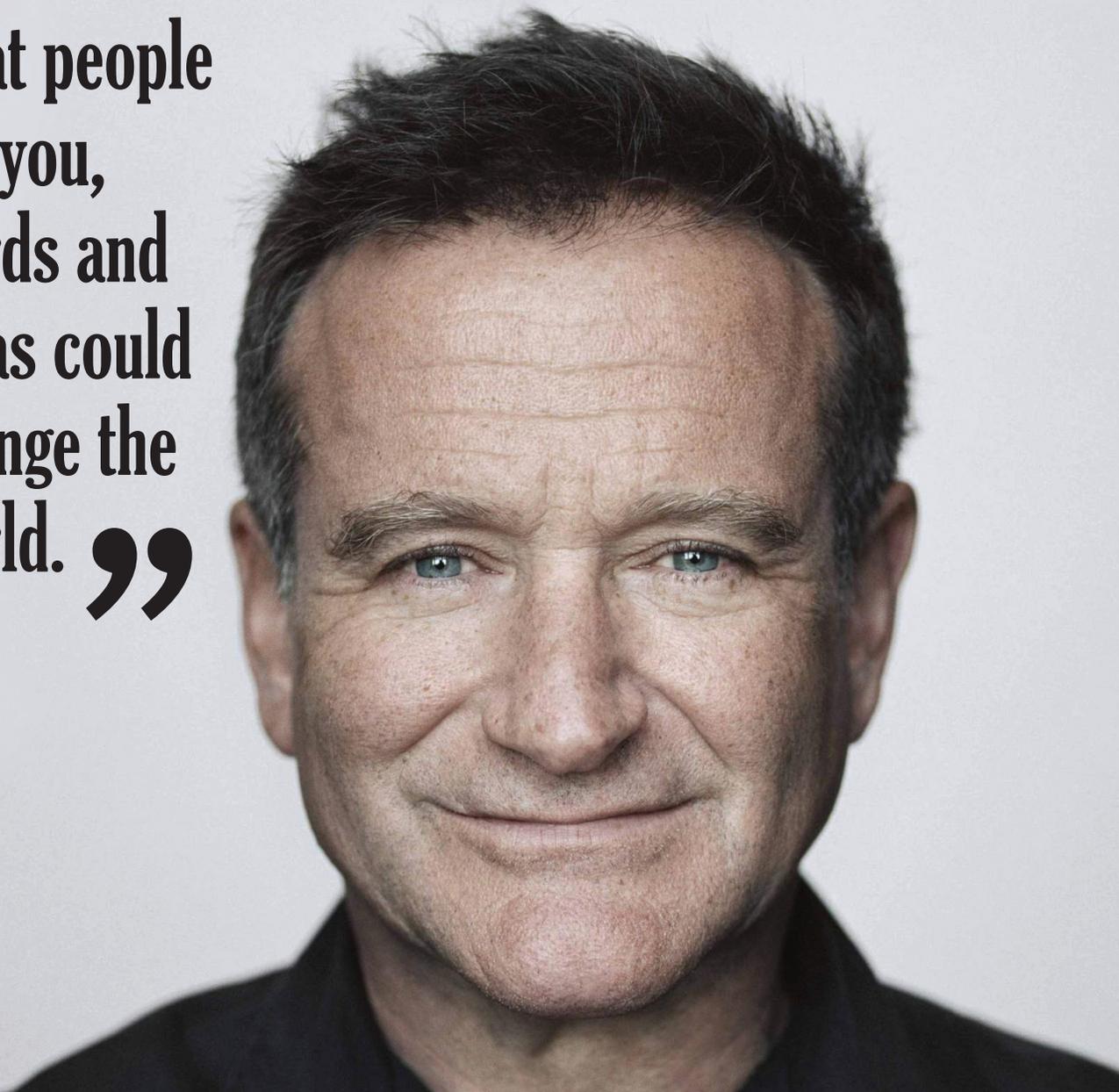


October 1, 2014

The Bottom Line

LIU Post Student Magazine

**“No matter
what people
tell you,
words and
ideas could
change the
world.”**



To Our Readers...

A LETTER FROM THE EDITORS



Dear Readers,

Welcome back, everyone! We can't begin to convey just how excited we are to be the new coeditor-in-chiefs of the Bottom Line. We have so many ideas that we can't wait for everybody to see and enjoy. More importantly, we want to hear your ideas and we are open to let the students have a say in this magazine. Please tell us what you want to see and what you want to read about and we will try our best to deliver. We want this magazine to be "the student's magazine" and we hope that you are excited as we are! Remember to pick up next month's issue of the Bottom Line on October 29. Also, remember to tell all of your friends about the Bottom Line. Without your support, we won't be able to flourish and grow to be the best that we can be. We look forward to hearing your input!

