

# Statesman

Volume XL, Number 23

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First Copy Free

## C.H.O.I.C.E. Day Promotes Good Health and Life Lessons

By BEN VARGHESE  
Statesman Staff

Nearly 200 students jammed the Union Ballroom during Campus Lifetime yesterday for "Choice Day," a wellness education fair, which commemorated the long term success of the C.H.O.I.C.E., Choosing Healthy Options In A College Environment, wellness program at Stony Brook. Food, mocktails, prizes, games, raffles, gift certificates; you name it were being given away.

From Jeopardy and darts to winning a \$100 gift certificate to "Nobody Beats the Wiz," the fair's purpose was to celebrate as well as educate students on the

importance of making healthy choices in college and for the future. Tables of brochures were set up in the Ballroom to further educate students on all aspects of health, such as nutrition, alcohol use, and safe sex. Free condoms were also given away in order to promote the idea of "safer sex" for college students.

Suffolk County Police was also on hand at the event to educate students on the side effects of drug use. The department provided a "show and tell" session for students by showing real samples of drugs, such as marijuana. "That went over really well," said Katie Bryant, Mount residence hall director and advisor for Choice Day.

"People got to see things they may not have seen before and may hopefully avoid contact with it in the future."

According to Bryant, the goals of Choice Day were reached. "The goal of Choice Day was to increase awareness of wellness issues on campus as well as increase awareness of the Choice program and what is available as far as wellness resources to students on a regular basis," Bryant said.

Eileen Santos and Angela Salavarría, residents of Mount College and former Peer-health educators for C.H.O.I.C.E., were recognized for introducing the idea of a "Choice Day." Salavarría said that the idea

came to her from the Law Club she attends on campus.

"The Law Club was having a "law day" to educate students on law, so I basically thought, 'why not have a "Choice Day" to recognize the Choice program?" Salavarría and Santos were both delighted with yesterday's outcome. "It was very good. I was happy that a lot of people showed up," Salavarría said.

The event was co-sponsored by Mount Wellness College and the Student Health Service Choice Center. The Counseling Center in the Infirmary building houses the Choice Program and its facilities, along with a team of professional health educators

in all areas of wellness. Mount College also provides a Choice Resource Center, "which serves to benefit students that are not close to the Infirmary, [namely Roth and Tabler]" said Gulnur Catagay, supervisor of the Mount Wellness Resource Center.

Peter Mastroianni, Kathleen Flynn-Bisson and Katie Bryant, coordinators of the Choice Peer education team said they felt it was a tremendous success.

"It was a group effort; it was the first time we've done this event and we hope to do it again in the future so people can be on the lookout for bigger and better things," Bryant said. □

## Quit the Smoking Habit for 24 hrs.

By ALEXANDRA CRUZ  
Statesman Editor

The Great American Smokeout is taking place today with the hopes from the Environmental, Health and Safety Department hoping that smokers will quit the habit for good.

"It's the hope that if you can do it for 24 hours than you can do it for life," said Kathy Terwilliger, manager of Industrial Hygiene for Environmental Health and Safety. "There's going to be brochures, stickers and literature at four display tables."

Those literature tables will be located at Melville Library, Student Union, Humanities and the 5th floor of the University Hospital, near the cafeteria from 8:30 a.m. - 2:30 p.m..

Also anyone who does decide to quit smoking, they can turn in their packs of cigarettes in exchange for snacks in different places throughout campus. "You're getting rid of one bad thing and hopefully, you're getting something good in return," Terwilliger said.

Among the vendors

participating are Morrison's at the University Hospital Cafeteria, The Stony Brook Pretzel Service, the Sports Indoor Complex and Aramark. Naala Royale, marketing director for Aramark said, "We support any kind of program that supports good health in the Stony Brook community."

All you have to do is "bring the pack of cigarettes to the cashier," Royale said. "For those people who've wanted to stop smoking and haven't had the courage to do it... this may be a catalyst for them."

Exchanges will be available at the following places:

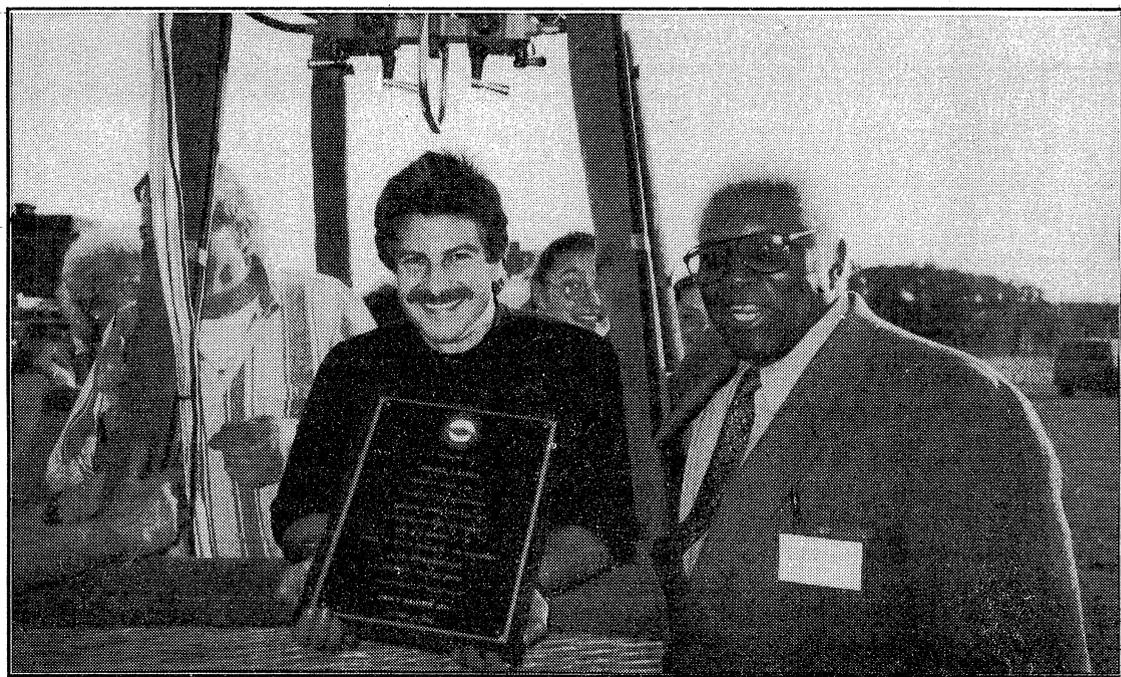
**Papa Joe's - a slice of pizza**

**All other Aramark location - coffee, tea, soda**

**The Stony Brook Pretzel Service at the Melville Library**

**The Sports Complex Concession**

**The Cafeteria at the Hospital on the 5th floor.**



During Homecoming held last month, Lewis Clarke(right), director of continuing professional education, School of Health Technology and Management, presented Q-Zar President Don Kleila (left) with a plaque.

