

Polity President to Stand Trial Tonight

By APRIL MCKENZIE
Special to Statesman

A student concerned about a contract between Polity and a private consulting firm will present her case against the student government president to the judiciary tonight.

Senior Robyn Sauer, former commuter senator and former *Statesman* editor in chief, petitioned the judiciary to hold a public hearing on the matter. Sauer alleges a conflict of interest regarding the contract. Named as the sole defendant in the hearing is Polity President Crystal Plati.

Vinny Bruzzese, Steve Alamia, CSA Vice President Ken Daube and Sauer will present Sauer's case. Plati will likely represent herself. Bruzzese and Alamia, who normally sit on the judiciary board, voluntarily stepped down, admitting clear conflict due to interest in the case.

"I felt it necessary to file the petition because I believe that Crystal Plati aided a friend in receiving a \$12,000 contract merely based on a personal relationship and not qualifications," said Sauer. "This is by no means acting in the best interests of the students."

The hearing is open to the public and is scheduled for 7:00 p.m. in the Student Union, room to be announced.

The *Stony Brook Statesman* learned of the matter in September 1994 while investigating other alleged improprieties in Polity. A number of anonymous sources told *Statesman* that 3TV, which at the time was called SPA-TV, was going to hire a consulting firm.

The firm, NIA Entertainment is headed by Shirell Roeback of Brooklyn, an alum of Stony Brook. The firm's head consultant is former Polity president David Greene.

In a presentation to the Polity Senate on March 22, 3TV General Manager Felix Fermin recounted the station's history. Fermin said he and Evelyn Castillo researched the feasibility of a Media Arts minor on campus. Out of that research, they developed the idea for 3TV, which was set forth to Polity in a proposal in the fall of 1992.



Polity President Crystal Plati

Statesman / John Chu

In spring of 1993, the proposal passed on a referendum ballot for five dollars per student per semester. A similar referendum for \$10 per student per year (same amount) failed in the Spring 1992 election. David Greene was Polity president when the referendum passed.

Negotiations to hire a consulting firm began during the Summer of 1994. According to sources, this is when possible improprieties occurred.

Greene, Fermin and Jerome Tarter, SPA-TV vice-president, attended the Polity Council's September 13, 1994 meeting. During the meeting, Greene made a proposal as a representative of NIA Entertainment. The council took the proposal under advisement and instructed 3TV to continue negotiations.

On October 5, NIA Entertainment faxed a contract to Polity from Washington, D.C. where Greene lives. The contract said that the "initiative was approved on 9/25/94 and expenditures approved on 9/25/94." However, September 25 was a Sunday, and there are no minutes from any meeting on that day.

The contract also states that "The agreement is made, this 14th day of October, 1994 by and between Student Polity Association, Inc. ... and NIA Entertainment, Inc. ..." No evidence has been found to show that NIA Entertainment is incorporated in New York or Washington, D.C.

The date of October 14 points to another possible conflict. The three-page contract was faxed on October 5. On the same day, SPA-TV submitted a voucher for \$3,000 that was approved *that day* by Peter Baigent. Unlike vouchers for other clubs, no meeting minutes were attached, no allocation motion was made, and only one club officer signed it.

In most cases, large sums of money are not transferred without close scrutiny. However, in this case the voucher was pushed through quickly and quietly.

Also, large contracts usually are submitted to Leonard Shapiro, Polity attorney, for approval. This contract, admittedly approved by Shapiro, passed with no markings. The contract contains numerous misspellings and grammatical errors that were not corrected.

Also, the contract is signed by Roeback as president of NIA and by Corey M. Williams, then Polity treasurer

See NIA, Page 2

Campus Celebrates Wellness Week

Students Learn Tai Chi and How to Cope With Stress

By JASON YUNG
Special to Statesman

The six dimensions of wellness- social, emotional, physical, spiritual, occupational and intellectual- were celebrated at Stony Brook in a variety of events last week.

Mount College Wellness Living-Learning Center, Student Health Service, and the Department of Physical Education sponsored USB Wellness Week on April 10-13.

Wellness is defined as "the process of moving in the direction of living a balanced, healthy lifestyle. . . a way of life — a choice you make to live a positive and fulfilling lifestyle." It is awareness "that everything you do, think, and feel" affects your health and well-being.

USB Wellness Week "brings together the resources of this campus for wellness," said Teri Tiso, the faculty director of the

Wellness Living-Learning Center. In addition to hosting programs on wellness, Mount College also hosts two wellness seminars each semester, although Tiso said she hopes to add more in coming semesters.

Throughout the week, student athletic trainers and Wellness Program interns gave students fitness assessments at the Indoor Sports Complex. The C.H.O.I.C.E. program also had an information table at the ISC and various physical fitness activities ranging from yoga to aerobics were also held. Mount College hosted many programs ranging from test advising with Kaplan to safer sex, including workshops on Tai Chi and stress management.

"MOVING MEDITATION"

Last Monday, Mount College hosted a presentation of

the Chinese art of Tai Chi given by Yun-Xiang Tseng, who instructs a Tai Chi workshop at the Union Craft Center. Tseng was assisted by three of his students, all of whom demonstrated different techniques while Tseng spoke to the audience that had assembled in the main lounge in Mount College.

T'ai-Chi-Ch'uan, as it is formally known, is an ancient Chinese art with a 3000-5000 year old history. It is a type of meditation that can be likened to traditional ballet in that it involves fluid movements and requires the mind to focus on the body and concentrate on form.