Yours Truly,
Kristen & Alex



CHECK US OUT ONLINE !

www.liupostbottomline.com

If you are interested in contributing to our magazine / any addition comments, questions, etc- please email:

Post-bottomline@my.liu.edu

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10 Tips For Freshman: Survival Guide

By Alex Billington

1 Napping is important!: This is really important. Make time for napping, one hours work fresh, is far more productive than two hours sleepy.

2 Make your degree standout from others: Survey the situation. *Thinking* times are hard [Ice Cube voice], and the job market isn't what it used to be. It isn't enough to just have a degree, diversify yourself by seeking out extra curricular activities and positions of responsibility. If you start in your freshman year, it gives you 4 years to get as much under your belt, up your sleeve, in your locker, or wherever you hide all that good stuff.

3 Participate in class: We get it, in High School, it wasn't cool to participate, but this is college now. Professors prefer students who are active. Don't be afraid to be wrong - we are here to learn.

4 Don't be a ghost student: Professors are here to help, don't be silent all year. If you find the class difficult, the classes are small and the professors can help, so talk to them. Ask them questions, that's why office hours are listed.

5 Find your own place to study: Just because everyone studies in the library or Hillwood doesn't mean they are the only accessible places on campus, find somewhere quiet so that you can be ultra productive.

6 Don't rush into choosing your major: The undecided option is there for a reason when you apply to college. Core classes are meant to help you decide which direction to go in so take some core classes, research some majors, then decide. You'd be surprised how many people change their major after their freshman year.

7 Let out the social butterfly within: There are new people everywhere on campus. There are people from all over the country and all over the world. Talk to them and utilize the beautiful minds that surround you on a daily basis, who knows, you might learn something.

8 Time flies: You have probably heard this a thousand times, that's because it's true! Don't let your college experience fly by having not done things you wanted to -pursue your ambitions, find your passions and explore them.

9 There are FREE tutors on campus: Yes, free, meaning you don't pay for them, as in there is no transaction of any sort. You make an appointment for whatever subject it may be, and they help you, it's that simple. It is like doing homework by yourself but not by yourself, and not being able to procrastinate with Facebook and Instagram, but actually productively doing homework with someone, who has been there and done that, that can help you.



10 Have fun!: Let your hair down, wiggle, whip your hair back and fourth, get low, shimmy shake, twist and shout. Shit, do the "nae nae" if you feel like it! These four years are supposed to be filled with so much fun that you can't even remember it all. This is a time that is supposed to be full of memories and laughter so make your college experience one to remember.

Drawing by Coco Sadis

ISIS:

A threat to Americans?

By Kristen Linsalata

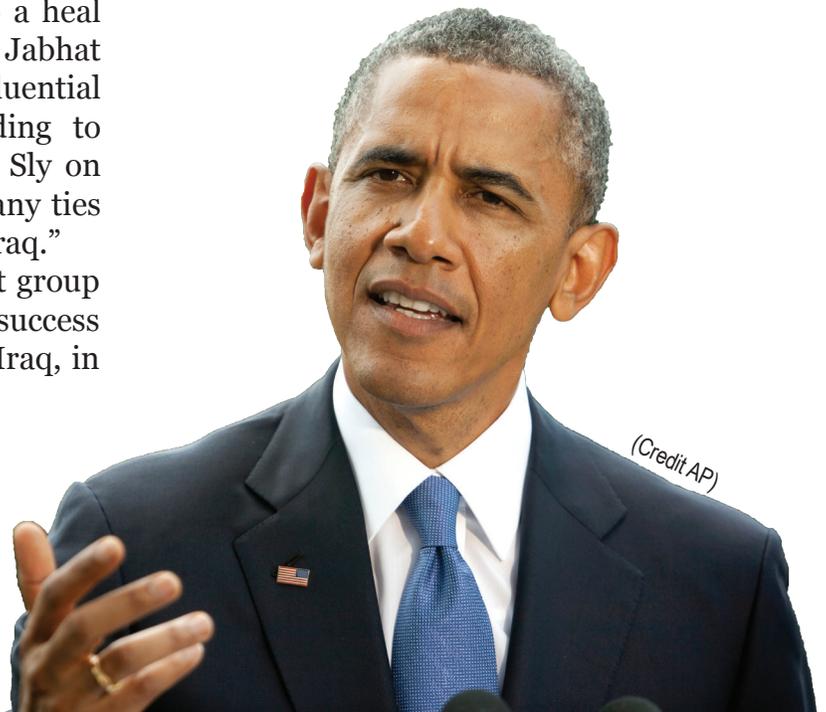
On September 10, President Barack Obama gave a speech addressing the Islamic State of Iraq and Syria (ISIS), the Sunni jihadist terrorist group, and one of the greatest threats to the United States and its allies at this time. Many students have at least heard of this terrorist organization, but are either confused or misinformed due to the issue's convoluted nature, as it is presented before the world's eyes in the media.