## Up, Up and Away!

As part of the Homecoming, the School of Health Technology and management and the Alumni Association raffled rides in a hot air balloon from Q-Zar.

Students, alumni and friends took rides in the tethered balloon, as part of a homecoming fundraiser for the student Scholarship Fund. Chances were sold throughout

the football game. Immediately following, music filled the air and the balloon fired up and peaked out from the autumn tree line.

Lewis Clarke, director of continuing professional education, School of Health Technology and Management, presented Q-Zar President Don Kleila with a plaque to show the school's appreciation

for donating the balloon rides and service to the University community. □

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# Hotline Expands for World AIDS Day

The National AIDS Hotline is scheduling additional telephone counselors for World AIDS Day, Dec. 1, to prepare for the expected surge in calls that day.

In 1995, nearly 24,000 people called the hotline on Dec. 1, more than five times the number of callers on an average day.

"Last year, we noted an unusual number of people calling for information on how to volunteer

with their local AIDS service organizations," said hotline director Ami Israel. "We are happy to provide that information, along with information about HIV/AIDS and referrals to local testing sites and other resources."

Free and confidential, the National AIDS Hotline is operated by the American Social Health Association under contract with the Centers for

Disease Control and Prevention.

The hotline's English service, (800) 342-2437, operates 24 hours a day, seven days a week. The Spanish language service, (800) 344-7432, operates from 8 a.m. to 2 a.m. (Eastern) seven days a week. The hotline also serves deaf callers through its TTY service, (800) 243-7889, from 10 a.m. to 10 p.m. (Eastern) Monday through Friday. □

## Trivia Test

by Linda Luckhurst

- 1. State Capitals:** What is the capital of Kentucky?
- 2. At the Movies:** What Bally pinball machine appeared in the movie, "Tommy"?
- 3. Women In History:** What Irish activist became the youngest woman ever elected to the British Parliament in 1969?
- 4. Fictional Detectives:** What detective made his debut in "A Study in Scarlet"?
- 5. In the Vernacular:** What is a "Cape Cod turkey" to a fisherman?
- 6. Shuffle the Deck:** What were "doped cards" to a cowboy?
- 7. Coups d'Etats:** Whom did Fidel Castro overthrow in 1959?
- 8. Appropriate Dubbed:** Who is referred to as "The Father of Geometry"?

### Trivia Test Answers

1. Frankfort; 2. "The Wizard"; 3. Bernadette Devlin; 4. Sherlock Holmes; 5. a cod fish; 6. a marked deck; 7. Fulgencio Batista; 8. Euclid

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# The Commuter's Place in the New SAC

The new Student Activities Center will be opening on January 22, 1997. One administration stated goals of this building was to ensure commuters feel more connected to this campus. Unfortunately, only one student was allowed to have a vote on the committee which planned the renovation of Central Hall and as a result commuters do not feel connected to the new Student Activities Center.

One of the important issues is the discussion about whether or not the meal plan card will be accepted at the dining facilities in the SAC. Dean Vazquez informed the polity senate at last weeks meeting that the cash only idea was in response to complaints about long lines in the various restaurants in the

Student Union. However, what was clearly not considered was the sharp reduction in business in the single cash only eatery in the Union, Colour's Cafe, since the onset of the Advantage

commuters can really call home. The CSA office is inside the Commuter College allowing us to oversee our space. In the new building however, the office will not be a part of Commuter College, the building managers will be in charge of the upper level of the lounge, and the lower level does not give us a tremendous amount of recreation space. In moving to the new building, we are losing space, and much more.

The Student Activities Center is supposed to be for us the students, and we had only one voice on the committee which made the decisions regarding the new building. This building was a time bomb waiting to explode. The day of reckoning has come, and our new building does not appear to be ours at all. The question is, what do we intend to do about it? □

## Commuter Corner

Brad Hausman

Plan at the beginning of the semester. Colour's Cafe has lost so much business that the possibility has been raised of closing it's doors if all commuters are expected to be in the new building.

Also, a more direct effect on Commuters is the change of space for the Commuter Student Association in the new building. As it stands the Commuter College is an often used and large space that

## Entrepreneur Opportunities for Students on the Net

Akron, Ohio — Unlike Bill Gates, students do not have to drop out of the university to start their own business today; thanks to a new Web site, Start Your Own Business at <http://www.startyourownbusiness.com/>. Internet Association Corporation opened a new Internet Web site last week to provide student entrepreneurs a place to become millionaires or maybe just pay some of their college costs. The new Start Your Own Business is aimed at college students, but seeks business leaders as mentors and business educators as partners in IAC's mission to help students run profitable businesses on the Internet.

The Web site features a Student Emporium, with a mall of student operated businesses and services; Chat rooms, to talk with friends or get advise from business leaders; and a Registration area with a Storefront Builder and information on running a student business.

Students seeking extra income and job networking can profit from the Web site and operating a business on the site. Business leaders and educators are also sought to sponsor and mentor the student businesses, but are not allowed to set up businesses.

"The Start Your Own Business and the Student Business Emporium provide the software tools and the marketing support for students to run profitable businesses on the Internet

from their dorm rooms," said Don Philabaum, CEO of Internet Association Corp. Philabaum started his own business while in college and saw it grow into a million dollar business.

"I want to help the next Bill Gates get started on this site and make a thousand more millionaires," said Philabaum. His goal is to foster successful student business and provide expertise and assistance to get them going. Philabaum has written a series of articles detailing each step of the process for students, but notes that entrepreneurial spirit is the key.

"We need business educators and leaders who have made it the hard way to share some of that experience by mentoring these student businesses and encouraging them to succeed on the Internet," said Philabaum. He seeks other companies and business leaders to join as mentors or sponsors of the program.

