

Talks of Athletic Scholarship Policy Changes Spread, Future Remains Uncertain

Staff members and student-athletes speak out about potential changes to merit aid policy for future Sharks.

BY OSCAR FOCK
News Editor

STARTING next fall, student-athletes coming to LIU may face a new policy severely limiting their potential merit aid.

According to an LIU staff member with insight into the Athletic Department, new LIU students receiving an athletic scholarship of any amount may now have their total merit aid limited to a maximum of \$10,000.

The staff member spoke under the condition of anonymity, since the person was not authorized to speak about new guidelines that have not yet been made public.

The Director of Athletics at LIU, William Martinov, responded to Seawanhaka's inquiries about this with a broad statement on LIU scholarships that neither confirmed nor denied the reported changes.

According to Martinov, it is not uncommon for the school to make changes to the distribution of academic and athletic scholarships.

"The University continuously reviews the merit and athletic scholarships for each incoming class," Martinov wrote in his statement.

Should this policy be instituted next fall, new student-athletes who wish to combine an athletic scholarship with merit aid and receive a total of \$10,000 in scholarships, will still have to cover around \$45,000 per year, a cost that includes tuition and room and board that needs to be covered through other means.

Student-athletes coming to LIU — to the Brooklyn campus as well as the Post campus — for the 2022 fall semester would be the first to be affected by this policy change; according to the staff member, this will have no impact on current LIU students.

The staff member also said that this decision to change the policy was made in the summer of 2021.

This staffer, among many other LIU Athletics staff members, received information about the policy change from a member of the University administration during a Zoom meeting that summer.

Information about the changes to the distribution of merit aid is hard to come by; both

who is behind these potential changes and why they were made are unclear.

Despite repeated requests, the Department of Admissions, the Dean of Students, the Student Accounts, Enrollment Services, and the President's Office of the University did not respond to Seawanhaka's queries.

Of the school officials that returned Seawanhaka's emails, including the President's Office and the department of Enrollment Services, few claimed to have knowledge about the policy changes. Instead, they redirected questions to other departments.

Student Perspectives

But despite little official communication, discussions about this potential new policy have spread across the Brooklyn campus, sparking outrage among current student-athletes.

"I disagree with this policy and think it is a terrible idea for the future of athletics at LIU," Porter Levasseur, junior and a captain on the Men's Swim team said.

"The school did a fantastic job expanding its athletics department. But now, when it comes to supporting those athletic programs, LIU is pulling the rug out from underneath the coaches and future athletes," Levasseur said.

Another LIU swimmer, sophomore Isabella Seagrave, had not heard about the change until being contacted by Seawanhaka but questioned it.

"I am very upset to learn about this policy. It is making me question the university's priorities," she said.

Miranda Strongman, junior on the women's volleyball team, had also not heard about the changes before but is pessimistic about the policy change.

"I don't think the policy is fair. Full or nearly full academic scholarships are still given out, so why not athletics?" Strongman said.

"A school's pride isn't based solely on academics, athletics play a huge role in school spirit, competition, and sponsorships and endorsements for the college. Therefore, athletes should continue to be recognized for their hard work and skills," she said.

Levasseur echoed Strongman's statement



A few members of the LIU Men's and Women's swim teams shared their concerns about this potential change for future LIU student-athletes. (Photo: Casey Snedecor)

and said that the new policy creates an unfair disadvantage for student-athletes.

"Why would a person really care about their grades when the biggest scholarship they can earn for their grades is \$10,000?," Levasseur said. "If someone comes in with a perfect high school GPA and perfect ACT score but also plays a sport, just the fact that they participate in an extra-curricular activity makes them ineligible for that scholarship they earned."

In Martinov's statement, he asserted that "Long Island University offers a robust and competitive scholarship package to attract student-athletes that excel academically and athletically. We are very confident that our scholarships will attract high-quality students that contribute to the success of our championship athletic program."

Students, on the other hand, are not as confident.

The students Seawanhaka spoke to agreed that limiting merit aid for student-athletes

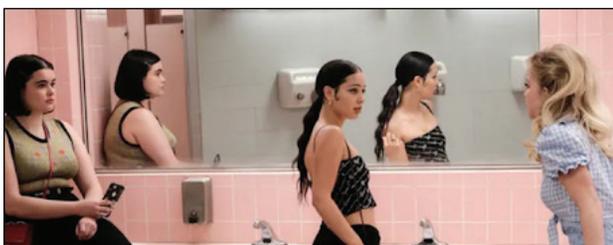
risks turning top athletes away from LIU, making the school less competitive.

Successful athletics programs generate revenue for the school as a whole; losing out on top athletes could therefore have an adverse effect on the school and the entire student body.

"This policy will make recruiting ten times harder for our coaches and it will take away opportunities from student-athletes who excel in their sport and in the classroom," Levasseur said.

While talks about this new policy continue to unfold, it remains uncertain whether this change will be instituted and what potential consequences it may have for LIU and the school's athletics teams.

Euphoria Review



The highly anticipated season two of HBO's hit show *Euphoria* has ended and while fans are left stunned by the season finale, many have also been left wanting more. [PAGE 9](#)



Swimming Stuns at NEC

The LIU Men's and Women's swim teams ended their season on a high at the Northeast Conference Championships in Ohio at the end of last month. From individual wins to incredible relay performances, the Sharks closed out the season with a meet to remember. [PAGE 10](#)



Luv Michael

Luv Michael, a non-profit organization raising awareness for autism, has teamed up with student-led organizations on campus to hold events, including Circle K International. [PAGE 3](#)

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To LIU Brooklyn students, faculty, staff, and alumni

The spring semester is well underway, and Seawanhaka is proud to be releasing its first print edition of the new year!

This semester has already brought us such joy, with new additions and opportunities for those on staff and for our audience as well.

We have recruited more members to our editorial team who have already shown such determination, dedication, and discipline.

Since the start of the semester my Managing Editor Reyna Iwamoto and I have worked tirelessly to train

our new editors who swiftly began to take on copy editing duties.

Together, we have developed a weekly news roundup called the Seawanhaka Sports Rundown.

Additionally on our social media, we hosted takeovers from the editorial staff. These takeovers have allowed our audience to get to know our staff on a more personal level.

Finally, we have started a tradition of creating monthly playlists to personalize our content and help to connect with our more tech-savvy audiences.

These are just a few of the updates we have made at Seawanhaka and we welcome your feedback and suggestions.

We are immensely proud of our staff for making this an incredible first issue of the spring semester and we 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

From Boosters to Giving Masks the Boot: LIU Changes COVID Guidelines

BY JOSEPH WHELAN, MAGALI MOUTON & SHEA ROBARDS
Staff Reporters

TOWARD the end of 2021, citywide COVID-19 rates climbed to an all-time high since the beginning of the pandemic in March 2020.

The cause was a new, highly contagious variant of COVID called Omicron which raised health concerns tremendously among residents of New York State and across the nation.

These events happened concurrently with the Fall 2021 semester coming to a close as many students were preparing for Finals Week.

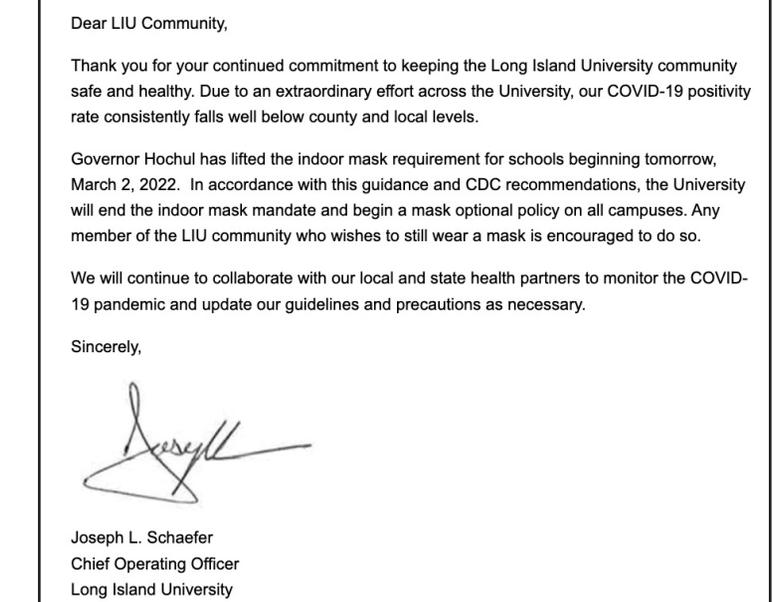
This ultimately resulted in the LIU administration announcing their decision to make the COVID Booster shot a requirement for attending in-person learning for the Spring 2022 semester.

In a statement emailed to students LIU Chief Operating Officer, Joseph L. Schaefer, wrote to the student body that, "all students, faculty, and staff who are eligible to receive the COVID-19 booster must provide proof of successful completion in the University's Vaccination Portal." He would later add that, "documentation will be due prior to the spring semester."

Although the number of cases were said to have peaked in the beginning of January, this precautionary decision was made on behalf of LIU's administration with the public's health as a main concern.

LIU students were given ample time during the winter break to receive the Booster shot, and many rose to the occasion to yet again get the jab. Those who didn't provide sufficient documentation at the beginning of Spring semester were unable to return to campus and were limited to online learning. This booster requirement was also extended to LIU's faculty and staff.