In April 2013, the Islamic State of Iraq and Syria consolidated under its former name the Islamic State in Iraq and the Levant (ISIL), from the commonly known terrorist group al-Qaeda in Iraq (AQI) led by Abu Bakr al-Baghdadi, according to BBC news article entitled, "Syria Iraq: The Islamic State Militant Group" on August 2. Despite the fact that ISIS has been recently disavowed by al-Qaeda after the failure of repeated efforts by al-Qaeda leader Ayman al-Zawahiri to a heal dispute between ISIS and al-Qaeda affiliate Jabhat al-Nusra, it remains one of the most influential foreign jihadist terrorist groups, according to a Washington Post article written by Liz Sly on February 3 entitled, "Al Qaeda disavows any ties with radical Islamist ISIS group in Syria, Iraq."

Since its establishment, the jihadist group has experienced considerable military success and has seized large spans of territory in Iraq, in its effort to take control of the region. ISIS has up to 6,000 fighters in Iraq and 3,000-5,000 in Syria, including up to 3,000 foreigners, according to a International Business Times article entitled, "ISIS in Iraq and Syria:

The Nationalities of the Islamic Jihad's Foreign Legion" written by Gianluca Mezzofiore on June 17. According to Professor Peter Neumann of King's College London, 80% of foreign fighters from the West in Syria have joined the group. Even jihadists from France, Britain, and Russia have joined ISIS.

In March 2013, ISIS took over the Syrian city of Raqqa, the first provincial capital to fall under rebel control, as well as the Shia-led governed city of Fallujah, in January of 2014. However, the concern regarding ISIS reached its peak when they captured Iraq's second largest city of Mosul in on June 10, because not only did it pose a threat to the entire region but it also may have catapulted ISIS to become the wealthiest militant terrorist group in the world. At first, ISIS relied on donations from wealthy individuals in Gulf Arab states but now ISIS is said to earn a



sustainable amount of cash-flow from the oil fields that it controls in eastern Syria and from selling looted antiquities from historical sites, according to a BBC news article entitled, “Syria Iraq.”

Currently, there are no Assyrian/Christians remaining in Mosul. All Christian institutions have been destroyed in Mosul, all non-Sunni Muslim groups in Mosul including Shabaks, Yazidis and Turkmen have been targeted by ISIS and most have fled, water and electricity to the Nineveh Plain, a region in the Ninawa Governorate of Iraq to the north and east of the city Mosul, have been cut off, and Mosul is now governed under Sharia law, according to an Assyrian International News Agency article entitled, “Timeline of ISIS in Iraq.”

Perhaps, more grisly than ISIS’ conquests are the methods they use to accomplish their ultimate goal of becoming an emirate. Perhaps even more disturbing to Americans is that now Americans seem to be falling under attack. On August 19, a video entitled, “A Message to America” was produced by ISIS militants and uploaded to YouTube of American journalist James Foley being beheaded by an unidentified ISIS insurgent. In the video, the murderer of Foley threatens to kill yet another U.S. journalist, Steven Sotloff, who had been abducted in Syria. On September 2, ISIS fulfilled their threat and uploaded a video of Sotloff dressed in an orange smock, bound and in front of a masked figure until eventually he was beheaded, according to a BBC news article entitled, “Steven Sotloff: US Journalist murdered by IS” released on September 3.

Most recently, on September 13, the Islamic State (IS) released a video of beheading its British captive David Haines and threatened to execute yet another British citizen, Alan Henning. The video entitled, “A Message to the Allies of America,” was released by the IS’ al-Furqan Media Foundation, and was posted on Twitter, according to Insite Blog on Terrorism & Extremism’s article entitled,

“IS Beheads Briton David Haines, Threatens to Execute Another Briton, Alan Henning.” The release of this most recent video asserts that ISIS has no intentions to slow their attempts to commit heinous crimes against not only Americans, but also their allies.

Following the beheading, President Obama made an announcement stating, “[ISIS] failed because like people around the world, Americans are repulsed by their barbarism - we will not be intimidated - their horrific acts only unite us as a country and stiffen our resolve to take the fight against these terrorists,” and ordered an increase of about 350 troops in Baghdad to protect the



Demonstrators chant in support of the group known as the Islamic State of Iraq and Syria as they wave the group’s flag in front of the provincial government headquarters.

U.S. Embassy in the Iraqi capital. President Obama is also sending top officials to the Middle East in order to “build a stronger regional partnership” against Islamic State militants, according to Anthony Bond’s article in The Daily Mirror’s article “Steven Sotloff beheading: Recap Updates,” on September 5.