"I think this can be a win-win proposition for the students and business leaders," notes Philabaum. He feels businesses can win by seeing some of our best and brightest on the job before they graduate and students win by earning money to defray college costs.

According to Jeremy Hall, a recent college student who developed the Web site for IAC, Start Your Own Business allows students to start their own business on the Internet with "little or no

upfront costs." IAC provides the Web site and storefront builder software to get started easily. Each student business owner will be given five megabytes of disk space and unlimited traffic for the first three months at no cost.

IAC is trying to involve business schools and deans at major business schools in the project. "Many business schools have classes for students to try out their wings, IAC has grown that concept by using the Web to provide cyberspace storefronts and support services while giving some real practical experience and feedback," said Philabaum. "These are serious businesses that IAC will help to make money. We hope to get colleges and universities involved and supporting these student entrepreneurs."

The Start Your Own Business Web site originated from the popular University TopLinks Web site run by IAC that provides students quick access to the best links on the Web and student only areas of special interest. IAC's TopLinks logs more than 150,000 hits a day.

Students wanting to set up a storefront Web site or gain additional information may log on to the site at <http://www.startyourownbusiness.com> and fill out the registration form. Once registered the student can use the sitebuilder software to set up their storefront. Registration requires preparing a business plan and agreeing to practice

business ethics. Student businesses must file a semiannual report similar to a corporation.

University educators and business leaders may also join the Web site chat rooms, provide articles and guidance, buy sponsorships or use services of the students, but are not allowed to establish storefronts.

"Our real hope is that business leaders will step forward to assist and guide these entrepreneurs. This Web site can help train and identify our business leaders of tomorrow and give them the opportunity to test and implement educational business concepts and their own innovations," said Philabaum. □

## Sleighs at the Museums at Stony Brook

Celebrate the holiday season with a closer look at horse-drawn sleighs to be presented by carriage curator Merri Ferrell at The Museums at Stony Brook on December 15 from 2:30-4:30 p.m. Ferrell's lively commentary will be complemented by the sleighs on special display. The program is free with museum admission: \$4,\$3 for senior citizens, and \$2 for students from age 6 through college.

Sleighs are among the oldest forms of transportation. Used primarily in North Europe and North America, sleighs emerged not only as a form of winter transportation, but of folk art. Sleighs were carved, painted, lined with fur or upholstered in carpet. They ranged from light speeding cutters with a single seat to the famous "Cleopatra's Barge" which carried over one hundred passengers.

The Museums' carriage collection is recognized internationally as the finest of its type. It is especially valued by connoisseurs and scholars because most of the vehicles are in original presentation quality.

For information about the carriage collection or the Hooves and Wheels Series, of which the December 15 program is part, please call Merri Ferrell at (516) 751-0066, extension 222

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# EDITORIAL

## Today's the Day to Quit Smoking

Today is the Great American Smokeout. Smokers across the country will quit smoking for the day in hopes that this will lead to quitting for life.

Giving up smoking is the first step to leading a healthy lifestyle. Bad breath, yellow teeth or smelly clothes, who needs it? The last thing anyone wants to do is kiss someone who just had a drag. It's a nasty habit that costs too much money to support. It causes wrinkles at an earlier age and can lead to an earlier death.

According to defensive driving instructors, smokers get into more accidents because they either drive with one hand or they take their eyes off the road to look for a lighter.

Bottom line smoking just doesn't make sense.

All across campus, those who turn in their packs of cigarettes can receive free food or beverages in exchange at the following places:

**Papa Joe's - slice of pizza**

**All other Aramark locations - coffee, tea or soda**

**Stony Brook Pretzel Service at the Melville Library**

**Sports Complex Concession**

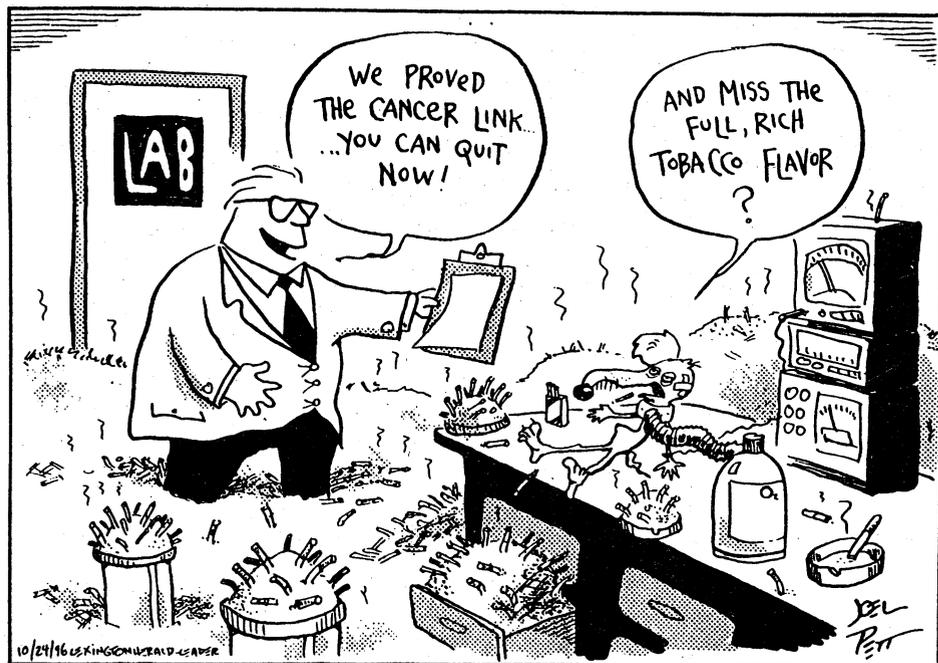
**Cafeteria at University Hospital - apple**

Information tables with brochures and stickers will also be located at the Student Union, Melville Library, Humanities and on Level 5 of University Hospital/Health Sciences Center.

If you have wanted to quit and just haven't been able to, today's your chance to start a new, healthier lifestyle. So do it. You'll be glad you did.

"Words, like eyeglasses, blur everything that they do not make clearer."

Joseph Joubert  
French Analyst, 1842.



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**Statesman**

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# LETTERS AND OPINION

## Cover Not Meant to Insult Southerners

### To the Editor:

When I read Glenn Zimet's Letter to the Editor in your November 18th issue, I just about choked on my grits.

