

Cruisin' Cyberspace With Cappuccino

Professor Java's Internet Cafe Combines Coffee and Computers for New York City Flavor

By ALEXANDRA CRUZ
Statesman Editor

You can have your coffee short, tall or grande. Or you can have latte, cappuccino or espresso. Better yet, create your own caffeine fantasy at Professor Java's Internet Cafe in Stony Brook.

Professor Java's, nestled behind the Century 21 Village on Route 25A across from the train station, is a sanctuary for coffee lovers. While sipping one of their coffee creations, one can study, hang out with friends or surf the Net.

It's an answer to the cries of students who have wanted a coffee house on campus. Even though the administration has promised one in the Student Activities Center, it is yet to be seen. Robert Hendriks, the owner of Professor Java's and an alum of Stony Brook, says, "When in school at Stony Brook, we always wanted a coffee house in the area. There were only bars."

When one walks into the cafe, one is greeted with a homey kind of environment. The walls are filled with racks of coffee beans, snacks and syrups of all kinds. "I figured this would be a great thing for students plus it would be a great thing for the community," Hendriks, who teaches everything from navigating the Net to

desktop publishing, says.

Although it is an Internet cafe that has stations set up for Net surfing, the cafe is used by students as more of a place to hang out. "The Internet aspect of it is probably not real-student oriented because students are so familiar with the Internet and can access it at no charge from the University," Hendriks says. Customers who use the computers are charged \$2.50 for every 15 minutes on the Net, making it costly for student use.

Professor Java's offers a wide array of coffees from Kenya, Ethiopia and Indonesia. These beans are shipped to the cafe's sister store in Albany, and there the beans are roasted. They are delivered fresh to Professor Java's every week. Prices range between 90 cents for a flavored cup of coffee to \$3.95, and you can get your drinks hot or cold. If you plan to hang out for a while it might not be a bad idea to get flavored coffee. For \$1.15 you can get unlimited refills.

Professor Java's also offers pastries and bagels. If you're craving for a sandwich, you can get a simple peanut butter and jelly or the "Dagwood Deluxe," a sandwich made with turkey, ham, provolone, and swiss on sour dough or wheat bread.

For entertainment, on Thursday nights,



Statesman / Laura Lo

Professor Java's Internet Cafe

the cafe hosts poetry readings. On Fridays and Saturdays, you can hear live music with no cover charge. All events start at 9:00 p.m. "I think what students have really liked in coming here is it being kind of a haven," Hendriks says.

"I love it," says freshman Meg Parey. "It's really a quality place. It offers a mellow atmosphere. You feel like you're in the city and not at all on Long Island."

Medical student Indu Subaiya comes to Professor Java's almost every day. At the cafe, she drinks coffee as she studies. "It's a nice atmosphere where you can relax," she says.

"Stony Brook is in desperate need of places where students can go to hang out," says junior Mari Paglinghi, "and finally the community has answered and provided the students with a place to come, relax and study." □

Enjoying The Great Indoors This Summer

Plenty of Cool Things to do at Sports Plus - Minus the Sunburn

By TOM FLANAGAN
Special to The Statesman

This summer, forget about the beach.

You want to cool off? Think ice skating. You want to exercise? Try laser tag. You want to enjoy the sun? Play some golf.

You want to have fun this summer?

Then go to Sports Plus, Long Island's entertainment mega-center, where the only problem you're likely to encounter is finding an excuse to leave.

Sports Plus, operated by Leisure Complexes, Inc., of Centereach, offers an NHL regulation size ice rink, Lasertron and an 18-hole

executive golf course. And that's not all. There's a 48-lane ultra-modern bowling center, Iwerks Motion Master Theatre, Power Alley batting cage, more than 200 video and redemption games, a spacious events center and a full service bar and restaurant.

Open for public skating sessions every day, the ice rink also offers hockey league competition for pre-schoolers through seniors. If you're a novice, there's no need to worry. Power skating, free-style and hockey lessons are also available. There are four locker rooms and bleacher seating for more than 800 spectators. And for some added excitement, there's a DJ on Friday and Saturday nights.

Lasertron, a game of laser tag, pits two teams against each other, both equipped with battle vests and laser guns. You score points by reaching the opposing team's home base. Sounds easy enough, but here's the rub: you have to maneuver through a darkened maze complete with swirling fog, futuristic lighting and, of course, enemy fire.

For those who don't want to worry about being zapped by their best friend, a relaxing game of golf might be an alternative. Sports Plus offers The Ponds, an 18-hole executive golf course good for about three hours of playing time. If you don't feel like playing a whole game, then take some swings at the driving range.

Or if bowling's more up

your alley, check out the 48-lane bowling center, complete with automatic scoring, color monitors and colored balls that look like oversized Skittles. For the kids, there's Wall Ball, a variation of the game that eliminates the frustration of not being able to keep the ball on the lane. Nylon bumpers guide the ball toward the pins while keeping it out of the gutter. There's also a snack bar, lounge bar, Pro shop and a self-contained smoking room. On the weekends, disco lights flash and a DJ pumps out the tunes for Rock-N-Bowl.

If it's thrills that you seek, Iwerks Motion Master Theatre has plenty of them. Experience the movies like never before as you strap yourself in for a three

and a half minute rush of adrenaline. Your seat moves and you feel the wind and the mist as you hurtle through the sights and sounds of the action-simulated presentation.

For a chance to test your mettle against the pros, head on over to Power Alley, a trip into virtual reality baseball. Think you can hit one of Roger Clemens' rockets? How about a splitter from David Cone? Well, here's your chance. Step into the batting cage, choose the pitcher you want to face and ground into your stance. Video images of Clemens, Cone, Doc Gooden, Randy Johnson or one of the other pitchers you chose will gladly show you their stuff.

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The Stony Brook Statesman, which serves SUNY Stony Brook and its surrounding community, is a nonprofit literary publication produced twice-weekly during the academic year and bi-weekly during the summer.

First copy is free. Each additional copy is 25 cents.

For advertising information, call us at 632-6480 from 9 a.m. - 5 p.m.

Editorials represent the majority opinion of the Editorial board and are written by one of its members.

The Stony Brook Statesman welcomes letters, opinions and information about events and issues on or around campus. Write to: The Stony Brook Statesman

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The Stony Brook Statesman has been a member of the Associated Collegiate Press since 1994.