On September 10, President Obama addressed the U.S. response to ISIS and stated that, “Our objective is clear - to degrade and destroy ISIL (the term that the government uses when referring to ISIS) that it’s no longer a threat, not just to Iraq but also the region and the United States.” However, Obama did not announce a specific plan of action during his address. Despite Obama’s address, a lot of Americans feel as though the future is uncertain .

“After Obama’s address, I still feel very uncertain about what’s going to happen and what these attacks are going to mean for the United States,” said Melanie Spina, a junior Sociology major and Journalism minor. “The attacks on American journalists bring this all very close to home. If journalists are under attack, then who is next? Being from Venezuela, I’ve always admired the United States’ ability to defend [itself]. I’m hoping that this will be true [regarding the dispute with ISIS].

The **PUNCH** that Changed the Game

By
Michael
Otero

By now, everybody and their grandmother have seen the video of Ray Rice throwing the punch seen round the world. Even if you've been living under a rock for the last six months, you still have a general idea of what's going on. If you don't know, here it goes.

On February 15, Ray Rice, pro-bowl and Super Bowl champion running back, and his then fiancée Janay Palmer, got into an altercation in a casino in Atlantic City, N.J. The original police report filed charges against both Rice and Palmer for simple assault, under the umbrella of domestic violence. The two appeared in court and were released on a summons.

A few days later on February 19, TMZ Sports published a security video that showed Rice drag-

ging his motionless fiancée out of an elevator. Ray claimed his wife was intoxicated and he was helping her out of the elevator, but that claim turned out to be far from the truth. After seeing the video, the Atlantic County police dropped the charges against Palmer, and Rice was charged with third-degree aggravated assault. As part of a plea deal to get the charges dropped, Ray had to attend counseling for domestic violence.

In the middle of the all the controversy, the two still got married on March 28. Fast forward to July 24, NFL commissioner Roger Goodell made the decision, based on evidence his investigative team gathered on the case, to suspend Rice for a only two games. There was uproar from NFL fans, players and anyone who followed this case about the length of the suspension. Goodell admitted weeks later in an interview, "I didn't get it right",



Ray Rice and Janay Palmer at a Ravens press conference (Credit AP)

when referring to the length and severity of the suspension.

As if it couldn't get worse for the Rice family and the NFL, TMZ released the video from inside the elevator on September 8, four days before Rice was due to be reinstated by the league. The video from inside the elevator shows Rice and Palmer getting into a verbal altercation that is followed by Rice spitting in her face. He then proceeded to throw a punch and knock his then fiancée out cold.

The Ravens took action immediately after seeing the video from inside the elevator by cutting their longest tenured and arguably best player. The NFL decided to suspend Rice indefinitely after seeing the video "for the first time on September 8". (There has been controversy surrounding whether or not Roger Goodell and his team saw the video before that date.) "I think he got what was coming to him," said junior Broadcasting major Richard Renelique. "If you're going to attack someone who is that close to you, I have questions about your character."

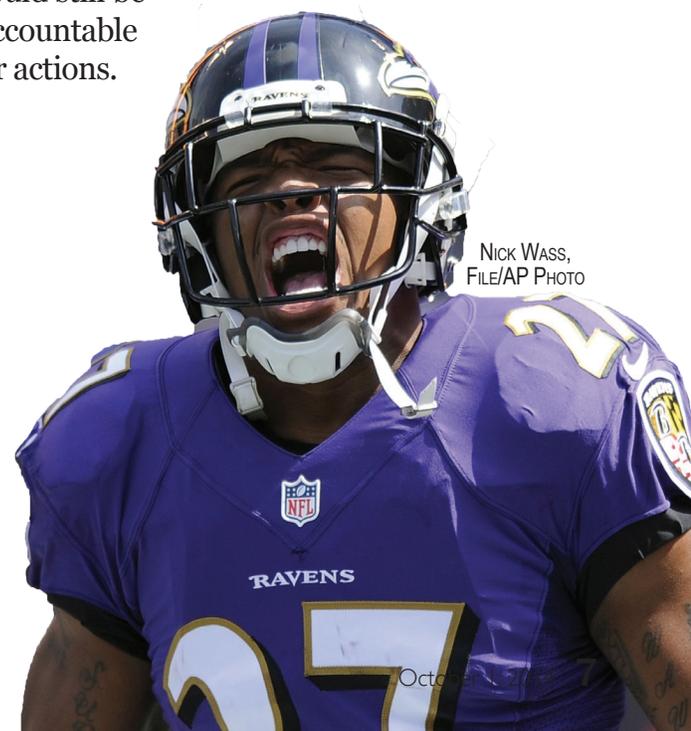
The headlines from the recent weeks about the NFL have been dominated by the subject of domestic violence. Rice was just the first case of the 2014 season and the season is just three weeks old. Besides Rice, NFL players Adrian Peterson, Greg Hardy, Ray McDonald, and Jonathon Dwyer all had domestic violence charges filed against them, according to Barry Winer's Bright House Sports Network article entitled, "NFL implementing training and resources against domestic violence," and have sat out at least one game. The charge with the most arrests among active players in the NFL is DUI, but a very close second is domestic violence, according to Benjamin Morris' Five Thirty Eight article entitled, "The Rate of Domestic Violence Arrests Among NFL Players."

