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Mini Issue

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PRESS
MINI ISSUE

Editorial

Ah, to be a freshman again. To walk past the condom wrapper-infested Roth Pond with a lanyard jingling and jangling in the wind, clutching at backpack straps while running toward Javits for a godforsaken 8 a.m. physics lecture; to pay \$6.59 for 3 greasy chicken nuggets and the surprise of discovering the nugget is made entirely out of fried batter; to explore the library's DVD section and wonder why the university has, not one, but three different seasons of Pimp My Ride available for rent.

It takes a few weeks for the workload and the reality of the soul-crushing debt to sink in. Most find solace in alcohol and other illicit activities.

Stony does its best to wear you down; the drab architecture, the empty campus on weekends, the layer of geese excrement covering every blade of grass within 5 miles of the Student Activities Center.

Even the buildings look depressed. But don't you worry your little baby sized freshman heads, because The Press has got your backs. Want to know how to fix your scheduling mistakes this semester? How about which whiskey will burn a hole in your liver the fastest? Or if you're one of those Pokemon nerds who likes walking around and getting exercise? We'll tell you the best places to catch those pokemonsters that you youngins are so interested in these days.

By now you might have figured out that the Press is one of the better things about Stony Brook. We'll help you find the good, and we'll sure as hell complain about the bad.

Keep an eye out on the stands this year, what you're reading is just a mini issue. We've got an entire trainload of content heading straight towards your head gunk.

Try to enjoy the beginning of your time here, new Seawolves. Do your best to look far beyond the overpriced food and the condom pond. Pretty soon, you'll be just as cynical as the rest of us.

thank yous

- Chernabog
- windows that open
- double ply toilet paper
- stolen soda
- whiskey in a dixie cup

fuck yous

- Far Beyond
- Harambe
- Island Federal Credit Union Arena
- new freshman
- missing socks

postscript

wheremydogswheremydogs
wheremydogsatwheremydogs
wheremydogswheremydogsat
wheremydogswheremydogs
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wheremydogswheremydogs

CLASS ACTION

JESSICA VESTUTO

How much time do you spend choosing classes?

If you are like me in my freshmen year, a lot. I combed the Undergraduate Bulletin for days, enamored with the collegiate sounding classes: Introduction to Political Science, Moral Reasoning, Society and Evolution, etc. It seemed like just reading the names was making me smarter. I examined each description carefully, and even went as far as to Google names of professors.

If you are like me now, two years later in my junior year, registering for classes is a nuisance. The newness of the process has worn off, the excitement is gone and using my SOLAR account now feels like paying homage to a time when a friendly paperclip helped me on Microsoft Word.

Yet with every enrollment date I still feel the underlying responsibility to get it right. Everyone has heard the unfortunate tale where one forgotten course meant delaying graduation for another semester, or where one bad professor meant the difference between graduating with magna or summa.

So what steps do students take to avoid this from happening to them?

The Ratings Are In

RateMyProfessors.com is one way, and probably the most well known.

Launched in May 1999, the website publishes user-generated ratings of college professors on a 1 to 5 scale (Stony Brook's professors have an average rating of 3.73).

Caitlin McAnulty, a junior majoring in engineering, said the site helps her determine if she will struggle in a class or not. "For one class I had to take," she said, "the site said the class was hard and the professor was tough, and boy, were they right."

With features like the chili pepper determining a professor's "hotness," RateMyProfessors.com cultivates a space aimed specifically at college students. It was "built for college students, by college students," as the site says, encouraging students to "join the fun!"

But the fun does not come without a few problems, too.

There is no way to know whether the writer of a review actually took the course, there is no way to know if a bad review is the result of a disgruntled student who turned to trolling after receiving a bad grade and there is no way to know if a student has

submitted multiple ratings, or whether the professor is writing his own praises.

Getting Classie

Enter Stony Brook's solution: classie-evals.stonybrook.edu, a website designed by Stony Brook's Teaching, Learning & Technology division that makes the course evaluation data from previous semesters public. Sabahat Sarfaraz, a double major in psychology and English, has stopped using RateMyProfessors.com since she found out about Stony Brook's system, finding it to be a "more reliable source."

An alternate to the commercial RateMyProfessor, the site, advertised as "something like 'Rate My Professor' but just for Stony Brook, and with a lot more data and accuracy," was created in response to feedback received by the Faculty Center about course evaluations.