Zimet, as you may remember, wrote to complain that *The Stony Brook Press* was guilty of Southern bashing, that it perpetuated "the myth that all Southerners are inbreeding, toothless, rednecks."

Well, you could've knocked me over with a feather when I saw that. You see, I'm the first Executive Editor of *The Press* born and raised on the southern side of the Mason-Dixon line.

Yes sir, I am one of Stony Brook's few and proud out of state students. I have lived my entire life (aside from college, of course) in the Commonwealth of Virginia; the "Old Dominion" and Capital of the Confederacy. I can see the Blue Ridge mountains from my bedroom window, and I spent my formative years playing ball on fields that were once the site of Civil War battles. When I'm angry, tired or drunk, I even start speaking with a Southern twang.

That's why Zimet's accusations were so shocking. Why, accusing me of Southern-bashing would be like accusing a priest of being anti-Catholic! I love my home, and I'm living proof that not everyone south

of Washington D.C. is a slackjawed yokel.

So why, then, did *The Press* print the Jesse Helms cover which so enraged Zimet? Well, as the great Southern author and satirist Mark Twain might have said: IT'S A JOKE!!!

I, apparently, have more faith in the sense of humor of "people of Southern descent" than Zimet does. I believe most people back in Dixie would think that cover was pretty funny... or they'd at least realize it's a joke.

Furthermore, I have no problem insulting those of my Southern brethren who voted for Jesse Helms. Helms is no doubt the most dangerous and disturbing man in Congress today. He's a crazy, racist homophobe and I find no acceptable reason to vote for him short of inbreeding-induced stupidity. *The Press* didn't insult the South... we insulted Jesse, and we insulted those crazy, racist, homophobic voters who put him back in office.

This is the man who, when a caller on Larry King Live told him, "I think that you should get a Nobel Prize for everything you've done to keep down the n—s," replied, "Thanks, I think." The same man who said that if President Bill Clinton visited North

Carolina, he should bring a bodyguard. The same man who in 1964 called the Civil Rights Act "the most dangerous piece of legislation ever introduced in Congress." The same man who is so stuck in the Cold War still advocates the invasion of Cuba.

Stuck in the Cold War... I might also apply that label to Zimet's pseudo-political ramblings. He insults *The Press* by calling us Communists? What is this, 1956? I've got news for him... we don't parody conservatives because we're part of some liberal conspiracy. We do it because they're such easy targets.

Last year Jesse Helms introduced Benazir Bhutto, the President of Pakistan, to the U.S. Congress as the President of India. You can't pull boneheaded stunts like that and not expect to get zapped! Helms got lampooned because he makes it easy. I'd be just as willing to satirize a liberal... I have, in fact. It's not my fault that Uncle Jesse is such a good target.

And hey, Glenn, whatever happened to good ol' fashioned Southern kindness? You been away from Mama Dixie too long?

David M. Ewalt  
Executive Editor  
*The Stony Brook Press*

Caribbean Spice Party Tonight at the Union Bi-level at 9 p.m. Party is fundraiser for 3rd Annual LGBT North-east College Campus Conference to be held at Stony Brook in April. Suggested donation is \$5. For more info call 2-6469.

## SAC and Merger of Libraries Are Just a Bad Idea

### To the Editor,

At the polity senate meeting last night the Dean of Libraries, Dr. Joseph Branin presented some of his proposals for the future of the nine libraries on campus. Among his proposals was the consolidation of all libraries into just two libraries, the Health Science Center and the Melville library. He also confirmed that he has asked for the removal of the commuter lounge in the library in favor of an entrance that would go directly to the stacks.

This is a very dangerous proposal. The commuter lounge is part of a small amount of space on campus that caters to the large commuter population on campus. Closing this space would leave the new Student Activities Center as the only place to go for commuters. The commuter

lounge is one of the most used areas on campus. It is always filled with students studying, and where will those students go if it's closed? The answer is that there is nowhere else for them to go. Not only commuters study there, numerous residents find the space useful as well. It is imperative that we as a student body sends a clear message to the administration of the University that this is unacceptable.

The administration of our school needs to see that all the students can unite to demand change. The belief that students do not care is unfortunately not unfounded. For this reason, the administration does not always actively seek student input. The only way this will stop is if the students show the administration that we want to be involved in the decision

making on campus.

At your Leg meetings this week, your senators will inform you that Adam Weinberger has proposed to send a resolution to Dr. Fred Preston, informing him that polity will boycott the new Student Activities Center until some of our concerns are addressed. Please, consider this proposal seriously and think about what it means. I personally believe it would send a strong message to Dr. Shirley Strum Kenny that we are disgusted with what we have heard thus far about the renovated building.

The question was raised as to whether or not it's too late. It may be too late for phase 1. However, phase 2 is still in the planning stages, and we might be able to turn that into changing the building to address the needs of the students. The time for

action on both issues is here, and it is up to every student as to whether or not they want a say in the future of this school.

Brad Hausman  
Commuter Student Association  
Vice -President

Kenneth Myers of the New Jersey Historical Society will speak at 5 p.m. in room 4340 of the Melville Library. His topic is "Corporate Support of the Fine Arts in Jacksonian America: The example of the Steamboat Albany Collection." Free and open to the public.

The Stony Brook Statesman, the newspaper for SUNY at Stony Brook and its surrounding community, is a nonprofit literary publication that is produced twice-weekly during the academic year and bi-weekly during the summer. Statesman Association, Inc.'s offices are located in the lower level of the Stony Brook Union.

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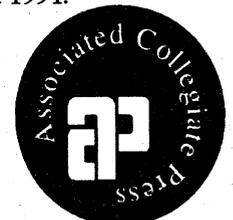
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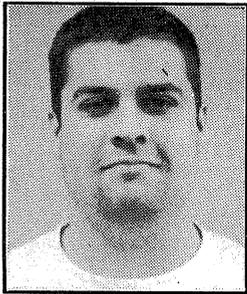
# FEATURES

ARTS, ENTERTAINMENT & STUDENT LIFE

Thursday, November 21, 1996

## Reconciliation at the Beacon

NEW OUTLOOK ADDS TO THE CHARM OF THE BLACK CROWES



**TURN IT UP  
&  
PASS IT ON**  
RON STRAUSS

It was only last year when Black Crowes' drummer Steve Gorman left Manhattan with somewhat detested thoughts in his mind after the conclusion of the five straight shows the Crowes had pounded out at the legendary Beacon Theatre.

