

Diversity Panel
Held pg 5

Sleep Disorder
Study pg 2

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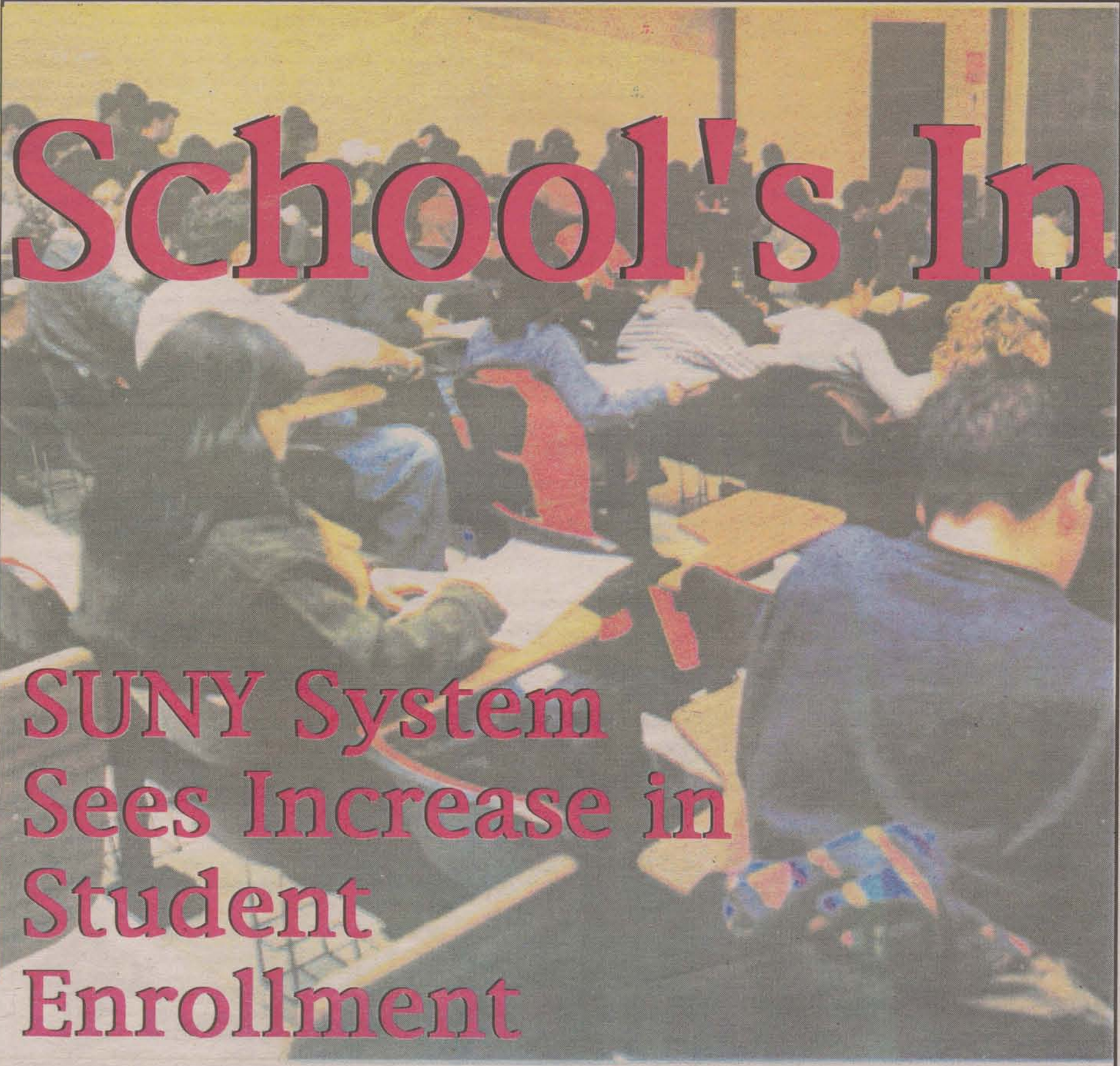
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School's In

SUNY System Sees Increase in Student Enrollment

Sleepless Nights

Too Little Sleep as Bad as Too Much Booze, Study Says

By JENNIFER KESTER
Statesman Editor

Not sleeping enough can give you the same results as drinking too much.

That's the conclusion of a Stanford University study of people with mild to moderate sleep apnea—a condition where the breathing stops several or even dozens of times an hour, interrupting rest without the sleeper's knowledge.

According to Dr. Avaram Gold, director of University Hospital and Medical Center at Stony Brook's Sleep Disorder Center, this condition is widespread among college students, contrary to the disease's stereotyped victims which includes those who may be older, overweight men or post-menopausal women.

People known to have apnea did as poorly on a test of reaction time as people who were too drunk to drive a bus or truck, said Dr. Nelson B. Powell of the Stanford Center.

On three of seven measurements, the subjects performed worse than people with a blood alcohol content of .08 percent did, which is legal intoxication for some states. This figure is just below New York's legal intoxication blood alcohol count of 1.0 percent.

Powell wanted the study to underscore the dangers of driving while sleepy, whether or not it's because of apnea.

This study gives a comparison that people can understand, he said.

The study looked at 80 volunteers and 113 people with apnea. The volunteers' average age was 29 and 56 percent were women. In contrast, 81 percent of the apnea patients were men, and their average age was 47.



Statesman/Michael Kwan

Students are advised to get at least seven hours of sleep each night.

However, statistical analysis ruled out age and gender as reasons for the difference, Powell said. He said the full analysis will be published this month in a national peer-reviewed journal.

While all of the people took a 10 minute test to get their baseline reaction time, the comparison group started drinking 80 proof alcohol.

They were tested three more times as they kept drinking. Their blood alcohol count averaged .05 percent at the first re-test, .08 percent at the second and .083 at the third.

Additionally, the analysts found that the apnea patients whose breath stopped about 29 times an hour while they were asleep did worse on all seven measurements than the drinkers did on their first re-test, and worse on three of them than those who were legally drunk.

"This is a wonderful study," said Dr. Regina Walker, an associate professor of otolaryngology at Loyola University in Chicago. "It is an extremely well-thought out, well-controlled prospective study that is looking at something I think is of great significance," she said.

Walker said that the problem is not controllable. "People think, 'I can just make myself stay awake.' They can't," she said.

Another sleep-related disorder that Gold cautioned students of is upper respiratory air way syndrome. "A large

incidence of college students get this disorder," he said.

Gold said that symptoms of such a disorder are chronic fatigue, even after a night's worth of good sleep.

Those in their twenties who suffer from this condition also find themselves unable to stay awake and concentrate. They are also dangerous behind the wheel. Students also can experience a change in personality, and sometimes they become depressed, he said.

In older adults, other symptoms include high blood pressure, heart attacks, and difficulty with erectile function.

Although based on genetics, Gold said, these consequences can sometimes be avoided if caught early on. There is a mouthpiece that can be used at night to ensure sound sleep.

Also, Gold recommended that students, whether or not they have a sleeping disorder, should shoot for at least seven hours of sleep per night. "Don't try to make up sleep by sleeping later," he added. "Go to bed earlier to make up for lost sleep."

Gold said that those who do feel constantly tired after a good night's rest should see their physician and those who want to speak to him or other representatives of the Sleep Disorder Center about their conditions can call the center at 444-1750.

AP Contributed to this article

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More Choose SUNY

Enrollment at SUNY Schools Up Throughout the System

By JULIE MINGIONE
Statesman Editor

This has been a good year for the State University of New York.

According to figures released last week by SUNY Chancellor John W. Ryan, the many campuses of the SUNY system have been experiencing a notable increase in student enrollment.