"They heard over and over again that students would be more willing to respond if they could benefit from seeing previous responses," said Chuck Powell, the Assistant Provost for Teaching, Learning & Technology. Richard Von Rauchhaupt, along with student interns, wrote the code for classie-evals.stonybrook.edu and worked with Patricia Aceves, Lorraine Carroll and Catherine Scott from the Faculty Center to create the site, which won an award within

the Division of Information Technology.

Powell said, compared to ratemyprofessors.com, classie-evals.stonybrook.edu “varies in both scope and fidelity. The commercial site doesn't cover all Stony Brook courses as we do,” he explained. “Our system ensures that only students enrolled are allowed to comment and only one response per student is allowed.”

Human Contact

Even with these tools, there seems to be an even more reliable option for getting scheduling advice: asking a human.

That's right: in the digital age, both McAnulty and Sarfaraz chose man over machine and preferred to ask students in their curriculum for guidance. However, they disagreed on the helpfulness of academic advisors.

With her engineering curriculum, McAnulty found that advisors “don't help much” and are misleading about the difficulty of classes, while Sarfaraz only trusts counselors in the Psychology and English department and urged new students to “always go see your advisor when scheduling for classes.”

Last spring was my fifth time registering for classes and this time around I chose a blend of what I need to fulfill major requirements and what interests me. Two of the professors I have already had for other classes and the remaining three came highly recommended from others. I now approach each enrollment date with less and less preparation, wishing someone had told the freshman version of me that some of the most collegiate sounding classes are the worst and least collegiate sounding the best, and if all else fails, there is always a way out: it is called the add/drop period and it is a beautiful thing.

CLOSE QUARTERS

SAMANTHA MERCADO

College is a wonderland full of opportunity, adventure and new people to piss off. What better way to start this new chapter in your life than by aggravating your roommate!

1. Assume the room is yours!

If they wanted personal space they would've paid for a single, right? So just assume that no part of the room is off limits! Borders and boundaries are for amateurs, so just plop your things wherever you see fit (ignore the stickers; they're purely decorative).

2. Give your roommate a warm welcoming!

What better way to help your roommate relieve stress after a long day of classes than with a warm welcome into the room? Be sure to blast the loudest songs you have and sing along! Your roommate should be able to feel the love, and the bass, from the hallway.

3. Assume they have no friends!

College is tough and not everyone is a social butterfly. Give your roommate an easy way to make friends by constantly inviting people over, preferably ten or more. This gives your roomie a variety of people to talk to. If you're not sure how to go about inviting people just yell 'PARTY IN MY ROOM!' at Staller steps and you should draw a decent crowd back

4. Sharing is caring!

Since grade school we've been taught to share with others and this rule holds true in college. Sharing a room means sharing everything inside it, like food. Feel free to rummage through your roommate's snacks, but most definitely don't let them eat all of your food,

because that's crossing a line. Pro tip: if you see leftover food in the fridge, ALWAYS EAT IT FIRST, especially if it's not yours.

5. Copycat.

Mimicking and copying is considered the most sincere form of flattery, so try copying your roommate's behavior. This may take a few days of close observation but it's definitely worth it. Be sure to dress almost identical to them as well! If you can't find an exact wardrobe match, just take their clothes!

6. Club meetings.

There are so many wonderful opportunities that come with joining a club in college, but meetings can be a hassle. An easy and convenient way for you to get involved is by offering your dorm room as a weekly meeting space! You can offer participants your roommate's snacks and you and your roomie will never be lonely!

7. Chores.

Sharing a room with someone comes with a lot of responsibilities and it's best to discuss those responsibilities up front with your roommate. Create a chore chart for you and your roommate to follow every week. The great thing about being the one to make the actual chart is that you'll have first dibs on the easiest chores. Make sure you give your roomie chores like 'empty garbage, vacuum room, wash our clothes,' that way you can do chores like 'fluff pillows' and 'make sure Netflix is still working.' Pro tip: If your roommate complains about being bored, throw cheerios (or your cereal of choice) on the floor for them to vacuum! They'll appreciate the extra activity.

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College is filled with tons of new people to impress and it can be stressful. The best way to minimize that stress is not to try to impress your roommate at all! In fact, the lower their expectations are, the better. College is tough, and your room is the one place you should be able to let loose and not care.

IN THE CLUBS

KERRY MURPHY

With over 400 clubs and organizations at Stony Brook, it is difficult to figure out what to get involved with at the beginning of the semester. Often times our majors can make us feel trapped into joining certain clubs and organizations. We imagine our future employers one day looking at our resumes and smiling because we spent all of college doing the sort of clubs and activities that match our occupations.