Summer Activities

Staller Center

Long Island Film Festival

The Long Island Film Festival joins the Staller Center for 15 days, from July 19 to August 2. Film entertainment includes foreign (*Kolya, Temptress Moon, Prisoner of the Mountain*), classic ("Meet the Moviemakers"), art (*Shine, Crash, The English Patient*) and big-screen popular (*The Saint, Volcano*). Live interviews with movie-stars, directors and screenwriters mixed with previews and premieres as Long Island and International Independent film-makers screen their new films and videos and vie for top honors at the festival.

A festival pass is your entry into more than 50 screenings. Passes are \$40 and limited in number. A full schedule of films, events and guests as well as individual film tickets will be available after June 15. Certain screenings will be limited to pass holders only. For information, call 632-7230.

Art Gallery

Terence Netter will present "Visions and Revisions: Paintings from the Nineties" at the University Art Gallery from June 14 through August 2. A reception is scheduled for Saturday, June 14, 6:30 - 8:30 pm. Gallery hours are noon to 4 pm Tuesday through Friday and 6 - 8 pm on Saturday. The gallery is closed Sunday, Monday and holidays. For information, call 632-7240.

Union Crafts Center / Wellness Center

The Union Crafts Center in the basement of the Student Union offers a number of activities throughout the summer.

Excellent low-cost courses in Basic Photography, Drawing into

Painting, Low Fire Glaze workshop, Beginner Pottery Making and Floor Loom Weaving will begin in June. Leisure classes in Kayaking, Bartending and Wine Appreciation are also offered through the Center. Children's classes in Mixed Media Arts and Clay Workshops will be offered on mornings in July. Preregistration is necessary, so call today for a brochure and more information: 632-6822 or 632-6828.

The Wellness Center in the Student Activities Center will offer classes in Tui Chi, Yoga, Aerobic and Dance. Call for schedules at 632-6850.

The Crafts Center also offers membership to people who'd like to work on their own in the Center's excellent ceramics, weaving or photography facilities. Like all crafts activities, memberships are available to people, young and old, from both the University community and community audiences.

Crafts Center Calendar Week of June 16

Pottery Making I, Drawing into Painting, Beginner's Pottery, Clay Sculpture, Wine Appreciation, Bartending, Kayaking Fundamentals, Basic Photo, Floor Loom Weaving.

Week of June 23

Lower Fire Glaze Workshop

Week of June 30

Clay Workshop for Children, Mixed Media Children's Art Workshop.

DANCING

Cajun Dance Instruction

The Long Island Traditional Music Association (LITMA) presents Cajun dance instruction and practice on Saturday, June 21 from 3p.m. to 5 p.m. at the Brush Barn of the

Smithtown Historical Society, north side of Route 25, 1/2 block east of Route 111, behind Epenetus Smith Tavern. Soft-soled shoes only. Beginners and singles welcome.

Admission is \$6, \$5 for members.

For more information, call 269-6326.

New England Contradance

The Long Island Traditional Music Association (LITMA) presents New England Contradancing on Friday, June 13 and Friday, June 27 at the Brush Barn of the Smithtown Historical Society, north side of Route 25, 1/2 block east of Route 111, behind the Epenetus Smith Tavern. Calling by Jim Gregory to live music by Dance All Night on June 13. Chart Guthrie calling to live music by The Barn Burners on June 27. Soft-soled shoes only. Beginners and singles welcome. Introductory lessons at 7:45. Dancing begins promptly at 8 p.m.

Admission is \$8 for adults, \$7 for members and senior citizens. Children 7 - 14 are 1/2 price, with children under 7 free.

For more information, call 269-6326.

Theater

Theatre Three
412 Main St., Port Jefferson
928-9100

Playing through June 21:

Jesus Christ Superstar

Andrew Lloyd Webber and Tim Rice's brilliant rock opera of Christ's Passion. The quest for human and divine truths is told through a vibrant and impassioned score. A landmark musical about the healing and joyous quality of love.

Shows are on Friday and Saturday evenings, with a Thursday evening show on June 5 and Sunday performances on June 1 and June 8.

Playing July 5 through August 23:

The Wiz

Ease on down the road with the hit Broadway musical *The Wiz*. Join Dorothy and her friends for a dazzling lively mixture of rock, gospel and soul in this rollicking re-telling of L. Frank Baum's *The Wonderful Wizard of Oz*. A musical that radiates such energy it will have you out of your seat. A treat for the entire family.

Shows are Friday and Saturday evenings, with Thursday evening shows on July 31 and August 7, and Sunday shows on July 6, July 27 and August 3.

All performances on Thursdays, Fridays and Saturdays at 8 p.m. Sunday performances begin at 7 p.m. on June 8, July 6 and August 3 and 3 p.m. on July 27. Ticket are \$18 on Saturday and \$15 on Friday. All other performances are \$12.

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St. James General Store

For those Stony Brook students who are looking for something to do off campus, the Saint James General Store will be holding various presentations given by Long Islanders during the month of June, including such topics as arts, crafts and antiques.

All about coins: What's that pocket change really worth? Those who are interested in collecting coins should attend the store's next demonstration, which will be this Saturday, June 7 from 11 am to 3 pm. Jerry Kramer, of Smithtown Coins, Inc., who has been a collector since childhood, will discuss the history of coins during this session and will give a free appraisal of up to 15 coins per visitor.

Grow your own tea: The tea connoisseur will most likely enjoy the presentation given by Maureen Winters, gardener and herbalist, on Saturday, June 14, from 12:30 - 3:30 pm. During this session, visitors will learn how to grow their own herbal tea garden, and how to dry the leaves

to create tea.

Antique Appraisals: Don't get rid of your old things just yet. A free antique appraisal clinic will be given from 10 am to 2 pm on Saturday, June 21. It will be conducted by members of The American Society of Appraisers. Limit two items per visitor.

Make your own soap: Add a creative touch to an ordinary bath or shower. Karen Klein, who teaches crafts such as knitting, needle art, embroidery and beading, and owner of Knitworks in Amityville, will demonstrate the art of soap making on Sunday, June 29 from noon to 2 pm.

The Saint James General Store, which is a historical landmark, is owned by Suffolk County and run by Friends for Long Island's Heritage, a non-profit organization. It is located at 516 Moriches Road, just north of Route 25A. Hours are 10-5 every day.

— JENNIFER CONEFRY

Milk Does A Body Good — Inside And Out

Ingredient for Beautiful Skin this Summer is Right There in the Refrigerator

3

By SUE CAVALLARO
Special to *The Statesman*

The newest trend in beauty products is actually one of the oldest products known to humankind, and it's found in 99% of American households — Milk.