Though a large majority of students still attend in-person classes, the number of online students likely saw a sig-



An email sent to the students and faculty of LIU describing the changes to the University's mask policy. (Photo: Long Island University)

nificant spike from the Fall 2021 to the Spring 2022 semester.

Similarly to the LIU Booster shot requirement, CUNY Schools also required the booster shot for eligible students who wished to attend in-person classes during the Spring term.

However, in recent days the number of COVID cases in New York and across the nation have been on a rapid decline.

In agreement with current CDC guidelines and recommendations, LIU subsequently announced on March 1 that the University will end the indoor mask mandate and begin a mask optional policy on all campuses including LIU Brooklyn.

This would mean that anyone who would still like to wear a mask is encouraged to do so including, however one should not worry too much about the risk of infection. According to the New York Times, the City reported at least 59 percent of students in schools have received one dose of the vaccine since the end of February.

When asked about their opinion on

these changes, a majority of students brought up how they understood why LIU lifted the mask mandate but they mostly agreed to continue to wear a mask while on-campus.

"While wearing a mask around campus, I feel fine, and I want to keep my family safe," said Kira Brombacher, a freshman in the BFA program. "Acting is harder to do as communicating with a mask on is doable but it's frustrating as it can fall down while talking and takes away the use of the bottom half of our face to emote."

However if new spikes in COVID cases occur, the mask mandate could make a comeback as speculated by several doctors including Carlos Oliveira, MD, PhD, a Yale Medicine pediatric infectious diseases specialist who spoke of the recent changes to CDC guidelines last month.

About Us

Seawanhaka is the student newspaper of Long Island University Brooklyn and the only on-campus news source since 1928. Celebrating our 93rd 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 92 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 Thursdays at 10:50AM on zoom or in room S-219.

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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Shark Spotlight: Professor Patrick “9th Wonder” Douthit and What it Takes to Make it in Music Today

BY EMMA CHEATHAM
Photography Editor

PROFESSOR Patrick Douthit of the Roc Nation School of Music, Sports, and Entertainment is better known as world-renowned music producer 9th Wonder. He sat down with Seawanhaka to give insight into his life in music and education while also imparting advice for the next generation of the music industry.

Douthit, who was raised in Winston-Salem, North Carolina, revealed he began his career in music at a young age through his experience in his middle school and high school band. He explained that in band class, he learned the basics of music theory concurrently with the Golden Age of Hip Hop.

Although music was a big part of his life, he never intended to be a musician. He attended North Carolina Central University with the intention of becoming a high school history teacher. It was during his colle-

ge experience that he started to make beats in his dorm room and decided that working a conventional job would not be for him.

After a long deliberation with his mother, a kindergarten teacher for over 40 years, he dropped out of school to pursue his dreams of being an artist.

During his brief time in college, he met two fellow musicians and started a group together called Little Brother. However, getting the band off of the ground was a difficult task and took them five years to be discovered.

After the release of his group's first album, Jay Z's sound engineer, Young Guru, became a fan of 9th Wonder's production style. This led to him being on the creative team for the Black Album which was released in 2003. "That's when my now eighteen year relationship started with Jay-Z and now I'm teaching at the Roc Nation School," he said reflectively.

Douthit also said he learned a lot of important lessons from



Professor Patrick “9th Wonder” Douthit sat down with Seawanhaka to discuss his life and career. (Photo: The Jefferson)

Jay-Z like how to talk to the media and how to keep your work relevant, as the music industry can be tough and unfair at times.

Reflecting on his own time in the music business he said, "I've been lucky in my career. I haven't been so scarred by the music industry that I'm bitter."

He later added that he's also made great friends and has been able to talk to a number of artists he listened to from his adolescent years, "It's remarkable to me that when my phone rings and the name Busta Rhymes

comes up that I don't freak out. I truly consider him a friend." Pensively he said, "I just never would have thought that this would be my life."

Of course, such an inspiring person like Douthit would have people who have inspired him and he had plenty to name. Among them were the greatest of all time and the underdogs, the rich and the meek, both family and friends.

The first person he listed was his mother whom he said is, "a testimony to being Black and living in the American South.

She got a front row seat of the Civil Rights Movement." He continued saying, "It's remarkable, my mom is 79 and my dad is 80, and to live that long and see everything that they've seen, that's definitely something that is an inspiration to me."

The second person he listed was his mentor Dr. Ernest Wade, the director of a program for a select group of high school students which he credits with changing his life "tremendously."

Before departing, Douthit shared some words of wisdom

for the Roc Nation students and their futures in music.

"Don't rush it," he said, "Spend this time working on your art. You don't have to have it all figured out at such a young age. You live in the age of social media and watch everyone's timelines, sometimes watching someone else's life will mess up your own."

He also added that he thinks the students at LIU are "brilliant" and that there is something different, "because when I'm talking, they get it."

LIU Organizations & Luv Michael: the Perfect Pairing

BY SHEA ROBARDS
& JOSEPH SIMILE
Staff Reporter & Sports
Editor

MERE steps away from Canal Street in Lower Manhattan is 42 Walker Street where the inviting edifice of the Luv Michael storefront beacons passersby in with the scent of delicious fresh baked goods.

Luv Michael is a nonprofit organization that was started just six years ago with the small hope of increasing awareness of autism spectrum disorder in adults. How do they do this you may ask? By selling granola, of course!

Raising money in order to guide autistic adults into the workforce, Luv Michael has persevered through the difficulties of COVID-19, staying connected with the community and working outside of the box.

Mark Biondi, who works as a consultant to Luv Michael, helps to grow and cultivate the business behind the sce-

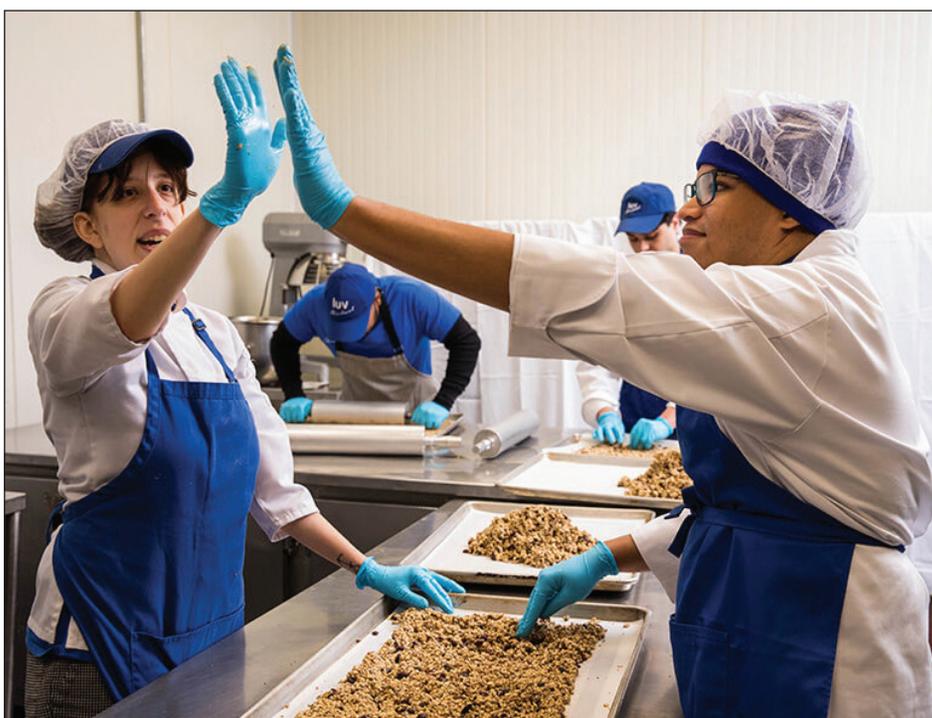
nes through remote work and occasionally travels to other locations to assist with the operations as much as possible.

While the pandemic did create unique challenges for the business, Luv Michael did not falter. Instead, they found a way to make it all happen through online orders to help stay safe and while the world evolved into new versions of "normal," Luv Michael continued to come up with amazing ways to send their unique granola out to the world.

However, the production of granola was not the only thing affected during COVID. In fact once common practice of in-person volunteer opportunities presented them with a stepping stone to think about how to ensure the company's longevity.

While reflecting on these changes, Biondi credited COVID with forcing them to think "creatively."

This creative thinking led Luv Michael to work digitally and come up with the "Walk Around the World" fundrai-



Employees of Luv Michael work together to bake their famous granola. (Photo: Luv Michael)

that empowers college students through service to local and global communities.

Of Luv Michael, Ho said, "Luv Michael is a welcoming organization that raises awareness for individuals with Autism and gives them opportunities to work."

When Luv Michael originally got in contact with LIU during the 2019-2020 year, wanting to partner with one of the student ran organizations, Joyce Ho said Circle K jumped at the opportunity.

Circle K has many events coming up to support Luv Michael and other organizations and often plan around mental health awareness, breast cancer awareness.

ser.

This is an initiative where you can participate by raising \$35 or more either in a group or individually, then an email will be sent to you to take part in the walk which helps keep you healthy, not to mention

helping to promote autism awareness.

