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Is America a Great Country or the Greatest Country?

There's a romantic ideal often touted by politicians about how America is the greatest nation in the history of the Earth. Many make this claim, and even more believe it, whether they state so explicitly or not. The fact is that the United States is one of the greatest nations in this planet's history. Claiming that it's the greatest, though, is neglecting the fact that there have been many others, in other countries, that have claimed the same thing.

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Guilty With No Chance of Proving Innocence

I have consistently found, through the incessant media chatter about the current economic crisis and past financial debacles, that the issues that truly interest me are far from Wall Street or the stock markets. What I worry about, more than anything, remain the issue of people's rights rather than their money. Few things are more unsettling than news of people being treated unfairly, and in the past eight years I have heard many such stories. Most of these seem to be culminating now, with a new administration in the White House.

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I've Caught The Twitter Bug

My friend Emily couldn't find a good parking spot. My friend Bradley took more than an hour to travel 5 miles because of the snow. Robert was chilling in the Math lounge. How do I know all this? Because I have a Twitter account. A nytime one of my Twitter friends makes a status update I get notified.

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Students enjoy the first snow day of the season. Story on page 6.

Kenneth Ho / SB Statesman

University Dental School Changes Leadership

By TARA DILLON

Dr. Ray C. Williams became the new dean of Stony Brook's School of Dental Medicine on Feb. 1. He comes to Stony Brook from the University of North Carolina at Chapel Hill, where he was the chair of the Department of Periodontology for 15 years.

Williams' career in dentistry started out with a mentor suggesting the profession, who thought he would be most happy with a career that had a lot of contact with people. Not only did this mentor think that dentistry was right for Williams, but a professor also urged him to take the path to dental school.

Williams attended Samford University in Birmingham, Ala., and then headed to the University of Alabama for dental school. He finished his studies at Harvard University.

Coming to the end of his studies at Harvard, Williams had a choice: He could either join Harvard as the head of the Department of Periodontology or Stony Brook University. Williams took the offer from Harvard, where he stayed for 20 years.

"I enjoyed being at Harvard," building a resear Williams said. "You can say that when I was there, I grew up in academics. I learned how to be an the department.

academician'

During his tenure at University of North Carolina, Williams said he enjoyed the challenges of being at such a large school and building up a large department. Although he does say that both Harvard and University of North Carolina were both very different places, with one being a private school and the other being a rather large state school.

"Dr. Williams has been an exemplary teacher, researcher and colleague, to name just a few of the many ways in which he has contributed to the mission of our School of Dentistry and the promotion of oral health in our state and beyond," said his former University of North Carolina colleague, John N. Williams, now the dean of its school of dentistry, in a former American Dental Association article. "We congratulate him on this honor and wish him the very best in his new role as dean of the Stony Brook University School of Dental

"Identifying and recruiting new faculty members to modernize and grow the department" was his biggest challenge at North Carolina, Williams said. And as for Harvard, the biggest challenge he faced was building a research laboratory that was adequately funded and could accomplish the research mission of the department.

While at Harvard, Williams built a graduate training program in periodontology that provided an area for future dental leaders to grow. At University of North Carolina, Williams managed to raise an endowment fund that led to establishing professorships and named fellowships.

Over the years, in addition to being the chair of the Department of Periodontology, Williams published 130 papers based on his research regarding new ways to prevent and treat periodontal disease. His works have appeared in "The Journal Science" and "The New England Journal of Medicine."

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Media Credit: Stony Brook University Dr. Ray C. Williams

Some Peace and Quite for Meditation in the Wang Center

By Gabriela Penaherrera Staff Writer

A visitor to meeting room 301 in the Wang Center was greeted with a warm smile and a firm handshake. "I am Sunita, and welcome," she said. The room was barren but there were colorful blankets on the floor and the faint sound of Hindu chants in the background. About 15 minutes later the room filled with a small group of seven, an intimate gathering for a quiet meditation.

In the midst of university life, with the multitasking age of students with jobs, school activities, classes and all the stresses of a recession, Sunita Gupta has created a peaceful hour and a half where students can gather and leave their problems at the door.

Gupta has been meditating since she was seven years old. Having seen her father practice the ancient chanting of the Gayatri Mantra, which means "chant for Mother Earth" in Hindi, she said it has made her a calm person ready to take on the day and focus on the positive aspects in life. Every Tuesday in the Wang Center, Sunita holds meditations for all students, faculty and staff to participate in.

For more than five years Gupta has been practicing meditation, and for the past six months she has been meditating everyday for an hour at 5:00 a.m.

"I wanted to bring something to the school that was a good service to the Stony Brook community," she said. Meditation could improve wellness and bring diversity to the different types of healthy lifestyle choices there are on campus.

Gayatri Mantra, is considered to be the most important mantra in Hinduism, Gupta said, and its beliefs which are intended to encourage wisdom.

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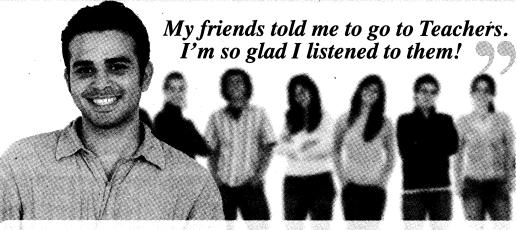
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Is America a Great County or the Greatest Country?

By Joseph Labriola

There's a romantic ideal often touted by politicians about how America is the greatest nation in the history of the Earth. Many make this claim, and even more believe it, whether they state so explicitly or not. The fact is that the United States is one of the greatest nations in this planet's history. Claiming that it's the greatest, though, is neglecting the fact that there have been many others, in other countries, that have claimed the same thing. Most of those commentators and their respective countries are long gone now. It stands to reason therefore, that pundits who claim that America is the greatest country, won't be the last to bestow the nation with that lofty title.