Milk, yogurt, and other natural products have been used by women throughout the ages to keep skin supple and soft. Milk, cream, yogurt and sour cream are all high in protein, calcium and vitamins, and make soothing cleansers. They also contain lactose, an alpha-hydroxy acid that gently sloughs off dead cells, leaving skin soft and smooth.

Now, the drink we all know "does a body good" is being featured in women's magazines (like *Self*, *New Woman*, and *Prevention*) as a base for facial scrubs, masques, hair care products, creams and other beauty essentials you can make at home with everyday items found in your refrigerator and kitchen cabinets. A stroll through the beauty section of your favorite bookstore reveals a number of guides that promise healthy skin, eyes, hair, and feet — in a nutshell, spa results for at-home prices.

This trend is even evident at your local cosmetic counter. From Estee Lauder's Nutritious, to Milk Formula F21C, milk is making a splash on the beauty scene. The reason: peptides increase skin collagen production, leaving skin firmer with fewer lines and wrinkles, and the lactose in milk reduces redness. Also, new soaps, scrubs, moisturizers and cleansers contain milk's lipids and ceramides which encourage moisture retention and smooth skin. Companies such as The Body Shop, Crabtree & Evelyn and Bath & Body Works also have milk-based products available.

When creating beauty products at home, it is important to rinse well after using dairy products — the milk will spoil if left on the skin. You can be beautiful at home with ingredients from your kitchen. Try these simple steps to create beautifying recipes:

Quick Pick-Me-Ups

A yogurt mask is perfect for removing surface impurities and restoring the skin. Simply spread plain yogurt over skin and let sit for fifteen to twenty minutes. Rinse off and pat skin dry.

For a simple beauty treatment that deep-cleanses skin, mix one-quarter cup of sour cream with two tablespoons of oatmeal to create a homemade cleansing mask. Massage into face and neck, leave on for twenty minutes, and rinse with warm water.

Sunburns are always a summer bummer. Apply plain yogurt or buttermilk to sun damaged spots to take the sting away from mild sunburns.

Milk Baths

Milk baths were made popular by the Egyptian Queen Cleopatra, who was known for her incomparable beauty. More recently, superstars such as Diana Ross and Diahann Carroll have been reported to soak in milk-filled tubs daily. Famed photographer Annie Liebovitz photographed Whoopi Goldberg lolling in a bathtub of warm milk for an exhibition of celebrity portraiture. Fluid milk added to bathwater creates the sensation of floating in a soft, warm cloud — without a sticky residue.

Tea with Milk and Honey Bath

Mix two cups double strength chamomile tea with one-half cup of honey. Stir into bathwater with three quarts fluid milk. Soak and rinse.

Salty Milk Bath

A potent solution for transforming rough, scaly skin into silky smoothness. Dissolve one cup of table salt in a pan of boiling water. Pour into tub and mix in three quarts of fluid milk. Soak, then scrub with a loofah. Rinse thoroughly.

Body Scrub and Face Masks

Skin conditioners for the entire body, as well as the face, can be made from simple household ingredients.

Lady Godiva Body Scrub

You'll need 1/4 cup granulated sugar, two tablespoons vegetable oil and two tablespoons whole milk. Mix together ingredients into a smooth cream. Before bathing, gently massage mixture all over body to increase circulation and remove dry, flaky skin. Rinse skin with warm water and moisturize well. Yields enough for one whole body treatment.

Fresh Strawberry Mask

Strawberries are time-tested as skin improvers that clean pores, tighten skin,

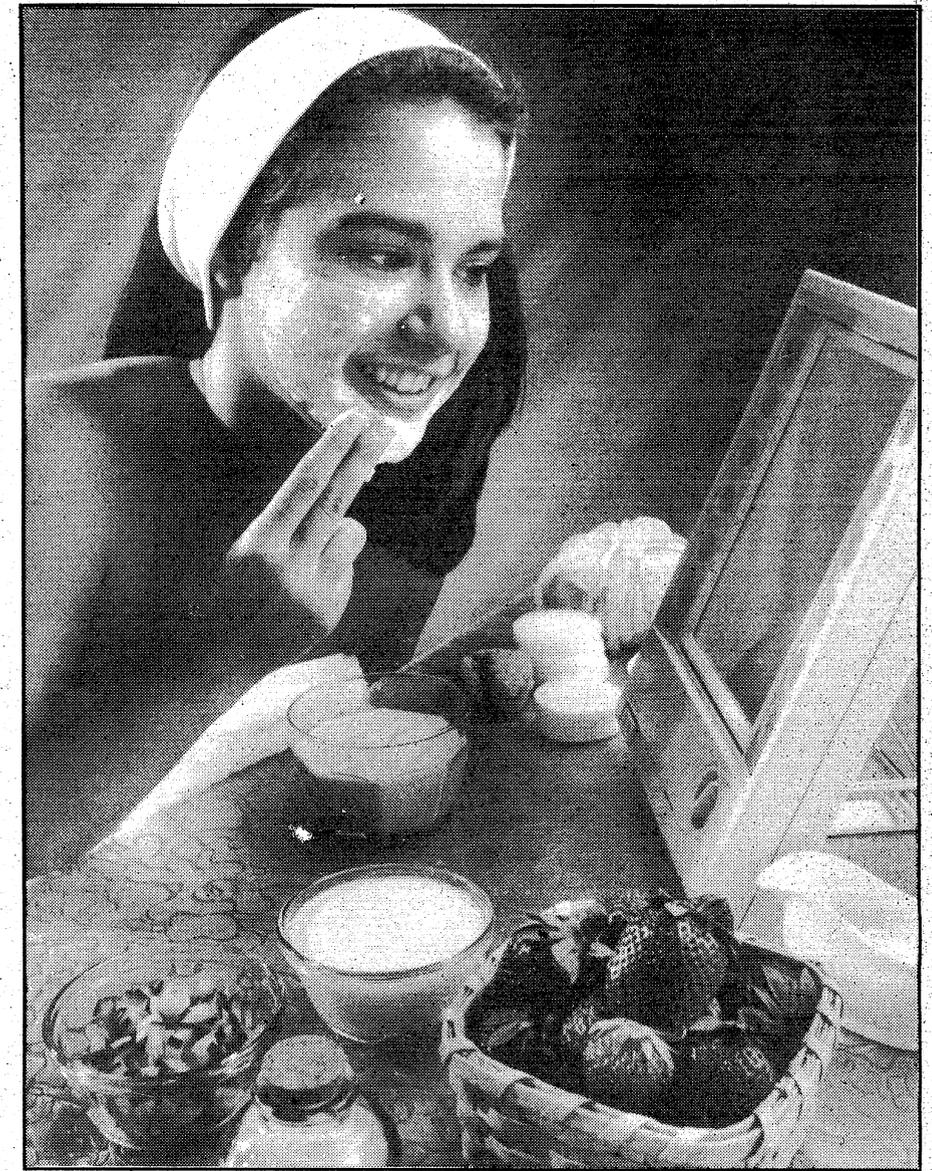


Photo / Ron Trinca Photography

Combine the freshest in seasonal produce with a milk or yogurt base for beauty essentials that are good enough to eat.