Aside from the rave reviews from critics and a performance that was applauded by Crowes' fans, one would never know that the future of the band at the conclusion of the Beacon series was in jeopardy.

Well, sort of.

"Everyone was booking their own plane tickets home, thinking, 'after this show, I'm out of here,'" Gorman recalled. "Three of the five dates, someone quit a sound check. We were fighting a lot."

In Gorman's opinion, that was the lowest point that the band had gotten to. It was at that point, that he believed someone would not be on the bus to

continue the Boston leg of their much-anticipated tour. But everyone was, and since then, the Crowes have pieced things back together with an oddly-recorded fourth album and a new outlook on the band's future, drawing on their new-found nucleus that has established them as 'Six Musicians on a Mission,' rather than their lead vocalist, Chris Robinson, and a band.

"It's a natural position for the front man. He's the focal-point anyway," said Gorman. Which is true. Most of the attention the media gives to certain bands tends to spotlight their lead vocalist. And, for a long time, Robinson was the unequivocal center of the band, according to Gorman, because Robinson had more experience doing interviews and the rest of the band did not.

"People seem to gauge a lot by that, by who's talking," Gorman said. "But inside the band, it's different."

It's very different, when you consider the fact that the Crowes have built up a reputation as "the fan's band." They're a band that offers reserved-seating for their fan-club members at shows and has a persona for being involved in the total music experience. They're the last band that one may think of as having internal problems. But, for a while they did.

Now, with the completion of their fourth album, *Three Snakes And One Charm*, and a Halloween-time return to the Beacon for three shows this year, the Crowes may



Steve Gorman in the center of the action at the Beacon

Photos / Ron Strauss

have found their "Remedy."

Opening night, on Oct. 30, which was the first of three shows scheduled for Oct. 30, Oct. 31 and Nov. 1, revealed the new-and-improved collection of six rejuvenated and anxious souls, who were all too willing to let the media — and most of all, New York City — know that the Crowes have gone through a communion and put last year's trivialities behind them. So, the Beacon shows represent the final implement that was necessary to coming to a sense of closure after the completion of *Three Snakes*, to shut the door on the feelings of dejection that followed them after their last visit to NYC. With Gorman suitably situated in the center of the stage for their NYC-return, and the barefoot Robinson shimmying up and down, the Crowes began to pump out their light-hearted brand of tonk-tinged oatmeal and solo-laden rock 'n' roll. The Beacon was alive.

"It's one of the few gigs out there that you actually look forward to," said Gorman, addressing his desire to go back to the Beacon to sort things out. "Every gig is the most important gig, but the Beacon show is always very special."

One of the special aspects of this tour is the new album, which was recorded in a makeshift studio in a residential home. The idea had a lot to do with creating

a family-type environment for the band to settle into, where they could solidify each member's role and mold each role into one homogenous identity. It's an idea that has given Gorman and the rest of the members a greater sense of autonomy with their given roles, while still feeling part of one working system. "You still feel the same role personnel-wise, the way you slide into slots like a family does," Gorman explained.

And a family is what they have become. Opening night revealed one of the crispest and most technically-polished performances under the ceiling of the auditory ballroom. The band who's, in Gorman's words, "collectively over thirty-seven-foot tall," played like goliaths, with an opening set and encore that offered home cookin' for over two hours.

The bill was a well-rounded assortment of familiars from their multi-platinum supershaker, *Shake Your Money Maker*, and *The Southern Harmony And Musical Companion*, which are two albums that have become staple faves in Crowes' fan lore. Tracks like "Sister Luck," "Twice As Hard," the funky-chopped "Thick N' Thin," and "Could I've Been So Blind" contained the resonance that most drill sergeants would wet their pants over. Also, an elongated version

of the versatile tune, "Thorn In My Pride" was, in all probability, their most impressive accomplishment. Almost an hour into the performance, the song cooed skeptics, who until then had showed little enthusiasm and gave the comfortably-chilled fanzines up front their money's worth.

But the performance also predictably concentrated on their new album, *Three Snakes*, which, in Gorman's opinion, has been a great achievement, one that supersedes their previous release, *America*, because of their new-found or elevated sense of order and cooperation with each other. The band was impressed with the results, and their ambition to fill the gig with a huge chunk of the newer material is attributed to this. Under a neon haze reminiscent of ancient mini-Dead sets, the Crowes nudged out a fiery rendition of "Blackberry," a spine-tingling surge of "(Only) Halfway To Everywhere," "Better When You're Not Alone," and "How Much For Your Wings," while shifting to and fro between the old fan favorites.

"It's six guys just working together and trying to make the right music, and make decisions that are the best for our lives," Gorman said, addressing the current philosophy that has steered them back in the right direction. "It's real simple that way." □



Chris Robinson gets into motion at the Beacon

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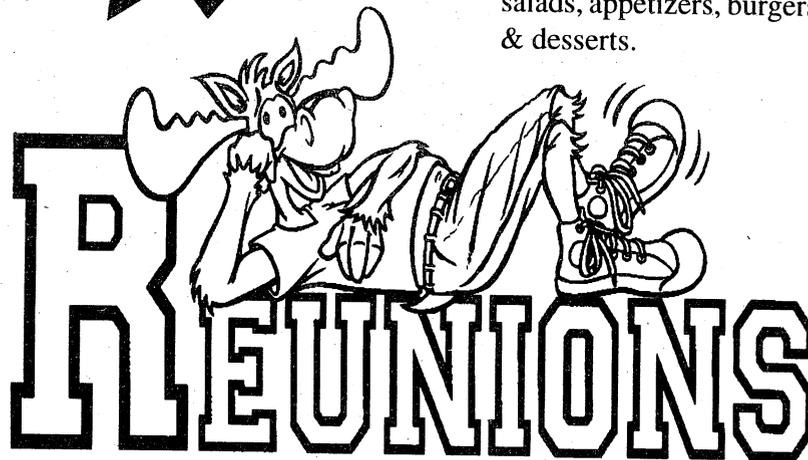