Whether you're a STEM, arts or business major, it's easy to feel pressured into sticking to clubs more conventionally appropriate for the kind of work you will be doing once you leave Stony Brook. While joining clubs closely connected to your major is valuable, important and can often be a source of motivation to continue studying your field of interest, it is always good to try and expand your activities.

If you stick to joining only clubs related to your majors, it will not allow you to experience the full range of activities that Stony Brook has to offer. Listed below are some reasons why you should try to explore clubs outside of your major.

To learn something new: "If you can find something new, it can open up new doors for you," said Thomas Pon, a clinical laboratory science major who is also a part of Stony Brook's Cooking Club. Pon joined the Cooking Club because of his passion for cooking as a child and brought this passion to Stony Brook where he is able to help provide delicious meals to students and faculty at the various events the club has.

To make friends outside of your major: When asked about the social aspects, Pon stated that the club exposes him to new people, especially in

classes that are specific for your major, it is hard to make friends outside of your field of study. Making friends outside of your major can offer an opportunity to get to meet new people who aren't in your classes or even in a related field of study!

Stress relief: Sricharan Gumudavelli, a Biochemistry major who is a part of the video game League of Legends Club here on campus, uses his extracurricular as a stress relief.

"I think the game functions as an excellent isolation mechanic that really takes my mind off the more stressful things that are going on." Video games, arts, sports and writing can all serve as proper mechanics to relieve the stress that comes from classes, tests and homework. Clubs offer you an opportunity to take time away from the work and enjoy yourself.

To have fun: College is about getting experiences that you cannot have anywhere else, whether that be club or sports that you would not be able to do on your own or devoting time to something that you will one day not have the time to do. Who knows, maybe you'll discover a new passion that you never were exposed to or learn a hobby that you will take with you once you leave Stony Brook.

How does one find these clubs? How do they get started? While Pon suggested checking for club websites as a great way to find clubs meeting location and times, Gumudavelli encouraged others to attend the Involvement Fair held at the beginning of each semester. "The club fairs are a great way to quickly introduce yourself. It helps to see all the clubs and teams in one place because it's kind of daunting and burdensome to find clubs all over campus."

Do not be afraid to go out there and try something new. After all, that is what this time in your life is about. Try new things and make sure to take advantage of all of the opportunities presented to you here at Stony Brook.

FALL FASHION PREVIEW

JORDAN BOWMAN



Fall is finally here and I know the sweat crawling down your forehead is contradicting that statement but it is here and that means it's time to get fresh. If you haven't noticed every fashion magazine packs their pages with so much content for their fall issues they turn into mini bibles just so they can discuss the latest trends. I'm going to cut out the middle man and give you a little walkthrough of all the things that I think will be staples for fall.

TURTLE NECKS

I may be jumping the gun but I'm willing to burn for a dope fit. The minute the trees start shedding leaves and I feel a small breeze I throw on turtlenecks. Try picking up a light weight fabric and something that's breathable, save the knitwear and ugly sweaters for winter. Make sure you get a nice fitted silhouette because nothing looks worse than someone swimming in a pool of fabric.

SOUVENIR JACKETS

The Souvenir Jacket had a surge in popularity for streetwear and high fashion over the last few months. Ryan Gosling moonlighted as getaway driver for his hit 2011 film Drive where he was spotted wearing a custom designed scorpion embroidered souvenir jacket. Popular souvenir jacket designs incorporate Japanese or Chinese style dragons, cherry blossoms or floral patterns. The jacket is steeped in the history of Japanese youth culture while also being known for its bold designs and striking colors.





BOMBER JACKETS

The bomber jacket became a fashion staple last year popping up on runways and high fashion brand lookbooks before trickling down into most fast fashion brands. For this season I recommend injecting some life into the black and army green colorways by getting a bomber jacket that has bold patterns like floral or camo prints.

RAW DENIM

I don't think there's a bad time to get your hands on a pair of raw denim. Raw denim is crazy expensive but it's also sewn together so it can last you through all 4 treacherous years of college. The denim starts off really uncomfortable but eventually the fabric loosens and shapes to your body. Be prepared to go down a denim rabbit hole though, there are entire subcultures and forums on the internet obsessing over raw denim fades. There's people on

the internet doing math equations and Breaking Bad chemical combinations to get the perfect creases. There are terms like, "Waft," "Hige," and "Sanforized" it's all really unnecessary to explain but it just goes to show how real the denim game can get. Raw denim is basically a commitment and you have to be prepared to invest an uncomfortable amount of time waiting for it to come together.