Across the state, enrollment among full time students is up by more than 9,000 students, from 236,988 last year to 245,996 this fall, an increase of 3.8 percent.

The State University of New York functions as a total of sixty-four campuses throughout the state. Overall, the full time freshman class has 61,293 enrollments, which is a 5.9 percent increase over last years numbers and an increase of 6,658 students since 1996.

These figures have SUNY administration expectant of a promising year within the system. "All of these numbers are very encouraging and represent the hard work put forth by our faculty, staff



Statesman/Ruth Chung

administrators and University's Board of Trustees," said Ryan.

SUNY's community colleges fared quite well this year, and are currently boasting enrollment increases of 5,663 students - a 6 percent increase from fall 1998.

Some of SUNY's community colleges have even reported enrollment increases of ten percent or more, including Nassau, Rockland, Hudson Valley, and Broome. According to Jon Sorensen, SUNY spokesman, the stable tuition of community colleges and higher state levels of aid have contributed to their increase in student body.

Stony Brook's increased 3.5% this semester.

Some students have also been able to hold onto their previous jobs by attending community colleges in their hometowns.

SUNY officials have listed numbers of reasons for the student body enlargement not only at Stony Brook, but throughout The State University's campuses. According to Gigi Lamens, Director of Admissions and Enrollment Management at Stony Brook, "The word continues to get out about what a great institution we are. There is much more of an interest for people in coming here."

At SUNY's four university "centers" at Buffalo, Binghamton, Albany and Stony Brook, enrollment was up a moderate 3.5 percent.

That does not mean that Stony Brook is not planning to accommodate the sudden influx of students.

"We are making a concerted effort to increase class availability, and to keep Student Services sufficiently resourced to better serve the students," said Lamens.

New York's governor, George Pataki, said the new enrollment figures "demonstrate that more and more New Yorkers recognize the State University of New York as the best university system in the country. Our commitment to higher education has never been stronger and the results are seen in these higher enrollments."

transferring or staying with the State University of New York is also up.

The number of transfer students currently enrolled is up from 20,402 in 1998 to 21,075 this year - a 3.3 percent difference. Full-time graduate student enrollment is up as well 1.1 percent over last year. "And more students are staying with the State University thanks in large part to the retention and counseling programs developed by our campuses," Ryan asserts.

When asked why she chose the State University of New York at Stony Brook, freshman Jessica Cherlin had a number of reasons. "I knew that the University had a good science program, and it's close to my home. Also, I knew of Stony Brook's change to Division IAA, and I generally liked the schools appearance."

Cherlin's reasons for choosing Stony Brook echo the sentiments of many SUNY administrators, who counted on Stony Brook's advancement to Division IAA, and the recent renovations throughout the campus to draw students.

"Speaking for the entire Board of Trustees, I find this years enrollment very gratifying," said Board Chairman Thomas F. Egan. "It is further confirmation that our policies are helping to lift the State University of New York into the forefront of American higher education."

SUNY Enrollment Figures

(Percent increases for 1999 Fall Semester)

Buffalo	3.5%
Binghamton	3.5%
Albany	3.5%
Stony Brook	3.5%
Purchase	10%
Canton	9.9%
Cortland	8.5%

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Student Faculty Staff Retreat

Friday & Saturday, November 5th - 6th, 1999. The Planning Committee for the 1999 Student Faculty Staff Retreat is accepting applications from students of the University Community who would like to be considered for participation in this year's event.

Now in its 15th year, the Retreat brings together a diverse mix of 60 Stony Brook students, faculty, staff and administrators who will focus their attention on this year's theme: "Rising to a New Sense of Community." The Retreat will be held on Friday, November 5th and Saturday, November 6th.

The Planning Committee welcomes applications from students who would like to become more active in areas of campus life. As the application process is competitive, please make sure that you answer all questions fully and that the completed application is returned by October 14th, 1999. Applications can be obtained in SBU Room 266, SAC 219, and in the Polity and GSO offices. The application should be returned to SBU, Room 266. If you have any questions, contact Kevin Keenan by telephone at 632-6828 or by e-mail at Kevin.Keenan@sunysb.edu

Discussing Diversity

By JULIE MINGIONE
Statesman Editor

The mood in the Student Activities Center was hushed as the Stony Brook Dialogue on Race commenced yesterday afternoon.

A crowd of 75 attended as seven panelists discussed issues concerning such as the psychological and social components of racism and its impact on daily life. As Stony Brook has always heralded itself a champion of diversity on campus, the panelists were asked to sometimes relate questions of race to the University, and how racism touches every student in some form.

George Meyer, faculty from the Chief Administration Department, began the discussion with an introduction pardoning the absence of University President Shirley Strum Kenny, as she had to be in Albany. She did send a message, however, saying that she hoped the discussion would be "a useful, helpful forum." Meyer then put forth his definition of the word respect, citing the Latin meaning to take a second look. "We must respect each others life experiences," said Meyer.

Next to speak was the panels moderator, Dean of Students Carmen Vasquez, who moderated the panel discussion. She also addressed the topic, "Why Can't We Talk About Race?" by saying,



The panelists at the Dialogue on Race.

Statesman/Michael Kwan

"Today we can, and we will at Stony Brook."

Vasquez acknowledged the fact that race and racial issues are not topics readily discussed by most people, due to the sensitive subject matter. But she insisted that issues of race must be discussed and a peaceful understanding must be reached.

Vasquez then introduced the afternoon's panel, which included Reginald C. Wells, a doctor with the School of Social Welfare; Les Payne,

Managing Editor of *Newsday*; Sylvia Diaz, from the Suffolk County Executive Office Director of Human Services; Leonie Huddy, associate professor of political science at the University; Richard Young, Chief of University Police, Chao Gao, a Stony Brook doctoral alumnus, and Jennifer Kester, Editor-in-Chief of *Statesman*.

The panel was a result of President Bill Clinton's National Initiative on Race. The initiative was launched nationwide on campuses this month to promote diversity.

Vasquez said the initiative "set an example for civility."

The discussion functioned as a question and answer forum, as Vasquez put forth six questions, each directed to three or four panelists with three minutes for each person to respond. Questions such as "What is Race?, Why are We Talking About Race?, and Who Is Responsible for the Racial Climate on Campus?" were just some of the queries posed.

In response to the first question, "What Is Race?", Huddy answered with a psychological response, citing that we, as humans "are very keen to use categories for people, as a way to sort them out in our brains." She also spoke of the human tendency to "turn slight differences physically into inability."

Payne was the first to field the question, "Why Are We Talking About Race at Stony Brook?", and he quoted Bill Clinton's three-tiered definition of racism, saying it is racist to affirmatively deny someone an opportunity because of their skin color, to cause another harm because of their race, and to assume what they think or feel based on their racial background.

Payne gave his own answer. "We don't talk about race because we refuse to. It is subconscious, it is invisible, it is institutionalized," he said.

Wells, faculty emeritus, was asked about his definition of race. He responded frankly, "Race is not an issue to simply be dismissed while there are still people categorizing others according to the pigmentation of their skin. My skin color does not define my race."

After the panel discussion, the audience along with the panel were asked what each was willing to do to make a positive difference at Stony Brook. "We have to bring people together and do something in common," said one female audience member. "You just have to start somewhere."

Pataki Aide to Take Over CSI

The State University of New York's Charter School Institute has a new boss.

Robert Bellafiore, Pataki's director of special projects and former press secretary, was named the institute's executive director on Wednesday. He will be responsible for the day-to-day operations of the institute.