help clear up blemishes and postpone wrinkling. You'll need 1/2 cup strawberries, one tablespoon of milk and one tablespoon of cornstarch.

With a blender, mix ingredients to make a smooth paste. Spread mixture over face and neck and let sit for 20 minutes. Rinse with warm water and pat dry. Refrigerate leftover mask; discard if milk sours. Yields enough for 1-2 facials.

Refreshing Beer Mask Beer is a perfect softener for skin, and it smells great

in this mask. Get together one tablespoon of beer, one heaping teaspoon of yogurt, one teaspoon of olive oil, one egg white, one teaspoon of lemon extract and one teaspoon of almond extract.

In a blender, mix ingredients on low speed for 20 - 30 seconds. When smooth, wet face with warm water, apply mixture to skin evenly. Leave on skin for 15 - 20 minutes. Rinse with warm water. When completely rinsed off, splash face with cold water to seal pores. Yield: 1/4 cup. □

Fun in the Sun Safety Tips

- 1) Try to stay out of the sun when rays are strongest between 10 a.m. and 2 p.m.
- 2) Use an SPF of 15 or higher even on cloudy days.
- 3) Reapply sunscreen every two hours.
- 4) Wear dark colors - they give more protection.
- 5) Wear a broad-brimmed hat and sunglasses with UV lenses even when walking short distances.
- 6) Stay in the shade whenever possible.
- 7) Avoid reflective surfaces - they can reflect up to 85 percent of the sun's damaging rays.
- 8) Wear protective, tightly woven clothing.
- 9) Avoid sunlamps, tanning beds and tanning parlors.
- 10) Listen to the UV Index reports and take special care when exposure levels are 5-10+. □

Indoor Sports Fun

INDOORS, From Front Page

And if you like hockey, there's also an interactive hockey simulation where you can play goalie against the likes of Mark Messier and Wayne Gretzky.

More than 200 video and redemption games populate the main level. You can race cars, jet ski, or blow up city blocks without even breaking a sweat. The redemption games offer tickets that you can save to claim prizes at the Redemption Center.

Hungry yet?

Not to worry. Sports Plus gives you a number of dining opportunities. There's Power Play Pizza Cafe which offers homemade pizza, ice cream and

sandwiches. There's a snack bar in the bowling center and also near the ice rink. And then there's Reunions.

Reunions is a family restaurant located upstairs that features themes and memorabilia from the 1970s and 1980s. The menu offers full meals and snacks at reasonable prices. Reunions also boasts a dance floor and 30-foot bar.

Sports Plus, in addition to having attractions for small children, also hosts parties and corporate events.

Sports Plus is located at 110 New Moriches Road, Lake Grove, at the corner of New Moriches Road and Route 347, right across from the Smithhaven Mall. For information, call 737-2100. □

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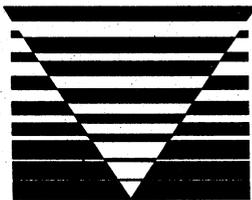
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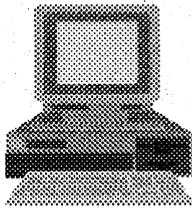
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Dark Vision and Bright Costumes

Fifth Element's Epic Sci-Fi Becomes Bruce Willis in Space



The Final Grade
By Kristine Seitz

The Fifth Element, one of the big summer movies, recently opened in our area.

The movie is based on a story written by its director, Luc Besson, in which life in our universe is pitted against its antithesis, a being of antimatter or anti-life, in another dimension. Every five thousand years, this anti-life entity has the opportunity to enter our dimension and eradicate all life.

A weapon had been developed on ancient earth to combat this evil and knowledge of it was entrusted to a line of priests who passed the information from generation to generation. Eventually, when the weapon was threatened, it was taken into the protective custody of a race of peaceloving aliens called Mondoshawan. They promised to return when the evil returned and, of course, therein lies the problem. Since the entity of anti-life has a stake in the

weapon getting to earth where it can be activated, it employs a human, Zorg, to retrieve the weapon before it can be used.

The accidental hero, Korben Dallas, played by Bruce Willis, is a cab driver who is having a bad day when he is suddenly drawn into the universal drama. Leeloo, played by Milla Jovovich, who you may know better as the girl in *Return to the Blue Lagoon* and *Chaplin*, is the Ultimate Being and part of the ancient weapon that is dropped into Dallas' lap. The evil human helper, Zorg, is played by Gary Oldman, known for his roles as Lee Harvey Oswald in Oliver Stone's *J. F. K.*, and his starring role in *Bram Stoker's Dracula*.

The premise of this movie is wonderful and a classic for a fantasy story. However, at its heart, this is an action movie and it has all the problems inherent in a movie of that genre. Besson's vision of the future is bleak but detailed and fully realized. It is also largely wasted on a movie plot that could have happened in any time period (substitute in medieval knights, cowboys, N.Y.C. cops, whatever).

