help us to continue to ensure the success of Geeky," Garcia said.

Now, the program promotes different campaigns to motivate individuals and companies to become sponsors.

Each sponsor receives a detailed report on the participants and a follow-up of their evolution until the end of the program.

"We seek to give companies and individuals the opportunity to sponsor the program and invest in a child's future," said Diana Peña, Geeky's Coordinator in Canada.

In addition to the sponsor program, Geeky's team is working on the creation of an online store where people can buy unique products designed by its participants, with the purpose of raising funds for the program.

Geeky Latina@s has been changing and impacting the lives of young people, allowing them to discover their potential, talents, and abilities. In addition, Geeky provides useful tools to empower young people to create a better and more inclusive world with leaders socially committed to their community.

My Brooklyn Half Marathon Experience

BY CHARLOTTE JONES
Staff Reporter

THIS past November when I was volunteering at the New York Marathon, I was standing at mile fourteen passing out water and couldn't shake the thought of how impossible a full marathon would be and why anyone would ever want to do that.

However, I also couldn't shake how inspired I was by these people. The full marathon was still very overwhelming, but the half marathon seemed a little less daunting by the end of the day.

Three weeks later, the lottery was opening for the Brooklyn Half Marathon. I asked my dad back home, who is a very serious runner, if he would do it with me and we put our names in that night.

A couple of days after, the lottery results were out: I



Post-run photo. (Photo: Charlotte Jones)

towards the Manhattan Bridge.

The race crossed directly in front of our Brooklyn campus, where I had my best friends standing and cheering me on.

After crossing the bridge, the race turned onto the FDR highway for miles six through nine. There were little to no supporters during this stretch, causing these three miles to be quite challenging.

However, with every step, I was overcome with this sense of empowerment. I had completed six miles and I was still going.

Finally, we were heading into Manhattan towards Times Square. It was such a surreal feeling to run through Times Square.

After Times Square, I was on the home stretch

of the race. I had miles 11-13.1 left, and the crowd around me was roaring. At mile 11 I encountered my family for a third time, and my best friends for the second.

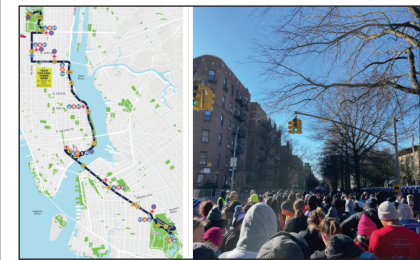
I ran over for a quick hug from my family to help me finish. They gave me some words of encouragement and said they'd see me soon. Seeing my friends and family was the push I needed to finish those last two miles. I was so propelled by joy after seeing them, I had my fastest mile split at mile 11 out of my past four miles.

Miles 12 and 13 are in Central Park, and they were a challenge. They were mostly uphill, my knees were aching, and I was hungry. But finally, the race was over. 13.1 miles, the longest I had ever run, and the greatest challenge I had put my body through in a long time.

I was beyond proud of myself. This was something I didn't know if I could accomplish, and I ran the race at 2:27.46.

The half marathon was an experience I will never forget. I am so thankful for my family and friends and am in awe of the limits I can physically push myself to.

New York knows how to come together like no other, and I'm thrilled my first half marathon was in this city.



Course of the map and the starting line the day of. (Photo: Charlotte Jones)

had been picked, but my dad hadn't. There it stood, this daunting challenge of 13.1 miles and I was doing it all by myself. I strongly disliked running and I had to do the race all alone, but I was so excited.

But there was one major opposition, I was in the middle of swim season at LIU. Training for this would be hard, I would have to find a way to not disrupt my season while also preparing myself correctly in order to prevent injury during the race.

However, as the season went on and the race got closer, running got put on the back-burner. My plan went out of the window, and I adopted a mindset of, "I'm just going to wing it." My sister, mom, and dad were coming for the weekend and they were so excited for me.

Sunday, March 19 came much quicker than I would have liked. But I knew that I was going to be okay and that I was going to have fun.

The race began in Prospect Park where my family saw me cross the starting line. We spent roughly the first three miles looping through the park. Right off the bat, the atmosphere was fun and uplifting. From the park, we ran down Flatbush Avenue

"As a scientist and university professor, I have always enjoyed my work, but thanks to Geeky [Latin@s], I have begun to discover my full potential."
-Alicia Viloría Petit, Geeky Latin@s Co-Leader

along with the deficiency in public education.