THE STONY BROOK REGION

EVOLVE

50



EEVEE
C-3



POLIWAG
C-4



DROWZEE
D-2



SLOWPOKE
C-4



KRABBY
C-2



BELLSPROUT
A-4

POKEMON GYMS



UMBILIC TORUS



LIRR SBU
STATION



STALLER
GALLERY



ADMIN
DINOSAURIA



FOREVER
WILD



HSC
BUILDING



TABLER
QUAD



LAUTERBUR
HALL

1

2

3

4

A





B

C

D

E



MAKING IT AS A LONG ISLAND MUSICIAN

JAMES GROTTOLA

Alright, cool. So you made it to Stony Brook. You're straight chillin' in the greatest town on Earth and now you're wondering, "I'm a hobbyist musician and I'm pretty good at what I do. Why can't I find a gig/audience/fan anywhere in this new place I'm going to college?!"

Well, that's because Long Island is a different place for music than wherever you're used to. It's not necessarily more difficult to get started as a musician here, but it's definitely about more e-mails and Facebook invitations.

Step 1) Doing Your Thing:

To play shows and record music, first you need to, well, have something out there to work with. Whether it's a band, you rapping over a beat, you and a guitar, a traditional band, a two-piece band, a nine-piece band, or just you doing some weird synth DJ stuff; you need somewhere to practice and record.

That's where the Tabler Studios comes in.

The on-campus studios are open on the weekends- Friday to Sunday- with reservations for you to rehearse, practice or record your stuff. Obviously you need to have it written before you can record it, but it's a great way to get something out there on Bandcamp before you start trying to make a name for yourself.

Step 2) Tell All Your Friends:

Until you're on a record label with support

from a management and publicity company, your fans aren't going to find you: you have to find your fans.

Start by telling your friends, family, neighbors, that guy next to you in Intro to Psychology that you kinda hate, that you have a new project you're excited about and you have music recorded, a social media presence, and are ready to start playing small-scale local shows. The personal connection is what's going to get people to listen to your music. Without it all you're gonna have at your shows are people who read your name on the line-up as "cigarette break."

Step 3) Perform:

Recorded music is good and all, but it's not going to create the connections that you need to push your music as far as you want it to go. That's where putting your project on a show goes.

You absolutely need to make friends to get anywhere just on Long Island. Your on-stage personality is going to impact how people like you just as much as your actual music can.

"How do I get on a show?" "Where do they even have shows?" "Why is this middle-aged man promising me fame and fortune if I play first at 3pm on this all-day barbecue show headlined by an unrecognized band from the 1980s, if I sell JUST 30 tickets at \$10 each??" I've been there. It's difficult and you need to know who isn't going to try and exploit you and your friends so they can make money off what's supposed to be

a DIY show.

Pro-Tip: Selling tickets sucks. It's lazy promoting from the booking company and requires you to need a certain amount of people to come out and spend their money just so the company can make money back without needing to make a show that draws a crowd organically. Some places even ask you to pay for what you don't sell before you can play. Try to stay away from it if you can.

So here's some booking companies you can hit-up:

Loaded Rock Shows

(loadedunsigned@gmail.com):

Genres: Metalcore, alternative, more classic rock, some hip-hop

Location: Amityville (generally)

Will I have to sell tickets: Absolutely

Table Three Media (booking@tablethreemedia.com)

Genres: Indie, emo, pop punk

Location: Amityville, Hempstead, Oakdale

Will I have to sell tickets: Never

Live Source Long Island

(LiveSourceLI@gmail.com)

Genres: Indie, emo, weirder stuff

Location: Amityville, East Islip

Will I have to sell tickets: No

East Coast Collective

(eastcoastcollectivel@gmail.com):

Genres: Anything and everything

Location: Amityville

Will I have to sell tickets: Possibly, but they're much more lenient

Step 4) Don't be a lazy assclown:

Okay, so now you have a show and you're feeling all high and mighty because you're on your way to becoming the world's next Beatles, or whatever artist is bigger than

Jesus these days. But your work has really just begun.

Since you're just starting out, getting people to come to your shows is just as much your job as it is the promoter's. And no, inviting your Facebook friends list to the event page and calling it a day isn't good enough.