The issue of domestic violence has resonated with a lot of people since the Rice case and people have become more aware of it. "I think it's wrong and horrible that he [Ray] could do that to his fiancée", said junior Dance major Olivia Platania. "The NFL took proper action by deciding to suspend him indefinitely." Freshman Psychology major Sean Nicole agreed. "It's sad what he did to his fiancée, and it's sad that she could still marry him after the incident." In

midst of all the drama surrounding the situation, Palmer posted on her Instagram saying:

"I woke up this morning feeling like I had a horrible nightmare, feeling like I'm mourning the death of my closest friend. But to have to accept the fact that it's reality is a nightmare in itself. No one knows the pain that the media & unwanted opinions from the public has caused my family. To make us relive a moment in our lives that we regret every day is a horrible thing. To take something away from the man I love that he has worked his ass off for all his life just to gain ratings is horrific. THIS IS OUR LIFE! What don't you all get? If your intentions were to hurt us, embarrass us, make us feel alone, take all happiness away, you've succeeded on so many levels. Just know we will continue to grow & show the world what real love is! Ravensnation we love you!"

From Palmer's post, you can clearly tell that she still stands behind her husband 100% and is just really looking forward to returning to a normal life. It will be awfully tough for the couple to regain popularity again with the public, if they can at all. One thing is for sure, the Rice case shed a lot of light on a sensitive topic for the NFL and for households across the country. The issue of domestic violence needs to be handled just as seriously as any other legal altercation. It doesn't matter if you make millions of dollars or play a sport, you should still be held accountable for your actions.



Nick Wass,
FILE/AP PHOTO

Living in the SHADOWS of SUICIDE

By Danielle
Sposato



On August 11, beloved actor and comedian Robin Williams left the world in tears and disarray when he decided to take his own life. Williams has always had a history of mental illness, as well as depression and addiction, and struggled with it throughout his career, according to John M. Grohol's Pysch Central article entitled, "Robin Williams, Mental Illness Sufferer, Dead at 63 Due to Suicide." All of these internal struggles led Williams to take his life. Williams' suicide brings to light an issue that tends to lie dormant in American Society – suicide and its various causes and effects.

Have you ever felt a constant weight on your chest, that almost feels like it's engulfing your entire being? Was there ever a time where the pain was so unbearable that you have considered taking your own life because you felt there was no other way to escape it? If you have, you are just one of many Americans that have experienced this. It's not too late to seek help.

Every forty seconds someone around the world takes their own life, ranking at almost 800,000 suicides per year, higher than deaths caused by natural disasters and violent crime, according to Tim Hume's CNN article entitled, "One suicide every 40 seconds: World Health Organization report" on September 5. These truths are quite alarming; how can we help to prevent this from happening? To begin, there are a few warn-

ing signs that we can look out for in case someone is feeling suicidal. Signs of suicidal tendencies include if someone talking about killing himself or herself, feeling as though they are a burden to others, or saying they feel trapped, according to the American Foundation for Suicide Prevention. As for their behavior, people who are suicidal tend to turn to alcohol and drugs heavily, withdrawing themselves from daily activities and socializing, as well as sleeping too much or too little. When we consider all of these changes in behavior, is it as obvious as it seems?

Sometimes it may be too difficult to tell if someone is feeling suicidal. One ill-fated recent example is award-winning actor and comedian Robin Williams. From the outside, he was an inspiring comedian who had passion and love for making people laugh. He's charmed the lives of many people over the course of his career, up until his death at the young age of 63 on August 11. His death touched the hearts of many individuals, including junior Public Relations student Julie Abbruzzese. "He brought so much laughter and happiness to many people. I feel no one should leave this world the way that he did."

When looking at a man such as Robin Williams, we would never know the internal battle that he has regrettably lost recently. "He probably thought he was alone and that his death wouldn't matter. He must have been at war with his own

You Are
NOT
Alone

mind,” Abbruzzese added. This is a prime example that it is sometimes hard to tell if someone is struggling internally to live to see the next day. Williams has battled with addiction and depression over the course of his career, but yet the public saw him as a joyful figure who always seemed cheerful and content, according to Michelle Tauber’s People magazine’s article entitled, “How Robin Williams Fought and Lost, His Battles with Addiction and Depression” on August 13.