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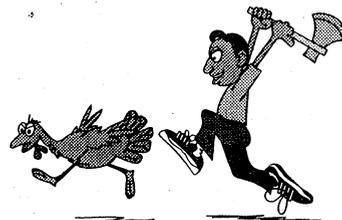
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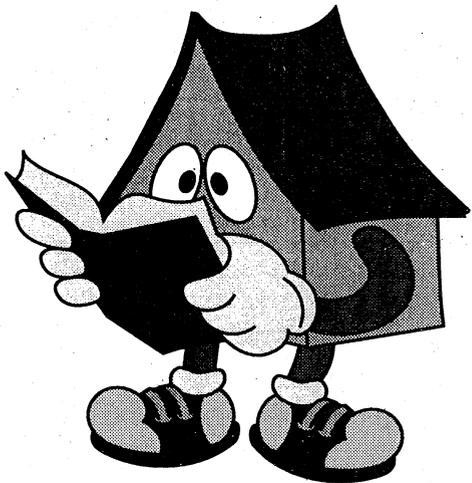
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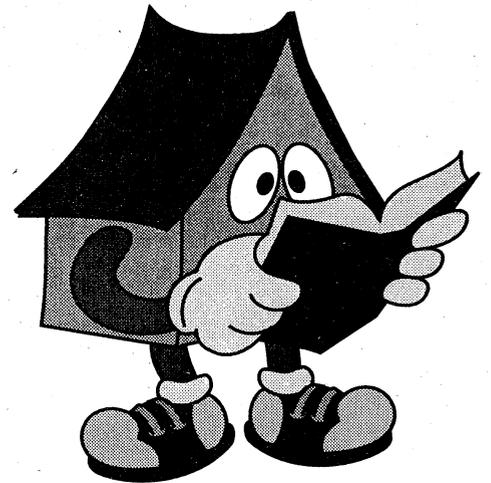
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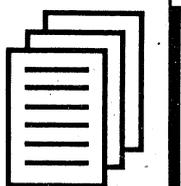
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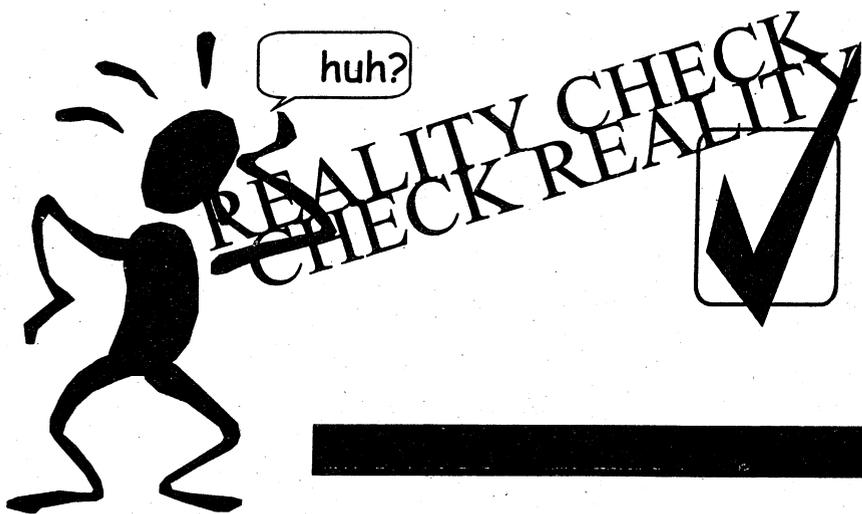
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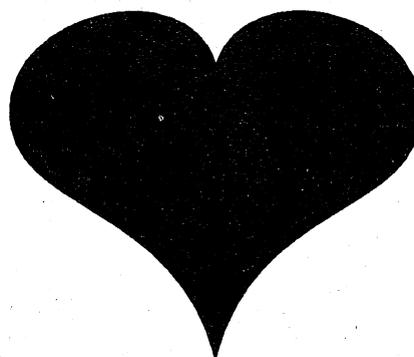
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# Shannon Miller Makes History

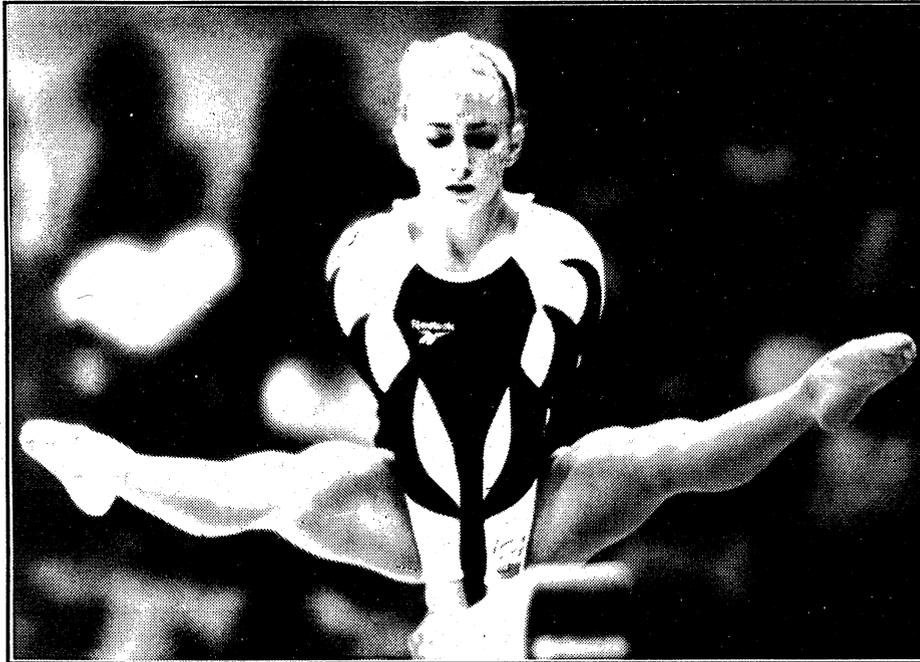
From MILLER, Page 12

possibility of 1992 Olympic gymnast's Kim Zmeskal's unfortunate fall on the balance beam and the off-balance which caused her to step out of bounds on the floor exercise, to weight loss. Betty Okino, also from the '92 Olympics said they were probably taking in less than 1,000 calories a day. It is virtually impossible to sustain your body on such lack of nutrients, especially when training for eight hours a day. Karolyi is known for being a tyrant with his verbal abuse. In her book, Ryan notes how he would sling insults at his athletes: Kim Zmeskal was a "pumpkin" or "butter ball," and Betty Okino was a "pregnant spider." The gymnasts who trained at his camp once frantically stashed their healthy breakfasts under the couch and in cabinets because they didn't want Karolyi to see them eating, of which he equated with sloth and weakness.