The goal of the Walk ultimately being to hit over 40,000 Kilometers, or one lap around the world, to raise awareness and help students collect volunteer hours through fundraising

gh fundraising

Seawanhaka has had the opportunity to sit down with Joyce Ho and Matthew Young, the President and Vice President respectively, of Circle K International at LIU. Circle K is an organization

Zeta Tau Alpha Takes on Greek Week



LIU Brooklyn is the home of the Lambda Tau chapter of Zeta Tau Alpha. Their mission statement states that the organization aims to empower women by, “making a difference in the lives of [their] members by developing the potential of each individual through innovative programming.” (Photo: Shea Robards)



Zeta Tau Alpha is an all-female sorority that was founded in October 1898 and now boasts more than 280,000 members according to their website. (Photo: Shea Robards)



The sisters of Zeta Tau Alpha hosted numerous tabling event around campus, including outside of the library and inside the Humanities Building during recruitment week. (Photo: Shea Robards)

Shark Bite Recommendations

BY MAGALI MOUTON
Staff Reporter

WHILE the spring semester has kicked into high gear, students are back and hungrier than ever.

As college students, it is important to eat and stay hydrated, but it can be difficult figuring out convenient food options, so here is a breakdown of your food choices at on-campus:

SHARKBITE CAFE

Sharkbite Cafe, or as many students call it, “the cafe,” is where most of the students who live on-campus eat. Easy to access, Sharkbite Cafe is located on the ground floor of Conolly Hall.

Personally, I think the best mealtime at the cafe is definitely breakfast, as they serve eggs, fruits, yogurts, french toasts, cereals, and more!

For lunch and dinner, salad and pasta/rice stations are available if you want to eat healthier.

“I eat more often at the cafe because it is easier for me and they are open longer than any other place on campus,” freshman Adelyn O’Dell said.

While Sharkbite Cafe has a wide variety of options, I think that the cafe is not always the healthiest choice. Sometimes, certain foods tend to be very oily, but luckily, there are other choices for some convenient bites on campus.

FRESHENS

Freshens offers a large selection of food and drinks that are pretty good. From freshly-made smoothies, salads, rice bowls, and wraps, Freshens is a great choice for

students to spend their dining dollars and enjoy a tasty and healthy meal.

One of the only drawbacks of Freshens is that it is always crowded, especially during lunch-time, so the line and wait-time can become quite long. If you don’t have time to wait, Freshens, as well as Sharkbite Cafe, also sells snacks such as chips, protein bars, and to-go meals.

SMOOTHIE SHOP

There is a nice but hidden smoothies bar in the WRAC building that has fresh smoothies with less added sugars, compared to the smoothies at Freshens.

This smoothie shop also offers a wider variety of smoothies than Freshens, along with an assortment of refrigerated snacks and beverages.

This may be your new go-to place for smoothies, since unlike Freshens, not many people know about this smoothie shop and there is never a line.

PEET’S COFFEE

Peet’s is the place to go if you need coffee or tea during your breaks between classes. Peet’s offers a wide variety of drinks, as well as an assortment of pastries and bagels. Peet’s, like Sharkbite Cafe and Freshens, also sells snacks and to-go meals.

However, since Peet’s is the only place on-campus that offers a wide variety of coffee, similar to Freshens, it is always very crowded with long lines.

Overall, Peet’s has good quality drinks that fit mostly everyone’s liking, from those who like their drinks sweet to those who like their drinks strong.



Power Protein Rice Bowl from Freshens. (Photo: Magali Mouton)

Shark Spotlight: Gregory Barton, Director of LIU Brooklyn Promise

BY JOSEPH SIMILE
Sports Editor

AS he led me through the LIU Brooklyn Promise Office to his back office, the energy of Gregory Barton was absolutely radiant.

This aura of positivity was profound and as we sat down at his desk, with a custom "Promise" LIU hockey jersey and an acoustic guitar behind him, one thing was clear: this man loves his job.

I had the pleasure of sitting down and interviewing Barton, recently appointed Director of LIU Promise.

Q: What led you to becoming a Promise Coach?

A: I was a classroom teacher for almost a decade. I taught in the Virginia Beach area and absolutely loved it. I had an epiphany, I felt like I had my dream job at 25-26 and I said, 'wait a minute, I think that I can do a little bit more than this.' So, I decided to take the plunge into administration and [my first

job] which ended up coming a year or two later at the college level. Promise was just like this perfect mix of all these incredible Student Affairs opportunities so, I had to go for it. And thank goodness I did, I'm super excited to be here.

Q: When did you start at LIU?

A: I started in March of 2021, so this is coming up on my ninth month. It feels like years, but honestly it feels that way because we have such a great group of people here and it's amazing how we've developed into a nice, tightly knit family.

Q: Do you have a degree, and if so, what for?

A: I have my Bachelors degree from Washington and Lee University in Art and Art History, and I got my Masters degree from Savannah College of Art and Design (SCAD) in Historic Preservations, so old buildings & objects. I'm currently working on my Doctorate in education from John Hopkins so, a lot of late nights, but again once I figured out that



Greg Barton, the head of LIU Brooklyn's Promise Office, sat down with Seawanhaka to discuss his career. (Photo: Joseph Simile)

education is where I wanted to be, I just had to dive in.

Q: What is an average day at the Promise Office like?

A: It's a healthy mix of meetings with students and adults, the ones with the adults are usually not as fun as the ones with students. We try and I think we do a pretty good job

of just having as many students be able to come in here as possible. It's good to do the "adult talk" where we're planning out the future but I love connecting with students and that's really the highlight of my day so I always make sure there's a good chunk of time for that in there.

Q: What are some of your

favorite spots around campus to get lunch?

A: I obviously love pizza from New York City. They changed it from a dollar slice to a dollar fifty slice by the Fulton apartments over on Bond Street so I'm a little bit upset about that. DeKalb Market is fantastic, and I have another one: Be-

douin Tent. It's like Mediterranean food, falafel and hummus!

Q: Top three favorite movies?

A: Rocky IV, Empire Strikes Back, and Planet of the Apes... the old one.

Shark Spotlight: Nicole Zisa, New Promise Coach

BY DANIELA PEREZ-LEAL
Staff Reporter

NICOLE Zisa is one of the newest members of the LIU Brooklyn Promise team.

Zisa, began her job in April 2021 and has been incredibly involved on-campus, especially with student activities.

Zisa took some time to answer some questions about herself, her background, and her role at LIU:

Q: Where are you from and what brings you to New York City?

A: I am from Wayne, New Jersey. I then lived on Long Island for six years to complete my undergraduate and graduate degrees. Now, I'm here!

Q: Where did you graduate from College and what is your degree?

A: I completed my undergraduate degree at Adelphi University in Psychology and Criminal Justice. Then, I completed my Master's in Higher Education Administration at

Stony Brook University.

Q: Why did you choose LIU?

A: I chose to work at LIU Brooklyn because of the nature of my role. I love getting to work with students as an advisor and seeing them grow academically. On the other side, I have the unique opportunity of seeing them develop as student leaders through clubs and organizations. LIU gives me the opportunity to see students succeed in every aspect of their college career, and that's what gets me out of bed in the morning.

Q: What are 3 words that best define yourself?

A: Personally, I believe the 3 words that best define myself are the following:

- (1.) Outgoing
- (2.) Futuristic
- (3.) Flexible

Q: With the holiday season around the corner, what is your favorite holiday? Why?

A: My favorite Holiday is



Zisa joined the LIU Promise team as a Promise Coach for the 2021-2022 school year. (Photo: Daniela Perez Leal)

Christmas, because I love decorations, baking special desserts and spending time with my family and friends. I really adore crafts and of course decorating the Christmas tree. Also, I enjoy baking desserts with my friends.

Q: What is your favorite food?

A: My favorite food is Corned Beef! I know it sounds crazy, but it is a traditional St. Patrick's Day food which falls right around my birthday, therefore it's always so special. Now, I have Katz's Deli right across the street [from LIU] so I can grab it whenever I want!

Q: What do you enjoy

most about your work?

A: The part that I most enjoy about my job is the students. I really love helping them and learning from them. It's exciting to listen to them and learn about their goals, dreams, culture, hobbies and preferences.

Q: What is the challenge

of being a Promise Coach?

A: The biggest challenge is there is only one of me and only 24 hours in the day.

Q: And finally, what does it mean to you to have the opportunity to help students?

A: Having the opportunity to help the LIU Brooklyn students everyday means validating, everyday that I'm in the right field. Being able to help students find out more about themselves and learn what they want to do with their lives is such an amazing feeling.

Polk Professional Series Recap: LIU Alumna Gina Pearson

BY MELISSA FISHMAN
Editor-in-Chief

THE George Polk School of Communications once again lives up to its promise to provide a “dynamic and imaginative” approach to learning with yet another installment of their instructional and influential series, “How Do I Become You?”

The series has called some of LIU’s most successful alumni back to their roots to provide advice and insight to those just getting their start in the industry. This semester’s first installment of the webinar featured one of LIU’s best and brightest alumna, Gina Pearson.

Pearson, whose brilliance in her youth secured her the coveted position of class valedictorian in 1995, spoke to her audience live from her home in Washington, D.C. and imparted a wealth of knowledge to all present.

The webinar was held on Jan. 27 via Zoom with an audience of more than 30 people who viewed a lighthearted conversation between Pearson and moderator, Antonio Brown.

Brown narrated a short introduction of Pearson’s life, career, and accomplishments thus far including: working in the U.S. Energy Information Administration, recei-

ving a Government Information Technology Services (GITS) Board Information Technology Innovation Fund Award, and a current position as a Senior Technology Advisor at the U.S. Security and Exchange Commission (SEC).