Tai Chi centers around qi (pronounced "chi"), a life force that comes from three sources: your parents, the food and water you eat and the air you breathe. These three sources come together to form the self. A strong qi equals a strong body.

It is through qi that people can connect the mind to the heavens. Tai Chi focuses on movements and makes the mind pure. Tseng explained to the audience that he "told [his students] that if they noticed one person [while demonstrating], then they have failed."

With its slow but focused movements, Tai Chi is deceptively useful for self-defense. For example, Tseng asked the audience what they would do if he threw a ball at them. Tseng's answer was to step aside and redirect the ball, which modeled one of the movements of a Tai Chi exercise; a single movement can be interpreted as a complex reaction to various attacks, as Tseng demonstrated with his students.

Tai Chi is continuous movement based in circles with one center. Practitioners of Tai See WELL, Page 8

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Polity Denies Freedom of Information Request

By TOM FLANAGAN
Statesman Editor

Polity has denied *Statesman's* request under the Freedom of Information Law to view records concerning NIA Entertainment.

In a letter dated March 30, Stephen Adams, executive director of Polity, informed the *Statesman* that Polity is not subject to public disclosure law because Polity is a private organization. Adams also stated in the letter that he "would be pleased to meet... at any time and furnish any information that would be reasonably appropriate."

As of 17 April, Adams has not met with *Statesman*. He attributed the delays to conflicting schedules of himself, *Statesman* staff, 3TV staff and Council members. A news conference is scheduled for Friday at 1 p.m.

After receiving the denial from Adams, the *Statesman* appealed the decision to Albany, specifically to Patrick Hunt, associate vice chancellor for University relations. In a letter

dated 7 April, Mary Elizabeth Walsh, acting appeals officer, upheld Adams' denial, citing that the "Student Polity Association is a not-for-profit corporation, which is separate and distinct from the State University of New York. It is not, in our view, an 'agency' which is subject to the Freedom of Information Law."

However, the Committee on Open Government says differently.

The Committee is responsible for overseeing the implementation of the state's Freedom of Information Law. It is composed of 11 members, five from the government, including the lieutenant governor, and six from the public.

Robert Freeman, committee member, said in a phone interview yesterday that Polity is subject to the Freedom of Information Law. He said that judicial precedent has established that a not-for-profit organization performing its functions under a public body is not exempt from public disclosure.

"[Being that Polity] is an association that deals with a mandatory activity fee, has a legislature that distributes money and that the offices are located within the confines of the University," Freeman said, "[Polity] is covered by the FOIL."

David S. Korzenik, of the law firm of Miller and Korzenik in Manhattan, said that Polity is not sheltered by its not-for-profit position. In a letter dated 17 April that was sent to the Appeals Officer in Albany, Polity officials, University President Shirley Strum Kenny and 3TV, Korzenik asserts that judicial precedent supports *Statesman's* appeal.

"It is more than evident that in this case, Polity lacks reasonable basis in law for its denial of access to the *Statesman*," Korzenik writes in his letter. "Now that the Court of Appeals has clarified its reading of the FOIL law... [Polity's] refusal to comply is all the more unjustifiable." □

NIA Scam

NIA, From Front Page

and acting executive director. No printed names or dates of signature appear on the contract. The contract was negotiated by SPA-TV and NIA, but it was signed by Polity and NIA.

There is no mention of the contract or negotiations in the minutes of any meeting of a Polity body since September 13.

Allegations of impropriety arose when Sophomore Representative Nicole Rosner found the contract and began asking questions about it. Rosner, contract in hand, confronted Plati who allegedly responded, "How did they find out about this?"

During the March 22 senate meeting, Rosner said that she was told not to worry about it and that the matter would be taken care of. However, word leaked to other sources, and many individual investigations were initiated by a number of students.

Everything came to a head during the March 22 meeting. *Statesman* Editor in Chief Thomas F. Masse motioned to initiate impeachment proceedings against the four member of the Polity Executive Committee.

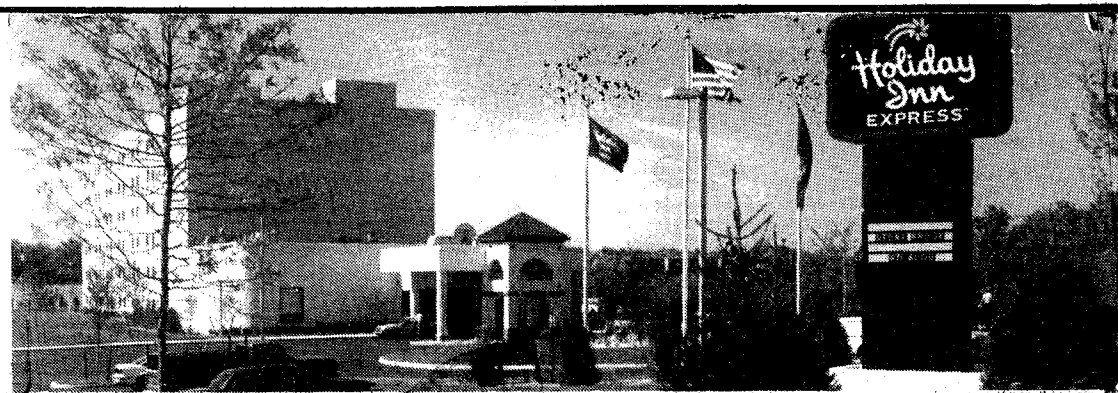
"It was obvious that none of the regular senators would do anything," said Masse. "What may be labeled a conflict of interest on my part was done in the best interest of the students."