"Charter schools represent a real opportunity to improve public education for New York's children and to lay the foundation for a better New York for years to come," said Bellafiore, who lives in Delmar.

His salary has not been set yet, SUNY spokesman Jon Sorensen said.

"One of the things Governor Pataki is most proud of during his tenure is the passage of charter school legislation in New York state," spokesman Charles Diester said. "Sending one of his top aides to the Charter School Institute is a clear demonstration of the governor's commitment to charter schools."

Bellafiore will begin his new job today.

This announcement comes one day before applications are due to the Charter School Institute for possible fall 2000 schools. Three SUNY charter schools opened this fall with another five already approved for next fall.

The deadline to get applications to the CSI for other fall 2000 charter schools is Thursday.

The Charter School Institute is responsible for reviewing charter applications filed with SUNY and for making recommendations to the SUNY trustees.

"I'm delighted Bob Bellafiore will be helping Scott Steffey, the founding president of the Charter Schools Institute, in our efforts to strength primary and secondary education in New York state," SUNY Chancellor John Ryan

said.

Before moving to Pataki's staff, Bellafiore worked for the Business Council of New York and as a reporter for The Associated Press, United Press International and The Albany Knickerbocker News. (AP)

Settlement Over Female Professor's Pay Reached

The University of New York at Albany has agreed to raise the salary of a language professor who sued the school claiming she earned less than her male colleagues.

The university will raise Sophia Lubensky's annual salary from \$65,000 to \$72,000. The school will also pay her \$36,000 in lost earnings and to cover claims her federal and constitutional rights were violated.

Under the settlement filed Monday in Albany federal court, the university admitted no wrongdoing.

Lubensky, who was hired at UAlbany as an assistant professor in 1977, was promoted to full professor in 1996. She claimed in the lawsuit she earned less than her male colleagues for doing "equal work" with "equal skill."

Lubensky's lawyer, Alan Kaufman, declined to speak about the specific differences in salaries paid by the university that underscore the professor's claim.

In 1993, New York's state university system reached an agreement to correct pay inequities that added \$2.2 million to salaries received by some women and minority staff. (AP)

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

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

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



No Diversity Here

You can be African American, Caucasian, Asian, Hispanic or anything in between and chances are great that somewhere on the Stony Brook campus you will find your ethnic or racial niche. There are countless clubs on campus that cater to the specific needs of individual groups and very often, these organizations are highly specialized. We have a place for black engineers, Latinos studying political science and religious Asians, just to name a few.

While this so-called diversity is often used as a selling point for Stony Brook and is a source of pride among administrators, it is foolish to think that mixing together practically every nationality in the world at one university will effectively re-create a supposed "melting pot" where everyone holds hands and loves their neighbor.

Is Stony Brook a tolerant community? Well, there are no instances of racial slurs scribbled across walls and biased crimes do not rear their ugly heads here but it cannot be denied that there is a certain amount of racial segregation here on campus. Perhaps it is provocative to point out, but how often do you see Asians talking with

blacks or whites hanging out with Hispanics? The organizations mentioned above

"To be diverse suggests a certain amount of intermingling, something that is just not common at Stony Brook."

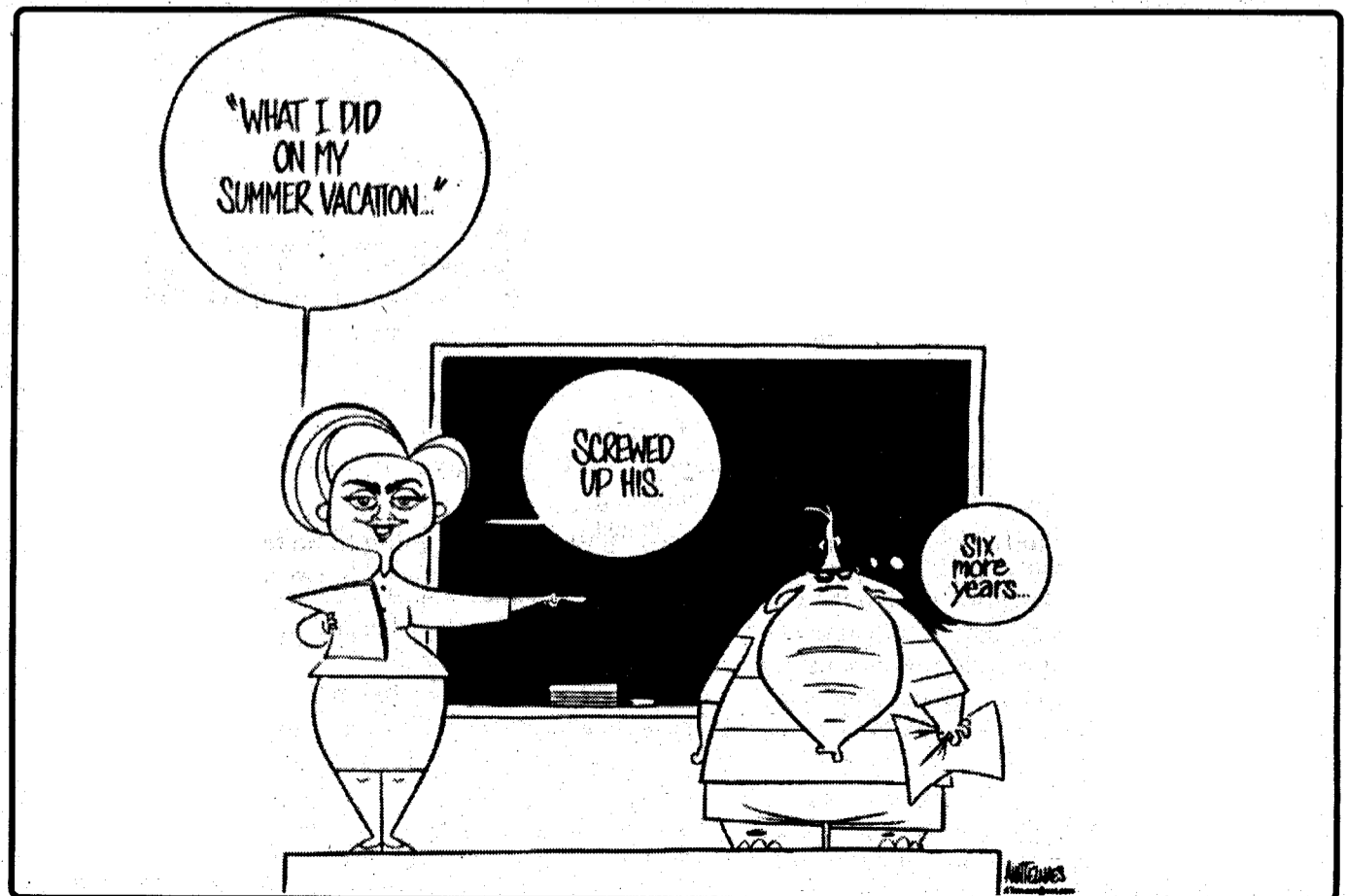
are further examples of self-inflicted segregation. Does this mean that the Latinos in Law are a bunch of racists? Of course not, but their very title effectively excludes anyone outside of their rather narrow window of eligibility.

While administrators at universities across the nation are notorious for being terribly out of touch with the student body, our administration may have a little bit more of a clue. Just yesterday, a panel discussion dealing with questions of race and ethnicity was held which attempted to answer such questions as "What is race?" and "Who is responsible for the racial climate on campus?" These are

important questions and totally relevant to our campus community. But another question they should have considered is how diverse are we in reality? Diversity has become a buzz word and everyone is using it but does anyone know what it means?