Use all of your social media. If you've got it, spam that you're playing a show and you want to see the people you like watch you do the stuff that you like to do. Individually message people, make a personal connection because you want people you care about to watch you perform instead of

just thinking of them as another audience member.

So there's the four step program to the most minor level of success that you can possibly get being a musician and a Stony Brook student. And after that, just play the show and be nice to everybody. Make friends. Spread a helpful message and be sure to go to other shows booked by the same companies to show support for Long Island's vibrant music scene.

You'll get out whatever you put in, so be smart, be diligent, but have fun.



BOOZE REVOOZE: FLEISCHMANN'S WHISKEY

Do you want to drink shitty, cheap liquor, but only the best shitty, cheap liquor? Well, The Press is putting their collective livers where their mouths are.

This month, we chugged Fleischmann's Whiskey, a sizzling amber hard liquor that comes in an appropriately cheap looking plastic bottle. The price isn't a burden. It's 10-20 dollars depending on the size. A few shots and our minds started caving in, the night ended with us watching Japanese wrestling and Pierce Brosnan singing in Mamma Mia.

First Shot:

"I felt my insides shake and quiver a tad."

"It tastes like hand sanitizer. Not like good hand sanitizer, like shittier CVS hand sanitizer"

"Someone punched down my throat, grinded up my guts, and then took the fist out. After that, I felt amazing."

Second Shot:

"The burn lasted longer than I can remember, but not as good."

"When the whiskey hit my stomach, I wanted to shit myself"

"At this point, I feel like I can tolerate everyone in the room."

Third Shot:

"I'm so aware of this shit sitting in my lower intestine."

"It's like a chicken fight in my throat. It's not good! It's not enjoyable."

"Oh my god it hurts again. I'm starting to understand Trump a little."

Final Thoughts:

Yes, Fleischmann's is hot garbage. But you can't expect much after paying 10 to 20 dollars for a bucket of whiskey. If you want to get fucked up in short order, Fleischmann's doesn't disappoint.



ASK RICKY

"Just go to class," said my cousin, a former Stony Brook University student, before I shipped off #FarBeyond. This idea somehow seemed silly at the time. Knowing he was Alpha class of a reputable fraternity, I understood his perspective but I figured community college trained me to do better than that.

However, after three years spent in this institution, even without becoming a Greek, I skipped with the knowledge that I was sabotaging myself. My justifications varied by circumstances. Sometimes it'd be to catch up on some sleep, finally eat or take a relaxation break before a nervous breakdown occurred. My biggest reason to skip was to catch up on work for another class that I found to be of higher importance.

College provides the structural freedom that most people have never experienced. Professors trust that you're responsible enough to make decisions and not be a child when you're incapable of accepting the fate that you designed.

If you choose to not go to class, do so responsibly. The syllabus states clearly how many absences you can get without it affecting your grade. Factor this in before making your decision, you don't want to skip for a stupid reason then not be able to when you actually need to. Prevent yourself from making your future self feel stupid.

Tread with caution when it comes to counting on a person in your class to help you out. Pray that they didn't also decide to skip. Notes from classmates are great but asking them what the professor spoke about doesn't include the side notes that may be put on the exam. God help you if they forget to tell you there's a quiz in the next class.

Going to class could be the difference between a professor letting you pass or fail. In my case, this proved useful in the last class requirement of my last semester. I had extreme test anxiety when it came to Italian, but my professor gave me an out: come to class every time and you'll pass. I never skipped after that. It didn't matter if I was 20 minutes late, I still showed up. I ended up with a C and a professor apologetic that he couldn't provide me with a better grade.

Showing up is the unspoken message to your professor that you're trying. If you're failing, why should a professor show mercy if you don't even have the decency to show up? Granted a professor could be nice, but at the end of the day you shouldn't risk that if you have the ability to prevent it.

Save your absences. You're at Stony Brook to receive your education. Everything is second to that no matter what. If people are peer pressuring you to skip, you shouldn't be around those people. Gravitate to those who reason for you to go to class because they have your best interests in mind.

Just go to class, fuckers.

- Ricky Soberano

MEAL SWIPES AND STANLEY DOLLARS

RANDALL WASZYNSKI

With major changes to the meal plan system going into effect this semester, choosing the meal plan you want has become more difficult than expected.

There are 10 different meal plan options with 10 different prices for returning resident students to select from as well as five different options for first-year resident students and three options for commuter and apartment students. Obviously this system is a bit complicated.

