



Stony Brook Statesman

STATE UNIVERSITY OF NEW YORK AT STONY BROOK

Volume 37, Number 20

Founded 1957

Monday, November 8, 1993

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A van used to transport students back and forth from campus was stolen from outside of the Cat Walk night club Friday night.

Statesman/ Richard Cole

SB THIS WEEK

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A Weekly Guide to Campus Events

Monday November 8, 1993

MONDAY, NOVEMBER 8

FSA Flea Market. 8:30 a.m.-4:30 p.m. Stony Brook Union Bi-Level. Call 632-6514.

Smoking Cessation. Student Health Services Building. 12-1 p.m.

Testicular and Breast Exam Training Student Health Services Building. 10-11 a.m. and 2-3 p.m.

TUESDAY, NOVEMBER 9

Phi Alpha Delta Presents Eric Naiburg. Amy Fisher's defense attorney will speak at 8 p.m. in the Stony Brook Union Room 231.

Wellness Video and Blood Pressure Check. Student Health Services Building 10 a.m. - 4 p.m.

Personal Safety and Awareness. Sponsored by University Police. Stony Brook Union Room 216. 11a.m.

Self Defense with Dan Hayes. Hendrix College. 9 p.m. -10 p.m.

Mocktail Party with DJ "Smooth C". End of the Bridge Restaurant. 9-12 p.m. Breathalyzer Demonstration by University Police.

Particular Voices Series. Portraits of Gay and Lesbian writers. Robert Giard. Stony Brook Union Art Gallery. Noon - 4 p.m.

Alternative Cinema. Ju Dou. Chinese film with English Subtitles. 7 p.m. and 9:30 p.m. Stony Brook Union Auditorium. Tickets available at the door. \$2 or \$16 for series.

WEDNESDAY, NOVEMBER 10

L.G.B.A. Film Festival. Javits Room 109. p.m. No Entry Fee.

Contemporary Chamber Players. New works by Stony Brook Composers. 8 p.m. Rectal Hall, Staller Center. Free. Call 632-7330.

Cholesterol Testing. Student Health Services Building. No Food or Drink 14 hours prior. 12-3 p.m.

Spaghetti Eating Contest. End of the Bridge Restaurant. 5-7:30 p.m. Cash Prizes.

Oxfam America Information Meeting. 8:30 p.m. Stony Brook Union Room 221. For more information call Jeff 632-1053 or Tom 632-1093.

THURSDAY, NOVEMBER 11

Fitness Test. Athletic Training. 10 a.m. -4 p.m. Indoor Sports Complex.

Personal Safety and Awareness. LT. Little, University Police. Student Union Room 216. 1:30-2:30 p.m.

CPR Course. American Heart Assoc. & SB Volunteer Ambulance Corps. Infirmary Conference Room. \$5 Certification Fee. 11a.m.-4 p.m.

FRIDAY, NOVEMBER 12

C.O.C.A. FILM, The Fugitive. 7 p.m., 9:30 p.m., and midnight, room 100, Javits Lecture Center. \$2; \$1.50/SB ID. Call 632-6472.

Wynton Marsalis Septet. 8 p.m. Main Stage Staller Center for the Performing Arts. \$25, \$23; discounts for alumni, students, Senior citizens and children. For Tickets Call 632-7230

Stress Management Workshop. Student Health Center. 12-1 p.m.

Non Instructional Life Drawing Workshop. Practice from a live Model. 7:30 - 9:30 p.m. Union Crafts Center. Stony Brook Union Basement. \$5. Pay at door. Call 632-6822.

SATURDAY, NOVEMBER 13

C.O.C.A. Film. The Fugitive. 7 p.m., 9:30 p.m., and midnight, Room 100, Javits Lecture Center. \$2.50; \$2/SB ID. Call 632-6472.

Hands on Chemistry Exhibition. 11 a.m. to 2 p.m. Chemistry Building Room 410. Free.

SUNDAY, NOVEMBER 14

C.O.C.A. Film. The Fugitive. 7 p.m., 9:30 p.m., Room 100, Javits Lecture Center, \$2/ general admission; \$1.50/SB ID. Call 632-6472.

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Students Injured After Man Steals Van ³

By Kelly Dolan

Statesman Assistant News Editor

A 21 year old Middle Island man stole a van carrying ten Stony Brook students from an area bar, early Friday morning, injuring four of the passengers, according to Police.

Ten passengers were in the van waiting to return to campus from the Cat Walk, an 18 and over club. While the students, who are all 18, sat in the van, a fight which had been going on in the parking lot broke up. According to Breda Mahoney, one of the students involved, the Catwalk's van driver was outside the van waiting for more Stony Brook students before he left the Cat Walk parking lot. The driver could not be reached for comment.

While the driver was outside, Tori Hoe, 21, of Middle Island, who could not be reached for comment, allegedly boarded behind three girls and stole the van. "The guy jumped in the driver seat and took off," said Mahoney. According to Mahoney, the suspect was driving erratically around the Waldbaums parking lot. "He almost hit two poles and the Waldbaums sign," she said. According to Suffolk County Police Officer Randy Jaret, the suspect took the van out onto Route 347 and headed west.

Hoe was arrested early Friday morning and charged with one count of felony unlawful imprisonment, one felony and two misdemeanor counts of leaving the scene of an incident, one misdemeanor count of unauthorized use of a motor vehicle, and one misdemeanor count of driving with a revoked licence, a misdemeanor, said police. "He was not charged with any intoxication or impairment," said Jaret.

The suspect was apparently trying to get away from the fight in the parking lot. "He became separated from his friends," said Jaret. "He spotted the van and took off with it."

The students involved thought he was trying to escape from a person or group of persons chasing him. "He was afraid that the guys were following him," said Mahoney.



Breda Mahoney and Jody Schanker (l-r) who sustained injuries after Friday morning's incident.

Statesman/ Richard Cole

"He kept saying, 'are they following us?'" said Mahoney.

Police reports say that the four injured girls jumped out of the van, though the students say that only one jumped and the other three fell. Danielle Rosso suffered a broken elbow and sustained a hairline fracture of the skull. She was treated at University Hospital and was released after a day of observation. Mahoney suffered a broken ankle and bruised knee. She said she will need surgery this week. Another student, Judith Henderson, suffered severe head injuries. Mahoney and Jody

Schanker, who sustained a minor elbow injury, said they fell out of the open door of the van just after Rosso jumped, although police reports say that all the girls jumped.

The suspect stopped the van in the parking lot of Roy Rogers, close to where the girls fell out, they said. Someone from the van called the police, who responded promptly. "They came pretty quickly," said Schanker.

Hoe was arraigned Saturday and is being held on \$10,000 bail.



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Top University Officials Resign

Three top University officials resigned this week, leaving more positions unfilled.

Dean of Medicine Jordan Cohen resigned last week, after accepting a job offer in Washington. His wife, Carole Cohen, vice president for University Affairs will also be leaving.