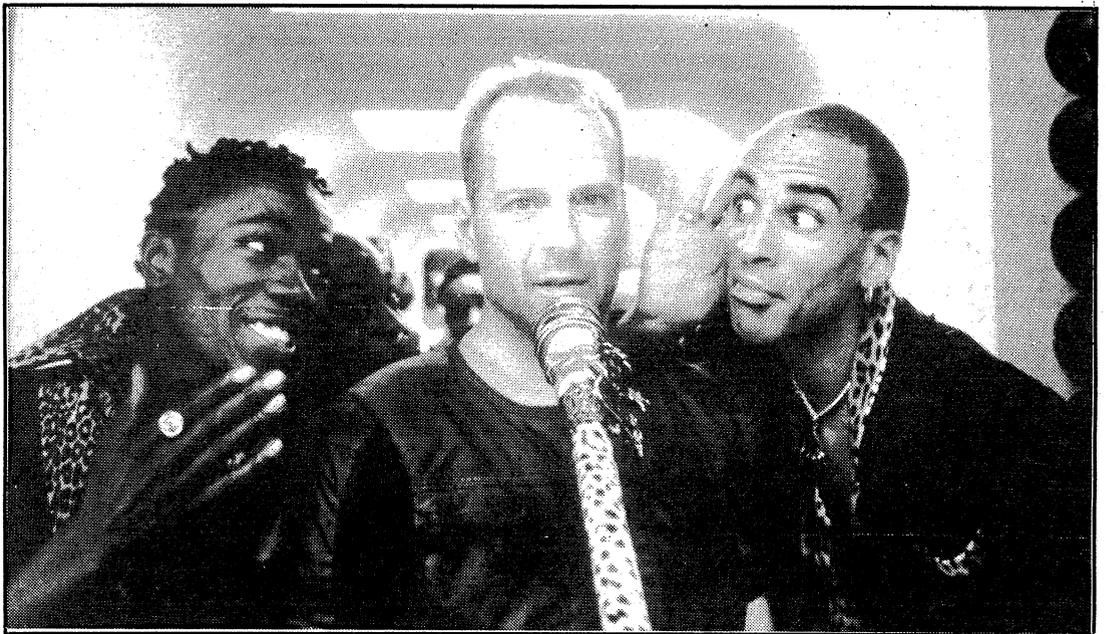


Photo / Columbia Pictures

Bruce Willis, center, stars as Korben Dallas, a New York City cab driver caught in a futuristic adventure in Columbia Pictures' science fiction fantasy *The Fifth Element*.

Much of the characterization, for which there is great potential, has been sacrificed in the name of a faster pace. The aliens that are encountered are caricatures of aliens that we've met before, countless times. Our hero is the action hero, a simple man with a gun and a heart of gold. The female lead, the Ultimate Being, Leeloo, while sporting some fun martial arts moves, in the end, must be saved by the love of our

hero. Sound familiar?

Besson's vision of the future is bleak but fully realized. There is an enormous amount of detail, which is delightful and may be enough to distract the viewer from the lack of character development.

Jan Paul Gaultier's costumes are sometimes technicolor and sometimes extremely minimalist, but always slightly sexy. The uniforms of the flight attendants and the clothes of Ruby Rhod, an

over-the-top radio personality played by Chris Tucker, are especially fun and memorable.

Despite its problems, this can be a fun movie and might be worth the trip just to see Besson's dark vision of our future and Gaultier's campy costumes. Besides, what would your summer be without seeing Bruce Willis shooting and randomly destroying everything he encounters while saving the world?

FINAL GRADE: B □

Malignant Melanoma Can Happen To You

(ARS) In the United States, someone dies from skin cancer every hour. Although the link between the sun and skin cancer has been well-documented, more than one million new skin cancers will be diagnosed in this country this year alone.

"One in five Americans will get skin cancer of some kind in their lifetime," says Darrell Rigel, M.D., a New York City dermatologist. "And one in 84 Americans will get melanoma in their lifetime."

The lifetime risk for melanoma has risen dramatically in recent years. In 1930, the risk of developing melanoma was 1 in 1,500. But by 1980, the chances

had leaped to 1 in 250. At the current six percent annual rate of increase, by the year 2000, the lifetime risk will be 1 in 75.

The overall incidence rate for melanoma is increasing faster than the rate of any other cancer. Melanoma is the most frequent cancer in women ages 25 - 29 and the second most frequent in women ages 30 - 34, only after breast cancer.

The melanoma epidemic is worldwide. Australia, Austria, Canada, Germany, Italy and Scotland have all experienced a significant increase over the past decades.

With so many countries affected,

global factors are being considered. Depletion of the stratospheric ozone layer that allows more intense ultraviolet light to reach the earth's surface may, in part, be responsible for the increases. Lifestyle changes that lead to more "fun in the sun" also may play a role.

The numbers are mindboggling, and what's worse is that they may be underreported. "Melanoma is the only major cancer where patients may not at some point in their treatment be seen in a hospital. Most cases can be treated in the dermatologist's office," Rigel says. Therefore, many cases may not find their way into tumor registries for statistical reporting.

Melanoma is also very costly. In 1990, an estimated \$1.1 billion was spent for melanoma treatment in the U. S. Medicare program alone. With melanoma rates doubling every 12 years, the annual cost of treating melanoma could exceed \$5 billion by 2010.

But there is good news. Most skin cancers could be eliminated if people would use sensible behaviors and limit their sun exposure. Nearly all skin cancers are curable if detected early.

"Once you become aware of a predisposition to the disease, you can keep it in check," says Rod Friedman, a melanoma survivor. Friedman detected a black mark on his nose while shaving and immediately went to a dermatologist. The black mark on the tip of his nose was a one month old malignant melanoma. After a thorough examination, five other suspicious marks

were biopsied - some of which were malignant as well.

One year later, Friedman's melanoma has not recurred. "My actions got results," he says. "I feel like I can control my own destiny, and by working with my dermatologist, I intend to stay on top of it."

Early detection can make a difference. Basal cell cancer, which is the most common form of skin cancer, striking 750,000 Americans yearly, and squamous cell cancer are almost 100 percent curable. "If neglected, all skin cancers, especially melanoma, can be lethal," Rigel says.

Rigel suggests the following strategies for stopping the spread of skin cancer:

1. Improve melanoma diagnosing skills of non-dermatologists, since the majority of melanomas are first seen by a primary care physician.

2. Emphasize sun protection and avoidance. The belief that being tan is chic or beautiful must be replaced with a healthier concept and a dose of reality.