"Great" can mean many things. So how is America great then? Its history is certainly steeped in turmoil and moral injustices. From the slaughtering and forced relocation of countless Native American tribes, the enslavement of blacks, to segregation and subjugation of almost every race, gender, social class and religion by another at some point in this great nation's past, America has certainly taken a rough road to where it is today.

have been many brave souls who have fought against these travesties from both sides. As a result, the American experiment has emerged better off than many others. After all, most modern Americans don't worry about issues that plague most of the rest of the world. Even other postindustrialized countries have problems that most Americans have avoided, ranging from high unemployment to rampant corruption.

Perhaps the best way to prove or disprove a country's greatness is to look at what it has contributed to the world, over the course of its history. On the plus side, Americans have made vast contributions to technology, from automobiles and planes, to the radio, television and computer. We were the first and only nation to land people on the moon and saved Europe - and the world from certain destruction not once, but twice.

The downside, however, is that we have taken our fair share of responsibility for the ills of the world, to the point where we can no longer deal with them effectively. Not only do we rampantly devour more resources per capita than any other nation, but also we do so without any sign of

Luckily and thankfully, there consumption any time soon. We contribute more to global warming than anyone else and have spent years getting richer, faster, while many forgotten within our own borders have slipped through the cracks.

> If you think of "greatness" as "changing the world," then America is irrefutably one of the greatest countries ever. It's important to realize, however, that when politicians claim that to live in the greatest country in the history of the world, that this triumph comes with some evils as well. We like to think of ourselves as uniquely different from those who have staked this belief in the past. The truth is, however, that we're not as different from our predecessors as we would like

Ancient Rome comes to mind as a "great" civilization that once thought it to be the "greatest" society ever. From their perspective, and that of their marveling, conquered peoples, this must have seemed like the blatant truth. Their contributions and spread of innovations in the fields of engineering, commerce, and civics ere unparalleled by many before and after them. Like America though, their global contributions came at a cost. Slavery, social and economic inequities, and corrupcutting back or moderating our tion ran rampant in their society,

eventually consuming and crumbling their decadent way of life. Is America on the road towards a similar downfall?

Maybe not in the same way as the Roman Empire collapsed, but the point is that all nations rise and fall. Nothing lasts forever and America is no exception to that universal rule. The only question that remains is for how long will America the Great continue to endure? Some think we're headed towards an imminent crash, while others think that the span of the country's existence is indefinite. Both analysis are probably

There are two courses remaining for this nation. It will either keep rising, or truly start falling. The former option will require undreamed of innovations and improvements in science, agriculture, recycling, and energy production, while the latter option can be easily accomplished by simply sitting back and giving into decadence and decay.

If the nation as a whole doesn't act to change its ways, to go back to the great innovator that gave the world unheard of technologies and accomplishments in the 20th century, then the 21st century could very well wind up being the century where we join our Roman ancestors in the pages of history.

Guilty With No Chance of Proving Innocence

By Ruchi Vikas

I have consistently found, through the incessant media chatter about the current economic crisis and past financial debacles, that the issues that truly interest me are far from Wall Street or the stock markets. What I worry about, more than anything, remain the issue of people's rights rather than their money. Few things are more unsettling than news of people being treated unfairly, and in the past eight years I have heard many such stories. Most of these seem to be culminating now, with a new administration in the White House.

With President Obama's decision to close Guantanamo Bay come a lot of other questions. What, exactly, is going to happen to all the prisoners that were held there? And even beyond Gitmo, for that matter, what is going to happen to the detainees in other facilities?

In 2003, a man named Ali Saleh Kahlah al-Marri was on the verge of standing trial, but even the inmates of Guantana-

Bush, he was seized and put into isolation indefinitely. He remains in isolation to this day. At the time he was seized, the Bush Administration stated that they had the right under the extraordinary circumstances to hold someone suspected of terrorism indefinitely. However, it is now eight years later. This prisoner has been subjected to inhumane conditions by international law - he was even denied visits by the Red Cross - and by the standards of our own US con-

He stands accused of many things, including serious accusations of terrorism. However, he has never been permitted to see evidence against him- not to mention that some of this evidence is still secret, and some of it was elicited through torture of another terrorist. He has never stood trial, and he has been kept in maximum isolation for the majority of his prison sentence - something

on a single order from President mo Bay are not often subjected to.

It is very unlikely that he is the only one of his kind. The Bush Administration used extraordinary circumstances to justify detaining people indefinitely, sometimes without sufficient cause. Some of them may very well be guilty, but how are we supposed to know that? More importantly, how are

the accused supposed to know that? Torture-induced confessions are notoriously unreliable; least of all when one accused person implicates another, likely in the hopes that doing so will secure their own release.

One of the things that has always

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Guidelines for Opinion Submission











Letters to the editor or op-ed contributions can be submitted by e-mail at Op-Ed@sbstatesman.org, on our online submission tool at www.sbstatesman. org, by hand at our office in the Student Union Rm 057, or by mailing it to us at the address in the left column. They must be received at least two days before the next printed issue. The Statesman reserves the right to edit or not print any letter based on appropriateness, length, timeliness, or other reasons at the discretion of the editorial board. Letters should be no longer than 350 words, and opinion pieces should not exceed 550 words. Please include your full name (which we may withold if you request it), phone number and email address for verification. Phone numbers and e-mail addresses will not be printed. Letters submitted anonymously or under false names will not be considered for publication.

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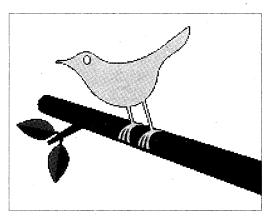
I've Caught the **twitter** Bug

By Zachary Kurtz

Last Tuesday, Emily Gover, the Statesman copy editor, couldn't find a good parking spot in the morning and, later on, her iPod broke. Bradley Donaldson. co-Editor-in-Chief, took a long time to get to school because of the snowstorm and thought about a girl that was in one of his classes. My friend Oliver was lying around with an apple stem hanging out of his mouth because he was feeling silly. Robert was chilling in the math lounge at his school in honor of it being "square root day." And according to NY's Israeli Consulate, Israeli Foreign Minister Tzipi Livni met with U.S. Secretary of State Hillary Clinton.

How do I know all this? Because I have a Twitter account.