Exhausting your meal points before finals, though, will no longer be a semesterly worry for students because of the changeover to a numerical or unlimited amount of meal swipes per week at Dine-in locations, which can be found at West Side Dining, Union Commons, Roth Café and East Side Dining at Toll Drive (when it opens)..

That's definitely a relief. Although you can still run out of meal swipes for a given week if your plan only allows for seven or ten meals, at least you don't screw yourself over for the rest of the semester.

Your meal plan option also may or may not include dining dollars: the second half of the dynamic duo of Stony Brook dining currencies. These are mainly for the use of retail locations on campus, found in all the same facilities as Dine-in locations plus Tabler Café, Jasmine, Jamba Juice and Sandella's Flatbread Café.

Dining Dollars can also be used for the door price at Dine-in locations, so they also serve as a safety account in case you run

out of meal swipes that week.

Choosing the right combination of meal swipes and dining dollars really depends on which food/drink options you typically purchase. Coffee drinkers, for example, may make more purchases at retail locations, like the two Starbucks on campus or the Dunkin Donuts in Tabler. A student who enjoys a greater variety of international cuisine may also use more Dining Dollars since there are even more of those dining options available at Retail locations.

Plenty of universities use similar systems involving Dining Dollars (or something equivalent) supplementary to a meal-swipe buffet type of thing. Stony Brook University is not the first to do something like this.

But some of the other universities' systems are more consumer-friendly. It seems pretty clear that implementing dining dollars at Stony Brook was a monetarily incentivized idea.

One Dining Dollar is equal to \$1. That is also apparent when comparing meal plans with and without Dining Dollars included: Unlimited Meals with 0 Dining Dollars costs \$2,400 while Unlimited Meals with 500 Dining Dollars costs \$2,900.

Meal plans that only consist of Dining Dollars include either an administrative fee or a hefty operating expense, meaning that you are actually paying more than \$1 per Dining Dollar on those plans. Personally, I'm not around for something like that.

Other universities have percentage discounts with the purchase of Dining Dollars or the appropriate equivalent name. Pennsylvania State University, for example, grants a 10 percent discount, and North Carolina State University has a 5 percent discount.

So what is the difference between a Dining Dollar at Stony Brook and regular money? Put simply, Dining Dollars are regular dollars that can only be spent on campus. This is exactly why I call them "Stanley Dollars."

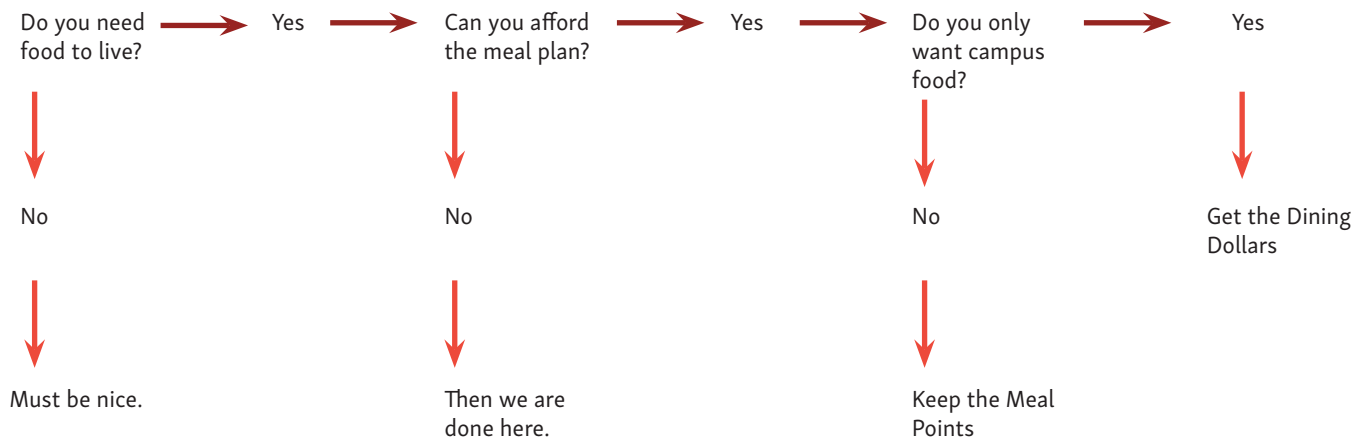
What makes this system possible isn't reasonable consumer incentive, but the parents. They would rather purchase such a restrictive meal plan than hand their child money or a debit account so they can control what he or she buys. The parents then know that money is only being spent on food and drinks.