3. Develop and better integrate diagnostic techniques.

4. Expand and evaluate melanoma screening programs.

5. Establish a National Melanoma Registry.

These steps could have a cumulative effect. "As the effects of all these programs are felt," Rigel says, "we look forward to the day when the current near epidemic increase in the numbers of melanomas are merely a historical footnote." □

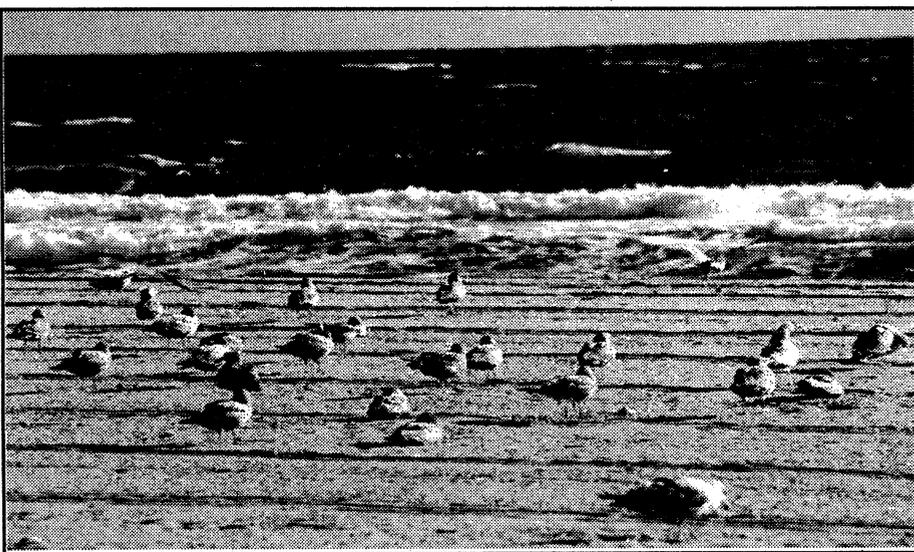


Photo / Courtesy of Nova

When going back to the beach, remember safety and sun protection

6 On the Road With Seawolves Tennis

TENNIS, From Page 7

environment. He is a baseline player with flat powerful forehands and backhands. I believe his best shot is the jumping overhead - it packs a wallop.

As Byon warmed up, everyone else ran a little, stretched, and then went straight to hitting tennis balls. Charles Greenhut seemed a little lethargic. Maybe he is not a morning person. I know Greenhut from the days when I used to practice with the team. He first joined the team last year as a singles player, but due to little match experience, he did not fair that well last season. But his

performance in second doubles, with his current partner Mike Jo, makes up for it all.

Everyone else seemed happy to be out there in the beautiful, but windy weather. When Mike Jo was asked about how he felt about playing in the wind, he replied that, "It's always good to get out there and hit some balls. We were on the bus for a while [and] I would hit in the parking lot if I had to." I know Mike Jo from Ward Melville H.S. where he used to play doubles on the varsity tennis team. He is a University of Pennsylvania transfer student. I have known Jo to have a very mentally oriented game. He will do everything in his power to psyche

out the other player, and most of the time he is successful.

Joachim, "the German" Seidinger is an exchange student, who is visiting and playing tennis for the Seawolves just for this year. He is probably the most fit player on the team as far as stamina goes. His strategy during most matches is to run circles around the opponent until he gives up physically and mentally.

The evening practice was scheduled at 6 p.m. at the Radisson Resort. There was hardly any wind and there were night lights. It was perfect tennis weather. During this practice, first doubles, Antonius and Byon, scrimmaged with second doubles. Surprisingly, the second doubles gave them a run for their money, running the match to a tie breaker and almost defeating them.

FIRST MATCH TUESDAY MARCH 25TH BARTON COLLEGE (#5 IN THE EAST)

Coach Manny received a call last night from the Barton coach stating that the match time was being changed from 8 am to 11:30 am. The bad news was that it was taking place about 45 minutes away at Bacon Park in Savannah, Georgia. We left the hotel at about 10 a.m.. After losing our path a couple of times, we finally made it to the entrance of the Cacon Park courts. The time was 11:32 on the dot.

Since Saturday the coach had made it his duty to let his team know that this team would be very tough to beat. He had stated numerous times that "This was a very deep team."

As we walked through the mesh of Barton players, the Seawolves had their game faces on and nothing was going to

hinder their routine. They went straight onto the courts and started warming up.

Yesterday's practice must have helped because they were solid with their strokes. Antonius was having a little bit of trouble with his serve, the same problem he had yesterday at practice. It took ten minutes before the announcement went out that the match was going to start. Both teams introduced their players and what positions they would play.

On the first doubles court the Seawolves really made their presence known with Antonious' big serve and Byon's smashing overhead.

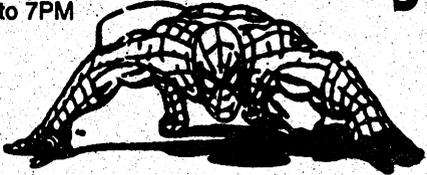
The second doubles team was not expected to do so well because Kim is more of a singles player. Coach Manny had a little talk with him telling him to have a positive attitude on the court and to pump up his partner Jo Seidinger. Basically, there needed to be more communication between the two players. This talk must have helped because the second doubles team was working quite well together. They were keeping Barton at bay. As for third doubles it did not look like Barton was going to give them too many chances to win some games.

The whole day was overcast and rain was likely to come our way. The rain came down at about 12:30 p.m. At this point both first and second doubles were winning. It sprinkled for a few minutes and then stopped. The team stepped back onto the court and as soon as they did, the rain came down again. This time it did not show any signs of subsiding. The courts were drenched and both coaches agreed to stop the match. They rescheduled the match for later that week. The match would have to be resumed from the same point that they left off at.

Such is the game of tennis. □

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Don't Leave The Sunscreen At Home ⁷

(ARS) Warm, sunny days are wonderful especially after a grueling winter. But what feels so good on your skin, warming your soul, can be very bad for you, your family and especially the delicate skin of a baby.

Sun exposure has long been seen as a healthy benefit of outdoor activity. Recent information has shown some unhealthy effects of sun exposure, including early aging of the skin, cataracts of the eye and skin cancer.

"Parents need to realize that freckles are not cute - they're a sign of sun damage," says Roger Ceilley, M.D., president of the American Academy of Dermatology. "And even one or two blistering sunburns can significantly increase a child's risk for developing melanoma skin cancer in later life."

The sun is the main cause of skin cancer, the most common form of cancer in the United States. There will be one million new cases of skin cancer this year. Skin cancer can and does occur in children and young adults, but most of the cases occur in middle aged and older people.

Adults get skin cancer because they have already received too much of the sun's damaging rays. Our skin remembers each sunburn and each suntan year after year.

All skin cancers are harmful, and some, especially malignant melanoma, can be deadly if left untreated. Sun exposure in early childhood and adolescence contributes to skin cancer. "Sunburn is the most preventable risk factor for skin cancer, including melanoma," Ceilley says. "We can't change our skin type or family history, but we can change our sunbathing habits."