Brown began the interview with a question about the impact of mentorship in her youth. With delight, Pearson reflected on her younger years both in her undergraduate and graduate studies where she found herself meeting all of the right people at just the right time.

She explained that she didn’t necessarily seek out mentors, but instead found herself forming them naturally by fostering healthy relationships with those around her, particularly those that she knew to be experienced within the field she intended to pursue.

“With all of my mentors we hit it off by having a good rapport,” Pearson said, “I would invite them to lunch or drinks after work or I popped into their office. If you yourself feel comfortable with someone and you feel like you have that rapport, it is so important.”

Pearson also hinted at the importance of being resilient when attempting to make connections and to not

always rely on chance to help you find the relationships you’re looking for. Instead, try reaching out to those you look up to.

“To be asked to be a mentor is such an honor and I never turn anyone down. I don’t know anyone who would,” said Pearson.

The next question posed by Brown was about how her double-majors in college, journalism and cultural anthropology, have helped her in her career.

Pearson told the audience that these fields have an astounding amount of overlap in how they can be applied in a workplace setting because they teach you about how individuals interact and interpret material.

She points out that anthropologists study the behavior of people, while journalists focus on generating content for the masses by highlighting subjects they care about. These two principles are crucial in the communications field because you need to empathize with your audience in order to be successful.

When describing the value of studying both fields Pearson remarked, “The philosophy you have in both fields makes you attuned to people; you care about them, you understand them, and you want to help them be understood.”



Former LIU Valedictorian Gina Pearson joined the George Polk School of Communications for another installment of “How Do I Become You?” (Photo: Melissa Fishman)

To have a career such as Pearson’s, it would seem impossible without harboring a myriad of skills while also having a fierce sense of determination that drives you to persevere until you land your dream job.

Among all of her assets, Pearson seemed to highlight her penchant for zealously putting herself out there the most. She showcased the value it had in her life by doing it from early on and urged her audience to do the same.

According to Pearson, one of the things that set the tone for her career was the internships she was able to secure during the latter part of her

educational career. Whether paid or unpaid, she told her listeners to apply for them all and reap the benefits of the results.

“Internships are really important and doing them as often as you can. It will help you beef up your resume and help set you up for jobs.” Pearson also added, with a flair of excitement, “the federal government pays their interns!” referencing her own career with the U.S. Government.

To serve as inspiration for her audience while also providing proof of the fruits of your labor Pearson said, “When I was a grad student, I worked half of my time at

the National Students Association and this opened a lot of doors for me. It was crucial to making connections and getting myself to somewhere I wanted to be.”

In the final minutes of her interview, Pearson was asked about the future of developing content. To this she said simply, “the future is bright.”

With an aura of mystery, Pearson left her audience with this fact about her career: “Each job [I had] morphed into another. In website design and development, I went where the jobs went.”

Polk Professional Series Recap: LIU Alumna Norma Stanley

BY REYNA IWAMOTO
Managing Editor

IN this semester’s second installment of the Polk Professional Series, “How Do I Become You?” Dr. Antonio Brown spoke with LIU alumna, Norma Stanley about her career and achievements.

The webinar, held on Feb. 17, featured the 1980 LIU graduate, who is the president and CEO of E.E.E. Marketing Group, Inc., which stands for Enlightened, Empowered, and Enriched. This is where Stanley serves as a Diversity, Equity, and Inclusion/Multicultural Communications Consultant, working with companies who want to connect with the global disabled community.

Aside from her work in public relations and an avid community servant, Stanley is also a freelance journalist, speaker, radio show producer

and host, best-selling author, and an independent recording artist and songwriter.

Despite her work in public relations and for the disabled community, Stanley had not always planned to take this route in her career and life.

As a journalism major and the Managing Editor of Seawanhaka at LIU, Stanley said that it was not until graduation that she realized she wanted to become an investigative reporter. Her first internship out of college was with a news service that worked to provide information from a Black perspective.

“It was a great opportunity, but after covering a few murder stories for them it was something I realized I just couldn’t do for the rest of my life,” Stanley said.

From there, Stanley spent some time as an entertainment and features reporter, but eventually shifted to the world of advertising and public relations, working her

way up the ladder at multiple corporations.

“I was still able to use my love for writing and reporting, but for corporations,” Stanley said.

Moving forward, Stanley’s career became more centered around diversity work, as well as the global disability community — work that was inspired by her becoming a mother to her now 33-year-old daughter Sierra, who was born with cerebral palsy.

“That got me on track for wanting to be a vocal proponent of change for people with disabilities, for that whole community but especially for my daughter,” Stanley said.

Still working in public relations, Stanley was then helping other organizations tell their stories and communicate what they could do to help these communities.

While incorporating her life experiences into her career in public relations, Stan-

ley has also been active in her surrounding community, serving as the Community Outreach Ministry leader for Salt and Light Truth Center in Decatur, GA, overseeing a ministry for families of children with special needs. In addition, Stanley is also a board member of Abel2 Non Profit, bringing visibility and employment to performing artists who have disabilities.

Among her many accomplishments throughout her life, including being honored by the Public Relations Society of America, and receiving the All Children Are Special, IncChampion Award, one recognition that stands out in particular is being awarded the Presidential Lifetime Achievement Award from President Barack Obama for her disability community work.

Stanley is now working on creating an educational course for parents with children of disabilities, where she can



Norma Stanley joined the Polk School of Communications for the second installment of the Polk Alumni Series. (Photo: Reyna Iwamoto)

share what she has learned in her daughter’s 33 years on Earth.

“At a grassroots level there are many people falling through the cracks and I hope this can fill the gap from them,” Stanley said about her current project.

As the webinar drew to a close, a Q&A session with the audience gave Stanley the opportunity to offer advice to listeners.

“If it’s something you’re passionate about, I’m sure there is a non-profit that could use your help,” Stanley said. “Stay in touch with these organizations, connect, ask questions, and be professional.”

Russia-Ukraine War Wages On



Ukrainian emergency employees carry a pregnant woman who was injured from shelling that damaged a maternity hospital in Mariupol, Ukraine. (Photo: Evgeniy Maloletka/AP)

BY OSCAR FOCK &
MIKHAIL KULINETS
News Editors

ON Thursday, Feb. 24, just before 6 a.m. in New York, Russian President Vladimir Putin announced that he had ordered what he called a “special military operation” in eastern Ukraine.

However, the claim that the operation was limited to eastern Ukraine was refuted by Ukraine officials, as well as by reports of explosions near Kyiv and military activity in Odessa. On Twitter, Ukraine’s foreign minister Dmytro Kuleba wrote that “Putin has just launched a full-scale invasion” of Ukraine.

When America woke up Thursday morning, multiple attacks had been launched by

Russian troops, from the north, south and east, in the first step of invading Ukraine.

After months of tensions and Russian military build-up along the Ukraine border, the brewing conflict reached a boiling point this week, as Putin and his aides ramped up their rhetoric against Ukraine and the West.

In a speech on Monday, Feb. 21, Putin declared that he would recognize two breakaway regions in eastern Ukraine as autonomous — something that many saw as the final move before invading.

And then, early Thursday morning, Russia began its multi-pronged assault. Air raid sirens have rung through many Ukrainian cities today, including Kyiv, the capital, and Lviv in western Ukraine,

forcing citizens to seek shelter in subway stations and basements. At least 40 Ukrainian soldiers have been killed so far in skirmishes across the country.

The news of the invasion was met, as expected, with anger from world leaders, as well as with a host of new sanctions from the European Union, the United Kingdom, and the U.S.

Updates on the development in Ukraine are coming in every minute.

While fighting began in Donetsk, Lugansk, more Russian troops are continuing to emerge, pushing inward every day. Meanwhile Ukrainian refugees are leaving their homes, fleeing to the West to try to cross the border to Poland.

Other countries accep-

ting refugees besides Poland include Moldova, Romania, Hungary, and Slovakia.

Putin’s tyranny is also causing thousands of Russians are leaving the country, where costs of living are dramatically escalating every day and international products disappear from the market’s shelves.

While Ukrainians and Russians are unable to seek refuge in the U.S., Ukrainian and Russian diasporas in America have been raising funds to assist their counterparts in their home countries.

As of writing this, more than 500 people have died in Ukraine since the beginning of Russia’s invasion. The most disastrous regions within Ukraine are Kharkiv, Zhytomyr Oblast, and Mariupol in the south.

On March 8, Zhytomyr Oblast in Northern Ukraine was attacked by airstrike; 7 houses were destroyed and 5 people died, 2 kids included. Several factories and dormitories were also damaged by rockets in Zhytomyr.

Recently, President of Ukraine, Vladimir Zelensky, asked for a declaration of a no-fly zone.

For weeks people have been hiding in subway stations with their families, but some stations are now completely packed, while others still have room and accept people who couldn’t escape their homes at the time.

Odessa, a Ukrainian port city on the Black Sea, is large target for Russia to cut Ukraine off from outside world.

In anticipation of an attack here, civilians are ready, patrolling every corner, blocking the roads, and producing Molotov cocktails to throw at Russian tanks — a

“But more importantly and most devastating of all, this invasion will take many lives, both Russian and Ukrainian.”

— Mikhail Kulinets

defensive strategy that has proved somewhat effective within the past weeks.