Anytime one of my Twitter friends makes a status update Internet application on "The Dai-



Twitter logo credit www.twitter.com

"tweet," I get a notification on my Twitter page, my Twitter plugin for Pidgin (an all-in-one instant messenger client), and on twitterfox, an extension for my Firefox web browser.

Everyday, my tweets get packaged up and shipped to my Live-Iournal account via a service called "LoudTwitter" so I can integrate my personal weblog with Twitter's "micro-blogging" feature. Twitter is sort of like the Facebook status, without the annoying profile stuff, and the "mini-feed" can get shipped anywhere -- even to your mobile

Twitter has been used around the world since 2007, but its momentum has begun to pick up steam and has been picking up lots of media attention. Ion Stewart has recently poked fun at the

> ly Show," calling it a "gimmick... that messages or inform."

In certain light, I understand that perspective. During Obama's recent State of the Union address, the several congressman who "tweeted" their thoughts about

(140 character limit), called a the speech, in real time, were criticized because very few of them had anything constructive to say. and shirked their duty of actually listening to the President speak because their texting thumbs were busier than their ears:

> Critics don't like the microblogging concept because they can't imagine why anybody would want to keep a running total of their life and tell other people about it. They can't imagine why anybody would care about the intimate details of other people's lives, either.

> Like other social networking sites, the goal is to stay connected with other people who you may not have physical contact with or even know in-person. What makes Twitter unique is that it can all be done in real time, even if vou're not near a computer. Cell phones and mobile devices, such as the iPod Touch, can be used to update and receive tweets from anywhere.

While the critics are right, do not enlighten there are some people's lives I truly don't care about, but those people aren't on my "follow" list, and I don't post things I wouldn't want my boss to know about. Like anything else that is posted on the Internet, it is up to the individual to decide what to tweet and to deal with the consequences of their actions. This is hardly a life lesson that should be restricted to the Internet, however.

great thing about Twitter, but inform"? While, yes, the noise to this is something that even the creators probably didn't envision when they created an Internet tool to keep track of their friends.

Twitter is a real time social network through which a great deal of personal, and specific information can be communicated to anyone, anywhere. The implications of this are far-reaching and long-lasting. According to a research report in "New Scientist," services like Twitter did a better job communicating information than traditional news media or government emergency

During incidences like the Virginia Tech massacre, the California wild fires and the Mumbai terrorist attack, Twitter was used to coordinate the efforts of emergency workers and to cover the

The first image of the U.S. Airways Flight 1549 crash landing in the Hudson River last January was a cell phone picture uploaded to "TwitPic."

use Twitter to communicate instantly with fans and customers. This past December, the Israeli Ministry of Foreign Affairs used Twitter to hold a "press conference" so the public could ask questions directly about the war with Hamas.

With all due respect to Jon Stewart, do these sound like mes-Critics also miss the truly sages that neither "enlighten nor

signal ratio is pretty high on Twitter, most of that noise matters to someone and, if it doesn't, it gets ignored without consequence. However, because of Twitter, when an important signal needs to get through, it does so loud and clear.

Because Internet social networks are now starting to transcend computers in a real way, they are quickly becoming an important "next-gen" method of communication.

It is challenging our current conceptions of emergency response systems, news media, accessing information -- important and otherwise -- and even just chatting with a friend. The cost of long distance communication is being reduced to virtually nothing. And, since the Internet was born out of the concept of social altruism, almost all its services are completely free to users. As a result, it is also changing attitudes about how business gets done.

The critics will scoff, they'll Businesses and celebrities laugh and they'll reject it. But then, they'll either give in or be rendered obsolete themselves. That's the nature of technology which delivers what consumers want. The Internet is a technological and social revolution that's providing a whole manner of new things that consumers didn't even know they wanted but, when faced with it, wouldn't want to live without.

Guilty With No Chance of Proving Innocence

Continued from page 5

made me proud of America is its supposed adherence to the Constitutional right to a fair trial and upholding international agreements such as the Geneva Conventions. However rare the cases of men such as al-Marri may be, they do exist. Not only are such cases innately cruel, they demean what America stands for. In the chaos and horror following 9/11, it is understandable that some were pushed to the backburner to deal with pressing issues of national security. Yet eight years of uncertainty in maximum isolation is inexcusable. America has always upheld that a person is innocent until proven guilty, and that the justice system is the best way. How, then, can any American justify the detention of people who have only

circumstantial, and even secret or illegally obtained evidence posed against them?

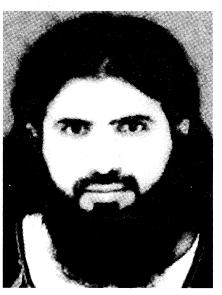
It is true that there seems to be a lot of loopholes in our legal system if you have a good lawyer. This could result in dangerous criminals going straight back to where they came from and, in a worst case scenario, committing more acts of violence and terrorism. However, America has used the same basic structure of the legal system since its inception. No human system can ever be completely foolproof, but courtroom trials are as close as we have gotten. Therefore, we should trust in the system that we have created, and not use possibly unfounded suspicions to torture prisoners to the brink of insanity.

If we put aside political biases-liberal, conservative, right, left and the like- we will find that we are all humans; and we are all Americans. Can we then truly

justify keeping a possibly innocent man in a cold room, with no human contact, no mental stimulation- not even a pillow and socks?

The staff at the Navy Brig were kind enough to sit with al-Marri and offer him some human contact. For many people, it is difficult to see others put through the treatment that he was put through. It is the 'armchair warriors', who never see the people who are torn away from their families, that make the big decisions.

Even if inmates are guilty, by holding them without evidence and denying them a fair trial, we are defying the Geneva Conventions, as well



Ali Saleh Kahlah al-Marri / Media Čredit: MSNBC

as the Constitution and thereby diminishing the principles that America stands for. In times of crisis like right now, we should be upholding them more than ever. If inmates are guilty, then let them be sentenced appropriately for their crimes by American standards. It is wrong to tuck them away, torture them- and then be hypocritical enough to say that we are American.