In addition Vice Provost for Computing and Communications Roger Pijacki resigned. The announcement was made by Interim Deputy Provost

Bryce Hool at the University Senate meeting last Monday. Director of Social Behavioral Science Lab Richard Reeder was named the interim replacement for Pijacki.

Dr. Cohen was away this weekend and could not be reached for comment.

Full stories on these resignations will be in Thursday's edition of *Statesman*.

-Andrea Rubin and Richard Cole

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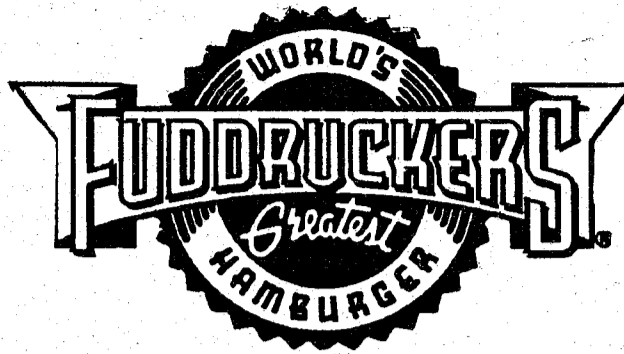
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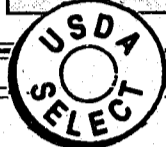
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Potential Students Get A Taste of SB ⁵

By Errol Cockfield

Statesman Staff Writer

Hundreds of high school students visited campus yesterday for the Fall 1993 Open House which was held primarily in the Indoor Sports Complex.

Coordinated by the Office of Undergraduate Admissions, the open house offered campus tours, seminars on various academic areas, financial aid, and admissions information for prospective applicants. The registration point was the

sports complex but the open house took students and their families all around the university.

"We're trying to give them an opportunity to get as much exposure to Stony Brook," said Judith Berhannaan, associate director of undergraduate admissions. "Students are allowed to get a full overview of the university."

The wide variety of activities were planned by a committee which included staff members from Undergraduate Admissions, Student Affairs, and

Undergraduate Studies, said Berhannaan. There were approximately 1500 students, accompanied by family members, which brought the number in attendance to more than 3000. Tours of the campus and residence halls were given every hour on the hour, and academic seminars were available for students who wanted specific information on various majors and criteria for departments.

"I've always known of Stony Brook's reputation in the sciences," said father Juan Noble. "I find the campus impressive and it seems to be well maintained," he said.

His son, Martin Noble who is interested in medicine said, "I was very impressed by the campus and the Life Sciences lecture I attended," said Martin Noble. "Stony Brook has a lot to offer in the pre-medical field."

In addition to the tours and seminars, there was an academic and activities fair in the Sports Complex arena, which included tables from 70 different academic programs, student services, and student clubs and organizations. Parents and students posed questions to various representatives at each table.

Mark Roach, a senior at Washington Irving High School in Manhattan, said he was impressed with the university. "So far I like what I see," he said. "There are a lot of different majors and activities that cover all your different interest."

La'Shawn Lyons, a freshman at SUNY Farmingdale who is interested in transferring for Psychology, said, "It's a good school. I like the curriculum and this is a really nice environment."

Seminars such as "The Freshman Experience" covered campus life opportunities and informed students of the various services that would be at their disposal if they decided to attend the university.

"It's big," said mother Pat Smalley whose daughter could not attend, "But it's not too big for the right person." Smalley's daughter is interested in the physical therapy program. "I do believe with the education you get here you won't have a problem with job security," she said.



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Loop Reopens

By Robert F. Morrison

Special to Statesman

It will be business as usual for the Loop today, after having been closed for the past three weeks.

The snack bar, which is located adjacent to the commuter bus stop, was forced to cease operations three weeks ago because of a change in management. A hot dog trailer run by Charles Ingle has provided an alternative to the Loop this past week. Ingle has signed a contract with the Faculty Student Association to manage the loop for the next five weeks.

Several loop employees were either temporarily laid off or relocated to the other FSA controlled snack bar, Stony Snacks. Ingle said he will rehire these same employees upon reopening. According to Ingle, the loop will sell the same snack items as it had before.

Loop Supervisor Abraham Colazzo, who was transferred to Stony Snacks, is looking forward to the Loop's reopening. "Employees as well as commuters were inconvenienced by the closing of the Loop," he said.

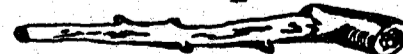
Holly Ingle, assistant and wife of Charles Ingle, promises that students can expect an improvement in service. "[It will have] better service in an even friendlier atmosphere," she said.

FSA Operations Manager Donna Klingel received notification to close down the Loop on October 15. According to Klingel, the future of the Loop is uncertain because of construction plans for Central Hall. "It is likely that in the future the loop must be torn down altogether because of upcoming water operations in Central Hall," she said.

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Stony Brook Statesman, the newspaper for SUNY Stony Brook, is a non-profit literary corporation that is published twice-weekly during the academic year and bi-weekly during the summer. Its offices are located in the lower level of the Student Union. For information about advertising, call 632-6480 weekdays from 9 am to 5 pm. Editorials represent the majority opinion of the Editorial Board and are written by one of its members or a designee. Statesman welcomes letters, viewpoints or suggestions about newsworthy events on or around campus. Write to Statesman at PO Box AE, Stony Brook, N.Y. 11790 or room 075, Student Union, Campus Zip #3200. Viewpoints must be no longer than 1000 words, and letters no longer than 500 words and both must include writer's name, address and phone number for verification. Anonymous letters will not be printed.

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Editorial

Just Say No - to NAFTA

Very soon the North American Free Trade Agreement is to be voted on in Congress. The passage of this bill will be the destruction of the United States. When people talk favorably about this bill, they talk of all the markets that will be open to U.S. products and all the new imports that will compete with present products. Both of these arguments seem antagonistic.

The most frightening part of NAFTA is the fact that thousands, if not millions of jobs will go streaming across the border into Mexico. This is wrong, but you can't blame the business owners when you look at the advantages. In Mexico, they could effectively cut labor costs by close to eighty percent as opposed to staying in this country. Also, in regard to

labor, the business owners will not have to deal with labor unions or child labor laws.

Not only will the business owners be relieved of the burdens of labor laws, but they also will not have to deal with federal mandates such as the Clean Air Bill or other environmental protection bills. While this may be written off as, "It's only happening in Mexico," all of our ecosystems are attached. We share hundreds of miles of land border with Mexico and thousands of miles of oceanfront.

Without these constraints, production costs of businesses will be minimal and its products, now on sale unencumbered in this country, would blow domestic products away. Right there we lose in two areas, jobs and sale of our products. This may provide a

wonderful climate for the consumer, but you can't consume when you don't have a job.

There are very few advantages to agreeing to this proposal. If we want to continue to be a nation of people who continue to get the short end of the stick when dealing with other countries, this agreement is the way to go. Why is it that the business interests in this country are screaming for its passage while the labor interests are screaming for its death? Who do these two interests represent?