Erica Stokes calmly sat on the couch when he came in and ate a peach. He screamed at her that she was lazy and fat and made the team train an extra two hours because of it. Karolyi invited her to leave, and she did, calling up Steve Nunno, who is Miller's coach. He didn't know that she developed bulimia under Karolyi, as many of his athletes developed one form of an eating disorder or another. He put her on a healthy diet but encouraged her to lose ten pounds.

Miller laughs at the idea of nutritional deprivation. "I think it's pretty absurd to think of depriving yourself of food to make you compete better, that doesn't make any sense," she said. "I've never been on a diet, I've just been taught how to eat healthy. And if I want a slice of pizza, I'll just have a slice of pizza. I know I just can't go overboard on it."

She maintained that her parents and coaches have always been very supportive of her and had her best interests in mind. She seems very happy with her accomplishments, yet has remained very down to earth. Her personality doesn't seem to describe the harsh sentiments that Joan Ryan portrayed Nunno in. "Steve



Shannon Miller

Photo / Dave Black

Nunno considered Shannon Miller's victories his own. He saw his gymnasts as empty vessels to fill with his expertise and energy," Ryan writes.

She also doesn't agree that she has missed out on any childhood activities since she's lived at home and attended public school. Gymnastics may have taken up most of her life, but she loves it and doesn't view it as sacrifice.

During the 1996 Olympics, the bombing of was quite a shock. Shannon commented on her reaction when she found out of the tragedy. "It probably hit harder for me since I'm from Oklahoma and I remember the Oklahoma City bombing and what a tragedy that was," she said. "It was kind of scary, but it was also kind of disappointing that someone would do something like that during the Olympic games when the games were all about bringing peace to the whole world."

After this downer, the United States needed some positive news. The U.S. women's gymnastics team provided that uplifting spirit when they won the gold

for the first time in history, not without a rocky ending. After America's darling, Dominique Moceanu, fell twice on the vault, it was up to Kerri Strug to finish off America's lead. When Strug followed

Moceanu's suit and fell as well, America held it's breath.

"I was third up, and so after I went I looked at the scoreboard and saw that we were a little bit over a point ahead, so we knew we had it," explained Miller. "But there's always that little thing in the back of your mind saying, 'Oh, you don't quite have it yet.'"

She said the team wasn't worried about slipping in rank when Moceanu or Strug fell because they knew they would still win, yet they were still cheering for their teammates for them to get into all-arounds.

When Strug stuck her landing on a sprained ankle, the team knew they made Olympic history.

Olympic veteran, Shannon Miller, has reached retirement age for gymnastics. But after winning two world championships, a U.S. championship, securing seven medals in two Olympics (two of which are gold from Atlanta), there's not much more for her to do in this realm. "Gymnastics is never really going to leave me, because it's been such a big part of my life," she said.

Miller may go on to bigger and better things, but she'll never be forgotten as the world's most decorated gymnast. □

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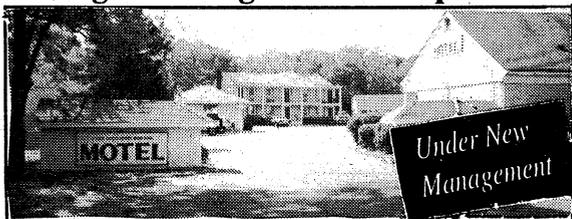
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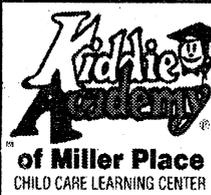
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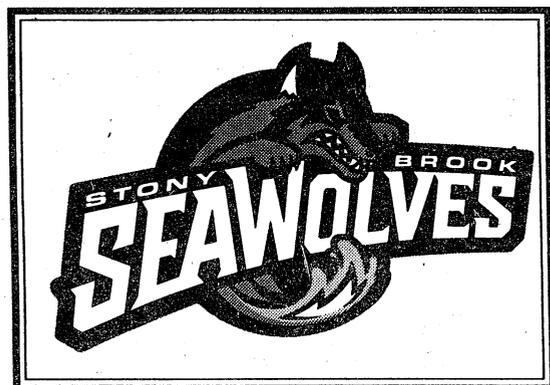
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# STATESMAN SPORTS

THURSDAY, NOVEMBER 21, 1996

## It's Miller Time

### Olympic Gold Medalist Shannon Miller Tells What It's Like to Make History

#### ♀ According to Eve



By Brooke Donatone

Everyone asks why I didn't interview Kerri Strug. Answer: Because she's not the most decorated gymnast and the highest scorer on the history making U.S. Olympic team; nor is she the only gymnast in United States history to win two world championship all-around titles back to back; nor is she only the fourth woman in all of gymnastics history to accomplish these amazing titles.

Shannon Miller called me at midnight and apologized that she got my fax so late. I asked her what state she was in. "Where am I now?" answered the slightly disoriented gymnast. "Oh, Detroit." Miller was about to board another plane the next day as part of the gymnastics tour.

Miller got a trampoline for Christmas when she was five years old. It began as simple childhood admiration for a sport. "I just loved doing it. And I kept wanting to go more and more," she said.

Ironically, she never expected to make it to the Olympics. When asked, she

giggled in her Oklahoma twang. "No, I didn't even really think seriously about the Olympics until 1991. I just enjoyed doing it, I never really watched the Olympics before, I didn't really watch gymnastics on TV that much," she said. "I kept going to more and more competitions and moving up in levels and then it was kind of like the Olympics were the next level."

Miller is incredibly modest about her accomplishments, her most recent contributing to the team gold and winning gold on the balance beam in the individual all-arounds in the Olympics. Does she realize her talent? "I don't," she said. "I realize it more now than I did four years ago, or even at the Olympics this time. We're starting to get a little bit more of a taste of what we accomplished because of all the cities that we're going to and the reactions that we're getting."