Would any man on campus be caught in public supporting the Center for Womyn's concerns? Would a white person be turned away if they tried to join the Caribbean Student's Organization? Can a Catholic write for the Jewish newsletter Shelanu? It is human nature to gravitate towards those who are familiar to us. However, we often tread a dangerously thin line between sticking together and supporting our own kind and expressing hostility to those that fall in "the other" category.

To be diverse suggests a certain amount of intermingling, something that is just not common at Stony Brook. It is fine to brag about representing all walks of life and every racial identity. It is in fact something we should all be proud of that we manage to live and learn generally in peace with people who may be from a different walk of life than we are. But we have a long way to go before we earn the right to call ourselves diverse.



Can't Stomach it Anymore

To the editors of Statesman:

What is wrong with the food program this year? Could it be the \$125 "activation fee" to help cover costs? Or could it be the "Use it or Lose it" policy which forces students to spend their hard-earned money lest it disappear into Chartwells' checkbook? Or could it be the extravagant prices experienced all over campus, even higher than last year's chart toppers if you can believe that. How about all those promises Chartwell's made last year? I haven't seen much happen other than having later dining hours, which should have been taken into account in the first place. Every person I know says they aren't impressed with the "improved" service and everyone seems to be low on points.

I'm a vegetarian, so you can imagine my situation. Where most people have a choice of what they can eat, I've got almost no options. The SAC equals a veggie burger or pizza, H Quad a veggie burger or pasta and Kelly a cheese sandwich. So you can imagine my joy when in the "improved" contract, Chartwells promised to do things like improve the number of vegetarian meals and cook veggie burgers on a separate grill. (What's the point of having a veggie burger if it's being cooked on a grill sizzling with fat? I can now honestly say I know what a hamburger tastes like without ever having taken a bite of one!)

Here's my typical dinner at H Quad. I thought it necessary to add because every night is like this and there is only so much I can take. I wait 15 minutes to place my order of a veggie burger and



Statesman/Ruth Chung

When will Campus Dining start the changes they promised?

mashed potatoes instead of fries and some mozzarella sticks. I get my food 10 minutes later and when I look at the price on the machine, it says \$11. Lulled into submission by my long wait (that's how they get you), I hand over my card. A minute later, it hits me" I paid \$6.25 for a veggie burger! I go back to the cash machine to straighten it out. "A veggie burger with fries is only supposed to cost \$5.10 and I switched the fries for mashed potatoes. You charged me for both. "What does the girl at the register say? "The machine has it listed separately: a veggie burger is \$5.10 and the potatoes are extra." "But the menu reads 'Garden Burger w/ fries as \$5.10," I said. "Sorry, I can't help you, that's what the machine says." It's okay, I don't blame her, she only works there. She doesn't make the policies.

But someone does and that someone says not only do I get screwed for fries, I

have to pay \$1.45 more for the same thing! Something's got to change! I mean somebody explain this to me: If a Powerade or a 20 oz. soda costs \$1 in the machines how come the deli charges a \$1.65?

These are just a few of my complaints. What astonishes me is that I haven't heard or read anything in the way of a critique about this meal plan in any of the newspapers. There was an article in the Statesman a few weeks ago that described the new changes but that was it! You guys are supposed to be keeping the campus informed. Why aren't you doing it?

Wake up! This plan sucks and we can make it better or just sit there while we make some executives even richer. You decide. After all, it's your campus, your stomach and your money.

Sincerely,
Sahib S. Khalsa

Questionable Testing Policies

Dear Editors,

I just wanted to add one requirement to donating blood that you neglected to mention in your September 23rd article concerning the upcoming blood drive on campus: You must be straight.

During the 1980's, in an effort to "preserve the integrity of the blood supply," people at risk of being or who were quite possibly HIV positive were encouraged not to donate blood or blood products. A partial list of "those people" are gay men, immigrants from sub-Saharan Africa, intravenous drug users, and prostitutes.

Although recent studies have shown that new HIV infection

rates have dropped among gay men since this policy was enacted, the policy is still in effect. Mind you, blood services will not ask you what type of sex (oral, anal, etc...) you have had or whether or not it was safe or unsafe; they will simply ask whether or not you have had sex with a man since 1978.

To further complicate matters, if you are woman, they will ask you if you have had sex with a man who has had sex with a man since 1978. I would also assume this question would pertain to men if they have had sex with a woman who has had sex with a man who has had sex with a man since 1978. Please keep these questions in mind the next time you are planning to have sex

so you can accurately answer blood services should you donate.

As a gay man - I am ineligible to donate. Some have asked me why I don't just lie since the blood is going to be tested anyway. My answer is two part - simple and practical: 1) Why should I lie? I haven't lied since 1992 when I was a blood drive captain in high school and not yet ready to tell some stranger that I had sex with men. 2) Currently I can be tested anonymously so my HIV status will not be reported to New York State. If I lie and do test positive, my name will be put on a list and I risk facing persecution because of my HIV status.

The article also goes on to assume that I will "help by convincing two other people to try

donating." I will now apologize to Ms. Mugfurl for not even considering to abide her wishes. Until blood services re-evaluates their policies, I will not promote such a homophobic endeavor as donating blood. By the way, doesn't this campus have an anti-discrimination policy that includes sexual orientation?

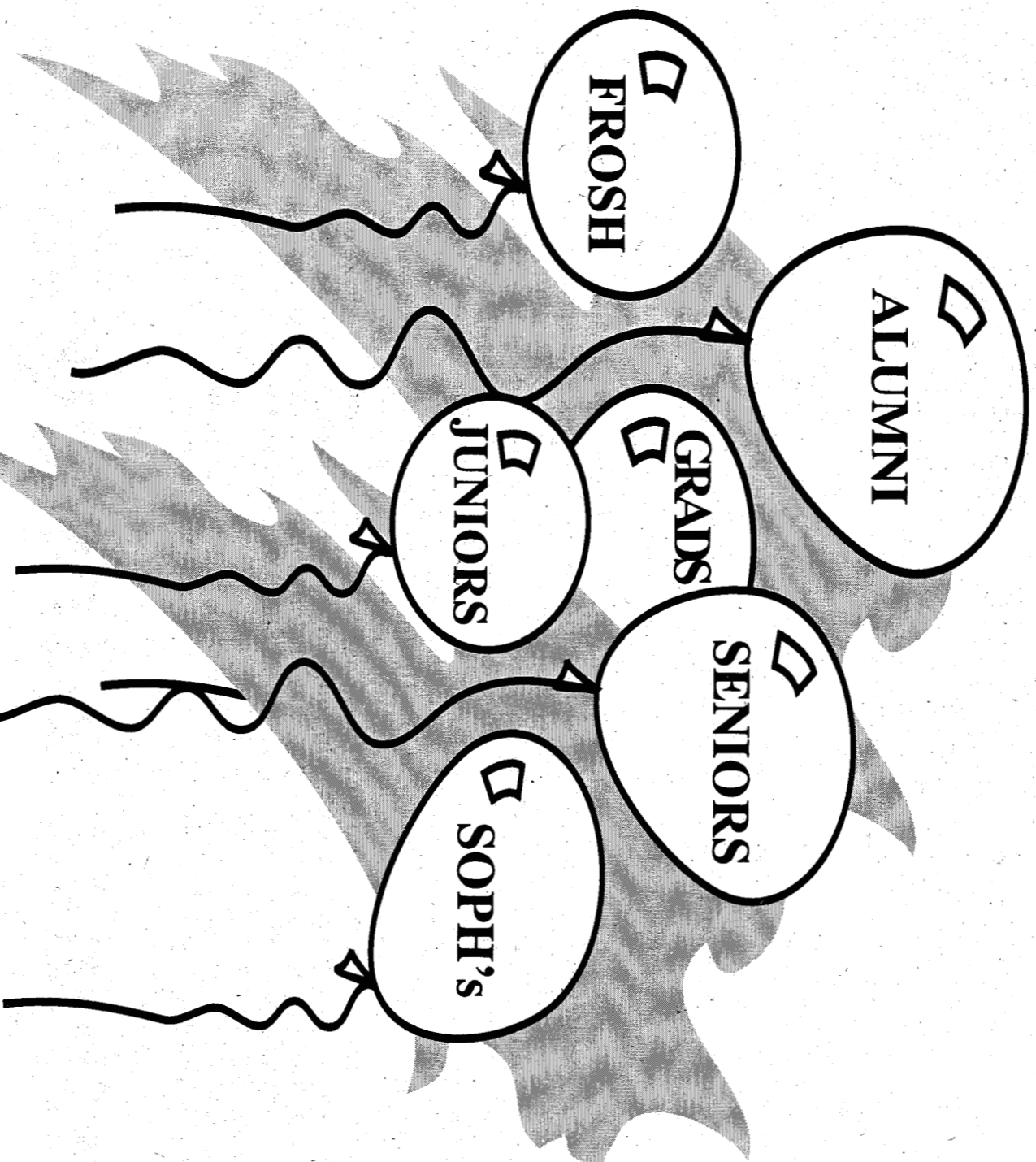
Sincerely,
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Making the Best of Your Job Fair Experience