The closing of Guantanamo Bay is a historic order by Obama. We can only hope he follows through with fairness to the prisoners by giving them what America has promised to everyone- the right to a fair trial. The sad fact remains that by the time this is done, many will have suffered beyond what they deserve, at least and especially by American standards.

MUSIC

Spotlight on Michael vs. Finnigan

By MARY REILAND

Verse, chorus, verse, chorus, bridge, chorus. That formula is the same for most songs on the radio, whether it is by the alternative-rock band Fall Out Boy or reigning pop princess Britney Spears. The repetition, the beat, the catchy lyrics, the repetition.

Michael vs. Finnigan, a Long Island progressive rock and metal band, strays from that familiar structure by incorporating riffs, playing with tempos, and creating its own song format, without the unnecessary repetition.

Within the last decade, Long Island has become an epicenter for a burgeoning underground music scene. Fostering a range of music styles, it has provided the music industry with pop stars and rappers in the past and more recently with heavy metal, alternative, and indie bands. Those homegrown bands frequent venues like the Crazy Donkey in Farmingdale, the Wave in Patchogue, and Traxx in Ronkonkoma, just to be heard and gain a more far-reaching audience than family and friends.

Michael vs. Finnigan is one of the few bands on Long Island that is shattering the cliché image of garage bands. Brendan Houdek, the lead singer and lead guitarist, said he was always interested in entertaining. Not all musicians start out being cool, edgy, and hip. Some play the tuba and trombone in the school marching band, sing in the school plays, and even swing dance. These activities, while geeky to some, provided Houdek with the necessary background for entertaining in public, he said.

His diversified interests led to the band's hybrid style. Unable to focus his interests, Houdek refused to have his band limited to a certain type of music.

'We didn't start out planning to be a progressive band, but when we started writing the music, we would get bored with one theme after a few seconds and we needed to move on," said Houdek. "Progressive is just the best genre that fits. We have no idea what we are."

Progressive rock was started

Instead, he said, his songs are strongly influenced by classical music, jumping among varying tempos and beats and merging highly-skilled, challenging parts while still maintaining a natural rhythm. Animated with overthe-top enthusiasm and passion, Houdek doesn't have ADD, but admits his music does. It's random and ping-pongs between



From-left to right, Kerri Wright, Brendan Houdek, and George Lewis of Michael vs. Finnigan, a progressive rock and metal band from Long Island.

in the late 1960s and early 1970s as a way to give rock bands a form of credibility, giving the music a sense of depth rather than using the same chords in every song. Progressive rock bands pushed the boundaries of a typical rock song, incorporating elements of classical music and jazz, making the music more difficult to play and more interesting to the

Michael vs. Finnigan, or MVF, takes that definition a few steps further by adding heavy metal, blues, and more recently, techno elements, giving MVF its distinctly unique sound.

Tapping his lime green sneaker against the ground to a beat only he can hear, Houdek said with a smirk, "I couldn't stand these simple song structures you hear every day that were not hard

genres, but it also has something that ADD patients often don't: A clear sense of purpose, an intense determination.

"There are elements that will make you interested, impressed, surprised, scared," said Houdek. "But it will make you move."

John Curcio, the head booker at the Wave, sees MVF's music style as a unique blend of two popular genres: progressive rock and progressive metal. Curcio added that bands like Yes, Metallica, and Dream Theater are all well-known progressive bands but none provides the merge of the separate ideas.

"For the vast majority, kids think they could get away with sounding just like the latest flavor on MTV," said Curcio sounding annoyed and shaking his head. "I'm a big fan of prog bands on Long Island. I wish more bands

would be more creative."

MVF formed in May 2007 when Stony Brook freshman George Lewis decided to add his drum skills to Houdek's vocal and guitar talents. "George keeps me focused," said Houdek. "If it were up to me I'd start, like, 18 songs at a time. George makes me finish a song.

In January 2008, bassist and fellow Stony Brook student, Kerri Wright, was added to the band, the only member of MVF to have taken lessons on her instrument. "Kerri is mellow, she balances the band out. She's tame," Houdek said. An obvious opposite to the singer, who is animated, waving his hands around, cracking his knuckles, and tapping his fingers on the table.

"We played a show in May 2008 at a Battle of the Bands at our high school and we won," said Houdek with a wide smile. "Mario Burdo played with us and the chemistry was great. I always wanted him in the band. He was always my first choice, way before MVF was even formed." Burdo officially joined the band in January 2009. "Mario's got a natural musical ability," Houdek said. Burdo smiled, looked down at his hands and mumbled a sheepish, "Thanks, Bren."

Houdek is clearly the leader.

The members exchange knowing glances between each other and look to him to speak for them, though Houdek is quick to defend the band as a democracy. "I don't want to be the leader. We all have the same amount of input," said Houdek. "We are a system of checks and balances. I write the main theme with an idea of what I want George, Kerri, and Mario to play, and they add to it and we

Anthony Jones, 18, was a friend of the band members before he was a fan. "Even if I wasn't friends with them, I would be listening non-stop to them every day," Jones said. "They are so original. I've been to practices, I've seen them grow. There is nothing like them out there right now."

Long Island has a garage band on every street and endless amounts of aspiring professionals on the music circuit, but stylistic originality and adventurousness helps set MVF apart.

"They have a unique sound, and continue to push the boundaries of their music skills," said Ashir Amer, 18. "They're a local band, so I feel a sense of attachment to them that I don't get with any other bands."

The band will be playing at the Crazy Donkey on Mar. 22 at a four-day music festival for

unsigned bands.