Do you agree with the choice of taking your own life? Some people may not agree that suicide is the only way out of your struggles in life. Others agree that instead of ending your life, you should try and improve it and work to make it better instead of accepting defeat in an ongoing battle.

A lot of people struggle with how to make a positive difference in a suicidal person’s life. Whether it is encouraging them to seek professional help or being someone for them to talk to, a little can go a long way and will make a difference. “What is truly important is that you are there to help them and support them as much as you can. Support is very important,” said Abbruzzese. It is our obligation as peers, family members, and or friends, to understand that we have to support those who are dealing with this issue, and allow them to take the necessary steps to save themselves, by being there every step of the way. No one should have to go through this alone.

Suicide is a national problem, and every day we are losing lives due to individuals feeling like there is no other option than death. You are only given one life to live; do you truly want to end it without being able to take it back? Some of you may think that suicide might be the only option for you, but what you may not realize is that all you truly want is to start living.

[Disclaimer: The Bottom Line does not provide medical or other advice for its readers. If you or someone you know needs mental health or other medical assistance, please consult an expert. If you or someone you know has displayed the warning signs of suicide or depression, please call the Suicide Prevention Line 1800- 273-TALK (8255).]

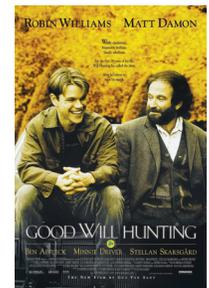
Tribute: Robin Williams left trail of theatrical genius in his wake. Regardless of the role, from childhood classics to deep thinkers, Williams added a unique air of comedic brilliance which made him a household favorite and comedy acting legend. Listed are just a snippet of his masterpieces:

By Alex Billington

Dead Poets Society (1989)



Good Will Hunting (1997)



Patch Adams (1998)

Good Morning, Vietnam (1987)



Mrs. Doubtfire (1993)

NEW YORK FASHION WEEK THE PILLARS OF *Spring Fashion*

By Allyson Zaffos

New York Fashion Week (NYFW) has come and gone, but it left us with more inspiration than ever. Along with September's sunshine, New York's streets were overcome with models, buyers and fashion legends. NYFW promotes America's fashion talent to the world, from big name brands, to the noteworthy fresh new faces of fashion. Senior Public Relations Major Kristina Renberg said "I always look forward to NYFW it is such a huge event, it just has something special, an added sense of magnitude compared to Lon-

don, Milan and Paris." With events all over the city, from Rag and Bone's quirky warehouse walk to Ralph Lauren's innovative 4D holographic show.

Designers are constantly bringing breakthrough for trends to our everyday style, from basics to an abundance of anoraks, the hottest trends from fashion week, bring the runway to the streets. Junior Journalism major Moa Golster said "My favorite thing about fashion week is the huge influx of street style, the streets are literally filled with fashionista's from all over the world, all together in one amazing city to enjoy fashion in all its glory."



THE INSIDE SCOOP

Trust Ralph Lauren to change the face of catwalk, a groundbreaking show in Central Park which combined futuristic multimedia production with timeless style, this show was the hottest ticket in town. Every model and their pug was there, and in true Ralph Lauren style each model received their very own iconic Ralph Polo [shirt] printed with their name, you now, just because.

My friend and Junior Economics major Eirik Berthagen was lucky enough to attend the show and take a couple of snaps so us regular folk could see first hand how Ralph Lauren does it.

"Honestly, it was one of the most incredible events I have been to, they planned everything perfectly so all the guests could have as much fun as possible, which really contributed to the atmosphere. The highlight was definitely the 4D projection hologram of, Mr. Ralph Lauren himself, dancing, a humorous moment that all the guests enjoyed. I give huge credit to Ralph Lauren for putting on such a spectacular show, because of their heritage and sheer stature in the fashion world, they really are the only brand who could pull off something so incredible."



Black and White

Neutrals can pack the same punch when it comes to standing out. For the bold and classic, stick to what you know. This is a trend that can be adapted to anyone and everyone's personal style.



Photos Courtesy of Thakoon Photos Courtesy of Tibi

Suede

Soften up your leather, cold weather looks with a new softer side of cool. An all-suede dress screams luxe, but if that's too much to handle, a simple suede jacket won't do you any harm.



Photos Courtesy of Imaxtree Photos Courtesy of Imaxtree

Fringe

High fashion fringe emerges from the festival inspired trend. More inspired in clothing than accessories these days, add texture and volume to your look with this ever popular trend.



Photos Courtesy of Imaxtree Photos Courtesy of Imaxtree

Attack of the Anoraks

Spring is usually a season that does not require a jacket, but the anorak is a must have. This jacket verges on the line of athletic wear, but the popularity of street-wear is on the rise.