During the next senate meeting Sauer called the senators "negligent" for not acting when they had the opportunity. She said that she would petition judiciary for an open hearing, which she did the next day.

"We completely stand by our evidence and her guilt," said Bruzzese referring to Plati. "In the hearing it will become painfully obvious that Crystal Plati and NIA Entertainment colluded to defraud the Student Polity Association of \$12,000. They got sloppy and now they got caught."

Plati could not be reached for comment. □

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The Stony Brook Statesman

Tuesday, April 18, 1995

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Editorial

What Are They Afraid Of?

Please Note: When it comes to Freedom of Information requests, *The Stony Brook Statesman* will not be denied!

Through silent investigation, *The Stony Brook Statesman* began uncovering the NIA scandal in September when the name David Greene was mentioned.

Months later, after many individuals spoke under terms of anonymity, a group of students uncovered documents that contain much of the evidence that will be used during the hearing.

Soon after, our editor proxied for a commuter senator and motioned to initiate impeachment proceedings against Crystal Plati and Annette Hicks in reference to the NIA case.

Robyn Sauer, a former commuter senator, petitioned judiciary to hold public hearings on the matter.

With the case now out in the open, *The Stony Brook Statesman* filed Freedom of Information letters with 3TV

and Polity.

The Freedom of Information Law (FOIL) is legislated on a state and federal basis. On the state level, the law says that any state institution must make available all records with limited restrictions.

3TV forwarded its FOIL letter from *Statesman* to Stephen Adams, Polity executive director. Adams disapproved both requests, claiming that Polity is independently incorporated and is not subject to the FOIL.

Polity claims innocence.

Statesman appealed the case to Albany, who also rejected the request.

Polity claims innocence.

However, *Statesman* has documents citing precedents that Polity is subject to FOIL. Furthermore, *Statesman* has retained a lawyer that it has previously worked with.

Polity claims innocence.

The question is, "If Polity is innocent, what are they trying to hide?"

See, the thing is, Polity

knows they're up against the wall and they're doing everything they can to stall us. They're hoping we'll give up.

Well, guess what?

We're not giving up.

We will pursue this and **all** FOIL requests to the fullest extent of our capacity.

This University has tromped all over students' rights for many, too many years. Its many bureaucracies have hidden information and covered up atrocities for long enough.

If this University - or anyone in this University - thinks it will continue to get away with breaking laws and infringing on the public's rights, THINK AGAIN.

The Stony Brook Statesman will exercise its rights at all costs. It will report the news fairly and accurately. It will investigate any alleged wrongdoings to the fullest extent of its capabilities.

It will do so without fear and without remorse.

It will do so because its job is to LET EACH BECOME AWARE!

Hicks, True to Form, Screws Students

She's truly amazing.

After weeks of claiming she supported the referendum that appeared on the April 7 ballot, Annette Hicks (who is running for president against Ken Daube) stood at the polling sites and enthusiastically encouraged students to vote against it.

"But that makes no sense!" you say to yourself. "Why endorse it and then tell everyone to vote against it?"

Well, fellow students, the reason is because Hicks (who is running for lied to everyone - as usual.

The referendum on the ballot was a proposal to change the current bylaws of the Polity Council. Instead of having four executive committee members and four class reps, there would be one president, one executive vice-president, and six departmental vice-presidents. The latter is a much more sensible system; the former is

mass confusion.

This is why Hicks is really against the change.

The new structure would define more clearly what each position is responsible for. For example, instead of sophomore representative, there would be vice-president for programming. That's easier to understand. The proposal would have made the Polity council a more rigid structure.

The current structure breeds chaos and confusion. That may sound redundant, but you should see the council.

Chaos is what Hicks wants. Hicks wants to be able to do what she wants with so much gray area that no one will realize she's screwing the students - at least, not until it's too late.

We have seen Hicks do this repeatedly throughout the past year. She takes chaos and uses it to her advantage.

So, Hicks lied to the

senate. "Yeah, guys. I'm on your side."

Then she stood by the polls. "Vote 'No' - against the senate."

Now, we're in the period of campaigning for office for next year. Hicks, not surprisingly, is running for president. When

FREEDOM OF INFORMATION:

We're Not Fooling Around

For those of you who decided to not read our lead editorial but who are involved in Freedom of Information proceedings with us, there is one thing you should know:

We're not fooling around.

We will be pursuing all FOIL requests, and we will do so to the extent of our capabilities.

We have retained a lawyer for our purposes. We have the backing of the journalism instructors on campus. We will go to outside journalist organizations and their lawyers if we have to.

Save us all the trouble and comply with FOIL requests ASAP.

"Blessed are the young, for they shall inherit the national debt."

- Herbert Hoover

Letters & Opinions

Welfare Should Give a Hand Up, Not Be a Handout

From the weekly column of State Senator Kenneth P. LaValle (R-Port Jefferson)

Over the years, New York State's welfare program, which was designed to provide a "safety net" for those truly in need, has earned the unfavorable reputation of being an easy mark for abuse. The sheer size, escalating costs and widespread fraud associated with our welfare system have garnered intense criticism from people who have traditionally supported the goals of public assistance programs, but are now demanding a re-evaluation of the entire system. Past welfare policies were based on the belief that the best thing we could do for recipients was to give them more money. The consequences of his ideology are evident in a system that is out of control. It is up to government officials to restructure our welfare system so that help is available for the needy, not the greedy.