"I'll play for one kid," Houdek said with an excited edge in his voice. "I'll play for a million. I just like to play." All four band members nodded in



Brendan Houdek, Michael vs. Finnigan's lead guitarist and vocalist, records bass at the band's basement studio

John Mayer's "Daughters"

By Samantha Burkardt

The Stony Brook Statesman Thursday, March

John Mayer's song, "Daugh-

given his heart to, but she hasn't completely whole. done the same thing for him because of past events that keep her from being open with people. This is easy to infer because in his lyrics Mayer says, "I know a girl / She puts the color inside of my world ... And I've done all I can / To stand on her steps with my heart

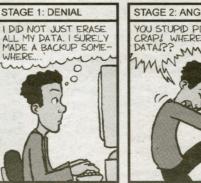
in my hands." Mayer's video gives the song an even deeper meaning to show how he is incomplete withters," tells about a girl who he has out this girl and how the girl is not

The video's color scheme shows him in black and white throughout the entire video, singing without a smile on his face, whereas she is lighted with color, but not entirely. The light is blocked from

Continued on page 10

PHD COMICS BY JORGE CHAM

THE FOUR STAGES OF DATA LOSS DEALING WITH ACCIDENTAL DELETION OF MONTHS OF HARD-EARNED DATA









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A Little Piece and Quite for Meditation in the the School of Professional Develop-Wang Center

Continued from page 1

Gupta, who is a senior research scientist at Cornerstone Pharmaceuticals, which has offices and laboratory facilities at Stony Brook, said that the prayer, when translated from Sanskrit to English, means "May the Almighty God illuminate our intellect to lead us along the righteous "giver of light and life," or the Sun.

"Regardless of religion, meditation is a prayer to whichever god or entity a person may want to pray to," she said.

The group sat with their legs crossed while Gupta explained the meaning of the mantra to them. For many, it was their first time meditating, but for others it was the most anticipated event of the week.

so this was very interesting too since I studied how meditation can be a positive effect to lessen anxiety," Tiffanie Vlack, a graduate student from ment, said. "The fact that there was a free class after work seemed really interesting"

The group was also introduced to Gupta's meditation assistant, Mithun Bhattacharya, a graduate student of history. He explained that there are different approaches to dealing with stress, for example, the Western approach is to use medications but the Eastern approach is to use meditation that can improve the way people deal with their issues.

'I would like the students to acpath." The mantra also prays to the cept it in their daily life and practice it because it will change the world, since our present world is very chaotic," Gupta said.

These students are the future of our world, once they will change, the whole new generation will change and we will not face this kind of problem what we are facing in the present world."

She explained to the students and faculty that life can bring many "I did a thesis on the effects of burdens, but that anyone can over-

meditation and stress on the body, come it with meditation to bring tranquility and stabilization to the body and soul.

Gupta said that from observing her parents and how meditation has impacted their lives, she saw an actual improvement in her father's life.

"I have seen meditation bring simplicity and compassion for others," she said. "When there is a large group meditating, it is always good so that it can give more positive energy to your surroundings."

She described meditation as the "thought revolution movement" and as the group finished, she told the class that these sessions will help them change how their thought processes and make them more relaxed human beings the more they

As she folded up the meditation mats and said her goodbyes to the group, she smiled to herself and exclaimed how excited she is to be able to bring meditation to the campus

"I feel that I have to do something for society and meditation helps," she said. "The goal of Gayatri Mantra and mine is to change the world by directing peoples thoughts into the right directions."

Changing of the Guard: Dental School Gets New Dean



Stony Brook University School of Dental Medicine

Continued from page 1

Williams says that he has loved Stony Brook since he was a graduate student at Harvard and is happy that he finally had another offer to work to here.

"I consider this dental school to be the jewel and crown of dentistry in the United States, and it is a wonderful opportunity to be able to work here," Williams said.

Some of his goals include the dental school growing in size so that it can provide top level oral care to more citizens, that certain specialties of dentistry, such as oral and maxil-

lofacial surgery, can regain the world eminence that should right be part of Stony Brook University.

He's also hopeful that Stony Brook can be the leader in increasing the access to care for young people and that the university will be able to grow their research mission and continue to provide new information and treatment prevention services to dentistry.

According to Williams, "I've only been here a short time but it has been easy to realize the wealth of talent, enthusiasm and dedication that is the School of Dental Medicine. I am a very lucky person.

STONY BROOK SNOW DAY 2009

"I didn't get a chance to play in the snow, but I did make use of the time I had off." - Maria Lajis, 19, political science major.





"I went sledding with a garbage bag in front of the West Apartments." - Teresa Lee, 19, business management student.

"When I was coming back from work on Sunday night, people were looking for a snowball fight." - Bill Keating, 19, business management student.



Snow Storm Pushes University to Cancel Classes

By Eric Luu Staff Writer

A winter snowstorm walloped the Northeast earlier this week, dumping more than 15 inches of snow on some parts of Long

More than six inches of snow blanketed Stony Brook University. Snow covered area roads and made driving hazardous.

Computer science student Michael Knower, 19, was driving back from Queens Sunday night. "I saw almost like 20 accidents," Knower exaggerated. "Well not really, but there were still a lot."

Stony Brook University professor Dr. Richard F. Laskowski witnessed the treacherous road conditions. He was entering the university at the north entrance, when the car in front of him began sliding down the hill. "I don't think it was possible to get up hills on Monday without four-wheel drive," Laskowski said outside of

With the snowy weather, the university cancelled classes on Monday, but the university remained open.

Jason Wang, 19, a business management student, was able to catch up on his statistics homework and extra study time for an exam. "The storm helped let me take my exam later in the week," Wang said while he was studying at Harriman Hall.

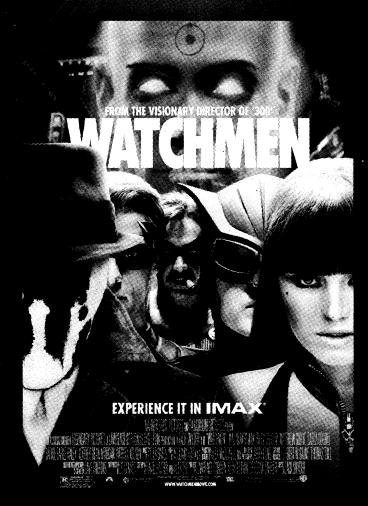
Walking was a dangerous task for many students and many pathways still remain full of snow. Bill Keating, 19, a business management student, expressed concern about the slippery conditions for students. "It isn't shoveled between the Tabler steps and Kelly," Keating said.