When it comes down to it, the people who will be most hurt by this agreement are the regular, ordinary working people of this country. Also hurt will be the small business owners who cannot afford to pick up and move to Mexico.



Write Us

Statesman welcomes the opinions of its readers. Opinion pieces should be no longer than 1,000 words, and letters should not exceed 500 words. Both must be typewritten, signed and include the name and telephone number of the writer.

Send Letters and Opinions to Student Union Room 075, Campus Zip 3200

SB Magazine

7

Campus Life, People and Events

FACE 2 FACE

Up Front And Center With Spinieo

By Robyn Sauer and Ary Rosenbaum
Statesman Editors

Brent Spinieo, a 21 year old senior from Hoshim, Pennsylvania is the newly crowned Homecoming King. Besides being royalty, Spinieo is a resident assistant in James College and a center on the Stony Brook football team. Spinieo took time out of his busy schedule to participate in this interview.

Q: What is your major?

A: Philosophy.

Q: What did you do with your Homecoming crown?

A: I put it on my pumpkin. But my pumpkin died.

Q: Who is the most to blame— Amy, Mary Jo, or Joey?

A: Beavis and Butthead.

Q: What is your favorite ARA meal?

A: Breakfast, in general.

Q: Why do you wear a half shirt than the full length jersey during the game?

A: It is my representation of my offensive line pride. It's not a beauty contest.

Q: Why do you wear number 64?

A: It was my high school number.

Q: Who would you want as the University President?

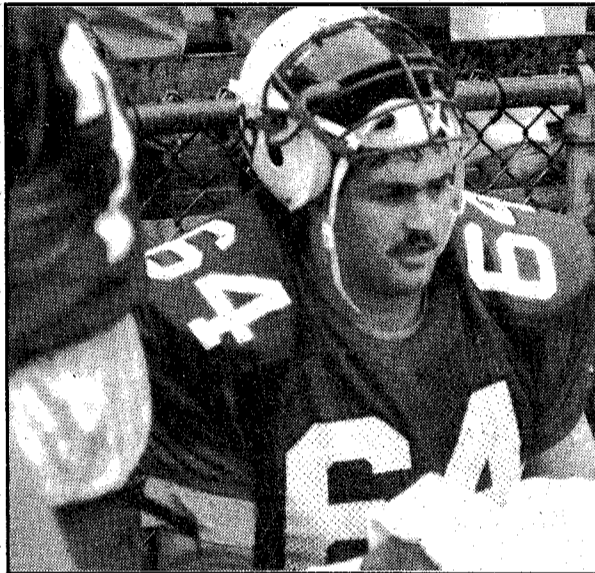
A: Steven Hawking [The Physicist].

Q: What do you think of the stereotype of the dumb jocks?

A: It is right on the money.

Q: Do you have any Homecoming King groupies

A: Yes, one, my backup quarterback Anthony Sparacca.



Brent Spinieo

Q: If you could change the name of the Stony Brook Patriots, which name would you choose?

A: The Sponges.

Q: If you could be a tree, what kind of tree would you be?

A: Bonsai!!

Q: If you could have any Brady sister, which one would it be?

A: Tiger.

Q: What is your favorite television show?

A: Star Trek: The Next Generation.

Q: What are your goals as Homecoming King?

A: To project Stony Brook as the great campus and college that it is.

Q: Who do you watch, Leno or Letterman?

A: Letterman, of course.

Q: Have you ever tried the stunt in the movie, The Program?

A: No, it's sad kids are dying, it's stupid for them to do it and then you wonder why people think jocks are stupid.

Q: What do you think of Barney the Dinosaur?

A: I don't.

Q: Are Beavis and Butthead responsible for society's ills?

A: No, I think society is responsible for society's ills.

Q: Do you think the pretzel guys should sell beer?

A: No.

Q: Are there any perks being an R.A.?

A: Free room and board.

Q: You are an R.A., Homecoming King, and a football player, when do you sleep?

A: During my classes.

Q: What do you want to be when you grow up?

A: Happy.

Q: Who is your favorite dwarf in Snow White and the Seven Dwarfs?

A: To tell the truth, I have never seen the movie.

Q: Do you have any superstitions?

A: Besides hanging my gut out, Friday night porn movies with my friends.

Irving College Leg Packs 'Em In

By Joe Fraioli
Statesman Staff Writer

The meeting begins the usual way, with a call to order, followed by the regular agenda. The only difference is, there are 50-plus people in attendance, with not enough seating for everyone. According to the officers of Irving Legislature, this is a normal turnout for their weekly meeting.

The Legislature, or Leg, is the building government in which residents join together in weekly meetings, to talk about issues and events of the hall and to allocate money taken out of their student activity fee. Getting students to participate in these meetings has been an ongoing problem for Leg officers across the campus.

While other residence hall legislatures are just struggling to obtain quorum, the minimum amount of people required in a meeting to vote, Irving Leg has posted numbers well over 100 residents. "I think this is the best government on campus because of the people in the building," said Leg President Tom Iannacchino. "People here are the most energetic from what I've seen here on campus. They love to do things and they don't like to just sit around. They like to have fun and that's why they come down."

Dwight Bartley, a resident assistant as well as the building's Polity senator, also attributes attendance to the interaction the officers have with the residents. "We go door to door and we knock on the doors and get people to come out," he said. "We explain to them that it would benefit them to come down. If you see all your friends going, why wouldn't you want to go? You really have to have that hands-

on experience with the students. I think that's what makes us different."

Bill Peragine, one of Bartley's residents, attends the Leg meetings on Tuesday nights. "Why? Because my RA always knocks on our door and asks us to come down."

Other residents have different motives. "Take a look at all the females," said Ed Warner, a junior and Irving resident. "I come for the females and for the fun, because we usually have good stuff going on afterwards, like 'The Dating Game'."

"The Dating Game" was one of a few post-Leg events the officers have held so far this year. "The Dating Game," was put together by the secretary, Kiwi Hill, and Lenny Skuggevik, both RA's, in which contestants were asked questions by a surprise female guest. The identity of the guest was not revealed and the event attracted more than 150 residents. After the questioning was finished, the guest revealed "herself" as being Skuggevik dressed in female clothing.

"The crowd was going nuts," said Eileen Riehman, hall director of Irving College. "They didn't know who it was. It was great. It was really fun and people had a good time and they laughed a lot...It was a great program."

Another program held as a post-Leg event was an educational called "Sex in the Lounge." Two groups, one consisting of all males and the other of all females, were divided at both ends of the main lounge while each group took turns asking the other group a question. The event started out as the males asking the females about their sexual

tendencies, then later evolving into serious issues like rape and date rape.

"They walked out of this program and people were talking about the program," said Riehman of the residents. "I never would have really thought 'let's do it as a Leg event'. Do something educational? That seems so rare and it worked. They were here they wanted to be here, and they participated."