"In Geeky we strive to solve these problems through the transmission of knowledge and tools to educate and demonstrate the importance of creating a space, where young people feel safe and welcome, thus achieving the development of their abilities to respond to global problems," said Alicia Viloría Petit, Geeky Latin@s Co-Leader.

This program is part of the education action line of a big Venezuelan and American foundation called the Engagement Foundation, which implements campaigns and associated programs to provide tools for the development

der and ideas in professional areas of STEAM, looking to transform every participant into a leader to build a better future and serve their communities.

"At Geeky we seek to create responsible, committed, and self-confident young people who can create a better future, and also acquire knowledge about how wide and wonderful STEAM can be," said Veronica Perez, Geeky Latin@s Coordinator.

So far, Geeky Latin@s successfully conducted five editions of the program with 257 graduate students in the Spanish edition, and 51 graduate students in the English edition. Now, they are running edition number six.

Roki Sasaki Is Baseball's Next Great Pitcher, Here's What to Know

BY JOE SIMILE
Chief Sports Editor

DURING the 2023 World Baseball Classic, four pitchers had struck out more than 10 batters. Cuba's Miguel Romero, a minor league pitcher in the A's organization, led the pack with 13, followed by Japanese star and 2021 Pacific League MVP Yoshinobu Yamamoto, the sport's best player Shohei Ohtani, and a 21 year old pitcher by the name of Roki Sasaki.



Sasaki pitching for Samurai Japan. (Photo: The Japan News)

Roki Sasaki was raised in the Iwate Prefecture in Japan. When Sasaki was in the third grade, the 2011 Great East Japan earthquake had struck, and the resulting tsunami swept away his home, also claiming the lives of his father and grandparents. Roki, along with his mother and two brothers, had to live in a nursing home as a result. The

family eventually moved to Ōfunato, where Roki began playing baseball.

Sasaki was recruited by many high schools, however he chose to attend Ōfunato High School to continue playing with his teammates and friends. It was at Ōfunato where Sasaki truly began to make a name for himself. He earned the nickname "the Monster of the Reiwa Era" due to his 163-kilometer-per-hour (101 mph) fastball, which broke the Japanese high school record set by Shohei Ohtani.

Sasaki was drafted first overall in the 2019 NPB draft by the Chiba Lotte Marines at the age of 17, receiving a signing bonus of ¥100 million (about \$911,000 USD). He made his NPB debut on May 16, 2021. He maintained a 2.27 ERA during the regular season, recording 68 strikeouts in 63.1 innings. In the playoffs, he held a .45 ERA in 20 innings.

Roki Sasaki made history the next season, during his third start of the season, on April 10, 2022, Sasaki's Chiba Lotte Mariners were squaring

off against the Orix Buffaloes, who were led by current Boston Red Sox Masataka Yoshida.

On this day, Sasaki had one of the most dominant pitching performances in baseball history. Sasaki threw a perfect game, retiring all 27 batters he faced, striking out 19 of them. It was the 16th ever perfect game in NPB history, and tied the NPB record for strikeouts. It was also the first perfect game thrown since 2007, but the last recognized perfect game was in 1994, when Hiromi Makihara did so for the Yomiuri Giants.

Sasaki also set the world record for consecutive strikeouts with 13, surpassing the NPB record of 9 set by Takao Kajimoto and Masayuki Dobashi. At the age of 20, Sasaki became the youngest NPB pitcher to ever throw a perfect game. Sasaki also had the highest game score (106) pitched in a professional baseball game, surpassing Kerry Wood's 105 in his legendary 20 strikeout game in 1998.

Sasaki carried this momentum into his next start against the Hokkaido Nippon-Ham Fighters. Sasaki pitched another eight perfect innings before being removed from the game. Sasaki recorded 14 strikeouts on 102 pitches, finishing the game having retired 52 consecutive batters between the two

starts. This broke the previous NPB record, and a ball from the perfect game is in the National Baseball Hall of Fame and Museum in Cooperstown.

Roki Sasaki made himself a global star in the World Baseball Classic, regularly pumping 102 MPH past hitters, and devastating them with his splitter. In 7.2 innings, Sasaki only surrendered seven hits, and tallied 11 strikeouts, allowing a .233 batting average to opponents. Sasaki did hit one batter with a pitch, Czech Republic's William Escala, and to make up for it, Sasaki gifted Escala two massive bags of candy.