Photos Courtesy of Imaxtree Photos Courtesy of Imaxtree

A Whole New World:

The Dorm Life as told by an Ex-Commuter

By Alyssa Seidman

So I'm deciding to turn over a new leaf this semester. I was reading through past articles I had written for this magazine, and I realized I had A LOT to say about love and relationships. But this year will be different, since I'm different (if you're wondering if I magically acquired a boyfriend somehow, you'd be wrong – hey fellas *wink*).

What's changed, you ask? I, Alyssa Seidman, am now a resident of the LIU Post campus, effective September 2, 2014. That's right, readers. I have decided to take on the daunting and daring life of a dormer. This is especially exciting for yours truly since I commuted last year, but

thanks to a lovely twist of fate, I can now call Post my humble abode.

It was hectic boxing my life away during the final weeks of summer. The experience of having to say goodbye to old and new friends while simultaneously having to say goodbye to my family (not that mom doesn't text me every hour on the hour) was a new one for me. By the time camp ended and limbo week began, I was ready to move out and blaze the trails of independence in my home away from home.

After I was all settled into my dorm, my parents took me out for the last supper (it was technically lunch, but that's not the point). As we

cleared our plates of greasy diner food, I was feeling oddly thrilled to be on my own. I was teetering with excitement as I stared off into the distance imagining dorm life and all of its gritty goodness. My mom obviously mistook these mannerisms as nerves, and said, "It's not too late to come home." To which I replied, "Good one, mom."

Being an ex-





Photo Credit : Liu.edu/post

commuter, I, of course had (negative) assumptions about life in the dorms: inadequate bathrooms, rock-hard mattresses, and dreadful dining hall meals (well, I think we all can agree on that one). I was pleasantly surprised to find substantial water pressure in the showers, and my twin mattress is even more comfortable than my full-sized bed in my old room (that is SO WEIRD to say). The only thing I'm really having trouble with is walking up and down four flights of stairs in order to cook my mac n' cheese. Does anyone want to start a petition to move the microwaves into the common rooms?

Another thing that caught me by off guard were the questionable (mind you, sexual) noises coming from one of the rooms in my hall...at four in the afternoon. I guess you can't graduate college until you have (or hear) sex in a dorm.

Although I have this newfound freedom living la vida solo (definitely used that line in a previous submission, but whatever), the one thing hasn't changed is my "going out" frequency. The only time I explored the world outside of my hall this year was when I reluctantly agreed to go to the suites with a fellow floor mate. Let's just say there's a first and last time for everything. Even last semester I had friends asking me to hang out, eager to paint the town red, and I declined because there's no way a trip to Dizzy's, a popular saloon, could end well for anybody.

"But Alyssa," you ask, "how could you en-

joy dorm life if you haven't even been drunk once this semester?" Simple. I have the best roommate a girl could ask for. I met Lauren the first week of freshman year during a chance encounter in Hillwood Commons, and we've been tighter than Miley Cyrus' VMA underwear ever since. Also, constantly being on campus offers me unlimited access to meeting new people and making new friends, something I didn't enjoy as a commuter. I feel more deeply immersed within the campus community, and that is not said with sarcastic undertones. As a commuter, I felt like I was missing out a lot on what Post had to offer. Some may argue that is not much, but I chose this place for a reason – it's an exceptional institution (cue the haters).

This time last year, I was the sorriest sap you had ever seen. I was on the verge of transferring, I felt like a fish out of water, and I was tremendously lonely, always craving something more.

If you told me then that I'd eventually be the co-editor-in-chief of the newspaper, living on campus, and actually enjoying college, I would have laughed right in your face (which is unlikely for me to do since I'm a fairly nice person). I am extremely lucky that my dream of getting the "real college experience" has come true, and I wouldn't doubt that it could happen for any commuter, or any student for that matter, who chases after their dreams. And if that's not exceptional, then I don't know what is.

HOME SWEET HOME

Health & Fitness

With JW

Hi, I'm Jonathon Watkin, Physical Education Graduate of LIU Post, Group Fitness Instructor and Fitness and Conditioning Coach for the LIU Post Men's Soccer Team. Many people feel intimidated by the gym and fitness, over the next three issues it is my mission to give you a basic education in creating a healthier you. Follow these 3 simple workout programs to make the most out of the time you spend in the gym. Aim to go to the gym 4 - 5 times per week to tone up!