Sun protection should begin in infancy and continue throughout life. It is estimated that children get about 80 percent of their total lifetime sun exposure in the first 18 years of life. That's because children spend more time outdoors than most adults, especially in summer. Therefore, sun prevention in childhood is important to prevent skin cancer later in life.

Practice following the ABCs for Fun in the Sun: A = AWAY. Stay away from the sun in the middle of the day; B = BLOCK. Use SPF 15 or higher sunscreen;

C = COVER UP. Wear a T-shirt and a hat; S = SPEAK OUT. Talk to family and friends about sun protection.

The sun's rays are strongest between 10 am and 4 pm. Try to keep a baby and even young children out of the sun during these hours. The sun's damaging UV rays are increased by reflection from sand, water, snow and concrete; so be particularly careful in these areas. In addition, don't let those clouds fool you - most of the sun's rays can come through the clouds on an overcast day, so you must use protection even on cloudy days.

When choosing a sunscreen, look for the words "broad spectrum" on the label - it means that the sunscreen will screen out both ultraviolet B (UVB) and ultraviolet A (UVA) rays. The sun protection factor (SPF) should always be at least 15. Use a generous amount of sunscreen and rub it in well, making sure to cover all exposed areas, especially the face, nose, ears, feet and hands, and even the back of the knees. Put it on 20 minutes before going outdoors. The sunscreen needs time to work on the skin. Reapply after swimming or excessive sweating.

Take a minute to carefully chose a sunscreen. Read the product label. Look for a waterproof brand if you will be sweating or swimming. Buy a non-stinging product or one specially formulated for use on faces if you're using it on your face. Look for a PABA-free brand if you are sensitive to that ingredient. If you have oily skin or are acne-prone, select a water-based lotion. Remember, expensive is not always better. Although a costly brand may feel or smell better, it isn't necessarily more effective.

Always cover up with a hat and tightly woven clothing when outdoors. Don't play or work outdoors without a shirt. Put on a shirt and hat after swimming or even wear a T-shirt while swimming. Tightly woven clothing not only filters out the sun, but it also reflects heat and helps to keep you feeling cool.

Speak out for sun protection now. Make it a part of your daily regime. Show family and friends how to apply sunscreen. Make the ABCs for Fun in the Sun part of the simple changes that can prevent sun damage. □

The Tennis Diaries: On the Road to South Carolina

By JAWAD HASAN
Statesman Staff

It was a bitter cold Sunday morning and the streets of Stony Brook were devoid of any noticeable signs of life.

But if you looked carefully you could see four human silhouettes, behind the gymnasium scurrying around lifting bags and running in and out of the sports complex. To any interloper wandering the campus in the dim morning light this would seem very suspicious. But if you came closer you would realize that these were not thieves or robbers but student athletes. If you could not tell that by their team jerseys, the big white bus with the big red University at Stony Brook logo stripe was a sure give-away. At six in the morning everything was loaded and ready to go. They were headed to South Carolina to participate in a grueling week of competitive tennis.

Unfortunately, the team was not complete as they left the Stony Brook grounds. Only four players out of six were in the bus. The coach had made preparations to pick up the other two from the Burger King in Douglaston plaza. After picking up Tae Byon and Dae Kim, we were off. Six players, one coach, and one "pain in the butt" Statesman sports writer.

As the bus began moving and the heat came on, the chattering of teeth subsided and the team began to loosen up. They all had just one question on their minds: "Are we there yet?" This may seem unprofessional and somewhat childish, but what else can you do when you are cramped up in a small USB van with only an AM/FM radio and no cassette deck. Can you believe it, 15 1/2 hours on a van

with no cassette deck.

Before leaving, I had the opportunity to ask the players whether or not they could adjust to the warmer weather in South Carolina. They unanimously agreed that it would be a lot better than playing in New York weather.

This was also the first time that this Statesman sports writer had the chance to meet the new players - Jo Seidinger, Tae Byon and Dae Kim. On this trip I got to know the off-court personalities of Jo Seidinger, the graduate student, Tae Byon the freshman sensation, Dae Kim, who shares the lime light of being the veteran of the team along with Daniel Antonious, and the rest of the team. Let me tell you, each player has a Jeckyl and Hide complex. Off the court they are just Stony Brook students, but on, they attack with the prowess of a Seawolf.

At about 9:30, we stopped at a rest stop to eat breakfast. Everyone ate light except for some select few who needed their greasy curly fries in the morning. I know I enjoyed mine. When we started off again, everyone had adjusted to the seating arrangements, and now that their bellies were full, they started dosing off.

The rest of the trip was a melee of different experiences - the best being when we stopped at the *South of the Border* for brunch. Initially we had stopped to use the rest rooms and do a little sight seeing. But then we decided to eat and that was a definite mistake. The restaurant name was "Hot Tamale." I don't know maybe the name was catchy. I know I was interested in finding out what a hot tamale tasted like. Coach Tabibnia was suspicious and asked the intriguing question, "Is it hot or is it hot?" One tamale and a soda



Statesman File Photo

Tennis players practice at USB

for each of us came to four dollars a piece. Sharing in the experience were Byon (the human food disposal), Kim, and Antonious. When we opened up our wrappers we saw a nuked piece of corn bread(stale) with mush(supposedly ground beef) as the filling. Yes, it looked a lot worse than anything Taco Bell could come up with. When we left we were not feeling so hot.

In another 2 1/2 hours, at approximately 11:30 p.m., we were at the gate of our place of residence. It was called the Hilton Head Beach and Tennis resort and it was conveniently situated right next to the beach. Two rooms were reserved for the players. The reporter (myself), Kim, Byon and the coach were shoved into the same room. The other room was shared between Mike Jo, Charles Greenhut, Jo Seidinger and Daniel Antonious. Everyone had eaten dinner and settled in by 2:30 a.m. I am sure everyone was anxious to hit some balls and wanted to get a lot of rest.

MONDAY — MARCH 24TH
PRACTICE!! PRACTICE!!!

The bright sun was out and ready to greet the team as they walked out of their rooms into the van. It was time to eat breakfast and everybody was ravenous. It was a quick drive to the local grocery store, "Publix," where the team had the choice of sandwiches or bagels.