However, the turnout of Irving Leg meetings was not always so terrific. "Poor, very poor. From 10 to 15 people," said Irving Treasurer and RA, Ann Marie Brunke, about last year's attendance.

"Last year, if it was between watching TV and coming down here, I would watch TV," said Helen Sullivan, a sophomore. "This year, I come down and I try to make a conscious effort to attend."

Randi Perlman, also a sophomore, attends Leg, "to get away from the building. To socialize."

"There's always something going on," said Sullivan. "There's always some kind of controversy." Perlman agreed, saying, "yeah, the arguments are good."

The Irving Leg meetings have been successful this year in eliciting response from the residents, sometimes in a very loud and forceful manner. This week, the argument was on whether alcohol should be served at the Irving picnic this spring. The debate had gotten so heated that Riehman had to interject and calm everyone down. These debates are what drives Iannacchino to continue. "It keeps me going, because

See LEG on Page 11

Wellness: A Plan for Healthy Living

What is wellness? Wellness is the ability to promote and maintain physical, mental, and spiritual well-being to the highest level of one's potential. Health, on the other hand, can exist as a relatively passive state of freedom from illness.....a condition of relative balance or harmony.

The individual concerned with wellness will seek to learn or re-learn behaviors which will build his or her strengths through the process of education, self-exploration, and self motivation. "Re-learn" behavior? Does this seem like a lot to hope for? Maybe not! Students of higher education are generally in a state of transition.....seeking to explore better and higher levels of existence.

Any positive lifestyle changes that you make now can influence you in the long run. The first thing to remember is that you are not alone! The staff at the student health service is always available to help you along the "Wellness" path. Please feel free to come in with any questions or concerns you might have. No question is "too stupid" or "too silly."

The following steps will guide you in developing a healthier lifestyle:

1. Nutrition— Eat at a relaxed pace.

a) Did you know that it takes about 20 minutes for your stomach to tell your brain that it's full? By that time, most of us have eaten a second helping!

b) Reducing your fat and cholesterol intake by limiting such foods as egg yolks,

whole milk and organ meats, combined with regular, moderate exercise will keep you trim and increase your HDL level. HDL is the so-called "Good Cholesterol." HDL behaves like "Pac-Man": it gobbles up and dissolves the cholesterol deposits that form in the blood vessels around the heart, which is a major cause of heart attack.

c) Be aware of how much salt you are consuming; remember that ketchup, sodas, canned foods, and cold cuts all contain hidden

salt.

d) Daily Food Intake:

Two to three servings of skim milk, low fat cheese or yogurt.

Two to three servings of lean meat, poultry, fish, eggs, nuts, dry beans.

Two to four servings of fresh fruit. Three to five servings of vegetables.

Six to eleven servings of breads, grains, cereals, rice, pasta.

Remember:

Dairy - one serving = 1 cup or 1 1/2 oz. cheese.

Meat/Protein - one serving = 3 ozs. (about the size of a deck of cards)

1/2 cup cooked beans or 1 egg= 1oz. meat.

2 tbsp. of peanut butter= 1 oz. meat.

Grains (pasta, rice, potatoes) - 1 serving = 1/2 cup.

Fruits- should be medium in size, or 3/4 cup juice.

Vegetables - 1 cup raw, leafy, or 1/2 cup of other types.

Fat should be limited to 30% of total calories. This is only a rough guide. The exact percentage of fat depends upon a person's total caloric needs. In general, younger, more active persons' intake should be at a higher recommendation while older persons are at the lower recommendation.

2. Water: Human beings can live about two months without food but only a few days without water. Water intake helps the liver to process fat, thus aids in weight

reduction. The body's cells will retain fluid if your intake is low. Drinking more water will decrease bloating. Individuals should drink approximately 8 glasses per day for optimum health.

3. Exercise helps your body to release chemicals (endorphins) which give you a feeling of physical and mental well-being. If you have a heart or chest condition or a bone or a joint disease, or are in any doubt as to your condition, consult with the

See LIFE on Page 10

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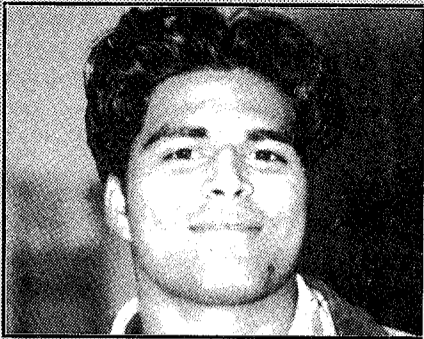
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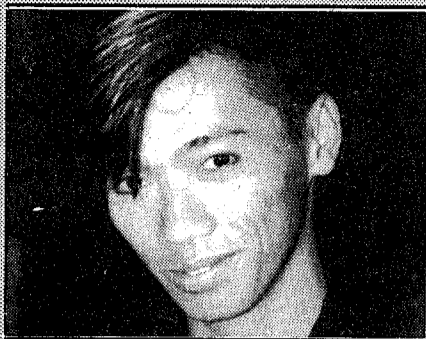
BY JOHN CHU

This Week's Question:
What do you think of the changes at the commuter lounge in the library?



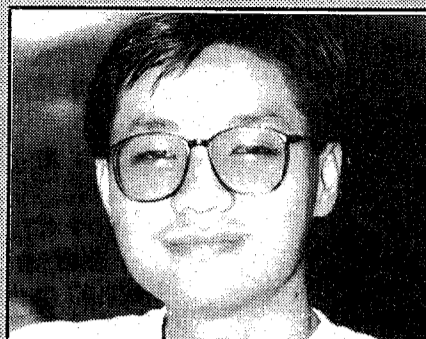
"They are very good, but I hope it will remain clean."

Najeeb, Hussaini, 20
Class: Junior
Major: Religious Studies



"It's tacky, like everything else in this place, including its people."

Agus Roap, 23
Class: Senior
Major: Political Science



"It's about time!"

David Chen, 21
Class: Senior
Major: Economics



"I love it. It doesn't smell as bad as before."

Maria Leung, 20
Class: Junior
Major: Economics

Those Labor Unions, They Work Too Hard

GREETINGS AND SALUTATIONS. I'm back after a week and an important week at that. As most of you may know, last Tuesday was Election day. I love Election Day sooo much. It lets we, the people

become involved in the lives of our many politicians. After ruining our lives for however long they had previously been in office, for the two months prior to the election, they come crawling back saying that the Devil made them do it. Well, maybe not the Devil at least the large campaign contributors and special interest groups.

And that's what I'm here to talk about this week. Specifically one sort of interest group, namely labor unions. Besides being Communists, labor unions tend to be some of the most vicious, violent and criminal elements of society. People may be shocked to hear this, but it's absolutely true. Read the history books. There was that incident with the coal miners in Pennsylvania.

What had happened was these nice, generous coal mine owners were conducting their business, not bothering anyone and then the Communists come to town. Now, keep in mind, the coal miners were making ten dollars an hour, which was a lot in 1870 or whenever. Then they start wanting

Sundays off, and ten hour workdays. Well, needless to say the owners said no. What did the Communists then do, you might ask. They formed street gangs and started up all this violence.