Currently, there are 1.7 million people

on New York's welfare rolls, an increase of 30 percent since 1980. While no one wishes to deny aid to people truly in need, taxpayers have the right to expect that their hard-earned dollars are not wasted on those who have learned to beat the system. In response to the legitimate concerns of taxpayers, I am supporting legislation proposed by Governor Pataki to move the system to encourage greater personal responsibility.

The reform package emphasizes:

- Workfare as a way to achieve welfare reform.
- Learnfare as a means of ensuring children's school attendance.
- Mandated finger imaging in an effort to eliminate fraud.
- Limited benefits for those relocating from another state or country.
- Stiffer penalties for illegal food

stamp transactions, and

- Limited public assistance to single, able-bodied adults.

Suffolk County has already witnessed a significant decline in welfare enrollment through its pilot finger imaging program. One can only assume that people who were kept off Suffolk's welfare rolls were those with fraudulent intentions.

Finger imaging is but one important aspect of our efforts to move toward greater accountability. I remain confident that through support of programs like this and the other reform measures, we can restructure the system so its original objective of giving a "hand up" not a "handout" is re-established. I hope that every New Yorker who recognizes the need to change our current welfare system will support the Senate's initiatives.

Warfare on Welfare

To the Editor:

Last November, voters said they wanted to change welfare as we know it. I am pleased to say that the State Senate has overwhelmingly approved a comprehensive welfare reform package as part of the budget, designed to refocus the priorities of welfare in New York.

This reform package would provide needed changes to New York's welfare programs.

Many of us believe that welfare should be temporary assistance, not a way of life, but that is exactly what it has become in many parts of our State. The Senate has heard the voice of the people and we have acted on your calls.

These provisions would restructure welfare by promoting self-sufficiency, combating fraud and, restoring common sense to the state's public assistance system. Among the reform proposals approved by the Senate were:

- 60-day limit for able-bodied, employable persons on Home Relief
- Workfare participation required by recipients of Home Relief and Aid to Families with Dependent Children (AFDC)
- AFDC families are to participate in Learnfare
- Teen parents under 18 and youths under 21 must remain at home
- Finger imaging is expanded statewide, and required for applicants of Home Relief, AFDC, and other welfare benefits

- Tough, new penalties for fraud offenses, such as possession of multiple public assistance cards or concealing information on applications
- Revoking driving licenses if child support payments are missed

Welfare in New York is a classic example of how good-intentioned, deep-pocketed government has created a disaster. The system, as we know, is not benefiting anyone. By passing this bill, we are allowing welfare recipients to take responsibility for their lives.

If the Assembly follows our lead, New York State could see \$359 million in savings. However, more importantly, local property taxpayers will see about \$280 million in savings. By saving local taxpayers money, the Senate is taking the lead in bringing a new dawn to New York.

Keep in mind that the budget is not

finished. The Assembly must also approve the welfare reform portion of the budget. Participation is crucial in our democracy, and unless the New York City controlled Assembly agrees to reform welfare and save taxpayers dollars, nothing will really change. I am urging all New Yorkers to contact their state officials and voice their support for the welfare reform proposals passed by the Senate.

Sincerely,
Joseph R. Holland
State Senator

It's Time to Eliminate the National Debt

To the Editor:

Fellow Students! We should not have to inherit a \$4 trillion dollar material debt. We didn't create it, and we are not responsible for it.

We have the right to start our careers and enter this society on a level financial playing field; free from having to pay the bill for a party we did not attend.

Refuse to accept the greed and gluttony of the elder generation.

Refuse to participate in the capitalist economic war that is being waged against people everywhere.

Demand that the \$4 trillion dollar national debt be completely eliminated now! Eliminated by the simple transfer of wealth away from the richest 5 percent of the population.

We must make our voices heard!

John Cassella

Brown for President

To the Editor:

Ex-governor of California, Jerry Brown believes that global capitalism is destroying communities and jobs, and is disrupting the moral foundation of everyone in the United States and around the world. He thinks that the Republican and Democratic parties are nothing more than servants for the capitalist dictatorship of money and power which is concentrated in one percent of the population.

Governor Brown sees the nation moving towards a fascist police state; that some form of economic depression or violence in the streets will probably have to occur in order to bring about a political situation where the American

people can take back their nation.

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John Cassella

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Statesman Features

Tuesday April 18, 1995

Stony Brook's Resident Cool-Man of Jazz

By JOSEPH P. GRASSI
Statesman Staff Writer

"I have just read some interesting statistics in the *New England Journal of Medicine*," said Todd Coolman, director of the U.S.B. Jazz Ensemble, "that stipulates it is now scientifically proven that those students that listen to jazz during finals week do better on their exams than those who do not."

The newly appointed head of Jazz Studies has what it takes to instruct serious players in the jazz idiom. He is the genuine article when it comes to jazz musicians. Coolman has played stand up bass and continues to play with what he calls, "The established masters of jazz, the founding fathers of bebop music." Those masters include names like Dizzy Gillespie, Horace Silver and Tommy Flanagan.