Emma Pinette, 18, fell ill from the cold weather. Sitting at the Stony Brook Union, the psychology student believed that is it very difficult to get anywhere around campus. "I had to go to the infirmary and it was hard," said a sniffling Pinette.

Others took the day off and had fun in the snow. Teresa Lee, a history student, went sledding by the West Apartments with SEE THE STARS IN THEIR BEST LIGHT.



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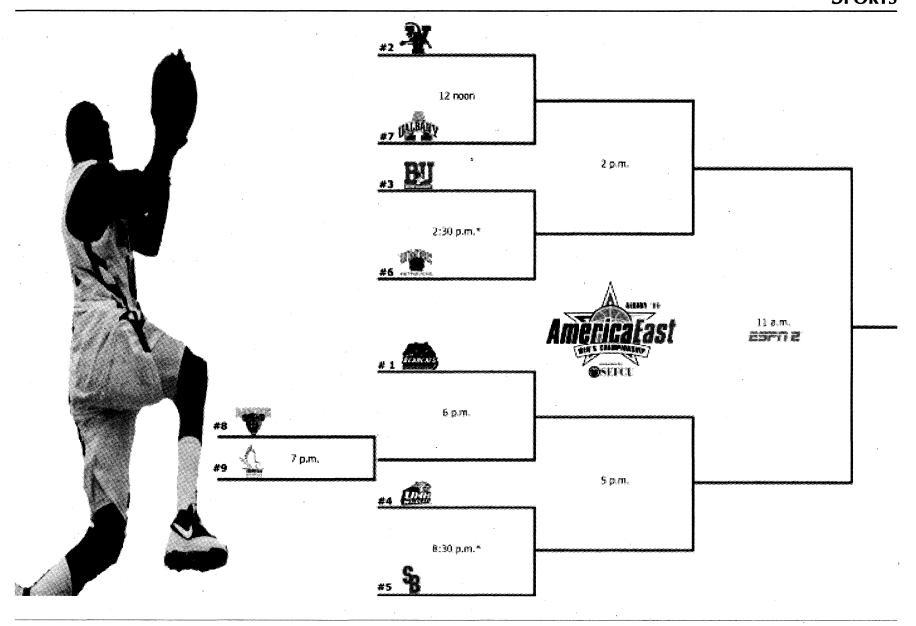
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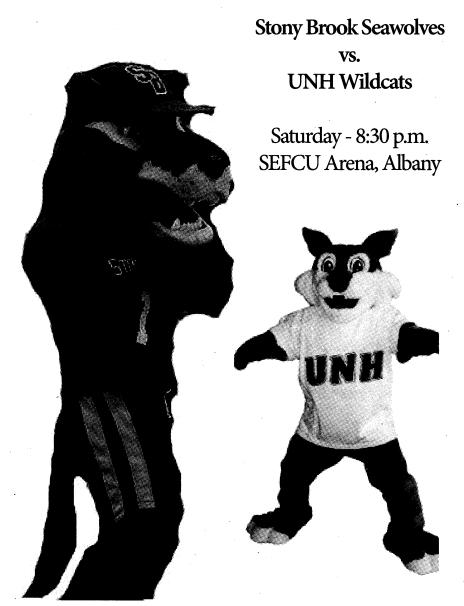
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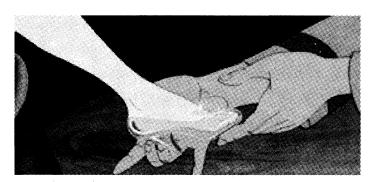
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Stony Brook: A Cinderella Story?



continued from page 12

fans to the games and advertising in

From the team perspective, one reason for the wins is that this is head coach Steve Pikiell's fourth season with the team and the first time he's leading a squad of solely his recruits. Also, having the conference's leading rebounder, Tommy Brenton, and seventh leading scorer, Muhammad El-Amin, is a nice help.

"There's no substitute for a winning team," said Jeff Barnett, Stony Brook's Associate Dean of Students. "We've been building up things on our end and this season the team has been responding to the school's efforts."

Since 2006, the university has planted several seeds in the form of a marching band, a Spirit and Pride Committee and a

full-time employee to promote the school's mascot, Wolfie, hoping in the future they'd help get people excited about Stony Brook sports, Barnett said.

Two seasons later, these efforts have blossomed into home basketball games with a packed "Red Zone" student section, in-game entertainment featuring a synchronized band, dance team, cheerleading squad, and a recognizable mascot that has 372 Facebook friends. With no home games remaining, Stony Brook will be busing its sixth man - over 100 students, 30 band members and the dance team - to Albany to support the team.

If everything falls into place, on Selection Sunday the Seawolves name will appear amidst the 65 teams and they'll be given a chance to try on this year's glass slipper.

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HOFSTRA

Arts and Entertainment

"Daughters" Continued

Continued from page 7

her in full color, which makes her look incomplete and mysterious. The song gives a summary of why he thinks the girl isn't able to be with him and he tells the audience that men must always be good to their women because they are more delicate. He wants men to appreciate how lucky they are to have women and not take them for granted.

In the first verse of the song, Mayer says that the girl he loves puts color inside of his world. Without her, his world is boring, dull, and to him nothing special. Without her, he's almost colorblind. He needs her because she makes life wonderful for him and he tries to show that in the video. Mayer also compares her to a maze whose walls continually change. What he means by the walls always changing is how it's difficult to understand her. He says he's giving his heart to her and is finally starting to realize that it's not him that makes her act the way she does. It's what her father did.

In the video for this song, it's easy to see how important this girl really is to Mayer. The video just isn't looking at him the entire time. It takes differ-

points it makes Mayer and her seem as if they are one. The video made not only the girl somewhat of a mystery, but it made Mayer seem like he had some things to hide as well.



A scene from the music video of John Mayer's single "Daughters."

In the first line of the chorus, Mayer says, "Fathers be good to your daughters." He is sending out a message to all fathers to treat their daughters right and to respect them. He says the way fathers love their daughters is the way those daughters will love everyone else. Fathers should always be there for their children. Mayer doesn't want any girl to have reason to not be happy because of something one person did. He hopes that his

ent angles on the woman and at some message will reach out to all fathers to fix the problems that he walked to be kind and loving.