Not only has violence been an ingrained part of the labor movement, so has criminality. I don't think there is any thinking American who doesn't believe the Mafia is infiltrated into every union on the planet. There is also a little know, but highly probable theory that the CSEA may have been involved in the assassinations of Presidents Kennedy and Garfield. They have certainly been responsible for the death of higher education.

But as you all could say, unions are very dangerous. Even more so because they're legal. I think the Chicago police should spend less time chasing folks than chasing the AFL-CIO, we know who is more dangerous. Sorry this week's column is short, but technical difficulties are encroaching. Next week will be much more lengthy and fun.



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Plan for Healthy Living

LIFE From Page 8

Student Health Service before initiating an exercise program. Never start an exercise regimen without finding out how fit you are. You can do this by counting your pulse rate before you exercise. It should be 60-90 beats per minute. If you are healthy, i.e., no heart or lung disease, you can safely exercise to 75% of your maximum heart rate. To determine this rate, subtract your age from 220, then multiply that number by 0.75. Check your pulse regularly and rest if you feel fatigued. Do not exceed your maximum heart rate.

4. Premenstrual Syndrome Suffers: Cut down on salt, sugar, caffeine and red meat. Eat six small meals instead of three big ones. Seek advice at the Women's Clinic.

5. Smoking: Your body begins to heal itself quickly after you stop smoking. In less than one day after you quit, the levels of carbon monoxide and nicotine in your system decline rapidly. In a few days, your sense of taste and smell get better. Breathing becomes easier and your smoker's cough lessens. If you feel the need, get some help from the American Lung Association or the American Cancer Society or come in to the Student Health Service for a list of resources.

6. Stress: Give relaxation and stress education the same commitment that give your work. When you begin to feel stressed out, remove yourself from the situation- even if its only for a few minutes. Also, remember.... laughter helps blood pressure to drop and relaxes muscles.

7. Believe in your own power to heal yourself. Scientific studies have shown that medical treatment is more effective when a person has a positive attitude.

The above plan for healthy living urges you to make permanent changes which can be slowly worked into your lifestyle. Start by making a list with two column entitled: Good things about myself and things about myself that I want to change. Prioritize. Give yourself a time frame, but don't attempt too much too soon. Remember, giving up an old habit is like losing a little part of ourselves. Except setbacks- if you get off track, just be sure to get right back on the next day. Solicit support from your friends; be compassionate and accepting of yourself. After all, aren't you worth it?

Marie O. Santiago is a nurse practitioner in the Student Health Service.

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DATE: November 17th

TIME: 12:40 - 2:00

LOCATION: Javits 103

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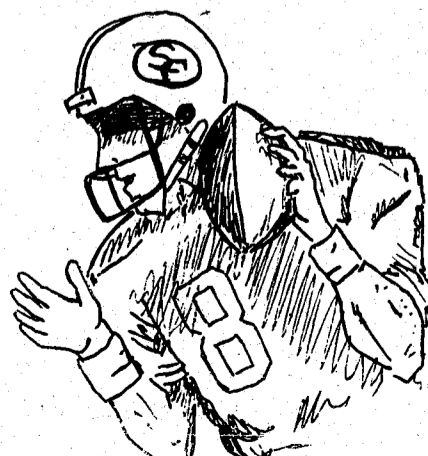
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Let The Guilty Be Forewarned

A **AGAINST THE TIDE** which will now be a weekly column in *Statesman* will be a forum for what some might call the ramblings of a madman, others might see it as a call favoring a revolution of society. Either way I hope to address a variety of issues, some old and some new; but all in a new or often unheard light. I don't expect any one to agree or disagree with what I have to say. I merely hope to offer something for "you out there" to think about since this so-called educational institution does not actually ask its members to think too often. Thinking is what classical education is all about; hearing different sides to an issue, and thinking about it before making any conclusions. This requires open-mindedness, which I realize may be a lot to ask of many people in today's society and on this all too politically correct campus. But all I can do is ask, offer my thoughts, whatever their value may be.



AGAINST THE TIDE

RICHARD D. COLE

Some of the issues I plan to address are: that all drugs, prostitution, polygamy, homosexual marriage, etc., should be legalized - and taxed. The federal government should not subsidize education, farmers, or the health care system. I will even offer ideas of why the federal government is outdated and should be dismantled to its very core, why certain states should attempt secession, etc. I would like to write about the nature of man, evil and good, and all of the unnatural laws that society has shackled us

with. Any way, enough with the introduction, let's get to the dirt.

One of the biggest issues in the local New York area elections this past Tuesday was the rising crimes rates. What a crock people! If society really cared about crime, then something would be done about it. The fact of the matter is that people not only don't care, but that American society has adopted crime and criminals as part of our culture. Durkheim, one of those famous dead sociologists, said that crime was "an integral part of all healthy societies." The theory is that when crime occurs the members of society are drawn together and according to Kai Erikson a "collective conscience" is born.

To see how Americans embrace criminals all one has to do is look at who the "heroes" of American society are. When I was growing up the heroes were: Jesse James (remember that "Brady Bunch" episode), John Dillinger, Al Capone, J.R. Ewing (Dallas), etc. The "good" heroes were cartoons: Superman, Spiderman and Batman. Who are the heroes of our children today? Barney the effeminate politically correct purple dinosaur? I surely hope not!

I would take this theory a step further than these dead sociologists: not only is crime a needed part of society, but criminal activity comes naturally to humans. Rape, murder, incest, thievery, etc., are all natural activities for humans to engage in. Just think about it: humans are

after all just animals, not so much unlike other animals in the kingdom. Dogs steal food when they're hungry, male Mallards engage in rape, gorillas urinate on one another to display a challenge, fish eat their own young, chicken engage in "pecking parties" to create a hierarchy, etc. Why do we act so presumptuously as to think we are better than all the other animals in the forest? Because we have the ability to "reason?" Bull! Just look at what the ability to reason has brought us: better ways to kill, maim and destroy one another.

Don't get me wrong, I'm certainly not condoning rape, murder, etc. I'm just asking people to take a realistic look at the questions at hand. Perhaps a less controversial way to look at the question of whether or not criminal behavior comes naturally would be to ask, "Why do we have so many restrictive laws?" I mean, if people wouldn't naturally engage in these unwanted behaviors, why do we have so many restrictive laws? My grandmother, Nana, always argues with me that humanity is naturally good and that society makes some people act badly. But if this were true why do we need so many laws and the largest police forces in the world? If it were just a few people committing crimes we wouldn't need such expenses.

Moral of the story: Morality was born when some fat pig, thousands of years ago, wanted to stay in power and realized that he could use man's own mind against him and this might be a more powerful weapon than sticks and stones. Question the morality that is preached to you in your home, dorm and classroom. Question! Question! Question!