In the WBC, he got a chance to start in the semifinal against Mexico in Miami, meaning he was pitching in front of Statcast for the first time ever, which gave us plenty of data to compare him to MLB's top arms.

Sasaki's fastball averaged 100.5 MPH, with 26 of his 29 fastballs in Miami eclipsing 100 MPH or more. Since Statcast tracking began in 2008, only four starters have thrown 26 triple-digit fastballs in a single start (Hunter Greene 6x, Jacob deGrom 2x, Nathan Eovaldi and Yordan Ventura (rest in peace) once each). In the Statcast era, Roki Sasaki's start against Mexico is the only recorded instance of 90% of a starting pitcher's fastballs being 100

MPH or more. Only Jordan Hicks and Hunter Greene have had a percentage higher than 75.

Sasaki's fastball isn't just fast, it also moves. Most fastballs have at least a foot of vertical drop. However, Roki Sasaki's fastball averaged only 10.1 inches of drop on the way to the plate. Only three Major League pitchers averaged less drop on their fastballs in 2022, James Karinchak, Felix Bautista, and Ryan Helsley. The big difference between Sasaki and the other three is how much arm-side run Sasaki's fastball has. In the WBC semifinals, his fastball averaged an insane 13.1 inches of run, reaching as high as 15 inches. One popular comparison for this fastball is Yankees' ace Gerrit Cole. The five-time All Stars fastball averages 10.5 inches of drop and 10.4 inches of run, for comparison.

Sasaki's devastating fastball isn't even his best pitch, that title would go to his splitter. It averaged 91.2 MPH in the game, reaching as high as 93 MPH. It averaged a vertical break of 31.4 inches including a max drop of 37 inches. Sasaki's whiff rate on his splitter was a whopping 53% in the WBC semifinal.

Roki Sasaki is also incredibly passionate about the game of baseball. Former Chicago Cubs all star Kosuke Fukudome revealed to

reporters that Sasaki broke down crying in the dugout after surrendering a three run homerun against Team Mexico, fearing he lost Japan the game. When Yoshida tied the game for Samurai Japan, Sasaki "exploded in happiness and relief".

Roki Sasaki has turned many heads with his WBC performance. Unfortunately for American fans, Sasaki won't be coming to MLB anytime soon. Although he told reporters it is his dream to play in MLB, he will not become a free agent until 2027. There is the possibility that he can come over earlier, if he requests that the Chiba Lotte Mariners post him, and they agree, then MLB teams can conjure up a bidding war for the young phenom. Sasaki would likely garner a record setting contract. However, another complication is, if Chiba Lotte were to post Sasaki before he accumulated 6 years of service time or before he turns 25, a deal for him would count against international bonus money restrictions. Given the new CBA, MLB teams can only spend \$4.75 million in bonus pool money, but can trade for up to \$10.1 million. However, any deal using this money would be selling Sasaki short. Whenever he finally comes over, Sasaki will likely earn a nine-digit deal, which is suitable for the star.

LIU Swimming Successfully Closes Out 2022-2023 Season

BY DANIELA PEREZ LEAL
Deputy News Editor

THE LIU swimming teams, led by Head Coach Bobby Smith and two assistant coaches, Emma Brown and Zach Towers, ended the season with multiple successful records and outstanding athletes.

During the fall season, the team achieved multiple records at Winter ECACs, including 216 season best times, 62 lifetimes best swims, and 13 school records, and Junior swimmer, Maaïke Broesma, brought one ECAC Record and also was awarded Female Swimmer of the Meet.

In the same way, the swimmers Alejandro Pascual del Cid, Emilio Garcia, Giannis Venetos, and Benny Karlsson achieved six Men's School Records at ECACs.

All these records placed the Women's Team 4th, and the Men's Team 2nd overall.

In addition to the success at the pool, the sharks shined academically. The Sharks Men's team earned a GPA of 3.3 and the Women's team GPA of 3.65 for the fall semester.

"We are so proud of our student-athletes and their achievements in the classroom along with in the pool",

said Brown.

Also, the swimmers have contributed many hours of volunteering, including aid at the 51st edition of the NYC Marathon.