What exactly is the University Job & Internship Fair? A four-hour event sponsored by CPC, held once each semester in the Sports Complex. Approx. 125-150 companies send representatives to meet students, talk about job opportunities, collect resumes, and distribute company literature and premiums. **Why attend?** • Check out what's going on • Find an internship/part time job • Apply for full time positions • Collect company literature & free stuff • Visit companies you may want to work for • See a friend who graduated last year and is now representing a company. **Which companies will be represented?** We post the list of companies attending THE FAIR on our webpage, <http://www.sunysb.edu/career/> including links to their websites. **Is it really necessary to plan ahead?** Absolutely! Students who prepare ahead of time feel more comfortable, confident, and make better contacts than those who just show up. **How do I prepare?** First things first – get your resume together. The CPC conducts drop-in resume critiques Monday through Friday between the hours of 9:00am-10:30am and 1:00pm-4:00pm. **Research the companies** who plan to attend (use the CPC website), and draw up a list of those you want to visit. **Prepare your 60 second commercial.**

A couple of minutes is probably all you will have to impress a company rep – use your time wisely. **What should you wear?** Does it have to be a dark blue pinstriped suit? No, of course not. The best choice for Job Fair attire is a business suit – but it certainly doesn't have to be blue pinstripes. Other choices – for men – shirt & tie, slacks and blazer. For women – skirt and blouse with blazer. Regardless of your outfit, make sure it is clean and pressed, and fits properly. **What to bring?** The ideal is a portfolio that contains several copies of your resume, and a place to hold company literature or business cards you collect. Stash a few breath mints in your pocket – they always come in handy! What happens after the Fair? Your sending a thank you or follow up note is entirely appropriate. Organize your follow up strategy.

Lastly, attend one of CPC's **Preparing for the Job Fair** workshops for some additional tips! Please call ahead to register. Dates and times are listed below:

Thursday, October 7, 1999, 1:30pm – 2:30pm

Monday, October 11, 1999, 1:00 – 2:00pm



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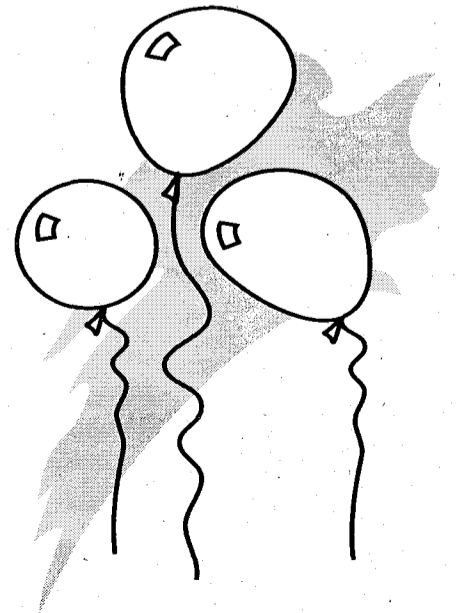
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ADD	Enteric Products	Mktg. Incorporated	Standard Register
ADP Investor Communication	Enterprise Rent-A-Car	Mobius Tech Inc.	Symbol Technologies, Inc.
Advanced Business Automation	Ericsson Messaging	MONY Group, The	TDK Electronic Corp.
Aeroflex Laboratories, Inc.	eShare Technologies	Morgan Stanley Dean Witter	The F.A. Bartlett Tree Expert Co
Aeropostale	Evans & Sutherland Computer Corp.	MTA-Long Island Rail Road	Total Network Solutions, Inc.
AGENCY.COM	Expeditors International	MTA-New York City Transit	Toys R Us
AHRC - Nassau County Chapter	Fastenal Company	Musiker Tours/Summer Discovery	Travelers Property Casualty
AIL Systems Inc.	Federal Bureau of Investigation (FBI)	Newsday, Inc.	U.S. Immigration & Naturalization
Amerada Hess Corporation	Fiber Options, Inc.	Northrop Grumman Corp.	U.S. Marine Corps-Recruiting Station NY
Americair	First Investors Corporation	Northwestern Mutual Life	Underwriters' Laboratories, Inc.
American Express Financial Advisors	Flack & Kurtz Consulting Engineers	Northwestern Mutual Life-Kaufman Agency	Unifirst Corporation
American Management Systems, Inc.	Foot Locker	Norwest Financial Services	United Parcel Service
Amersham Pharmca Biotech	Gaines Berland Inc.	NPD Group	USI Consulting Group
Applied Visions, Inc.	Galaxy Freight Service, LTD	NUTEC COMPONENTS, INC.	Vitamin World
AT&T	Global DirectMail Corp.	NYC Office of Management & Budget	Vytra Healthcare
ATCDG	Haven House/Bridges, Inc.	OFFICE DEPOT	Watson Wyatt Worldwide
Audits & Surveys Worldwide	Hertz Corporation	Olde Discount Corporation	WEIL GOTSHAL & MANGES
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Comverse Information Systems	Marconi Electronic Systems Corp	Sapient Corporation	
Continental Broker-Dealer Corp.	Maryhaven Center of Hope	Schering-Plough	
Cosmocom, Inc.	Memorial Sloan-Kettering Cancer Center	Seaview Consulting, Inc.	
Data Device Corporation	Met Life	Sensitron Semiconductor	
Dayton T. Brown, Inc.	MetLife, Cooperman & Associates	Sherwin-Williams Paint Co., The	
Developmental Disabilities Institute	Microsoft Corporation	Sponsors for Educational Opportunity	
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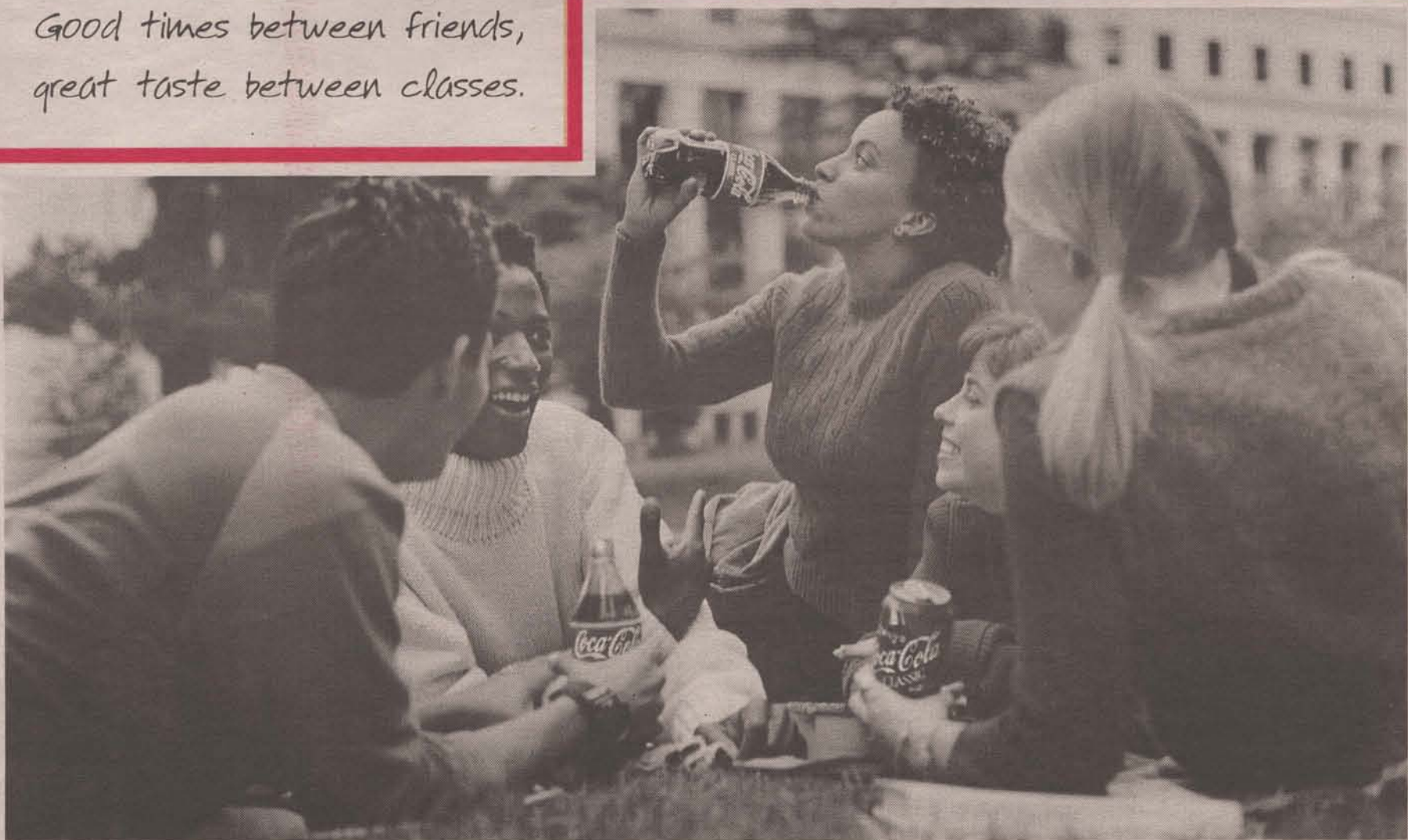
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The Stony Brook Statesman Thursday, October 7, 1999