A Leg Above the Rest

LEG From Page 7

I like it when people have controversy," she said. "It makes much more sense when people get into it."

"There's definitely always feedback," said Skuggevik. "Things always go back and forth and we try to keep that out of Leg." Skuggevik and Warner also hold what they call "Town Meetings" in which residents and RA's get together once a week and have a gripe session. "What it's for is for people to come and find out why things are like the way they are," he said.

If you've noticed that many of the Irving Leg officers are resident assistant as well, than you're not mistaken. "I was really concerned about that," said Riehman who came to Stony Brook this summer as hall director. "I was told basically who my Leg was and that a couple positions were

open. That didn't sound right to me, and I don't know how it's been in other buildings, but it's worked wonderfully here, because they are leaders and people see them. They are unique and very motivated and they want to be here. They want to be involved."

"I think if other RA's would get more involved in actively getting students involved, Leg would be more successful," said Bartley. "A lot of students don't know what Leg is. If there's no direct avenue or stating exactly what college legislature is, why should they come?"

The staff of Irving uses the Leg meetings to accomplish many different objectives, such as the conveying of information, the unity of residents, and most of all, the pride of Irving College. "People were psyched to be in Irving," said Riehman. "We are a good building, and look what we can do."

Against The Tide

WITH RICHARD D. COLE

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NAFTA: Pass It, We HAFTA

By David Shashoua

Congress is now back in session considering legislation to overhaul our health care system, as well as finishing up with department spending bills. However, one prominent issue that the Congress should be looking at is whether or not to ratify the North American Free Trade Agreement (NAFTA).

We need Congress to ratify NAFTA because it will help improve not only Mexico's standard of living but it will help increase our economy. Mexico is a poor, but maturing nation. It needs, like its Latin American counterparts, an increase of capital mainly free from the West. However, Mexico does not need donations, loans, grants, or any other form of aid from the West. It needs a liberalization of trade barriers with the United States. NAFTA not only helps Mexico to increase trade with the U.S., but with Canada. Do not forget that our northern neighbor is a nation that has just as high a standard of living as ours. Imagine if we combine the economies of Canada, the U.S., and Mexico together? These three nations together would compete better with other trade blocs in the world (e.g. the European Community, and the Asian Bloc).

The only fear we have with NAFTA is concerning whether manufacturing jobs will race "south of the border". Mr. H Ross Perot and his followers, are calling it a "sucking sound". I personally do not hear it. If some companies do move south, they will invest in the Mexican private sector more than other forms of capital investment will allow. As Mexico's economy grows on its own then a general price increase, especially on wages, will happen. If you think Mexican workers are getting cheap wages now, they will not if the West is willing to share its industrial growth. Hence Mr. Perot should have his ears examined.

We might lose some jobs, but if Congress rejects NAFTA, we will not only damage our surplus trade with Mexico, but by shutting out U.S. companies from moving south, we will not have more liberalization of trade with the rest of Latin America and Asia. With NAFTA, we would increase the probability of the southern hemisphere opening up its economy. Also NAFTA, would encourage the conclusion of the Uruguay Round GATT talks. When NAFTA is finally implemented, it will put us a step closer to complete liberalization of trade.

Thanks to the advancement of technology in the communications industry, the world has gotten smaller than governmental bureaucracies and national banks can cope with. Look what happened to the Bank of England when it tried to prevent the British pound from being devalued: the

bank could not cope with the pressure the currency speculators trade over \$1 trillion worth of world currencies. Even France, the most protectionist nation, almost suffered with the devaluation of the Franc. What happens in Europe could effect us here at home. There are many examples of how nations are integrating more than ever.

The U.S. cannot be isolated, or even turn to protect our industries anymore. Why not let the nations of the world specialize in certain industries. This is not my idea: it is something that Adam Smith (writer of the book Wealth of Nations) wanted. Also, let the "invisible hand" of international markets decide how much we pay for goods and services.

A free flow of goods is the heart of capitalistic markets. We should teach the Third World that if you have flexible trade barriers, you will receive a wider variety of goods and services. With a wider selection, companies would then compete and

prices would become cheaper for consumers. With the West exporting more to the Third World, it will increase its own economy, and at the same time increase a better understanding with the people of the Third World.

I do hear a "sucking sound", a different one that encroaches both the northern and southern borders. Our neighbors, Canada and Mexico, only want us for our rich resources and never give anything back in competitive exports. Tell me why does Perot build an airport in Texas, is he taking advantage of the free trade and increase his own profits?

Remember, the protectionist policies were a major cause of the Worldwide Great Depression of the 1930's. I do not want the current worldwide recession of the 1990's to turn into a depression with protectionist policies. Most important, government discourages worldwide unity, while corporations encourage it.

Letter

Don't Condone Violence To The Editor:

In response to Mr. Williams' editorial, I believe he gives a poor excuse to condone violence. He says that because one grows up in a poor environment that gives one the right to cause harm to others. If you take his argument toward all the indifference that occurs in society today this gives the right of abused children to abuse other children. If someone steals from you, you have the right to steal from others. Surely anyone with good morals which Mr. Williams does not have because he has been brainwashed into thinking that because if one is suppressed one has to stay that way and take out his suppression on others. There are many prominent blacks and minorities in our society that grew up in less than satisfactory conditions they did not use their hardship to hold them back. During the riots in Crown Heights and Los Angeles there were blacks who did the right thing either by staying away or coming to the needs of the victims. These people knew the difference between right and wrong and live in the same neighborhood as the unruly mob. I believe people today make too many excuses and are unwilling to take that extra step. Today it is much easier to blame someone else for your mistakes or hardship than doing something about it. I don't blame people who have hardships or obstacles. I do blame people that accept their misfortune and do nothing to overcome their problems. It seems the only thing they know how to do is to point a finger.

After spending five years at Stony Brook and coming into contact with people of all different creeds and colors I know not to judge one on appearance. Looking at one's race or background and judging a person on that alone has proven untrue countless number of times. If Mr. Williams looked around at the community of Stony Brook he would see that there is diverse mixtures of people who are doing well and have come from less than perfect households or communities. By saying because one has hardships this gives the right to inflict hardship on others does a disservice to the one's that have over come their obstacle and have decided how many hardships they face they will conquer them.

Stuart P. Shay

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Holyfield Takes Title Back

Again the heavy weight title of the world has changed hands. No one expected Evander "The Real Deal" Holyfield to defeat Riddick "Big Daddy" Bowe, but he did.

Early in the fight, both fighters came out swinging hard, and it was benefitting Bowe. Bowe came into the fight with a near thirty pound weight advantage. With this sort of weight advantage, Bowe could afford to punch it out with Holyfield. And all the judges gave the first four to Bowe. This was to be expected. Even Holyfield admitted his mistake in the first fight was that he tried to brawl with Bowe, but he seemed to forget his new technique in the beginning of Saturday night's fight.