People talk about the importance of winning a medal and place significance on the all-around competitions to see "who is the best." Miller doesn't hold such narcissistic views. "I was very excited in '92 to win any medal at all. I was just so surprised, and really being in the Olympics, making the team, was my goal, and to go home with medals, I was amazed," she said.

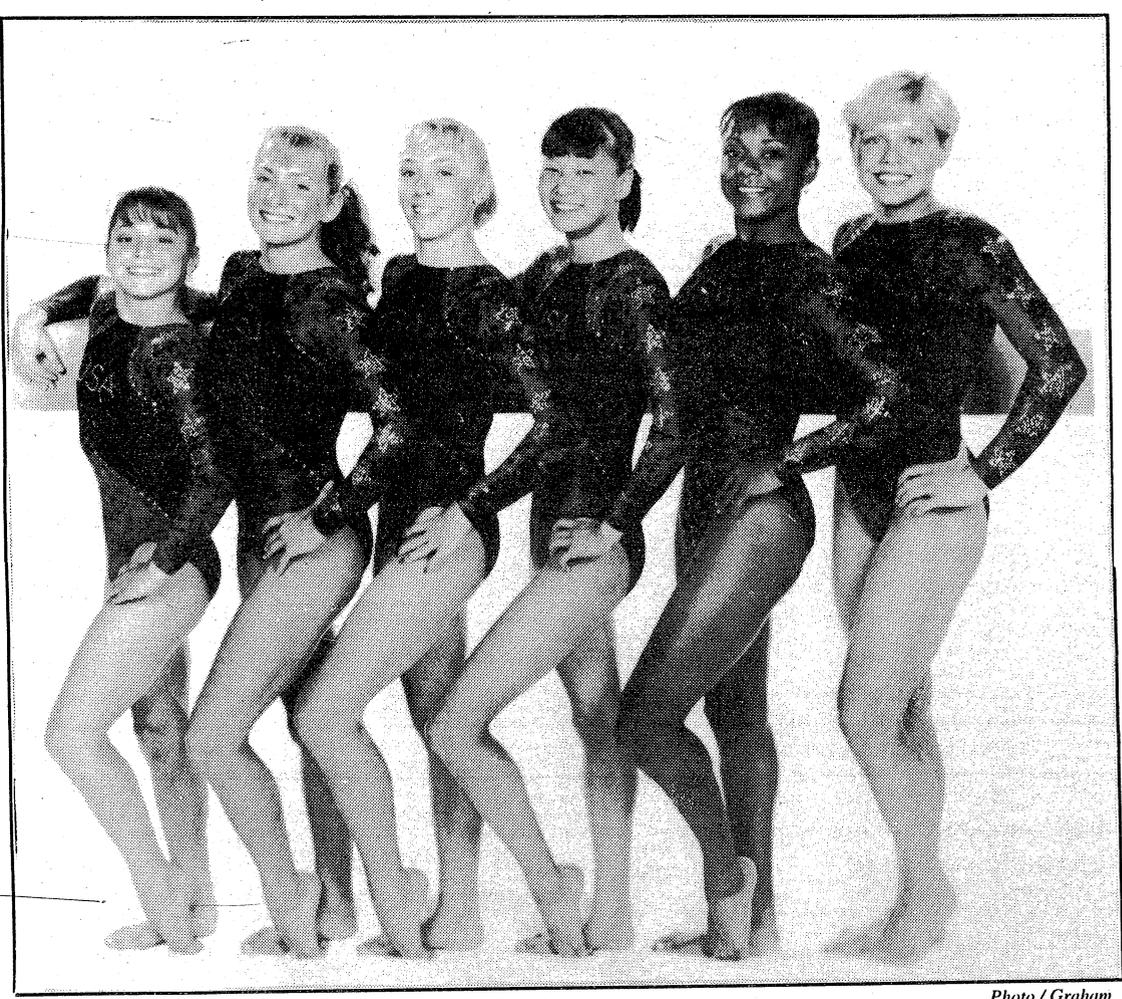


Photo / Graham

The 1996 U.S. gold medal-winning women's gymnastic team (with the exclusion of Kerri Strug): from left, Dominique Moceanu, Shannon Miller, Jaycie Phelps, Amy Chow, Dominique Dawes, Amanda Borden.

Since Miller was considered a veteran in the '96 Olympics, there were higher expectations put on her, but not necessarily from the fans. "There was a little bit more pressure going into Atlanta. Not from anyone else, but just pressure I put on myself because I knew that it was the

hometown crowd and there were a lot of expectations for us to win a gold medal," she said.

A *New York Post* columnist criticized parents and coaches of female gymnasts because the athletes were forced to give up their childhoods and were nutritionally deprived. Joan

Ryan wrote a book called *Little Girls in Pretty Boxes* in which she describes how gymnasts in the Bela Karolyi camp had to concoct plans to secure food because they weren't getting enough to eat. She attributes the

See MILLER, Page 10

## Basketball Off To A Fast Start: Win Tourney, Go 2-0

Brian Hennessy scored 24 points, including five three point shots in leading Stony Brook to the Lord Amherst Tip-Off Classic title and a 2-0 season start. The Seawolves defeated Seneca College 69-64 Friday and won over Daemen College 73-63 in the championship game Saturday. Hennessy averaged 15.6 points and six assists over the weekend and was the tournament MVP. Larry Gibson was also awarded all tournament honors. The team will play their next contest against Division I Hofstra at Hofstra this Friday before

coming for the first time to play Adelphi next Tuesday.

Starting both games for the 'Wolves were; sophomore Bobby Mahoney and junior Gibson at guards and sophomore Kendall Richards, freshman Ryan McDermott, senior Hennessy in the front court. Freshman guard Rob Hartman made some noise in his debut by capturing NECC Rookie of the Week honors. Hartman had eight points, four rebounds and two assists against and contributed 11 points against Daemen. □

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	NECC	All Games	Pct.
Stony Brook	0-0	2-0	1.000
New Hampshire College	0-0	2-0	1.000
Bridgeport	0-0	2-0	1.000
UMass Lowell	0-0	1-0	1.000
Sacred Heart	0-0	0-0	.000
New Haven	0-0	0-0	.000
Southern Conn.	0-0	0-0	.000
Albany	0-0	0-0	.000
Keene State	0-0	0-0	.000
Franklin Pierce	0-0	0-2	.000