When asked if he had always been interested in teaching or has he resorted to it because of the "economic realities" of a



Special guest Gerry Niewood will be appearing at the Staller Center with Coolman on May 11th.

jazz musician, he responded that it was neither of those reasons. He did say that his teaching career began when he was approached at a smoky jazz club in New York City in 1979. "I was playing with pianist Horace Silver in the Village Vanguard, and during the intermission this little wiry guy asked me if I had done any teaching. I said that I had not, and that I've been on the road and never thought much about it. Then this guy asked me if I studied at Indiana University with David Baker and I said yeah. Then he left the club. It turned out that guy was one of the foremost jazz educators today, Jamie Abersol."

Abersol then later asked Coolman to be an instructor at his jazz workshops, thus sparking his teaching music.

Coolman finds himself playing in a variety of situations, even though he is a jazz player. He records movie and television soundtracks, jingles, and commercial music, which he points out could be anything, including classical. Other than that he primarily performs in clubs, concerts and festivals. "It varies from month to month," says Coolman referring about work as a jazz musician. "Even when you work with certain artists steadily, unless it is a Wynton Marsalis who has one of the few bands that works all the time, you can work regularly with an artist and that might be three or four weeks a year. I stay busy regularly but not with one situation because if you only had one job you wouldn't make any money. You have keep as many avenues open as possible."

Coolman says that jazz musicians mainly get hired through word of mouth and reputation. "Sometimes there are some political forces at work whether they be record company people, club owners or concert promoters that have their own desires who exert their will upon the situation. I think more than anything your



The backbone of many Jazz greats, Todd Coolman

reputation grows everytime you appear. Musicians do a lot of homework and they go out often to listen to other musicians to stay current with what people are doing. Once the grapevine gets going, that's your best endorsement. Word of mouth is very strong in the New York jazz community."

He adds, "The people that I've worked with have impressed upon me that

being a good jazz player is the result of extreme hard work, great dedication, great attention to detail and many hours of study. It's not just standing up and blowing your brains out and it just falls down on you from heaven. It is a very serious art form and it requires all the attention that a

See COOLMAN, Page 10

Historian Speaks on African Cultural Influences

By YOUNGRIN KIM
Special to Statesman

An accomplished writer and cultural historian, Anthony Browder has devoted his work to his African roots and undoing what he refers to as his "miss education." He first became aware of the misrepresentation of his own African culture after he graduated from Howard College.

In his lecture, entitled "Nile Valley Contributions to Civilization", he brought to light many examples of where Western Civilization adopted African culture without acknowledging these influences and how African history has been distorted over many thousands of years.

One striking example is the use of obelisks in our culture. They serve as landmarks all over the world including: Bunker Hill, The Vatican, and the Washington Monument. Little known to

the Western civilization, the obelisks originated in ancient Egypt as Tekhen and symbolized the resurrection of the God of Judgement, Ausar. This explains their presence in many cemeteries as a symbol of the after-life.

African civilization has also influenced Christianity, Browder said. The Holy Trinity, which consists of The Father, The Son, and The Holy Ghost, was preceded by the African Trinity of Allsar, Aset, and Heru. The concepts of virgin birth, resurrection, and salvation had existed in Egyptian theology well before the birth of Christ.

African culture and technology still influences Western culture today. Many modern buildings mimic the great, ancient pyramids. There are also symbols, such as the caduceus (the symbol for medicine), the eagle and pyramid on the dollar bill, and

even commercial logos that have their roots in African culture. One startling example was the amazing similarity between the Academy Award's Oscar statue and statue of Imhotep, history's earliest known physician. They share almost an identical form.

Browder also spoke of the gradual destruction of African civilization at the hands of the Greeks, who imposed their culture onto that of the Africans. The Sphinx, for example, is a figure in Greek mythology but the actual structure is African, whose proper name is Her-em-akhet. The English alphabet can be traced back to the Romans which, in turn, can be traced down to the Greeks which can then be linked to Kemet, the original name for the area which is now called Egypt.

African culture today is still

threatened. Browder pointed out that many ancient structures are being threatened because of the water damage due to the dam in the Nile river, causing the water levels underground to rise and decay the structures from inside. Many statues have been defaced or destroyed. Art that has originated from Western Civilization depicts African rulers incorrectly as Caucasian.

Browder's lecture lasted over two hours. Many of his findings were surprising and sometimes shocking. It was an exhilarating experience to be able to view history from a different aspect other than that of the conventional Western perspective. He ended his lecture warning African Americans to be culturally aware, and to understand the subjectivity of Western Civilization. □

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USB Wellness Week: Tai Chi; Coping with Stress

WELL. From Front Page

Chi can defend themselves by knocking an assailant off center. As a "moving meditation," it focuses the qi; Tseng proved this, impressing the audience by showing the palms of one of his students, which had turned a vivid red from the qi flowing to

his fingers.

Tseng also gave a quick history of Tai Chi. The original Chan style, which was developed in the Ming dynasty, used both soft and hard movements and required a lot of practice. Yan Lu Chan then created

a softer style that everyone could do. The Chinese government then developed a "simplified style," going from 96 movements to 36.

In the 1970's, the "Chairman Chan" style was brought to America, which was

more martial arts-oriented for the more aggressive-minded Western masses. Just as there are many ways to the city from Stony Brook, Tseng pointed out, there are equally many ways to tap into your qi.

Tseng, or "Mr. Chen" as he is known

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on Long Island, was president of his provincial Tai Chi association before coming to the United States four years ago. He has practiced Tai Chi since he was 6 years old, when he started training in a temple for 10 years, learning other martial arts in addition to Tai Chi. As it turns out, he is certified by the Chinese government to instruct the simplified form of Tai Chi, having taught up to 5000 people at one time and even judges competitions.