The first four rounds of the fight were definitely dominated by Bowe. Several times early in the fight it looked as though Bowe was hurting Holyfield, but since the first fight, there has been no question as to the heart of Holyfield. Needless to say, he toughed out the early brawl to regain his style and composure.

It was in the fifth round that Holyfield's style started to really work for him. Using a double jab and combinations, he cut Bowe above his left eye. This seemed to take some of the steam out of Bowe, although there were several time in the fight both fighters continued fighting after the bell. Not only did the cut take some of the wind out Bowe's sails, it seemed to energize Holyfield. But even with his energy, Holyfield did not abandon his style.

The fight was interrupted in the seventh by some sort of parachutist who landed on the ring apron, stopping the fight for around twenty minutes. Some of the best shots were landed when the man was dragged off the apron and pummeled by a man with a flashlight.

This time was an advantage to Bowe, whose

corner had a chance to work on his cut. It also slowed a heating up Holyfield.

The following rounds pitted a disinterested Bowe vs. a hungry Holyfield.

Despite a no knockdown fight, the fight was exciting from beginning to end. It was heartwarming to see style triumph over brawn. Holyfield has proven he is a real heavyweight. But will any heavyweight really be able to call himself a champion without knowing if they could ever beat HIM.

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Attention All Athletes

THE LEAVES ARE TURNING and drifting towards the ground. The fall season is definitely here. But as I look around and feel the cold air, I realize that the fall is just about over. All one has to do is look at a fall semester syllabus and see that midterms are well over and there is little material left to read (or at least that is what the professor thinks).

Many of the athletic teams on campus are finished with their fall season or the end is in clear sight. With this knowledge, I have looked back on the issues of the semester. Without taking out a magnifying glass, I have clearly noticed that there a bunch of people that I owe apologies to.

Although the football team has received adequate coverage, this is not true for some of the other teams. I need to say that none of this was attentional. It just happened. This does not excuse it, but at this time there is nothing I can do to set the clocks back.

My eyes were not completely open this semester to all the events going on. It wasn't that I did not know of

the scheduled games or that I didn't care. I do, on the other hand, have a limited staff and limited time. This does not excuse my actions because I am the Sports Editor. I guess, I should have been able to forget about any of my personal problems and just put out the best section possible. But, this is not reality. Especially when there are not many people to fall back on.

The reason why the football team got the coverage is because it was what the most interest was shown in. Many people were willing to write on its games and more students showed interest in how they are doing. Although everyone might not like it, there is not equal interest in every sport and therefore with limited time, space, and staff we did what we could.

I am open to any help or suggestions. We are always looking for new writers, photographers, and any other help. Once

again it all comes down to "If you are not part of the solution; you are part of the problem."

If you like sports or just fun current events, come down and join the staff. Again, I apologize for any hard feelings and I encourage anyone with ideas or problems to call or come down.



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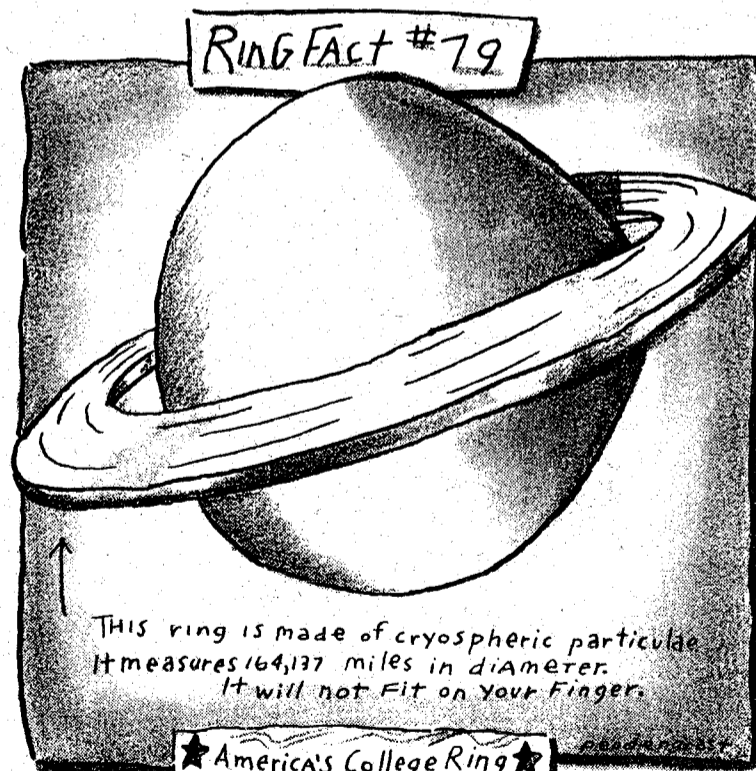
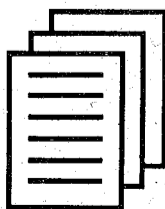
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BOOKSTORE

1993-The Last Battle For "Patriots"

15

By Robyn Sauer and Richard Cole
Statesman Staff Writers

The fall athletes are ending the season and will not return as the Patriots and the Lady Patriots next year. The Athletic Department is working with Sean Michael Edwards Design Inc. to create a new nickname and logo.

Sean Michael Edwards is a Manhattan based firm. The partners Edward M. O'Hara and Thomas S. Duane are both from Long Island, O'Hara from Huntington and Duane from Miller Place. O'Hara's brother once ran track at Stony Brook and, due to these facts, have a certain interest in the development of this university. This firm made the logo for one of the expansion NHL teams, the Florida Panthers, and the Seattle City Mariners, in addition to major corporations such as Proctor and Gamble and General Mills.

There are a few reasons why the department has decided to make the change. "We hope to develop a real pride in the school and in the name," said Dean of Athletics Richard Laskowski. He said the goal is for people to want to wear Stony Brook gear.

Laskowski also said that a contributing factor was the lack of identity the name "Patriot" holds. The whole Three Village community uses the same nickname and, according to Laskowski, you have to check whether you are looking at the college or high school pages of the newspaper.

The most apparent reason for the logo change is the financial reason. "We hope the logo will be the type that that will be bought in other parts of the country, simply, because they like it," said Laskowski. Laskowski was very quick to point out that the change in logo would not have any cost to the students. The fee paid to Sean Michael Edwards is going to be paid off over a period of time from the profits collected due to sales of the new merchandise. This fee will cover the fee for the creation of the new logo and the firms making the necessary contracts with the clothing companies, bookstores, and marketing companies.

Right now, one of the biggest selling clothing products

is team apparel. People are buying what looks good. For example, the San Jose Sharks, finished third to last place in the NHL, but its clothing line sold more than any other team. The baseball team, Colorado Rockies, also did very well in the stores; better than they did on the field.

Student response to the change of logo has been mixed. Polity Treasurer Corey Williams said, "I don't think that they should change it. It's tradition...it's part of the teams. We've always been known as the Patriots. I don't think that people will be comfortable with a change in name." Senior Dennis Duswalt also does not support the change. "Everyone's happy with it now. Why change a good thing? We have no problem with it," he said. "The athletes don't have big complaints about it. We need a mascot. But..."