The conflict between Russia and Ukraine is complex, and holds both historical, cultural and geopolitical roots. Seawanhaka News Co-Editor and Russian native Mikhail Kulinets explains some of what’s behind the largest military conflict in Europe since World War II:

It is hard to fully understand long-term relations between Ukraine and Russia unless you live in the context but believe me, they were never easy.

Following the collapse of the Soviet Union, Ukraine claimed its independence the same year, which led to decades of conflicts and arguments on a variety of topics: gas prices, borders and territories, as well as the European Union itself and its influences.

This war did not come out of nowhere, but is rather yet another consequence of shaky post-Soviet relationships.

Russian troops have been in Donbas in eastern Ukraine for several years; there is a constant war going on, which just now received an international spotlight.

Five years ago, when I still lived in Russia, friends of mine were sent to Donbas. Then, my family received a message that one of the men my mom worked with was shot dead in Lugansk. And I can only imagine that many

Ukrainians receive the same messages — it’s all heartbreaking.

The Republic of Crimea was invaded and taken all in a day in 2014. Then, a referendum was held, with the help of Russian soldiers carrying AK-47 rifles, and Crimea became Russian. This conflict had severe negative consequences for the relationship between the government in Ukraine and the Kremlin.

For years, the Russian government has denied its participation and labeled the war on Donbas a “civil war in Ukraine.” The world knows the truth and what is happening now is outrageous, but expected.

Despite the years that have passed since Ukraine became independent, the problems remain the same: territories, oil, and political allies. Even a slight thought of Ukraine joining NATO makes the Kremlin nervous. Putin has continued to stress that NATO’s expansion to the east, as well as its attempts to include post-Soviet countries, is internationally dangerous.

Right now, it all comes down to actions and consequences. Russia’s invasion may result in other European conflicts, and the consequences it will have on the global economy are far-reaching.

But more importantly and most devastating of all, this invasion will take many lives, both Russian and Ukrainian.

Biden Nominates Ketanji Brown Jackson to Serve on U.S. Supreme Court

BY ELIAN GOMEZ
Staff Reporter

ON Friday February 25th President Biden nominated Ketanji Brown Jackson as his nomination to serve as the next Justice on the Supreme Court, following the retirement of Justice Stephen Breyer. If confirmed, Jackson will be the first woman of African-American descent to sit on the U.S. Supreme Court.

Jackson currently serves on the U.S. Court of Appeals for DC.

Jackson, like many other justices, graduated from Harvard and Harvard Law

School. Jackson also clerked under Justice Breyer, and fits the Biden Administration’s focus on judges with experience as defense attorneys. At 51, she guarantees Democrats an extensive tenure.

Hyesh Taylor, a senior at LIU studying Political Science noted her thoughts on the nomination of Jackson: “I think it’s great. The selection of nominees proves there are many qualified Black judges & female judges for the position of [a] Supreme Court judge,” Taylor said.

“In my personal opinion, many of them are overlooked.”

When asked about the impact she may have on the

current state of the Supreme Court, Taylor added, “I am not sure if she’ll affect major political decisions but I think she will change discussions by adding her unique opinion/background. Not many federal judges have been public defenders. I hope she adds more discussion of real life impact of decisions.”

Race Against Time

The Biden Administration faces pressure to approve Judge Jackson before the 2022 midterms. It is expected that Senate Republicans will regain the majority, with most vowing to vote against the nomination of Jackson.

Justices are usually approved two to three months after

their nomination. In the recent case with Justice Barrett, this took only a month and a half.

Currently, the Senate is evenly split between Republican and Democrats, as each party holds 50 seats in the chamber.

Since all 50 votes are necessary to approve the nominee, the concerns of all members will have to be addressed.

This applies, especially for more moderate Democrats like Senator Joe Manchin, who tends to be more critical, and would have no problem delaying Jackson’s approval.

If the approval of Jackson is delayed long enough for a potential Republican Senate



Ketanji Brown Jackson was nominated to the Supreme Court by President Biden in February. (Photo: Getty Images)

majority, there is a possibility that President Biden might resort to choosing a more moderate nominee that gains bipartisan approval.

Democrats are poised to approve the nomination of

Jackson — that remains to be seen, but with many obstacles in the road to approval, time seems to be the biggest one.

Dear Charlie...

BY CHARLIE

how can I gain more confidence in my appearance and body positivity?

DEAR reader, I understand what it is like to be your worst critic. The idea of being the “ideal” weight and the “perfect” appearance can have the worst effect on people’s minds and bodies and I hope that you can learn to love yourself with these tips.

Be careful on social media.

Social media and body positivity’s unique relationship is fascinating. While things have finally evolved to include plus-size and mid-size models, the “skinny” model look is still glorified in the media.

An issue I see with the new body positivity movement is how people with the ideal body, according to society, brand themselves as being a body positivity influencer. This is not to say that everyone doesn’t struggle with body image issues, but the way an influencer goes about treating this subject can be harmful to others.

So-called “body-positivity influencers” complaining about their appearance, especially while fitting into the narrative of what many consider the “ideal” body-type, can push a toxic narrative onto followers, making them compare themselves to this influencer and feel lesser than.

While it is great to have a

body-positive mindset, people with social media platforms must be careful in approaching this subject. The very nature of social media can lead to toxic comparisons which in turn, can create negative self-talk. Unfollow people and influencers who trigger that voice inside your head telling you that in order to be happy, you must lose weight to look like the model on your screen.

Follow those who make you feel good.

Other influencers, like Victoria Garrick, are deserving of the title as a body-positivity influencer. Garrick is a former division I volleyball player who struggled with an eating disorder and body image issues, especially in college. She created The Hidden Opponent, a mental health awareness platform and safe space for athletes.

From “expectation vs. reality” to “the power of facetune” posts, Garrick’s Instagram feed speaks volumes to her character. Unlike many other influencers, Garrick posts about real life experiences, showcasing the highs and lows of life as a woman and former athlete.

It’s empowering to follow an influencer who posts about real life. Constantly seeing

influencers that have the “perfect” life affects you whether you choose to acknowledge the toll it has on your mental health or not.

Next time you scroll on Instagram, be aware of how you are actively feeling when you

see your feed. Make a note of who you follow and see if their posts bring joy to your life or if you tend to feel worse about yourself after viewing their content. From there, curate your following list, unfollowing those who tend



Victoria Garrick, a former Division I volleyball player is a body-positive social media influencer who shows toxic expectations vs. reality to her followers. (Photo: @VictoriaGarrick Instagram)

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 google form on our website.



to make you feel bad about yourself.

Nothing is wrong with setting healthy boundaries for yourself, in real life and on social media.

Appreciate Your Strengths

Take a minute to appreciate the adventures your body has taken you on and how resilient it has been through sickness and health.

Once you can acknowledge the immense power that your body holds, you begin to see your appearance through a different perspective.

The biggest indicator of your health is how you feel. Listening to your body allows you to have a deeper level of care and concern for your physical health.

Remember, your body deserves to be fueled correctly regardless of the calories burned throughout the day or whether you ate more than you think you should have

yesterday. Self-love is not selfish, it is essential.

Visual Aids and Affirmations

Finally, resisting negative self-talk and breaking bad habits takes time. Be patient with yourself, but also remember self-accountability. Try posting up affirmations around your space to remind yourself how beautiful you truly are.

Say the affirmations aloud and permit yourself to believe the words that come out of your mouth. These affirmations should include both physical and internal attributes, as you are more than what you look like.

Some examples of positive affirmations:

- “I am strong and accept myself completely”
- “I am worthy of love from myself and others”
- “I am at peace with myself”
- “I am proud of how far I’ve come”

Black-owned Businesses to Support in NYC

BY AMAYA HENRY

Arts & Entertainment Editor

SOBOL

531 Nostrand Ave Brooklyn, NY 11216
SOBOL specializes in acai bowls and fruit smoothies. The menu includes acai, green, pitaya, and sunshine bowl, as well as overnight oats and a variety of smoothie flavors. Sobol prides itself on not only being a restaurant, but as a community gathering spot. Sobol have locations all over New York including Bed-Stuy, Astoria, and one soon to open in Williamsburg.



Sobol acai bowl. (Photo: Amaya Henry)

CAFE CON LIBROS

724 Prospect Place Brooklyn, NY 11216

Cafe con Libros prides itself in being an intersectional feminist bookstore and coffee shop. They have two book clubs: the Intersectional Women’s Book Club and the Womxn of Color Book Club that meet at the cafe. They



Cafe con Libros (Photo: Amaya Henry)

also have numerous author events every month as well. On their website they state, “Above all, we value the worth of all living organisms on earth. We hold human relationships, the role of community, and living as closely to the type of equitable world we wish to create with high esteem. We cherish the simplicity of genuine conversation, diversity, and love.”

AUNTS ET UNCLES

1407 Nostrand Ave Brooklyn, NY 11226

Not only is this restaurant Black-owned, but it’s vegan as well! Located in the Little Carribean, Aunts Et Uncles sells vegan treats, clothing, books, candles, and stationary as well. The owners, married couple Nicole and Michael Nicholas stated, “We wanted to create something on a higher vibration that more fully reflects the way we live.” This is seen with the restaurant’s warm colors and a “chill” ambiance.



Coffee from Aunts Et Uncles (Photo: Amaya Henry)



Show Review

Euphoria Watchers Left Wanting More

The cast of Euphoria at the season two premiere. (Photo: Jeff Kravitz)

BY CHARLOTTE JONES
Staff Reporter

SPOILER WARNING: This article contains spoilers for season two of Euphoria.