But if you trust your son or daughter enough, he or she can purchase food/drink items at off-campus vendors that are within walking distance or offer delivery, which are most likely less expensive than the on-campus equivalent options.

I would suggest steering clear of Stanley Dollars so you have the liberty of spending that money elsewhere if you want to.

Fear not if you are unsatisfied with your current meal plan option after reading this: You are able to change meal plans during the first three weeks of the semester.

STONY BROOK UNIVERSITY MEAL PLAN



WOMEN'S SOCCER

JEDIDIAH HENDRIXSON

Despite a tough ending last fall, the Stony Brook women's soccer team is poised for a deep playoff run this season after several big changes.

Senior striker Amy Thompson, a member of Luxembourg's national team, arrived last fall and will play her first full season with the Seawolves. Brendan Faherty, the former assistant head coach of the University of Washington's women's team, was brought into the picture after Sue Ryan was relieved of her coaching duties following a 6-9-3 season. For Faherty, aiming down the team's sights will be an important part of their season.

"My biggest focus since arriving has been to focus on the present," Faherty said, regarding his coaching style coming to Stony Brook. "I think my philosophy is always evolving, and I believe in always trying to get better myself and helping the team to improve."

Following Faherty's arrival, the team went 5-0 in a quick spring season, outscoring opponents 13-3. A major part of that success was the revitalization of the Seawolves' defense paired with optimizing their attacks.

For Wiggins, the spring campaign was not as easy as it may look on paper.

"I was moved to play holding center midfielder, which definitely took me out of my comfort zone," Wiggins said. "I had been a central and outside defender for three years before, and I had to be very patient with myself to get comfortable at this new position. It required me to open up and see the whole field, and be quicker and more technical on the ball."

Wiggins started all 18 games last season for the Seawolves and will once again be a major part of their strategy. In order to achieve continued success in such a competitive division, Wiggins and others will need to come up big in early away

games at Yale (Aug. 31), Fairfield (Sept. 2) and No. 15-ranked University of Connecticut (Sept. 11).

In spite of their record, the Seawolves were far from a bad team last year. They were barely outscored in goals (22-19) and never faced more than a two goal deficit. Unfortunately, they were the seventh team in a six team playoff.

While this fall has all the makings of a comeback season for the Seawolves, Faherty believes it is important for the team not to look too far ahead.

"For us, you can call it cliché, the most important game is the game you're preparing for. That's the only game that matters. So the only game that matters right now is Bryant," Faherty said.

Stony Brook women's soccer opens up their fall season Friday, Aug. 19 at 5:00 p.m. at Kenneth P. LaValle Stadium.

MEN'S SOCCER

MICHAEL DESANTIS

The Stony Brook University men's soccer team is preparing for a strong 2016 season with a backbone of grit, commitment and strong team chemistry.

Head Coach Ryan Anatol pointed to the team's "spine," or the players on the middle of the field, as his squad's support system. That spine consists of the goalkeeper, centerbacks, central midfielders and the forwards.

One of those key members of the spine is junior forward Vince Erdei, who scored a team-leading eight goals in his sophomore season. He feels that his hard working style meshes well with the rest of the team's identity.

"We're a tough team that competes until the last minute and will never give up," Erdei said. "We are working for each other, and that helps a lot. In soccer, you can't individually have a good performance without a good

team behind you."

In order to consistently have those strong team performances, the squad needs to have a strong sense of unity. Erdei said that chemistry won't be an issue for Stony Brook.

"Luckily, this year is going to be the best atmosphere in the locker room," Erdei said. "The guys are so close to each other. The coach put a lot of effort into bonding."

A lot of veterans from last year's team have returned, such as senior defenders Tavares Thompson, Kofi Ramirez Osei-Tutu and Eduardo Valle, as well as junior defender Danny Espinoza. The team will have some youth infused in it as well, with players like sophomore midfielder Serge Gamwanya, who scored three goals and five assists as a freshman. As those players continue to improve, so should their 7-8-3 record from last year.

"We're a group that had some success last year, but are by no means satisfied with it, so they're hungry," Anatol said of his players.

But not all members from last year's team will be on the field for Stony Brook in 2016. The Seawolves will miss the presence of Martin Giordano, who scored seven goals last season. That will make the progress of growing core players like Erdei and Gamwanya all the more important to the team's offense.

Stony Brook will also be without goaltender Jason Orban, who started 17 of the team's 18 games last year.