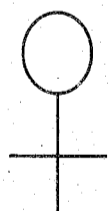
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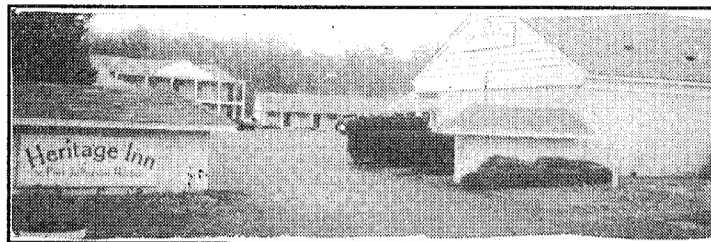
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Thinking Air

Harvard Faculty Speaks at Stony Brook

By ANA MARIA RAMIREZ
Statesman Contributor

On Monday, October 3rd, Michelle Addington, a graduate of the School of Design at Harvard University, lectured at the Staller Center Art Gallery. Addington, an architect and engineer, studied Nuclear and Mechanical Engineering at Harvard, but later, during the mid 1980s, she began to study architecture. In 1996, Addington joined the Harvard faculty. As a Microtechnology researcher, she uses history as an instrument to understand the present.

Addington's lecture dealt with the evolution of how we manage heat and ventilation, the beliefs the world had in earlier years, the tools and techniques which were used, and finally the technologies we employ today.

Before the 19th Century, the world possessed a fear of air, and a fear of air pollution and odors caused by the period of industrialization. An article written by John Evelyn, which was directed towards the King of England, implored the man to close down some of the industries, which were contributing to the poisoning of the air. During the period, people also believed that air was a carrier of diseases like cholera and the Black Plague.

During the 12th Century, people used fireplaces in homes, mainly for cooking, not heating. The dominant belief was that smoke was the result of too much air, and a new chimney was designed. The chimney had a zig zag appearance, which would allow the least amount of

air into the building. Addington explained that those who employed this design in their homes quickly discovered that the design produced more smoke.

In the late 18th Century, combustion elements were more understood. The Runford fireplace was invented in 1780, and people began to use it for heating. Other inventions for heating were also developed. For example, Benjamin Franklin made a heating unit, for fear that the United States would exhaust its supply of wood. The invention did not last long because of a crucial flaw – it did not circulate the cold draft.

At the beginning of the 19th Century, the concept of heat motion was understood. The rule explains that "hot air rises as cold air falls." The scientists of the era had a growing fear of carbon monoxide, and other invisible poisons in the air. Louis Reed, one of the most formidable researchers on ventilation at the time stated that "Man's own breath is his greatest enemy."

Then commenced the ventilation frenzy. It was believed that if there were two openings in a room, you would have enough air circulation. The "poisonous air" would leave through one opening, as the other let fresh air into the room.

When the English Parliament's House of Peers burned down, a new elaborate ventilation system was developed. Openings on the stairs, roof, and walls were placed in the building. This system was not successful, because dust was deposited everywhere, and the cold draft was not controlled.

Around 1872, Addington revealed that the use of steam as a method of heating began. Small steam engines were installed, first in schools and later on in homes. Fans were used for ventilation, and circulation, of air.

In the early 1900s, a battery of tests took place. The tests evaluated to see which environment was more conducive to health, be it heat or ventilation. The studies showed that temperature was more important than the circulation of air.

Today, man-made weather and temperature conditions are ideal because people have control over it instead of depending upon air from the outside. 50% of the energy of the world is used to control the temperature in buildings. Energy insulation was invented to keep air from coming in, and the air on the inside from escaping. This contrasts the old belief that air from the outside was important. The insulation we use today keeps germs and other poisons from coming into a building from the outside. Despite this advance, the synthetic insulations employed expose everyone to new poisons.

Micromachines have been developed to control heat. Egg sized gas tubings that circulate heat through laptop computers are some of the new inventions that have been created.

Although the study and subsequent advances in the study of heat and ventilation is minimal, Addington asks, "If we have the technology and tools, why don't we take advantage of them?"



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Excellence in Professional Service

Students, faculty, and staff are invited to submit nominations of professional personnel to be considered for the Chancellor's/President's award for Excellence in Professional Service

Nominees must be non-teaching professional personnel who have demonstrated excellence in fulfilling their job responsibilities while also demonstrating capabilities and accomplishments in areas of leadership, innovation, and problem solving.