Throughout the spring semester, the swimming team hosted the Senior Weekend Meet at LIU Brooklyn vs. Wagner College.

During this meet, the Men's team won 150- 110, and the Women's Team finished 90- 172 against the Wagner team.

According to the LIU Athletics Website, some highlights of the meet were made by Giannis Venetos and Venna Andersen who placed first in the 100-yard breaststroke. Dani Chocano Fernandez and Ella Johnson finished at the top of the 200-yard butterfly, and freshman Emilio Garcia earned first place in the 50-yard freestyle.

"Among other first-place finishes: Stephen Taylor in the 200-yard breaststroke, Chocano Fernandez in the 500-yard freestyle and 200-yard IM, Andersen in the 100-yard butterfly, and Ethan Law in the 100-yard butterfly", LIU Athletics website informed.

At the end of the meet, coaches proudly honored and recognized the hard



Maaïke Broesma, Swimmer of the Meet at the NEC conference 2023. (Photo: Donny Chiarel)

work and huge contributions of their 2023 seniors: Aidan Condit, Bruno Ferrari, Lincoln Greseth, Ella Johnson, Caitlyn Kanemitsu, Porter LeVasseur, Madison McCarthy, Clare McGovern, Magali Mouton, Adelyn O'Dell, Caitlin Rappaport, and Maja Uduć who will be graduating this year.

"I feel like it is unreal, four years just went by! I felt really emotional on our senior meet as I knew it was almost the end, and I would have to say bye to my friends, swimming, and coaches soon. But I feel super happy and grateful for all the experiences college gave

me and what's next", said Mouton.

At the NEC Championships, the team had outstanding participation and they brought home 15 school records, multiple season and lifetime best times, and an NCAA B cut (200 back).

"I felt like this season was a good one. There were ups

and downs but above all there was progress", said Amaya Henry, a Junior swimmer in the Women's team.

As a team, the women achieved: first place in the 400 medley relay, second place in the 400 freestyle relay, second place in the 200 free relay, and third place in the 800 free relay.

Likewise, the men achieved: second place in the 400 medley relay, third place in the 400 freestyle relay, and third place in the 200 free relay.

One more time, Successful swimmer Maaïke Broesma received the Swimmer of the Meet award and finished in first place in the 200 backstrokes, 100 backstrokes, and 50 free.

Some days later, after the



Women's and Men's seniors that were honored in the Senior Weekend Meet at LIU Brooklyn vs. Wagner College. (Photo: Donny Chiarel)

season officially ended for the team, Venna Andersen, Magali Mouton, Dani Chonano, Benny Karlsson and Marcel Matyikó were recognized with Academic All-District Honors.

Finally, it is important to highlight that behind these achievements there is a team of extraordinary coaches and trainers who make the preparation possible and provide the necessary support to each athlete.

"I speak for the entire coaching staff (when I say) that we are so proud of the results from the team. Their hard work really paid off throughout the season, and they continued to support one another throughout the entire process. We would like to give a big thank you to Brandan Nakrin, our lift coach and Aphrodite Daphnis, our athletic trainer who continue to be a large contribution to our team's success. We look forward to future seasons ahead for the Sharks", said Brown.

Without a doubt, the team finished this season stronger and more united than ever. For sure the next season is waiting for them to continue writing a story of success, joy and hard work.

The Seawanhaka Sports Rundown is a weekly roundup of five stories that examine developments in sports news at the local, state, national, and international levels.

BY MADISON MCCARTHY
 Deputy Sports Editor

LSU Women's Basketball Takes Home NCAA Title



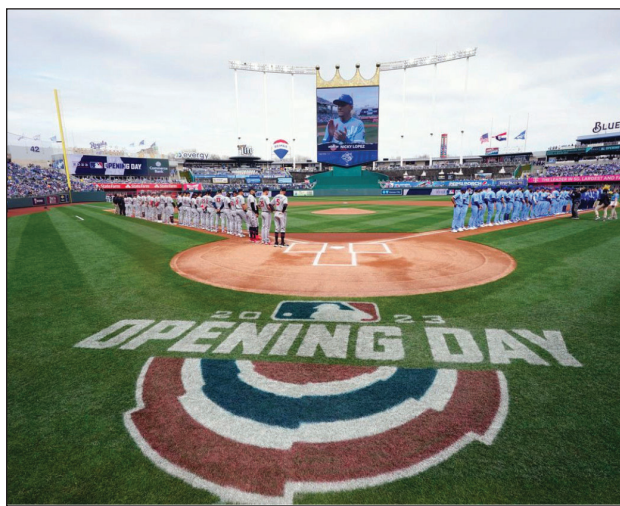
(2023 NCAA Women's Basketball National Champions on April 2nd, 2023. Photo: NBCsports)