In addition to the Craft Center, he also teaches Tai Chi and all over Long Island, locally in Huntington and Smithtown, in addition to practicing traditional Chinese medicine. Tseng sees it as his primary "duty" to bring Tai Chi to the world.

"It's neat to be finally understanding the East," said Jennifer Renda, an RA in

Mount who sponsored the program. Renda did some Tai Chi as part of a Wellness seminar last semester.

COPING WITH STRESS

"Return to the sound of my voice," intoned the narrator. "Feel yourself relax."

So went the final exercise of Thursday's Stress Management Workshop, led by Michelle Soefer, a student staff member of the C.H.O.I.C.E. Peer Educator Program.

According to Soefer, stress is our reaction to various stressors, which are various life events. If we do not relieve our stress, then chronic stress can bring on many illnesses and other health problems. To demonstrate, students formed groups and were asked to come

See WELL, Next Page

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Wellness Week

WELL, From Previous Page

up with different stressors, signs and symptoms of stress and ways of coping with stress.

Students had to categorize stressors as positive or negative, or perhaps both. Positive stressors included getting married, graduating, going to a new school, studying, public speaking, and even parking. Death of a relative or friend, studying, moving, and registration were examples of negative stress.

Soefer pointed out that most of these stressors are controllable

or even avoidable, as tasks like school work can be done at a more even pace.

In terms of coping strategies, students came up with such activities as listening to music, watching TV, exercising, releasing aggression, screaming, meditation, sleeping, going out, and "going to Michelle's program."

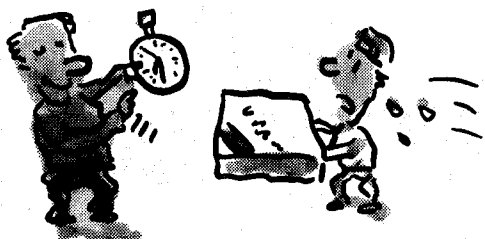
Although it is important that we eliminate stress, Soefer emphasized that it is also important to not overdo it, as we need moderate amounts of stress, particularly positive stress, to keep ourselves productive. Not having enough stress can make us complacent and having too much can overwhelm us.

The workshop concluded by having everyone lie down in the dark for a relaxation exercise, breathing deeply and deliberately. With relaxing music in the background, Soefer read a script, offering various suggestions for relaxing. One was "to find your own special place," while another was to tense muscles and then relax them to provide a contrast between tension and relaxation.

"Different people are receptive to different techniques," Soefer said. For health information or information on the C.H.O.I.C.E. Education Programs, call 632-9338 or 632-6682. For more information about the Wellness Living-Learning Center, call Andre Serrano at 632-6785. □

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Stony Brook's Cool-Man

COOLMAN, From Page 6

classical musician would devote to their career. That work ethic has been transmitted to me by the masterful players. When I see a guy like James Moody or J.J. Johnson, who are in their seventies, who are avowed masters, who have played with everyone, and who totally understand the idiom, they're practicing three, four hours a day. That speaks volumes to me. The other message I get from them is that when you play you do the best that you can. On a given night, the best that you can do might only be 70% of your ability, but as long as you give 100% of that your doing the right thing."

Coolman describes his experience with Dizzy Gillespie as surreal. "It was a dream come true. When I looked over at him and there he was playing and I was standing there playing, I couldn't believe he was there. I realized he is among a very small echelon of jazz musicians of such great depth and insight into the music that it is hard to believe that one is encountering that genius, even for a minute."

Coolman said, "You're as good as the company you keep. When you're in the presence of a giant like Gillespie or a Moody they have a magical effect on your own artistry because they bring something out of you that you're not aware of. It's usually in you but it is untapped and that's another testament to their greatness because not all artists do that. But when you work with a Dizzy or a Ahmad Jamal, there is something about their approach, their demeanor, their whole energy field that taps something in you that raises your level of playing that you can actually feel."

The thing that Coolman tries to impress to his students in the University Jazz Ensemble that there are two categories, good and bad. "I'm trying to help the students to become good musicians first, regardless of idiom. It's not about playing perfectly, it's about having good musical sensibility to move the listener. There is a mutual goal between me and the band to become an excellent band."

The Jazz Man is planning to write a book based on his interviewing the four surviving members of Miles Davis' best group, which include the names of Herbie Hancock, Ron Carter, Tony Williams and Wayne Shorter. Also he is currently performing around town (N.Y.C.) with James Moody. But we at Stony Brook do not have to travel to the City to hear the music of Todd Coolman. He will be performing along with the U.S.B. Jazz Ensemble with special guest Gerry Niewood (who has worked with Ella Fitzgerald, Paul Simon, Gil Evans, Barry White, Grover Washington Jr., and Buddy Rich) on Thursday, May 11, in Recital Hall in the Staller Center at 8p.m. Coolman urges everyone to get themselves to that concert to relax and to feel something during the tedious week of final exams. □

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Why Baseball is National Pastime ¹¹

PASTIME, From Back Page

exclamations, he politely turns to you and asks "now exactly what is a first down?"

For all the hype and all the excitement it generates during fall to mid winter Sunday and Monday nights, not nearly as many actually identify with the sport as they do baseball. Let's face it, women won't be racing out to set up their own league anytime soon.

Also when it comes to role models, star linebackers sort of have a way of getting lost in the crowd as do many other positions. Particularly, the disposability of players is alarming. One day you may be rooting for a great defensive back and the next day he can't play because he's broken his spine. Remember Bo Jackson anyone? Football players have a way of disappearing, so we never get a chance to get that close to them.