Mayer doesn't only include fathers in his message, though. He includes the mothers as well. When girls grow up and have their own children, they

remember the techniques that their mothers used and subsequently passed on. Because of that, he wants mothers to be good to their daughters so those daughters will be good to their own daughters. I be-

lieve the main reason for him telling all of this is so that no other man has to go through the confusion that he's going through right now with his girl. He wants it so every girl can love when they choose and to not be afraid because someone from their past hurt them.

In Mayer's next verse, he sings about why the girl he loves is hurt. He says how she's still standing in the same skin since the day her dad left. Now she has to figure out how

away from. He doesn't say what the problems were, but they were bad enough that they effected how she loves others. When he says, "the same skin she's been standing in," he means that she hasn't changed how tough she has to be with others in fear of getting hurt if she lets someone get too close emotionally. Because of her father she will always question if the person she starts to care for will leave her as well. If her own flesh and blood could just walk away, she thinks it could be even easier for someone who isn't family to

His next message is especially to the men who listen to the song. He sings "On behalf of every man / Looking out for every girl / You are the god and the weight of her world." When he says "god," I don't believe he really means god. I think what he is saying here is that men are supposed to be women's protectors. He doesn't mean men are the end all, be all for women. He means they play an important role in women's lives just as women play an important role in men's lives.

One of the more prominent visuals in the video is how the girl is lighted with color. It's never just a regular light. It's always a purple, red, green, or even a mix. This goes back to the lyrics of how Mayer says she puts the color inside of his world. She is never fully engulfed by the color though. There's something blocking the light, only letting spots of color shine through. This visual shows how she is incomplete. Her father left and it scared her for life. She has never been able to get past what happened to her and so now she will judge in harsher ways against others. If her father stayed and was good to her like he was supposed to be she might be fully colored and even look happy.

They both try to hide their emotions and deal with reality, when what they should do is let it all out because over time bottled up emotions only get worse and worse. Look at where the two of them are in the video too. They are set in a dark room. Everything is just focused on them like nothing else in the world matters right now but them. They are the most important to each other, but old conflicts are holding her back. He wants to reach out to her and she needs his love. He would make her whole again and she would color his world. They are incomplete without each other. That is both beautiful and heart wrenching at the same time.

The Stony Brook Statesman Thursday, March 5, 2009

Seawolves Ready To Turn Tough Losses Into Big Wins

By GENE MORRIS

The Seawolves finished the season with eight conference victories, the most in the teams DI history. But they were so close so much more.

The 8-8 finish in conference play and fifth seed in the tournament are two great accomplishments by themselves.

defense and key offensive contributions to push every team in the league to their limit.

"I know one thing, teams don't want to play Stony Brook," Coach Pikiell said. "That's a new thing from the past. We've been in almost every game, from 1-9.

Saturday nights opponents, the #4 New Hampshire Wildcats, defeated the Seawolves twice this season. But Stony Brook was four seconds and a tough three-pointer one free throw.

away from claiming the victory.

Tyrece Gibbs nailed a long jumper to tie the game with four seconds left, and the Seawolves could not capitalize in overtime.

"If he took that shot ten more times, I don't know if he makes it any times," Pikiell said about Gibbs shot. "He made a tough, difficult shot."

The #3 seed in the tournament, the Bos-But they've used their league leading ton University Terriers, lost at Pritchard Gym on senior night, and played Stony Brook in a four over-time thriller in Boston in January.

> In that game, the Seawolves had multiple opportunities to pick up the victory, but again came up just short.

In the third overtime, the Seawolves held the lead with one-second left, only to see BU go to the free throw line and make

On senior day in Burlington, Stony Brook battled #2 Vermont to the bitter end.

This time it was the Seawolves who were able to hit a clutch shot to send the game to overtime. Bryan Dougher's jumper from the foul line allowed Stony Brook five more minutes to knock off one of the conference's best teams.

The Catamounts did not put the Seawolves away until 15 seconds left in overtime, when they hit a pair of free-throws to go up by five points.

At home in January against conference leading Binghamton, the Seawolves once again held a lead with four seconds remaining. The Bearcats D.J. Rivera spurred a late comeback and knocked down a jumper to again send the Seawovles into overtime. where Emanuel Maybin hit a jumper to propel Binghamton to the win.

Those combined 25 seconds could have swung four games against the league's best teams in favor of the Seawolves.

Pikiell won't allow his team to think about what could have been.

"It's a new season for everybody," he said. "By the time we play Saturday night they'll be three teams left."

But his young team has come together during the season, and he believes they'll be up for the challenge.

We improved in a lot of areas," he said. "We improved our toughness, and threepoint shooting, and we're number one in almost every defensive category."

Young and improved, but still aware of what a tournament run would do for the program.

"It's March Madness now, they know."

America East Tournament Picks: Darwin Style

By CARL J. CARRIE

Everyone has their own fool-proof method for filling out their brackets. Some people choose the higher seed, while others choose the school with the cooler name. You might even come across someone who picks the team with the higher female/male ratio at the university, figuring the schools that had more girls would have happier, and therefore, better players.

But what if brackets were filled out by Darwin's theory of Natural Selection? The question of who would win a battle between a Bearcat and a Terrier is a lot easier than figuring out who will win a matchup of Binghamton vs. Boston University.

Phil Hecken, of Uniwatchblog.com, used this method for the NFL Playoffs and finished with a 5-6 record. However, he underestimated the power of birds to beat larger animals and creatures. So without further ado, the picks for the America East Tournament.

First Round Play in Game: #8 Maine Blackbears vs. #9 Hartford Hawks

In a battle of a terrestrial giant against an aerial assassin, the advantage goes to the air attack. The swift hawk can dodge the sweeping bear claw and target a bear's most vulnerable spot: its eyes. With one swoop and a carefully placed talon, the hawk can turn the menacing blackbear into a blind and stumbling buffoon.