The newest eight episodes of Euphoria covered almost every plotline imaginable: cheating scandals, a play production, murder, and rock bottom withdrawals. Let's look at a few of the most earth-shattering moments from this season.

Starting off with a bang, season two begins with Nate Jacobs sleeping with Cassie Howard, Maddy Perez's best friend. While Cassie is not in a clear headspace, after she had just been dumped by McKay and had an abortion, Nate manipulates Cassie into loving him.

Cassie is not the smartest girl alive, but she was in a fragile state when Nate found her and he took advantage of that.

I won't defend the fact that Cassie slept with her best friend's ex-boyfriend, but she did have her life turned upside down days before she met Nate at the gas station.

This season, Cassie is on a long downward spiral before she gets caught by Maddy (thanks to Rue) that she is seeing Nate. This scandal blows Maddy and Cassie's friendship to bits. They spend the remainder of the season fighting, even getting physically violent in the season finale.

In this season, we also get a deeper look into the manipulative and abusive monster that Nate Jacobs is. We get to take a look into what has happened in Nate's life to make him the way he is, and how the situation with his father culminates into the moment

he turns his father in and has him arrested.

Meanwhile, in season two, we watch Rue hit lower than rock bottom. She robbed a house, attempted to steal from Fezco's sick grandmother, yelled and fought with every person in her life, and owes a dangerous woman thousands of dollars for drugs.

There is a loose fan theory that Rue was being trafficked in season two, but nothing was ever confirmed.

Eventually, she made her way to being back on track thanks to show newcomer Elliot, and Jules' intervention with Rue's mom, as well as the support from Ali and her younger sister Gia. Rue ended season two clean, and I hope she will remain that way.

All season long, Lexi's moment to shine was teased. Finally, in the last two episodes, we got to see her highly anticipated school production.

Lexi's play covered everything from childhood trauma, to closeted secrets, to the truth of people's affairs. Lexi's play, while portraying a scene of toxic locker room masculinity, seemingly exposed Nate's sexuality, through a dramatic rendition of "Holding out for a Hero," causing Nate to storm out of the play and leave.

In the production, Lexi manages to document and show us how close Maddy and Cassie used to be, and how close she and Rue used to be. She really focuses on how she felt like an outsider her whole life, and how she's always been the side-kick. For anyone with similar feelings to Lexi, it was a very resonating moment.

Lexi also dedicated her play to Fezco, who she grew close with throughout the

season, the two of them quickly becoming a pair that many watchers were rooting for to become a couple.

Finally, Fezco and Ash once again found themselves in a horrific situation in the season finale.

In the beginning of the season, we saw Ashtray kill their supplier Mouse while also beating up Mouse's handyman, Custer. Fezco also beat up Nate for calling the raid on his house and caught a little bit of attention to himself from Cal Jacobs.

Fezco and Ashtray were housing Custer and his "girlfriend" Faye, who were in trouble with the police. Unfortunately, it all caught up to them in the end, when Custer tried to rat on the boys for killing Mouse.



Audiences saw an immense range of acting skills from many of the actors, especially from Sydney Sweeney who plays a quickly spiraling Cassie in season two. (Photo: HBO)

Ashtray once again acts in violence and kills Custer. However, the police were moments away from once again raiding their house.

The episode concludes with a shootout between Ash and a SWAT team, wounding Fezco in the process and eventually ending with Ashtray's death. It was a heart-breaking conclusion for fans of the show.

Director Sam Levinson is behind the chaos and brilliance of season two.

From the beautiful costume designs to the incredible set backgrounds, Levinson has a vision for everything.

Following this season however, some fans are quite upset with Levinson. Fezco never made it to Lexi's play, McKay disappeared from season two, there was little to no screen time for Kat, and plot hole after plot hole was left unsolved.

For many, the season two finale left fans feeling confused and upset. However, Euphoria has been renewed for season three and fans are hoping their questions will be answered next season.

While season two was incredible despite its plot holes and questions, I still think season one remains supreme.

Looking to the future,

Ye Releases Donda 2

BY ALEXANDER DELEON
Staff Reporter

BILLIONAIRE and Hip Hop Icon Ye, formerly known as Kanye West, released his 11th studio album Donda 2 at the end of February 2022.

What made this album different from all other albums dropped prior was the decision to release it exclusively to his brand new audio device, The Stem Player.

Ye made the announcement of this unique release in early February through an Instagram post captioned, "Today, artists get just 12% of the money the industry makes...It's time to free music from this oppressive system. It's time to take control and build our own."

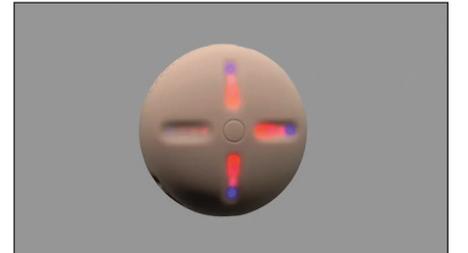
Ye has always done things differently than other artists in the industry.

Whether people agree with his opinion or not, Ye has always been known for his controversial takes and actions — and the release of this new album is no different.

Ye has long dealt with contract issues with record labels, a problem that can be seen in his new documentary "Jeen-Yuhs" on Netflix.

The film follows a young Kanye West fighting to get his name out to the world and get a record deal, but was ignored by the industry for the longest time.

Yeezy Tech and Kano Electronics' latest revolutionary project, The Stem Player. (Photo: Yeezy/Kano)



From trying to be recognized as more than a producer, flying around the country asking other artists to borrow studio time to record, to spending more than \$30,000 of his own money to shoot the video for breakout record "Through The Wire," Ye has always gone the extra mile with little support from the industry.

Now, Ye is in a very different position than he was 20 years ago.

With the power and influence he currently holds in the music industry, Ye has decided it's time to fight back against a music industry that he feels oppresses artists.

The Stem Player, the centerpiece of Donda 2's release, is a disc shaped audio device that was originally released on August 25, 2021.

This audio device allows users to modify songs they listen to in ways never done before.

Users can isolate different elements of songs using touch sensitive light sliders. These sliders allow the user to adjust the volumes of the vocals, drums, melodies, and bass to get a completely unique sound from their favorite songs.

While the Stem Player comes with a hefty price tag of \$200, Ye sold over 10,000 devices, with Ye making \$2.2 million in just three days.

Ye could have funded his entire debut album with the amount of money he made from just three days of selling Stem Players.

Viewing the significance of the Stem Player from this perspective, fans can see why Ye is so passionate about having complete control over his music.

In reclaiming control over his music through his album release, Ye had his sponsorship deals cut with streaming services like Apple Music and Spotify, who were originally supposed to have Donda 2 on its platforms.

Ye took to Instagram to discuss the matter in a now deleted post where he was informed via text message that Apple Music no longer wanted to continue its \$100 million sponsorship deal with Ye.

Even with the controversy this decision has brought, Ye proceeded to release Donda 2 on February 23, 2022, exclusively on his Stem Player device.

So far 16 tracks have been uploaded to the stem player, but as of right now, the album does not sound completely finished.

This however, aligns with the concept of the Stem Player, as Ye has the freedom to make adjustments to the album whenever he sees fit, essentially releasing an album that can potentially never be completely finished.

After Triumphant Last Season, Fencing Team Continues to Grow

BY MADISON MCCARTHY
Sports Editor

OVER the past two years, the LIU women's fencing team has grown tremendously, adding talent from internationally ranked athletes to hidden gems found right on campus.

The team is led by head coach Ivan Lee, who was also a fencer himself.

Lee was a member of the 2001 U.S. Junior World Sabre team and was the first man of African American descent to win at the fencing championship. Lee also won two gold medals at the Pan-American Game in 2003 and was a member of the U.S. Olympic fencing team in 2004.

After graduating from St. John's University with a degree in journalism, Lee retired from the sport with no intention of coaching. However, Coach Lee returned to his hometown of Brooklyn to bring the team to its great success.



The LIU Women's Fencing team has grown tremendously and competed well over the past two years. Now the team will see the addition of a men's fencing team for the 2022-2023 season. (Photo: LIU Athletics)

"Coaching was not something I was really interested in doing [at first]," Lee said.

Along with fencing, Lee also had been a referee since he was 17 years old.

"I enjoyed refereeing because it was a way to be neutral and I didn't care who won or lost. I got to see the sport from a different perspective and understand the rules better," Lee said.

Now, as a Division I fencing coach, Lee has been able to use the skills he gained as a fencer and a referee to better his athletes here in Brooklyn, including sophomore Laura

Fekete who became the first Shark to ever win a National Championship in the 2021 season.

As a freshman épée last school year, the Hungarian Native battled back from a shortened season due to COVID-19, as well as a few injuries, to become NCAA Division I Champion.

While Fekete was able to claim an individual title at the national level, fencing team titles are actually scored as both Men's and Women's combined. Earlier this month, LIU announced the addition of a Men's fencing

program for the 2022-2023 season, to be led by Coach Lee.

"There are going to be challenges but I am excited about it," Lee said.

"I am looking forward to it — I guess for me I'm a vision person and Dwight, [the LIU fencing assistant coach] is a strategist. He likes making plans and putting plans in action. I have a vision for what I see for this team down the road, and I think I have the right personnel to help me get there."

As for this season, the Sharks have already picked up

wins over Detroit Mercy, Cleveland State, the University of Florida's club team, Wayne State, Lawrence, and Denison at the DeCicco duels earlier this year.