Tim Schroeder, Patriot's quarterback, disagreed. "I think it's a good idea. 'Patriots' is not a marketable name," he said. Schroeder said that the new logo should have "a little more to do with the Long Island area." Mike Bahr, Patriot's wide receiver, agreed. "Patriots is not a good symbol," he said. "We need something more outgoing and exciting."

Right now the plan is to go with a name that does relate to the Long Island community in which the school is located. Marc Newmark has combed the dictionary for a new name. The plan is to keep the school colors as they are now - scarlet, grey, and white. But the possibility of switching either the white or the grey with black is being considered.

According to Laskowski there are several steps to be taken before the actual name and logo are chosen. An advisory board will be formed consisting of students, faculty, and alumni. This board will suggest names and the hired firm will pick three names out of those suggested by the board and a list compiled by the hired firm. They will create graphics for these three selected names and then the board will give their opinion of which one of the designs it favors. From there, Sean Michael Edwards will



Sean Michael Edwards created this logo for NHL expansion team, the Florida Panthers.

work with Collegiate Licensing Company, the largest licensing company, to get apparel in the bookstore, the local community, and throughout the country. "The licensing company has vendors like Russell and Starter that create shirts for other schools," said Laskowski, who is excited about the project. "We want to come up with a name that will be a dynamic name."

The Athletic Department hopes to have this deal done by the spring, although the name will not switch until the fall season of 1994.

OFFICERS WANTED

The United States Marine Corps is currently accepting applications from freshman, sophomores and juniors for Ground and Pilot Officer Programs.



Marines

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MONDAY, NOVEMBER 8, 1993

Sports

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Patriots Denied

Panthers *Scratch* Football Team's Undefeated Record

By Chris Meek

Assistant Sports Editor

In an attempt to keep its undefeated streak alive, the Patriots went up against the fifth ranked team in the East, Plymouth State College. The attempt was in vain after loosing 26-9.

In the first and beginning of the second quarters, things were inspirational despite an early injury to junior quarterback Timm Schroeder. The Stony Brook defense held the Panthers scoreless while junior Brian Hughes of Patchogue

converted a 25 yard field goal at the 6:40 mark of the second quarter, after missing a 31 yarder in the first.

Plymouth State showed why they are ranked in the top five by answering Hughes score with a touchdown just more than two minutes later.

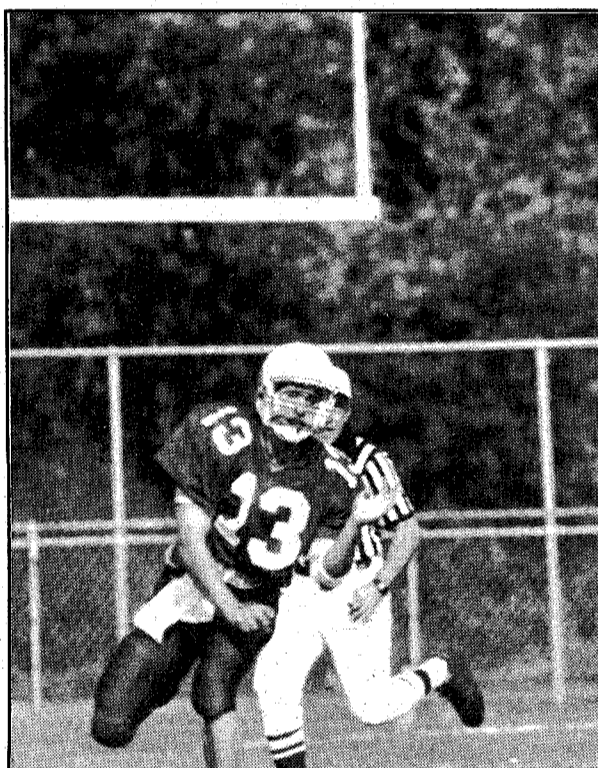
In the third quarter, the game looked to be out of reach when Plymouth State scored on a 25 yard pass half way through. But the Patriot offense would not yield. After reasserting himself back into the game last week, Billy Justensen and sophomore Chris Delmadge from Floral Park combined to lead the rushing attack against the Panthers. While Delmadge was shut out of the scoring, for the first time this season, Justensen, the junior from Deer Park, scored the only Patriot touchdown of the game with a 1:15 left in the third quarter to close the gap to 13-9.

After Hughes missed the PAT, the Patriots would not get any closer, failing to score for the rest of the game. To add insult to injury, Plymouth State would post two more touchdowns on its side of the scoreboard before the game's end.

On the day, Schroeder went 19 for 35 passes with 212 yards and two interceptions. This made his total passing yards 1,597 to allow him to break his own team record for passing yards in a season. The running backs masted only 153 yards in the day. What killed the Patriots was two lost fumbles. "It was a rough one," senior linebacker Rich McConekey said. "I was kind of disappointed, there were four plays that they made that if we could have held them they might not have one." The defense played well recording two interceptions and two sacks on the day. Junior defensive back James

Football

Plymouth: 29
Pats: 9



Statesman/Chris Vacirca

Despite the loss, Timm Schroeder broke his own team record for passing.

Saldino from Sachem High School and junior defensive back Sean Van Slyck were responsible for the interceptions. Freshman defensive end Keith McInness of Medford and sophomore defensive lineman Brian Casey, from Paramus, NJ, sacked the Panther quarterback once a piece. Chad Hutchings, freshman defensive back, from Springfield, NY, led the Patriots with eight tackles, while McInnes and Van Slyck both had seven.

"On any other day they [Plymouth State] are not 17 points better than us," said McConekey. He was on to something there. The Patriots gained 382 total yards to Plymouth State's 388. Stony Brook gained 4.6 yard per play to 5.1 of the Panthers. Plymouth State controlled the ball only 8.5 minutes more than the Patriots, converted nine third downs equally and Plymouth State had two fewer first downs than the Patriots.

On Saturday, the Patriots go on the road again, visiting the University of Massachusetts at Lowell.

"On any other day they [Plymouth State] are not 17 points better than us."

- Senior Rich McConekey

National Bid For Lady Pats

The Stony Brook women's volleyball team found out last night that they received a bid for the Nationals.

The Lady Patriots are ranked in fifth place in the East. Last season, the team placed third in the country. After loosing some players due to graduation the team had to prove that they were still of top quality. The Lady Pats proved that they are by no means "has beens" but that they have only begun to win during the season.

The team competed in the NYWSCAA Championships this weekend. A full coverage article will be published in Thursday's edition of *Statesman*.

The volleyball team will host Cortland State for the first round of National Competition on Wednesday at 7:30 p.m.

-Robyn Sauer

PATRIOT ACTION THIS WEEK

Home Games In BOLD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8	9	10 Volleyball vs. Cortland State, 7:30 pm	11	12	13 Football at UMass-Lowell, 1 p.m. Cross Country NCAA Regionals, 11 a.m.	14