Nominations must be submitted to the Selection Committee no later than **Monday, November 29, 1999** and should consist of ten copies of each: a one-page letter supporting the nomination, an up-to-date and detailed vita, and letters of support from individuals within the University.

Statements should address the nominee's most outstanding qualifications and specific achievements.

For further information, call 632-7000

Please send the nominations to:

Selection Committee
Awards for Excellence in Professional Service
Administration Building, Room 407
Z-1401

CALL FOR NOMINATIONS Chancellor's/President's Awards

Excellence in Librarianship

Students, faculty, and staff are invited to submit nominations of professional librarians to be considered for the Chancellor's/President's award for Excellence in Librarianship

Nominees must have an outstanding record of skill in librarianship, service to the University, and of commitment to scholarship and professional development.

These three areas must be addressed in the letters of recommendation.

Nominations must be submitted to the Selection Committee no later than **Monday, November 29, 1999** and should consist of 10 copies of each: a one-page letter supporting the nomination, an up-to-date and detailed vita, and

letters of support from individuals within the University.

For further information, call 632-7000

Please send the nominations to:

Evaluation Subcommittee of the University Senate
Standing Committee on the Library
University Senate
Psychology B, 124
Z-2560

CALL FOR NOMINATIONS Chancellor's/President's Awards

Excellence in Teaching

Students, faculty, and staff are invited to submit nominations of faculty who have taught full-time for three years at Stony Brook to be considered for the Chancellor's/President's award for Excellence in Teaching

Nominees must have a record of outstanding skill in teaching, demonstrating flexible instructional policy and a mastery of a variety of teaching techniques.

Candidates must also show evidence of scholarship, accessibility to students outside of class, and demonstrate an ability to help students attain academic excellence.

Nominations must be submitted to the Selection Committee no later than **Monday, November 29, 1999** and should consist of ten copies.

Successful nominations will include information and materials which display the qualities and criteria noted above.

For further information contact the address below or call 632-7166

Please send the nominations to:

Chair,
Excellence in Teaching Award Selection Committee
The University Senate
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Excellence in Classified Service**

Students, faculty, and staff are invited to submit nominations of full time University staff who serve in classified or classified-equivalent positions to be considered for the President's Award for Excellence in Classified Service

Nominees must be individuals who not only demonstrate outstanding skills in the performance of assigned responsibilities but who also perform beyond the specific parameters of their job description and display initiative in increasing the effectiveness of services at the University.

Nominations must be submitted to the chair of the respective VP Area Nominating Committee no later than **Monday, November 29, 1999** and should consist of ten copies of each: an up-to-date and detailed resume, a description of the duties and responsibilities of the candidates current position, and letters of support from individuals within the University attesting to the abilities and contributions of the nominee. At least two of these letters should be from current or former supervisors.

For further information, call 632-6161

Please send the nominations to:

Finance & Management: Sharyn Schorr, Finance & Mgmt., Z-1002 (2-6105)
Health Sciences: Sally Lanigan, School of Medicine, HSC, L-4, Z-8430 (4-2404)
Hospital: I. Bernard Hirsch, UH, Tower 14, Room 40, Z-7750, (4-2836)
President: Jean Drelick, University Advancement, Z-1601 (2-6304)
Provost: Janice Barone, Provost's Office, Z-1401, (2-7016)
Student Affairs: Christel Colon, Student Affairs, Z-0501 (2-6701)

CALL FOR NOMINATIONS**Distinguished Service Professor**

Students and faculty are invited to submit nominations of faculty members to be considered for promotion to the rank of Distinguished Service Professor

Nominees must have achieved a distinguished reputation for service not only to Stony Brook but also beyond the campus to SUNY, the community, the State of New York, or the nation through sustained effort in the application of intellectual skills to issues of public concern.

Nominations must be submitted to the Selection Committee no later than **Monday, November 29, 1999**, and should consist of ten copies of each: a one-page letter supporting the nomination, an up-to-date and detailed vita, letters of support from individuals within the University and outside the University and the names and addresses of other individuals who would be able to supply additional information about the nominee's qualifications, major achievements and contributions that deserve recognition.

Please send the nominations to:

Selection Committee
Distinguished Service Professorships
Administration Building, Room 407
Z-1401

CALL FOR NOMINATIONS**Distinguished Teaching Professor**

Students and faculty are invited to submit nominations of faculty for promotion to the rank of Distinguished Teaching Professor

Stony Brook's Selection Committee requires that candidates for this honor be prior recipients of the President's/Chancellor's Award for Excellence in Teaching and be involved in developing and promoting excellence in didactic methods and principles in their disciplines on the national or regional level. Successful nominees will also have a record of extensive interaction with students beyond the traditional classroom setting.

If you think a teacher merits such a promotion, please fill out this form and send it to the campus address indicated. Nominations must be received by **November 29, 1999**

Name of Teacher _____

Department of Teacher _____

Your Name _____

please print

Please send the nomination form to:

Selection Committee
Distinguished Teaching Professorships
Administration Building, Room 407
Z-1401

CALL FOR NOMINATIONS**President's Awards
for
Excellence in Teaching as Part-Time Faculty**

Nominees must have taught at least four semesters within the four years preceding the academic year in which they are nominated. Files should include a letter from the chair of their department addressing their outstanding role in the classroom, student course evaluations, and letters from individual students and colleagues that address evidence of superior teaching and other professional activities.

Nominees must demonstrate: ability to incorporate their professional background and experience outside of the classroom into their teaching by connecting students with the world beyond the university setting; ability to generate innovative curriculum or new teaching approaches by incorporating contemporary material from their professional experience; ability to serve as a mentor or role model in an area in which the part-time faculty member has extensive non-academic and/or practical experience.

Nominations must be submitted to the Selection Committee no later than **Monday, November 29, 1999**, and should consist of ten copies of each:

Please send the nominations to:

President's Award for Excellence in
Teaching as Part-Time Faculty
Administration Building, Room 310
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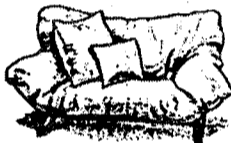
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Volleyball Takes Seawolves Classic

Stony Brook opened and closed the week with victories, upsetting Hofstra in three straight games and winning the 1999 Seawolves Classic. In the 15-12, 15-12, 15-8 victory over Hofstra, Almaris Miranda (Williamsville, NY) registered 19 kills and 12 digs - both match-highs - in leading the Seawolves to the win.

Freshman setter Regine Lilavois (Westbury, NY) had a career-high 44 assists. Jessica Serrano (Ridge, NY) had 14 kills as Stony Brook hit .324 in the match. On Thursday, Princeton needed just over an hour to defeat the Seawolves in three games, 15-12, 15-11, 15-5. Serrano had 38 kills and 24 digs in two matches, helping the Stony Brook Seawolves to 3-1 victories over Wagner and Harvard in the three-team Seawolves Classic Volleyball Tournament Saturday. Wagner came out like gangbusters with a 15-2 win in game one against Stony Brook to open the tournament, but lost the final three games, 15-6, 15-12, 15-4. Natosha Davis led the Seawolves with eight kills and 13 digs while Serrano posted a season-high 22 kills and chipped in with 14 digs. Senior setter Sarah Boeckel (Williamsville, NY) started for the first time in five matches and had 49 assists. In the championship match against Harvard, Miranda had 31 kills and Serrano had another 16 in leading the Seawolves to the win, 8-15, 15-11, 15-11, 19-17. The Seawolves erased any thoughts of a game five with a furious rally in game four. Down 10-1, Stony Brook took a 15-14 lead and went on to clinch the match.