On the national level the team hopes to expand on their presence after Anna Szantay, Chesja-Kaili Seck and Laura Fekete became the first sharks to compete at the NCAA Division I Championships last season.

While Fekete won the NCAA championship title

in épée, earning first team All-America honors in the process, Szantay and Seck finished in the top 12 in their respective weapons to earn third team All-America honors.

While the Sharks continue with their season, Coach Lee has nothing but high hopes for the program, as they gear up for the end of the season.

To keep up with the women's fencing team, the Sharks' full schedule can be found on LIUathletics.com.



Laura Fekete became NCAA Division I Champion last season and is looking to continue her success this season. (Photo: LIU Athletics)

Men's and Women's Swimming End Season on High Note

BY EMMA CHEATHAM
Photography Editor

ON Feb. 22-26, the LIU Men's and Women's Swimming teams set off to Ohio for their final competition of the season — the Northeast Conference Championships. The team fought hard during the five-day competition, with both the men's and women's teams placed third overall at the championship.

The teams kicked off the meet strong with a total of 5 awards by the end of the second night of competition.

Sophomore Alejandro Pascual Del Cid became NEC Champion in the 50-yard freestyle, boasting a new team and NEC record with a time of 20.34 seconds. Senior Jac-

queline Grabowski also dominated the 50 freestyle, placing second.

Two other swimmers set new team records for their performance in the 500 Freestyle: senior Ella Johnson with 5:01.55 and sophomore Daniel Chocano Fernandez, who also placed third with 4:33.41.

To end the night, Brynjólfur Karlsson, Lovro Dodik, Giannis Venetos and Pascual placed third in the 200-yard Medley Relay.

Day three of competition consisted of the 400-yard Individual Medley, 100-yard Fly, 200-yard Freestyle and 200-yard Freestyle Relay and by the end of the night, the Sharks added five more awards to their name.

In the 400-yard Individual Medley, sophomore Marcell

Matyiko dominated the field, winning the event while also setting a new team and NEC record with a time of 4:01.32, while Chocano placed 3rd.

Matyiko, from Veszprém, Hungary, had not really competed in the 400-yard IM since coming to America for college, but worked on many technical elements throughout the season and saw this hard work pay off.

"It is a lot different to win here, at a conference meet," Matyiko said.

"I've never felt this happy after any of my wins back home and it is because of the team. They made this swim unforgettable for me and for this, I will be forever grateful to them."

Matyiko told Seawanhaka that this season was not the easiest for the Sharks either,

as the men's and women's teams had to adapt to an entirely new coaching staff, along with an altered practice schedule due to COVID-19.

"But thanks to our new coaches and the team's adaptability, we put on a more than satisfying performance," Matyiko said.

First-year sharks also showed up strong at the meet, with Ethan Law placing second with a new team record of 49.38 and Allie Bashor placing third in the 100-yard Fly.

In the relays, Grabowski, Rea Shehu, Venna Andersen, and Allison Naylor placed third in the 200-yard Freestyle Relay.

Meanwhile for the men, Porter Levasseur, Marcelo Chauvet, Drew Ladner, and Pascual collectively set a new team record with a time of 1:21.85.

On day four of the NEC Championships, the team competed in the 200-yard Fly, 100-yard Back, 100-yard Breaststroke and the 400-yard Medley Relay, racking up another five awards.

In the 200-yard Fly, Johnson became an NEC Champion while Matyiko placed second.

Grabowski continued through the night with another individual award, plac-

Sophomore Marcell Matyiko celebrates after winning the 400-yard IM, while also setting a new team and NEC record in the event. (Photo: Madison McCarthy)



cing third in the 100-yard Back.

In the 100-yard Breaststroke Andersen placed third.

Grabowski and Andersen, along with Bashor and Johnson ended the night of competition, placing second in the 400-yard Medley Relay.

On the final day of competition, the Sharks won two awards, one for the men's team and one for the women's team.

Grabowski, Lydia Amon, Johnson and Anderson of the women's team and Levasseur, Ladner, Daniel Samouilich and Pascual of the men's team, both placed third in the 400-yard Freestyle Relay.

The Sharks closed out the competition winning third for the men's and women's teams.

Grabowski shared that she was very proud of how the competition went.

"Individually, I think I

performed really well at conference," Grabowski said.

While she is completing her final year at LIU, Grabowski is planning to compete in her extra year of eligibility at another program.

"I am looking forward to swim for one more year at a different program and hopefully make just as many great memories as at LIU," Grabowski said.

Now, as the teams enter their off-seasons, they are continuing to train hard, with the focus already set on the 2022-2023 season.

"I am confident we'll have a more peaceful season with new recruits, [a] stronger and more experienced team and definitely more fun," Matyiko said.

To see full results of the NEC Championships, visit LIUathletics.com.



Assistant Coach Zach Towers, Ella Johnson, Lydia Amon, Venna Andersen, Jacqueline Grabowski and Assistant Coach Emma Brown celebrate their third place triumph in the 400-yard Freestyle relay on the last day of competition. (Photo: Madison McCarthy)

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



The LIU Men's and Women's Basketball teams secured their spots in the NEC Championships, both teams ending their seasons against Wagner College earlier this month. Despite falling to the Seahawks, the Sharks fought hard all season and are setting their focus on next season. (Photo: LIU Athletics)

BY MADISON MCCARTHY & JOSEPH SIMILE
Sports Editors

LIU Basketball Finishes Season Strong

IN the remaining weeks of the college basketball regular season, both LIU Men's and Women's Basketball had earned their spots in the chase for the NEC conference title. The men's program finished the regular season with an overall record of 15-13 and

12-6 while the women's program finished the regular season with an overall record of 9-17 and 9-9.

The men's team secured the third seed placing in the quarterfinal at home on March 2. Graduate student Ty Flowers topped the charts picking up 20 points followed by redshirt junior Tre Wood with 12 points securing the win over sixth-seeded Sacred Heart University with a final score of 82-75. The Sharks finished its playoff run on Saturday, March 4, against Number Two seed Wagner College, fighting hard, but

losing to Wagner with a score of 62-82.

On March 7, the women's team wrapped up its season against number four seed Wagner College, fighting hard, but falling 66-55 to the Seahawks. Senior Brandy Thomas was a highlight of the night, picking up 18 points and 10 rebounds. Freshman guard Emaia O'Brien followed Thomas in points, with racking up 10 points throughout the night.

For a full recap of the men's and women's basketball season, visit LIU Athletics.com.

LIU Track and Field Shine at Conference

THE LIU Men's and Women's Track and Field teams finished third in the 2022 Northeast Conference Indoor Track & Field Championships. The meet was held at Ocean Breeze on February 20-21 picking up top three finishes in several events.

The men's program finished with 103 points with freshman Elyas Ayyoub claiming two championship titles in a sweep of the distance events. Ayyoub was also named the meet's Most Valuable Performer and the Distance Athlete of the Meet. Sophomore Monodou Sey won his own championship title in the Men's 60m dash, tying the NEC Meet record previously set by LIU alumni Nickolei Mahlungh in 2013.

The LIU Women's team finished with a total of 92 points with Tara Hernan-

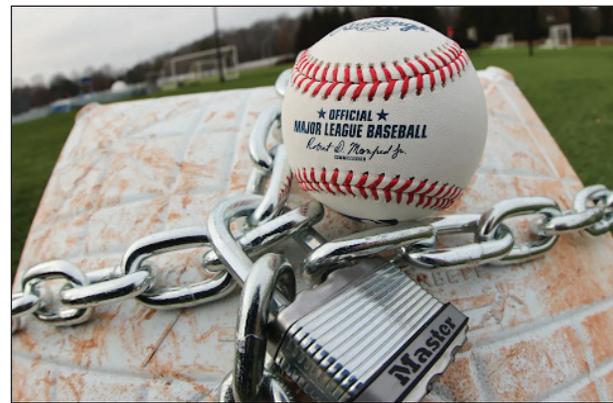


LIU finished third at the 2022 NEC Indoor Track and Field Championships. (Photo: LIU Athletics)

dez standing on the podium twice during the meet. Hernandez finished 2nd in the 60m hurdles and the 4x400 relay with teammates Laurie Hauet, Hachlaine Petit, and Camille Watson. The Distance athletes also earned 2nd place points for the sharks in the 4000m relay made up of Ainhoa Brea, London Claxton, Margaret McKeever, and Lexi Smith. Smith also

earned the team's first medal of the weekend in the 3000m and in the 5000m, Kelly Iocca finished third after finishing fourth in the 3000m the day before.

Men's and Women's Outdoor Track and Field season begins with Texas Relays at the University of Texas on March 23.



A new CBA was agreed upon in early March, ending a 99-day lockout. (Photo: Rich Grasessle via Getty Images)

MLB is Back!

BASEBALL, America's pastime, is back! After a long hiatus during ongoing CBA negotiations between the MLB owners and the MLB Players' Union, a new deal has been agreed upon and the lockout

was lifted. Initially locked out on December 2, 2021, the players union was seeking demands that were meant to enhance player control over the terms of their contracts and increase wages.

On March 10, 2022, a new

CBA was agreed upon. Some of the final details include minimum salary being bumped up to \$700,000, with a sliding scale increasing by \$20,000 each year of the CBA.