30 minute cardio blast - Exercise Bike

0-5 minutes - Warm Up

3 minutes - level 10 - WORK

2 minutes - level 3 - recovery

3 minutes - level 10 - WORK

1 minutes level 3 recovery

5 minutes level 8 WORK

1 minutes level 3 recovery

5 minutes level 10 WORK

1 minutes level 3 recovery

4 minutes level 10 WORK

5 minutes Level 1 RECOVERY

*Adjust levels based on difficulty

**Should be getting a sweat on

***So it should be TOUGH

****Apply same timings and level increases for treadmill run

Full Body Blast Bodyweight Toner

Bodyweight Squats -
4 SETS - 15 REPS

Push ups (regular) -
4 SETS - 10 REPS

Burpees -
3 SETS - 8 REPS

Bodyweight lunges -
3 SETS - 10 REPS per leg

Tricep Dips -
3 SETS - 15 REPS

Plank -
3 SETS - 1 Minute Hold

Side Plank -
4 SETS - 1 Minute Hold

Back Extensions -
3 SETS - 15 REPS

*REPS = Repetitions

Legs Bums and Tums!

Weighted Squat -
20 lbs - 4 SETS - 15 REPS

Lunges - BW -
4 SETS - 15 REPS

Small Box Step ups - BW -
4 SETS - 20 REPS

Hamstring Bridge -
3 SETS - 10 REPS

Plank -
3 SETS - 45-60 SECONDS

Crunches -
5 SETS - 20 REPS

*REST between SETS 2 minutes

**BW = Bodyweight

Good luck and keep an eye out for the 2nd workout program coming up in a few weeks which will include healthy food and diet tips, fun fall fitness and the all new "Butts and Guts Workout!"

Horoscopes

By Kristen Linsalata

Aries **March 21-April 19**

Aries, if there's one thing that all of your friends know about you, it's that you're independent. Although, the other thing that you are known for is that you don't like being told what to do. When someone gives you unsolicited advice, don't take it personal and try to be open to constructive criticism.

Taurus **April 20-May 20**

When someone first meets you, they might think that you are just like your sign describes –bull-headed and stubborn. While that is true in some sense, it is only because you are deeply sensitive. Try to let your walls down this month and someone unexpected can enter your life and change it for the better.

Gemini **May 21-June 21**

Geminis are some of the most multi-faceted people that I have ever met. Both of my best friends are Geminis and they couldn't be more different yet completely similar at the same time. You thrive when you are around people and great conversation. However, this month, it's time to focus inward and reevaluate your priorities.

Cancer **June 22-July 22**

Cancer's are by far the most caring and nurturing of all the signs. However, your feelings are very delicate. Once you've been bruised emotionally, it's hard for you to ever open up again. However, many people are willing to endure the mood swings because of just how genuine and loyal you are to those around you. Try to let things go this month. Not everyone is deliberately trying to hurt you.

Leo **July 23-August 22**

There is no surprise that Leo the lion is all about their pride. You also loved to be praised and adored. Which never seems to be a problem for you because you bring a zest to life that enriches everyone else's life around you. Be sure not to stir up unnecessary drama just because there's a dull moment. Things will spice up soon.

Virgo **August 23-September 22**

Your intelligence, memory and independence are unparalleled. However, you are as skeptical as you are intelligent. You might appear emotionally cold to those around you even though that couldn't be the furthest from the truth. This month, it is important to take a risk and share how you feel about something that has been plaguing you.

Libra **September 23-October 22**

If someone thinks that they are getting over on you then chances are they are wrong. The great thing about you, Libra, is that you are completely in tune with your instincts and your intuition. What's worse is because of your easygoing nature; people think that you are an easy target. Continue to hone in on your ability to read people this month.

Scorpio **October 23-November 21**

The phrase "still waters run deep" rings especially true for you, Scorpio. Although you are a fierce competitor and you are used to always being right, you can't always control the outcome of every situation and you can't always control others, for that matter. Try channeling some of that energy into something positive.

Sagittarius **November 22-December 21**

Everybody loves your optimistic, energetic, and adventurous personality. You are so happy-go-lucky that people think that nothing can get you down. People are always relying on you for you to provide them with optimism and to solve their problems. Let someone else help you this month and let your more sentimental side show.

Capricorn **December 22- January 19**

You are a loner by nature but only because most people typically share the same enthusiasm for structure as you do. To some, you may seem boring. However, others will appreciate your work ethic. However, sometimes you have to take a risk. Don't think about an upcoming decision long enough for you to decide why it's a bad idea. Take a chance.

Aquarius **January 20-February 18**

Your main goal is to make the world a better place. You go from one thing to another trying to solve the world's problems. You never fail to question, "why" something happens and you will search relentlessly for an answer. Ultimately, you can't help the world if you don't help yourself first. Take your own advice.

Pisces **February 19-March 20**

The compassion that you are able to feel for others is something that is extremely endearing about you. However, you tend to let toxic people linger in your life for longer than they should. Sometimes you have to be straightforward even if someone's feelings get hurt. After all, you aren't meaning to hurt their feelings but you have to be true to yourself.

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