FOR the first time in school history, LSU Women's basketball won the NCAA National Championship, defeating the two seeded Iowa 102-85. Jasmine Carson led the Tigers to victory with 22 points, followed by teammate Ladazhia Williams with 20 points. Angel Reese was named the Final Four Most Outstanding Player, contributing 15 points and ten rebounds to the game.

LSU (34-2) scored the most points ever in a Women's Final Four game, as the Tigers shot 54.3 percent (38 of 70) from the field, including 11-of-17 from three-point range. The 187 combined points was also the most in a Final Four game. This was head coach Kim Mulkey's fourth appearance and fourth championship, with previous wins at Baylor in 2005, 2012, and 2019. For the Hawkeyes, Caitlin Clark, the 2023 Player of the Year, led all scorers with 30 points and added eight assists and two rebounds. Clark is a three-time USA Basketball Gold Medalist who brought her star power to the NCAA postseason. In the post-game press conference, she spoke about her influence on women's basketball;

"I think the biggest thing is it's really, really special. I don't think it's going to set in for me for quite some time. I want my legacy to be the impact that I can have on young kids and the people in the state of Iowa, and I hope I brought them a lot of joy this season.

MLB Opening Day 2023



(Field view on Opening Day at Kauffman Stadium. Photo: LG Patterson/MLB Photos via Getty Images)

MLB opening day met fans and players this March after a thrilling World Baseball Classic and rule changes. The biggest change is the new pitch clock rules that debuted this off-season. The new rule gives pitchers 15 seconds with no runners on base, 20 seconds with runners on, and 30 seconds between batters.

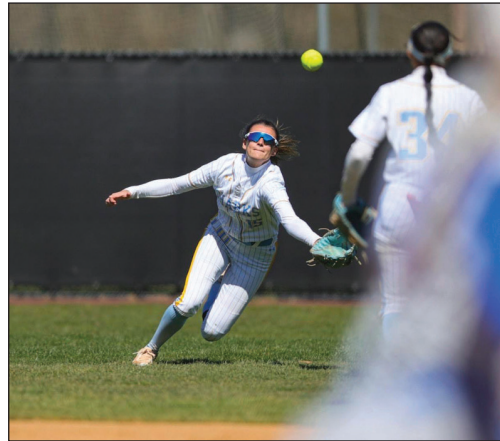
In New York, Aaron Judge picked up right where he left off last season. Judge started his opening day and 2023 season with a standing ovation and a home run on his first swing of the season.

In the American League, Shohei Ohtani shined, throwing six shutout innings, striking out ten, and allowing just two hits. Ohtani also singled and drew an intentional walk, becoming the first player to draw an intentional walk on Opening Day after starting the game as a pitcher since Brooklyn Dodgers' Dutch Ruether in 1923.

In out-of-game opening day news, retiring St. Louis Cardinals veteran Adam Wainwright sang the national anthem. Wainwright's performance allowed the Cardinals to feature Wainwright on Opening Day as he recovers from a groin strain sustained during the World Baseball Classic.

LIU Women's Softball Adds Another Conference Win

(Center fielder Kristen Blanchard attempts a diving catch during Sunday's win. Photo: Adam Rubin)



LIU softball kicked off their April play against Central Connecticut State with an impressive win. They dominated the Blue Devils, securing a 9-0 victory in just five innings. Lindsey Cowans played a key role in the victory, recording a shutout. Meanwhile, freshman Mari Narvaiz had an outstanding performance, driving in an impressive five runs. Narvaiz went 3-for-3 with three runs scored and a career-high five RBIs, hitting two home runs and a double.