Quarterfinals

#1 Binghamton Bearcats vs. #9 Hartford Hawks

While the hawk may have won the play-in game, he meets his match in the first round. The bearcat, a tree dorming species, that is neither bear nor cat, can hide in the trees until the hawk comes for a rest, when at that moment, the bearcat pounces using his strong tail and sharp claws to take down the hawk.

#2 Vermont Catamounts vs. #7 Albany **Great Danes**

This matchup pits the catamount, a large,

powerful, carnivorous cat, similar to a leopard, against a Great Dane, a dog. While the Great Dane may be massive in stature, it is known to be a gentle giant. The catamount is a born hunter, using its leaping and clawing ability to come out victorious against the Great Dane.

#3 Boston University Terriers vs. #6 **UMBC** Retrievers

In a battle of man's best friend, the terrier takes on the retriever. Both animals are known to be stubborn, with the Retriever having a size advantage. In a real world upset, the retriever over takes the pesky little terrier.

#4 New Hampshire Wildcats vs. #5 Stony **Brook Seawolves**

This matchup pits a wildcat vs. a creature that is more unknown than the Loch Ness monster or Bigfoot. The wildcat is a feline creature, similar to the catamount. What a seawolf is has yet to be determined. Some have stated that it is a wolf-like creature capable of attacking by sea, ground or air. Because of its unknown abilities, the seawolf comes out on top.

Semifinals

#1 Binghamton Bearcats vs. #5 Stony **Brook Seawolves**

Once again the near-mythical seawolf overtakes the bearcat in this real world upset. The bearcat is no match for the seawolf's multi faceted attack that nothing is known about.

#2 Vermont Catamounts vs. # 6 UMBC

Here, the catamount easily knocks out the retriever in a matchup of a big cat vs. a small dog. The catamount is just too quick and powerful for the loveable retriever.

Finals

#5 Stony Brook Seawolves vs. #2 Vermont

In the finals, the seawolf continues its real world upset, winning a place in the NCAA tournament. The seawolf used its mythical powers to destroy the large cat, who sat in the corner licking his paws.

Statesman All-America East Picks

Player of The Year:

D.J. Rivera Binghamton

Coach of The Year: Steve Pikiell Stony Brook

Frosh of The Year: **Tommy Brenton** Stony Brook

America East 1st Team:

G:	D.J. Rivera	Binghamton
G:	John Holland	BU .
G:	Mike Trimboli	Vermont
F:	Marqus Blakely	Vermont
F:	Darryl Proctor	UMBC
	•	

2nd Team:

G:	Jay Greene	UMBC
G:	Corey Lowe	B.U
G:	Tim Ambrose	Albany
F:	Jake O'Brien	B.U
F:	Tommy Brenton	Stony Brook

3rd Team:

G:	Tyrece Gibbs	UNH
G:	M. El-Amin	Stony Brook
G:	Emanuel Maybin	Binghamtor
F:	Reggie Fuller	Binghamtor
F:	Sean McNally	Maine

All-Freshman Team:

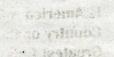
Bryan Dougher	Stony Brook
Malik Alvin	Binghamton
Anthony Raffa	Albany
Jake O'Brien	B.U
Tommy Brenton	Stony Brook
	Malik Alvin Anthony Raffa Jake O'Brien

For full Stony Brook Seawolves and America East Tournament coverage, including live updates, video, photos and more, check out

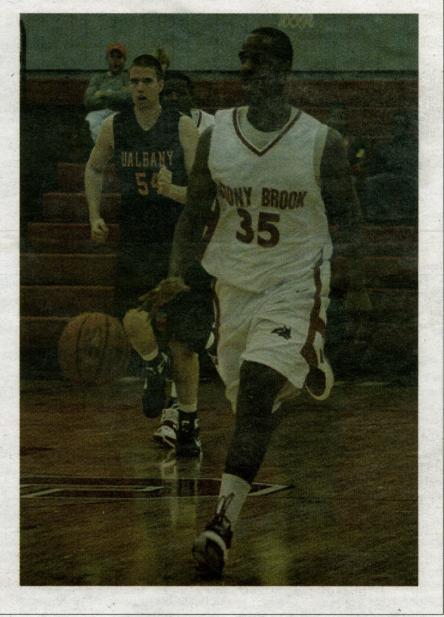
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ance, Dance?







Coach Pikiell and Seawolves Just Three Wins Away From Big Dance and Fairytale Season

By Josh SEIDMAN Contributing Writer

George Mason, Virginia Commonwealth and Davidson didn't always have Cinderella status heading into March

It took a stunning first round upset or an improbable run into the tournament's "Sweet," "Elite" or "Final" rounds for these teams to become regulars on the tournament's "upset alert" list.

For Stony Brook University, a chance to play for a spot on this list is a mere three wins away as the team enters the America

beginning on March 6.

"Just because a team wins a few basketball games an entire school can get national recognition," said John Van Wagner, the Manager of Marketing and Corporate Sales for Stony Brook athletics. "[If] A freak team goes to the NCAA's and wins one game, they sky rocket and become a dark horse for years to come."

make the America East Tournament, the Seawolves have always been a three or four game winning streak away from their first

East postseason tournament in Albany ever Big Dance. However, this season the tallied eight conference wins and is sitting university took great strides, both on and off the court, readying itself for such a run.

From 2005-2008, wins eluded the Seawolves as they only earned a total of nine victories in conference play and were seeded either last or second-to-last in each America East postseason tournament. Heading into this season, it was no surprise when the Seawolves were named Since all nine teams in the conference the preseason favorite to finish at the bottom of the conference standings.

Yet, in a turn of events unforeseen by the preseason pollsters, Stony Brook has

in a tie for fourth-place in the America East standings heading into the postseason. With its highest seeding since joining the conference for the 99-00 season, the Seawolves are looking to continue their already improbable season with a win against the University of New Hampshire in the quarterfinals.

"Winning has increased our product's quality ten-fold," VanWagner said. "This season there's a positive buzz around the team and that's driving media coverage,

Continued on page 9