The goalkeepers on this year's roster are redshirt junior Tom McMahon, sophomore Jeremy Keckler, and freshmen Gianfranco Barone and Wojciech Gajda. Of the four goalkeepers currently on the team, only McMahon made an appearance last year. In his lone game, he won on the strength of a three-save shutout performance.

The defensive side of the ball shouldn't be an issue if McMahon is the starter and can replicate that performance, considering most of the team's defensive core remained in tact. They allowed their opponents' just 27 goals last season.

Offense was Stony Brook's main concern last year, so Anatol hopes that his developing players take the reigns. They will need to score more than just 23 goals in order to be successful.

SEAWOLVES FOOTBALL PREVIEW

JIM FERCHLAND

The Seawolves had a subpar season in 2015, finishing 5-5 in the Colonial Athletic Association. They finished seventh in the conference at 3-5 in conference play. The Seawolves' problem last season was consistency, which was evident when they lost five straight games in the latter half of the season. Now, they're focused on this year, and are hoping that they can put it all together for a strong 2016 campaign.

Stony Brook head coach Chuck Priore is entering his 11th season with the Seawolves. He has a combined 62-52 record at Stony Brook and 101-61 in his 16-year head coaching tenure. He felt that the spring practices in the offseason helped the team find their niche for the season ahead.

"It helps us develop an identity," Priore said about spring practices. "You want to develop a great work ethic and habits. We also need to do some fundamental teaching and be able to take guys and get them prepared from the shoulders up and then fundamentally develop their techniques."

The team is bringing back 17 players that started three games in the 2015 season. Priore is looking forward to a squad loaded with depth and youth.

"We've got a deep team, we've got a young team," Priore said. "We got a lot of guys that played a lot of football but still have a lot of years left of football, which I think is good."

Last year, the team began their season by winning their first two games and only allowed 15 points combined. The defense was not an issue at all for the team. The problem was their offense, starting with sophomore quarterback Joe Carbone, who had only two touchdowns and eight interceptions last season. He said he has been attempting to make many improvements.

"I've been doing a lot of time in the film room and getting a lot of work done with the receivers over the summer," Carbone said. "I have been going over our playbook and watching film on the defense that we are playing."

The Seawolves lost running back Stacey Bedell due to a shoulder injury early in the season last year. He is ready to get back on the gridiron, but, with a vengeance this time. He had 351 total yards with four touchdowns in just three games last season. He averaged seven yards per carry.

"It's another opportunity to work harder and be able to perfect my craft even more," Bedell said. "My shoulder is at full strength and it's been feeling great."

With Bedell out last season, Priore turned the ball over to freshman Isaiah White and sophomore Donald Liotine.

White played in six games and had 243 total yards, averaging 3.9 yards. Liotine played 10 games and earned seven starts, running for 708 total yards averaging 4.5 yards with five touchdowns. Now, add Bedell into the mix towards the running game.

"Our running game can be lethal," Bedell said. "We have a lot of talent and it's going to be fun playing alongside some great backs."

The player that stood out the most last season was wide receiver Ray Bolden, who took the CAA by storm. He led the conference with 68 receptions and led the team with 782 all-purpose yards. With a successful sophomore year, Bolden feels less pressure heading into his junior season. The energy is also much more competitive and Bolden said he loves it.

"Last season, I was playing to prove more so to my coaches that I could be the player they expect of me and I feel I did that," Bolden said about his sophomore season. "The biggest thing I've seen is the mentality we've taken on as a unit. I can see it in our competitive drills and just the way we work, it's a great energy to be around."

Lastly, Bolden explained what the team's expectations are this season and that they are not any higher or lower than they were last year.

"We're more experienced and have added pieces to help us execute and take advantage of certain things but the standards were always high," Bolden said.

2016 SCHEDULE

SEPTEMBER 1
HOME - NORTH DAKOTA

SEPTEMBER 10
AWAY - TEMPLE

SEPTEMBER 17
HOME - RICHMOND

SEPTEMBER 24
HOME - SACRED HEART

OCTOBER 8
AWAY - TOWSON

OCTOBER 15
HOME - RHODE ISLAND

OCTOBER 22
AWAY - DELAWARE

OCTOBER 29
AWAY - NEW HAMPSHIRE

NOVEMBER 5
HOME - WILLIAM & MARY

NOVEMBER 12
HOME - MAINE

NOVEMBER 19
AWAY - ALBANY

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