What about the NBA? That's gotta be the sport of the future. "So long, baseball" you say. This once struggling league, has exploded onto the national scene in the eighties and seems to be still picking up steam and fans. The game features the biggest stars and personalities. The level of athletic talent is unparalleled anywhere. Each game is filled with incredible performances with frequent wall-to-wall action. What other team sports involves such intense one on one competition?

But that's just the problem with basketball. As much as football de-emphasizes individuals, basketball has rose to a level that individual talent seems completely beyond "joe fan." Playground basketball more and more involves ridicule, and why not? Most of us do look stupid trying to do what the pro's do. Though many people won't like to hear it, basketball is not very representative of the population. Just as you would do a double take at a black hockey player, admit that there are few enough white b-ball players to safely label them all as "the white guy."

And what about hockey? Even after the New York Rangers dramatic story about winning the Cup after fifty whatever years last year, hockey remains a cult sport. At least as long as the violence persists and the prerequisite to being a fan involves owning cable and being fat and balding, this will always be a "b-sport." The same thing is true with lacrosse and rugby. Rugby, who needs rugby when you've got football?

Soccer didn't impress too many people when the World Cup was here either. The biggest story in the area to come out of that was when that goalie tried out for the Jets.

As for individual sports, who cares? Tennis, golf, fishing will never be number one on the national conscience.

Baseball has always been the most reflective sport of American society and accessible to the common fan. From the very strike that threatened it's existence to the most minute goings-on in the field, baseball's every action is American in nature.

There are politics and ideologies inherent in the game that every person can have a say on. Baseball strategy seems simple in comparison to the baffling mass movements in football playbooks. It is infinitely easier for a fan to lambaste a player for being a bum for not being able to hit a ball with a stick than when a guy misses a dunk (how many of us can do that?).

Baseball, although difficult in it's own right, has always seemed closer to what an average man can do than things in other sports. Indeed players come in all types and sizes which encourages the perception that anyone has a chance to play in this game. There are your big

power hitters who can't field, your skinny guys who can't hit a lick but can play short, your spray hitters, your opposite field-specialists, right-handers, left-handers, switch hitters - they all have their special purposes. There are guys who don't do anything that well but can do lots of things in general and old guys kept around just to DH.

The very length of the season and structure of the game allows it seep into the consciousness of our everyday lives. Everyday during the 162 game season, we are bombarded with statistics and averages that seem to have meaning equivalent to ongoing stories of life events. There are quantitative and qualitative parts of the game like batting races and save titles that have technically nothing to do with winning individual games at all.

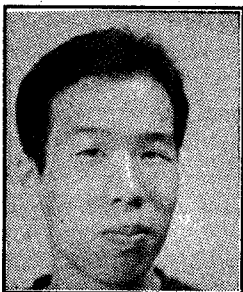
The long drawn out sequence of individual batting and pitching performances reflects the both isolated and forced cooperative nature of our society. We feel close enough with each batter or pitcher to second guess everything they

do. The rules are simple enough so that people can feel they can follow along in the decisions of managers and coaches. This democratic and thinking part of the game is what separates baseball as a distinctively American sport.

Accordingly, baseball has evolved as the nation has evolved. Just as the big monopolies controlled the little guy early in the century, the players have struggled for free agency and union rights that parallel the modern worker's increased power in the workplace. Baseball was also the first institution to effectively break the color barrier. The player's recent strike has a metaphoric significance as a capitalist victory against the controlling hand of a communist-like induced salary-cap.

The society/baseball connection can also be seen in a traditional ballpark set up. You have division of the classes with your luxury boxes, the middle decks, and the lowly bleachers. There are even family sections and sections just for beer and rowdy drunks. Sometimes, if you're lucky, later in the game you could sneak into some of the vacated good seats. You've got your politics and your social realities.

Baseball is like an outlet to our capitalist American lives. We need it to keep us going. There's also a metaphor in astro-turf and the seventh inning stretch if I can just figure it out. □



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The Strong Brook Salesman Tuesday, April 18, 1995



Statesman SPORTS

Tuesday, April 18, 1995

Baseball Sweeps Mt. St. Mary's, Ties Record

By KRIS DOOREY
Statesman Staff

The University at Stony Brook baseball team upped its winning streak to eight games with two wins over Mt. St. Mary Saturday afternoon in Newburgh after beating John Jay Thursday afternoon at University Field. The current winning streak ties the University record set by last season's 26-9 squad.

Joe Nathan provided the big bat driving in six runs while Mike Robertson (2-1) hurled a complete-game seven-hitter to lead the Seawolves to an 11-3 win over the Bloodhounds of John Jay.

Nathan drove in the game's first run with a first-inning double that plated Chris Livingston. Then with the score knotted a one in the third inning, the junior shortstop drilled a two-run homer to give Stony Brook the lead for good. Nathan ended the Seawolves' scoring with a bases-loaded double in the eighth inning.

Boog Haag was the only other Stony Brook player with two hits on the day. Scott McAleer and Keith Margolis each drove in a run.

Saturday afternoon the Seawolves traveled upstate and swept a pair of games from Mt. St. Mary College. Sal Tavernese and Tim Lynch both won their fifth games of the



Seawolves took advantage of a handful of Mount St. Mary's errors and walks in a sweeping doubleheader Saturday.

year as Stony Brook prevailed 8-3 and 11-3.