The Sharks' overall record improved to 18-16, with a conference play record of 5-2. The series will conclude with a doubleheader on Monday at 1 p.m. at LIU

LIU Women's Water Polo Completes Perfect Weekend



(Junior Paola Dominguez-Castro. Photo: LIU Athletics)

IN a clean sweep, LIU Women's Water Polo emerged victorious against Siena 14-6, Mount St. Mary's 12-3, and Iona 14-9 Junior Attacker Paola Dominguez scored 11 goals over the weekend, with five coming in the Saturday match up with Siena College. In the same game, junior Maaik Broersma scored two goals. Broersma was previously named the 2023 NEC swimmer of the meet at conference championships. The Sharks continued their four-game winning streak moving to 7-1 for this season in conference play. The team travels to Philadelphia to take on St. Francis College and Marist on April 7, 2023.

UConn Men's Basketball Wins Fifth Title



(UConn celebrated their fifth national title after a convincing victory over San Diego State. Photograph: Bob Donnan/USA Today Sports)

THIS year's March Madness ended with the UConn Huskies taking home their fifth trophy, after battling San Diego State in the Final Four. The Huskies were the four seed going to the match against the five seed San Diego State. San Diego State has enjoyed a wild ride in the tournament as they knocked off Florida Atlantic in the Final Four thanks to a buzzer-beater, go-ahead basket. However, the Aztecs came up short, losing 76-59 in Houston.

UConn's star forward Adama Sanogo was named the Most Outstanding Player finishing the game with 17 points and ten rebounds. Teammate, Tristen Newton, had a double-double with 19 points. For the Aztecs, Keshad Johnson scored 14 points, while teammates Darrion Trammell and Lamont Butler scored 13 apiece.

NFL Mock Draft 2.0

BY ZACK JONES
 Deputy Sports Editor



ZACK Jones mocks the first round of the upcoming NFL Draft. Find his full article detailing analysis of each pick and prospect at liubknews.com or at this QR code here:

	1st: CJ Stroud, QB, OSU
	2nd: Bryce Young, QB, ALA
	3rd: Will Anderson Jr., EDGE, ALA
	4th: Will Levis, QB, UK
	5th: Tyree Wilson, EDGE, TTU
	6th: Devon Witherspoon, CB, CUSE
	7th: Anthony Richardson, QB, UF
	8th: Jalen Carter, DL, UGA
	9th: Paris Johnson Jr., OT, OSU
	10th: Bijan Robinson, RB, TEX
	11th: Jaxon Smith-Njigba, WR, OSU
	12th: Quentin Johnston, WR, TCU
	13th: Peter Skoronski, OT, NW
	14th: Christian Gonzalez, CB, ORE
	15th: Nolan Smith, EDGE, UGA
	16th: Joey Porter Jr., CB, PSU
	17th: Deonte Banks, CB, MD
	18th: Myles Murphy, EDGE, CLEM
	19th: Broderick Jones, OT, UGA
	20th: Calijah Kancey, DL, PITT
	21st: Darnell Washington, TE, UGA
	22nd: Zay Flowers, WR, BC
	23rd: Jordan Addison, WR, USC
	24th: Dawand Jones, OT, OSU
	25th: Cam Smith, CB, SC
	26th: Jalin Hyatt, WR, TENN
	27th: Jahmyr Gibbs, RB, ALA
	28th: Michael Mayer, TE, ND
	29th: Bryan Bresee, DL, CLEM
	30th: Brian Branch, S, ALA
	31st: Darnell Wright, OT, TENN
	32nd: Anton Harrison, OT, OKLA

Shark Scoop is a weekly roundup of five stories that examine developments in global, national, and local news, as well as a top headline in entertainment and sports.

BY ANTHONY NOSOFF
Staff Reporter

Former President Donald Trump Indicted

FORMER President Donald Trump has been indicted in New York City. He has approximately 30 different charges filed against him related to document fraud linked to hush money given to conceal his affairs with adult film star Stormy Daniels and Playboy model Karen McDougal ahead of the 2016 presidential election. The charges are based on the payments, which prosecutors say Trump tried to hide by falsifying business records, and the testimony of his former lawyer, Michael Cohen,



Former President Donald Trump speaks at the Conservative Political Action Conference, CPAC 2023, on March 4, 2023. (Photo: Brandon Bell via AP)

who admitted to making the payments for Trump.