At noon, the team was stretching on practice courts in the Outdoor Resorts Yacht Club. The two courts were built on a dune close to the water with no wind breakers to protect them from the large gusts of wind coming from the sea. This made it very difficult for the players to acquire any type of rhythm. With winds blowing at about 50 mph, practicing overheads was out of the question and ball tosses for serves were severely impaired.

We all know that many athletes have a completely different personality on the court than off. Daniel Antonious epitomizes this "player" mentally down to the last letter. He is a face of grim determination on the court, but off it's a whole different story. Antonious is the veteran player everyone looks up

to. He is the one who has to set the example. I knew from the beginning that Antonious was a well trained player, but I was not ready for what I saw on the practice court that day. Antonious was drilling balls down the court and cross court with immense power. Even Bruno Barbera did not hit shots like these. I remember thinking that this guy was a whole new breed.

Before getting on the court, Tae Byon had a stretching routine which he had to complete (usually takes about 10-15 minutes). I asked him why he needs to stretch that long. His simple answer was, "I don't want to get injured." I already knew that Tae Byon, Coach Tabibnia's No. 1 draft pick from Cardozo H.S., was an exceptional player. What I didn't know was why? To start, Michael Chang is his idol and he himself wants to be part of the pro circuit. As you watch him play, you notice that unlike Antonious, who makes his presence known to all, Byon seems to blend in with the

See TENNIS, Page 6

Statesman's Summer Fun

Taking A Plunge To Overcome Fear

Perspectives

by

Laura
Lo



I stood at the edge of Long Island Sound weighing my options.

"I'm not going in that water," I mumbled to myself.

When I signed up for scuba diving lessons I had some doubts. I feared shark attacks and running out of air. Sure my fears were exaggerated, but they were real.

"What do you mean you're not going in the water?" my boyfriend at the time demanded. "You decide \$1,500 later that you're not going in the water? You better get off this beach and into that water."

That was it. I went back to the car. I didn't go in the water that day.

After five weeks of classes and pool training, it seemed a waste of time and money not to go through with the Open Water Certification Test. I took the lessons because my boyfriend wanted to. I had no burning desire to dive, but I figured it was something we could enjoy together. I was wrong.

Every scuba diver is supposed to dive with a partner, a buddy. My boyfriend turned out to be an incompatible buddy for me - in water and on land. Three weeks later, I was back at Secret Beach in Greenport to complete my diver training without him.

Jim Croce, a dive instructor and owner of The Scuba Shoppe in Medford, paired me with a new buddy in a different training class. Croce said he was glad I returned.

"I'd like to see diving expand as a sport," he said. "I would like to see more women divers. I think diving is perceived as a man's sport. And the women that do dive, well, they're not too feminine."

It seemed to me that only a man could carry all the equipment. I lugged my tank, which seemed to get heavier as I went along with the rest of my gear, down to the water. I tugged and pulled at my wetsuit, inching inside it. I put on my booties, my hood and strapped my dive knife to my leg. The sun was rising in the sky and I began to swelter. I checked my air and my

equipment twice.

Strapped to my tank and toting 35 pounds of lead in a belt around my waist, I tottered into ankle-deep water to put my fins on. I tried to bend over, but I couldn't keep my balance and fell over. It was hard to get up with all the weight on me. I had to take off my belt, my tank, my Buoyancy Control Device and start over again. Every time I tried to step into a fin, a wave would carry it away from me. I was frustrated.

"Okay, we're going to swim out 300 yards to that buoy over there," said Don Epple, another dive instructor. "Start out over here, way to the left because we need to swim out diagonally to battle the current."

I wasn't used to the current. We had to use our snorkels instead of our tanks to save air. Salt water kept pouring into my snorkel and burning my throat. I tried to blow it out, but I was so out of breath that the water kept coming back down.

This was not fun.

At the buoy, we descended single-file 18 feet to the bottom. As our bodies adjusted to the depth, our ears clogged. I held my nose while blowing through it to clear the block. When we got to the bottom, we waited on our knees for the instructors to come test us on the skills we had learned in class. I was at the end of the line.

The water was about 50 degrees, warm for the end of May. I was cold and I couldn't see much. The water was a murky green. Visibility was about one foot. That's probably why I didn't notice the jellyfish until it was in front of my face.

I wasn't alarmed. I was covered by my wetsuit. As long as it didn't attack my face, or I didn't touch it with my hand and then touch my face, I was okay. I hovered by my face for a few minutes and then a surge of current whisked it away. I was disappointed that was the only marine life I saw while I was down there.

My turn to be tested came after about a 30 minutes of nothing. I had a moment of brief anxiety when I had to remove the regulator from my mouth and fling it in back of me, holding on to my last breath until I could recover it to my mouth. The rest was easy.

I waited as the line of divers ascended, one by one. I was at the end of the line again. I felt deserted and it seemed as though I'd been waiting for my turn to ascend for a long time. I thought I saw one of the instructors signal me. I began to ascend, only to be yanked back by another instructor.

"I will never dive again," I



Photo / Courtesy of Nova

Swimming with sharks can be a diver's dream come true or worst nightmare

told myself.

I saw an instructor swim by and this time I was sure he was signaling me. But we didn't go up. We swam out into the water. I was nervous. I thought we should have been heading back to the beach, not out to where the sharks could get me.

I saw fish now. I was swimming with them, almost into them. I felt peaceful. Alone with my thoughts. I began to notice plants and rocks. It occurred to me that I was seeing the beach from a different perspective than most other people. I forgot about sharks and the possibility of drowning and began to enjoy our shoreline navigation.

The next thing I knew, the water was about five feet deep and we were nearing the edge. Instead of ascending, we swam until we had reached the shore.

Croce asked me if I would be diving again anytime soon. He looked pleased when I told him I would.

"As long as the sharks aren't biting, right?" he asked.

"Right," I said, "and as long as I have a full tank of air." □

SCUBA SHOPS

Want to do something exciting this summer? Check out the following places for diving gear or lessons:

Diver's Way: You can't miss this dive center located at 596 Sunrise Hwy, Bayshore, it's huge. Call 665-7990.

Port Jefferson Divers: Small, but friendly and local at 811 Route 25A, Port Jefferson Station. Call 331-9609.

The Scuba Shop: 1870 Route 112, Medford, ask for Jim Croce at 289-5555.

Seascapes: This one has a pool right there for lessons at 737A Smithtown Bypass, Smithtown. Call 366-4588.

Swim King Dive Shop: More than 20 years in the business and lessons all year long located at 572 Route 25A, Rocky Point. Call 744-7707.