BASEBALL

SEAWOLVES	8
MT. ST. MARY'S	3
SEAWOLVES	11
MT. ST. MARY'S	3

Tavernese (5-1) hurled a complete-game seven-hitter and finished with five strikeouts to lead the Seawolves to victory in the opener. Stony Brook got on the board in the third inning when they strung together four hits for three runs.

Dave Marcus got the inning started with a single and after Haag doubled, Frank Colon followed with a double of his own to give Stony Brook a 2-0 lead. McAleer scored Colon from second with a single to up the lead to three runs.

Stony Brook scored one run in the third inning when Colon walked with the bases loaded to score Nathan who started the inning with a single.

Mt. St. Mary scored three

times in the bottom of the fifth inning off of Tavernese, but the hard-throwing right-hander struck out Mt. St. Mary's number-five hitter with men on second and third to end the inning.

The Seawolves put the game out of reach in the sixth scoring four times, including two on a single by Haag. Freshman Vin Causeman added an RBI-single in the inning.

Marcus finished the opening game 3-3 with two runs scored,

while Haag was 2-3 with a pair of RBI. Colon finished with three runs-batted-in for Stony Brook.

In the nightcap, Stony Brook scored six runs in the second inning and five more in the third as they won easily behind the pitching of Lynch.

Lynch (5-0) allowed six hits and struck out five in six innings of work. Freshman Gabe Correa, who was making his first start of the season, was 2-3 with two runs scored and a two-run single in the second inning to lead the Seawolves. Haag was 2-2 with three runs-batted-in, while Nathan was credited with two RBI.

Next: The Seawolves (20-3) have a busy week ahead as they host St. Joseph's College Tuesday and Lehman College in a doubleheader on Wednesday. Then on Friday the Seawolves travel to Division II Adelphi. Sunday should be an exciting day for the Seawolves. Besides it being Alumni/Parent's Day for the team, local rival Old Westbury is on campus for a doubleheader.

Diamond Chips: Nathan's six home runs are the most since Dan McDonald hit six in 1981. Haag needs one hit to reach 100 for his career. Rich Nordt made the second start of his career Saturday when he started the first game against Mt. St. Mary at second base. Correa made the first start of his career at Stony Brook when he played second in the nightcap. □

Lax Beats New Hampshire for First Time in Nine Years

By PHIL DIANNI
Statesman Staff Writer

The men's lacrosse team beat New Hampshire for the first time in nine years Saturday, 14-5.

The two teams have played a total of four games against each other dating back to 1986, all of which were won by the Wildcats, but not this time.

The Stony Brook Seawolves, now (6-4), were looking to come out

of a two-game losing streak at the start of the game. The contest began with a fairly uneventful first quarter - neither team scored within the first 15 minutes of play.

As the second quarter opened, the scoring began.

The 'Wolves struck first, but quickly found themselves trailing 2-1. They were able to strike back thanks in part to a career game from sophomore midfielder Dave Danielson. In the previous nine games, Danielson had a total of seven goals. Saturday, he led all scorers and nearly matched his season total thus far. The sophomore finished the game with four goals and one assist.

Another major component to the 'Wolves victory was attackman Chris Kollmer. Kollmer scored his 15th, 16th and 17th goals of the season, as well as assisting on two others. In the last four games, he has nine goals and seven assists, and has been one of the top two scorers in each of those games.

In the second quarter alone, the 'Wolves came away with seven goals and led 7-3 going into the locker room.

The third quarter was more of the same. The Seawolves continued their run with five more goals, while the defense stepped up to hold the Wildcats scoreless.

Goalie Steve Cox played 55 minutes, recording seven saves and allowing only three goals. Back-up goalie Dan Lozza also saw action for the sixth time this season.

During the fourth quarter, the Seawolves and Wildcats scored two goals each, resulting in the final tally, 14-5.

Danielson and Kollmer led the team with five points each. Midfielders Will Imhoff and Derek Reyna finished with two goals, while Chris Theofield, Omar

Ceballos and Courtney Wilson had one each. Pete Gillen, Jason Rotzman, and Pritesh Patel tallied assists for the 'Wolves, one apiece.

Notes: Wilson's goal, his 21st of the season, makes him the only player on the team to score at least one goal in every game this season. Kollmer's surge over the last four games has pushed him into second on the team in goal scoring and

assists. His 17 goals are second only to Wilson's 21, while only Theofield has more assists.

Next: The Seawolves next game is home Wednesday versus the Marist Red Foxes. The Red Foxes have defeated Stony Brook only once in their last seven meetings. Last season, the 'Wolves recorded their fifth straight win against Marist by the score of 21-7. □

Reasons Why Baseball is Pastime

The boys of summer are back, and so begins another season of second-guessing and original-personal disses directed at anyone in or anywhere near the vicinity of the bleachers.

Baseball has survived the players strike and believe it or not, we eagerly await its return. After all the greed and all the petty arguing between the owners and players, baseball will be welcomed back for another season. Although we don't often like to admit it, this slow, over-analyzed and often boring game has survived for more than a century as our national game.

Football fans have often taken up the claim (and justifiably so) that their game has taken over as the most popular sport. After all, football is faster and more action-packed within its one-hour game time frame with considerably more acts of violence by committee than any other sport (including hockey). But believe it or not, far fewer people actually grasp the nature of this sport than we realize.

How many times have you cheered along with some "suit" in a sports bar, and after a ritual of male bonding high fives and

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