There will now be a universal designated hitter for both the American and National League. The amateur draft was permanently cut down from 40 to 20 rounds. Players can be optioned down to minor league clubs only 5 times per year. There will also now be a draft lottery for non-playoff teams to earn the top six picks.

Fans and players alike have rejoiced at the news of the new deal. America's beloved game is back with its 162-game regular season beginning on April 7.



Dinamo Zagreb fans held a banner in support of Ukraine during the UEFA Europa League football second match on Feb. 24. (Photo: Denis Lovrovic/AFP via Getty Images)

Sports World Stands with Ukraine

ALONG with the rest of the world, the sports world is reacting in the wake of Russia's invasion of Ukraine. The ongoing military attacks are a growing concern for the international sports community with forceful responses from organizations including the UEFA, FIFA IOC, and many sanctioning bodies. The International Olympic

Committee called on all International Sports Federations "to relocate or cancel their sports events currently planned in Russia or Belarus." The statement released by the IOC also stated: "In addition, the IOC EB urges that no Russian or Belarusian national flag be displayed and no Russian or Belarusian anthem be played in international sports events that are not already part of the respective World Anti-Doping Agency

(WADA) sanctions for Russia."

The Russian national and club teams have been banned by FIFA and UEFA until further notice. The Russian men's team was due to play in qualifying play-offs in March for the World Cup in Qatar later this year, while the women's team qualified for the European Championship in England, to be held in July.

NFL Scouting Concludes

THE Annual Scouting Combine for the NFL started March 1 in Indianapolis to showcase this year's NFL hopefuls. Over 300 of the best college football players were invited to participate in the camp for four days with executives, coaches, and medical personnel from all 32 professional teams. Offensive linemen and running backs took the field on Friday, March 4 with 12 athletes under five seconds in the 40-yard-dash. According to the NFL, this is the most offensive linemen to post a sub-five-second dash since 2003. University of Kentucky's Dare Rosenthal picked up the fastest at 4.88 seconds. The combine conti-



(Photo: NFLcombine.net)

nued through Sunday, March 6 with defensive lineman, linebackers, and defensive back who took to the field. While the scouting combi-

ne has ended, the evaluation process continues as the league gears up for the 2022 NFL Draft on April 28.

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 MIKHAIL KULINETS
News Editor

Russia-Ukraine War Continues

THE world is slowly shifting in alarming ways as the brutal conflict in Eastern Europe rages on for yet another week. The sudden changes have sent shockwaves worldwide, putting into question many things: the economy, cryptocurrency, the daily routine of Ukrainians, and the prospective future of Russia as a nation. The Russian military is bombing apartment buildings, hospitals, killing many, and destroying streets of major Ukrainian cities beyond recognition. It has been only a few weeks of ongoing war, and the bloodshed has shown no signs of slowing. Major international brands as well as foreign alliances, have slowly been disappearing from the Russian market in order to impose consequences for actions of the Russian government.

This Shark Scoop was originally published online on March 6.



The Russia-Ukraine war wages on another week as many protest the hostilities. (Photo: Felipe Dana/AP)

Economic Sanctions Cause Oil Prices to Skyrocket

PRICES of gas began going up at the end of April. Russian President, Vladimir Putin, made a big push for this and his order to put nuclear forces on high-alert. And while this will most likely blocks any diplomatic negotiations with Russia, it stops an export of Russian oil to the foreign markets, with today's national average per gallon being above \$4. Barrel's stocks are decreased while the demand for oil is increasing. Russia exports about 12 percent of world's oil and while sanctions on Russia increase, so will market prices.



Oil and gas prices across America skyrocket as economic sanctions are imposed on Russia. (Photo: Mike Blake/REUTERS via Getty Images)

Mayor Eric Adams Ends Mask Mandates

ON Friday, NYC residents received new rules that would dramatically shift the habits of their daily lives: masks are no longer required at schools and proof of vaccination is not required in dining places, gyms, and all the entertainment facilities. This is one of several actions Mayor Eric Adams is pushing to begin reopening the city, since COVID-19 cases have been declining. Masks are also no longer mandatory in most businesses such as grocery stores, bars, and stores unless a storeowner requires it. Negative test results (Rapid or PCR) are also not mandatory in NYC by employers and working facilities.

NYC Mayor Eric Adams announced the end of the indoor mask mandate in schools and locally-owned businesses. (Photo: Saul Loeb/AFP via Getty Images)



Robert Pattinson's "The Batman" is Released in Theaters

EVERYONE'S favored Caped Crusader, Batman, has returned to movie theater screens everywhere much to the delight of fans with the premiere of 'The Batman'. Directed and co-written by Matt Reeves, the new movie promises a new approach, disconnected from the previous Bat-franchises. Produced by DC Comics and distributed by Warner Bros. Pictures, the new interpretation of the famous comic book hero has finally reached the screens after much anticipation.

'The Batman' secured \$128 million at the box offices, in just its first two days after being released. (Photo: Dimitrios Kamboudis/Getty Images)



Russian Club Spartak Moscow has been banned from international competition following Russia's invasion of Ukraine (Photo: Sky Sports)

International Sport Community Makes a Stand in Russia

ASIDE from major economic sanctions, Russia has also been excluded from nearly all of the world's major sporting events for the foreseeable future. In the past few days alone, the Russian national teams have been uninvited from various world championship in sports such as tennis, eSport, and basketball. Those who hail from abroad that play on Russian national teams have been leaving sports across the board.

Ukrainians in particular are doing the same to show solidarity with their country. Russian oligarch, Roman Abramovich, is famous to the masses for owning famous soccer club Chelsea. Since his purchase in 2003 the club became a massive powerhouse, as well as one of Abramovich's strongest sports assets. Now, there is talk of him selling it, since Russian oligarchs are banned from having any assets outside of their country. Finally, Formula 1 racing events have since refused to take place this year in Sochi, due to the Russia-Ukrainian hostilities.

Study Spots On Campus

BY AMAYA HENRY
Arts & Entertainment Editor

AS midterms are upon us, it's time to hit the books and start studying. While the library is a great option, it can be crowded and sterile. Here are other great study spot options on campus.

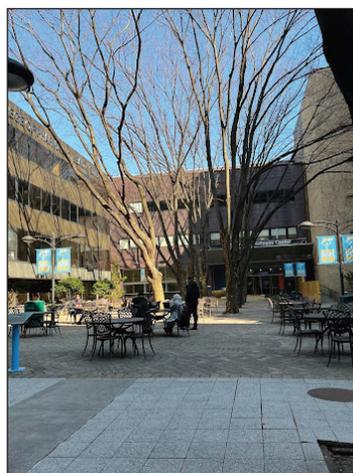
(Photos: Amaya Henry)

THE TABLES IN THE COURTYARD/OUTSIDE OF THE WRAC (RIGHT)

The weather has been up and down lately, so it can be difficult when it is chillier out, but when it is warmer, these are nice areas to study. It can be loud as there are students walking around so if you enjoy studying in the quiet then this may not be the place for you. However, if you are able to put your headphones in and like to feel the sun on your skin while studying, then this could be a nice change in scenery

THE COVE (RIGHT)

The Cove is located on the second floor of the Metcalfe building. While it is an open space, it is still an isolated area with three long tables available for use. Although there are meetings that take place around the space, it is still relatively quiet. There is also a vending machine with readily available snacks.

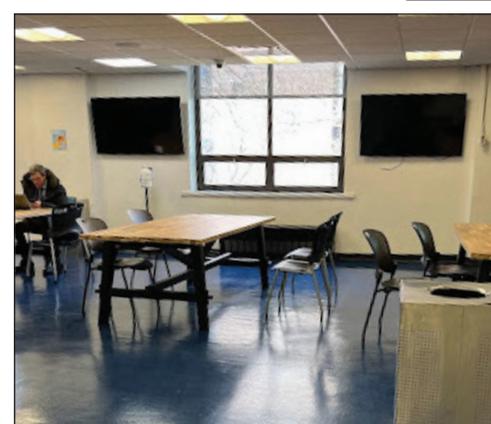
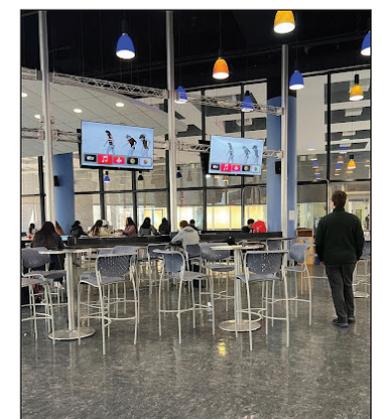


THIRD FLOOR OF PRATT (RIGHT)

These tables are right outside of the Enrollment services center. These tables are similar to the ones in The Cove as they are long and very spacious. Additionally, there is a counter that lines the side wall next to these tables that has outlets. This counter faces a blank wall which is helpful if you are easily distracted by your surroundings. As this area is on the same floor as the library, if you need to use the computers or print something out, it is within close proximity.

FRESHENS/OUTSIDE OF PEET'S COFFEE (RIGHT)

Although there is a lot of space in Freshens it is almost always busy. People are continuously coming in and out of there and Peet's Coffee, while also ordering and eating food which can make it quite distracting. However, if you do not mind people around you as you work, this area gives you the opportunity to order an espresso, put your headphones on and focus.



While these study spots may fill up as many students are in-person and classes kick into high gear with exams, these areas are good options if you are searching for a productive place to work and a change of scenery.