Customer service agents in neon vests are now assisting riders throughout subway stations. (Photo: Alyssa Paolicelli via Spectrum News NY1)

MTA Station Agents Now Play New Roles

FROM March 30, MTA station agents are no longer stationed at their booths. The customer service agents will assist straphangers throughout every station. Fo-

llowing the introduction of OMNY making the job of a station agent somewhat obsolete, this agreement with the Transport Workers Union of America (TWU) gives the position a new light. Additionally, these agents will be able to report maintenance issues

and reach out to authorities when necessary. New manned customer service center booths have also been installed at nine major stations to assist customers with transitioning to and using OMNY, with six more set to open by the end of this year.



Ibrahim Traoré and his regime have been cracking down on French media in Burkina Faso over the last year. (Photo: AFP)

Burkina Faso Expelled Two French Journalists

BURKINA Faso's military junta has expelled journalists from two leading French newspapers, Le Monde and Libération. The expulsions follow a video published by Libération alongside an investigation displaying children being executed in

military barracks. Marking a huge blow to press freedom, the two newspapers rebuked the expulsions while Burkina Faso authorities described it as manipulation disguised as journalism, according to the BBC. Outlets France 24 and Radio France International (RFI) were earlier suspended by the regime. The current regime denotes a souring of relations with France in the former French colony.

Wild Weather, Tornadoes Wreak Havoc Across Midwest, South, Northeast

AT least 31 tornadoes ravaged nine states this weekend, according to the National Weather Service. This barrage of tornadoes and severe weather ripped through the Midwest, South, and Northeast, leaving at least 29 people killed across

seven states — Illinois, Indiana, Mississippi, Alabama, Tennessee, Arkansas and Delaware — and injured dozens more. This extreme weather follows a tornado that killed 26 in Mississippi last week.



A tornado in Little Rock, Arkansas left this car overturned and many others damaged. (Photo: Andrew DeMillo via AP)



Iowa's triumph over South Carolina brought in record viewership for NCAA women's basketball. (Photo: Maddie Meyer via Getty Images)

NCAA Women's Sports Hit Record Viewership As New TV Deal Is on the Table

THE women's NCAA basketball tournament has been a huge hit with viewers. ESPN's initial estimated 6.6 million peak viewership of the Iowa Hawkeyes-South Carolina

Gamecocks game, along with the initial LSU-Virginia Tech Final Four matchup's 5 million peak viewership marks an average of 4.5 million viewers, making this Final Four the most-watched women's Final Four yet. This feat of women's basketball comes at a crucial time as the NCAA is expected to begin talks for a new TV package for all its sports except men's basketball and football.

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The Administration Responds

On March 17, three days after Dous and Elsayed had forewarned their fellow classmates of the university's decision, Pharmacy students received official communications from the administration regarding senior events.

The email sent by Dabestani reads, "Pharmacy graduates to be hooded, receive diplomas on stage and photographed in graduating [sic] regalia. We will also recite the Oath of the Pharmacist and the class Valedictorian will be offered the stage to address all graduating LIU students."

In response to the myriad

requests and emails from Pharmacy students, Dabestani sent an email to students the following day.

The email begins by acknowledging the "news on graduation."

"I assure you that we've been working with urgency to provide answers to all graduation questions. It has not been a lack of transparency issue; simply put, we didn't have enough confirmed details to share with your class until yesterday," said Dabestani.

Dabestani's email ends, "Congratulations on your upcoming graduation and please feel free to stop by my office



The LIU Pharmacy Pharm.D. program, class of 2023. (Photo: Patrick Campbell.)

at any time."

In a statement to Seawanhaka, Dabestani said, "Stu-

dent requests over recent years indicated their desire to celebrate commencement as

part of the Long Island University family. The LIU Pharmacy Class of 2023 graduates are making a noteworthy step towards their chosen careers, and they will be individually hooded and receive diplomas on stage at the Barclays Center as part of our University-wide ceremony. Graduates will recite the Oath of the Pharmacist, and the class Valedictorian from the school will be included in addresses that day, as the entire LIU community honors their momentous achievement."

However, according to

a poll conducted by Elsayed and Dous on March 14 on the preferences of students regarding their hooding ceremony, 87.2 percent of graduating pharmacy students indicated that they would prefer a hooding ceremony separate from the university-wide Commencement on May 18.

"You know, we're not asking for anything that's really out of the ordinary, this is something that several other people across the country will get to experience during their pharmacy school graduations. So why not us?" said Rizwan.