Women's Soccer Defeats Red Storm

Erin Zambelli jumped on a loose ball and broke in on goal, firing a shot past the outstretched hands of Stony Brook goalie Lori Nelson, three minutes into overtime to give St. John's a 1-0 win in women's soccer action Tuesday night. It was Stony Brook's first overtime loss this season.

In a very tightly played game, both teams traded good scoring opportunities throughout the game. Both goalies were outstanding as Nelson made seven stops for the Seawolves while Red Storm keeper Tina Fogg recorded five saves in the game.

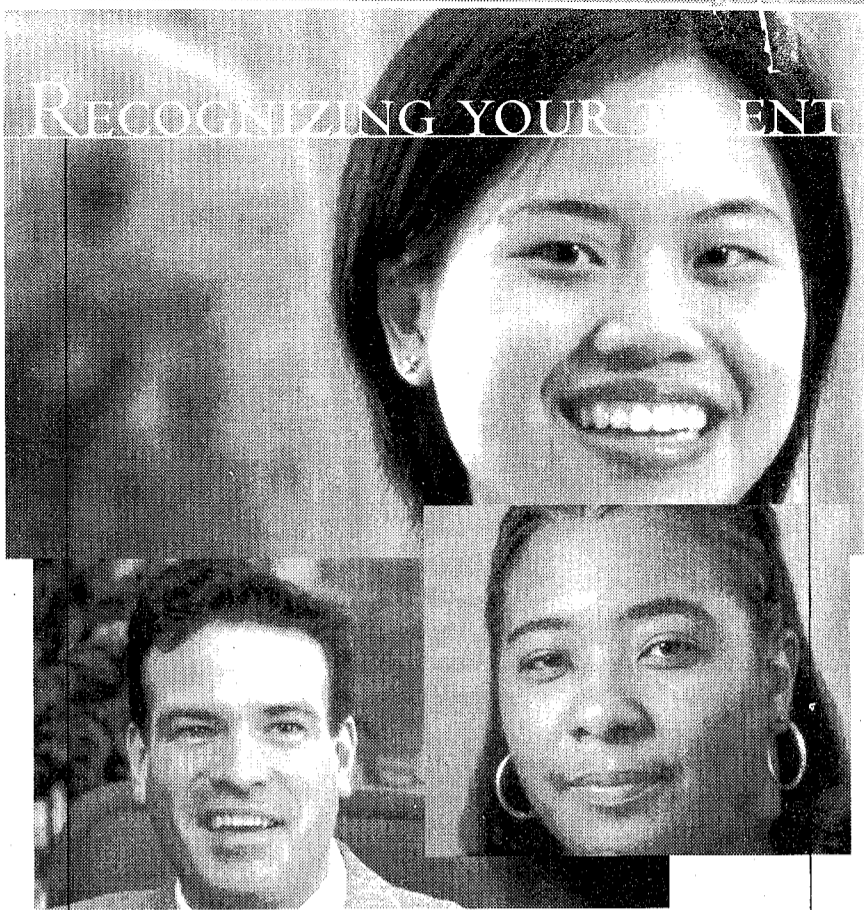
Football Falls to Great Danes

Senior quarterback Mike Oliva threw three touchdown passes and ran for two more, leading the University at Albany to a 44-21 victory over Stony Brook in Northeast Conference football action Saturday afternoon. The Great Danes maintain their stranglehold on first place with the win. The Great Danes (3-1, 3-0 NEC) opened the scoring in the first quarter with 5:44 remaining as senior quarterback Mike Oliva connected on a 49-yard touchdown pass with Chris Phillis. Oliva was at it again less than six minutes later, hitting Jay McFarlane with a 48-yard touchdown strike with nine seconds remaining in the first quarter to give Albany a 13-0 lead.

The Seawolves responded, driving 92 yards on 13 plays as Oscar Alcantara (Brentwood, NY) plunged in from four yards out to cut the advantage to six points. However, it would be the last time Stony Brook would get in the endzone until the fourth quarter. Oliva ran in from six yards out and Greg Garrett scrambled in from three-yards out to give the Great Danes a 27-7 lead at the half. Garrett finished the afternoon with 108 yards on the ground. Oliva's second touchdown run to open the third quarter gave his team an insurmountable 34-7 lead. The senior piled up 323 of Albany's 484 yards on the day.

Stony Brook's Brian Stanley (Baldwin, NY) relieved Oscar Alcantara at quarterback in the fourth quarter, rushing for a touchdown and connecting with David Kopp (Oakland, NJ) for a touchdown from one-yard out. Alcantara rushed for a team-high 82 yards on 19 carries and was 14-of-25 in the air.

Text and information courtesy of the Department of Athletics.



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Seawolves Sports

Football (1-2)

Stony Brook	0	7	0	14	-21
Albany	13	14	7	10	-44

Volleyball (11-6)

<i>Seawolves Classic</i>					
Harvard	15	11	11	17	
Stony Brook	8	15	15	19	

Wagner	15	6	12	4	
Stony Brook	2	15	15	15	

Cross Country

<i>Met Championships</i>	
Men:	11th
Women:	4th

Women's Soccer (5-5) OT

Stony Brook	0	0	0	-0
St. John's	0	0	1	-1

Men's Soccer (2-9) OT

<i>Oneonta Tournament</i>					
Albany	0	2	1	-3	
Stony Brook	1	1	0	-2	
Stony Brook	0	1	0	-1	
Oneonta	1	0	1	-2	

Women's Tennis (4-2)

Hofstra	3
Stony Brook	4
Siena	1
Stony Brook	8
Long Island University	8
Stony Brook	1
Albany	7
Stony Brook	2

Tell Me About It

Advice for the College Age Crowd

by Carolyn Hax

Dear Carolyn:

I am really depressed. Really. I have been in and out of therapy, on and off depression medication for years. I have been upfront and honest during my therapy sessions but nothing makes me feel better. I am such a mess I have failed even to commit suicide—four times!

What can I do? Is it OK to kill myself? I'm withdrawing from my friends but as a psych major, I know withdrawing will lead to even worse feelings. But what friend wants to hear my depressing thoughts? Even my therapist gets tired of it.

I am approaching the phase of my depression where soon getting out of bed will be too much. I want to die or get OVER this. What else is left?

—I Can't Go On

Apparently, a little knowledge is a depressing thing, too. I'm so sorry you're going through this. But here's something you might not have gotten from psych class: Depression distorts your perceptions—of your past, your future, yourself. Your sickness says your friends don't want to listen. Your sickness says

"I am approaching the phase of my depression where soon getting out of bed will be too much."

your therapist is bored. Your sickness says it's all hopeless.

Your sickness lies! Right there, you have Reason No. 5 to live: These urges to die can't be trusted. I'm not just blowing sunshine here—this is a real phenomenon, according to Wayne Fenton, a D.C.-area psychiatrist. (He suggests you read "Darkness Visible" by William Styron, a firsthand account of this distorted self-perception.)

Fenton also suggests you see a specialist. He says about 70 percent of depression patients respond to treatment the first time around—meaning a full 30 percent need more intensive treatment. Someone at the American Psychiatric Association (202-682-6325) can give you the number for your local chapter, which will have names of doctors who specialize in depression. (Or go to their Web site, www.psych.org, and click "APA Members.")

So that's Reason No. 4 for living: There is someone out there who can help you. Or some *thing* out there, which we'll call Reason No. 3: new drugs! There are more psychotropic alternatives out there, and science may well have caught up with you. Consider inpatient treatment, too. You're ill—there's no shame in that.

Melissa Berler, a licensed clinical social worker and a great help with this column, offers Reason No. 2 to stick around: Your suicide will leave everyone who

cares about you devastated and angry. And their pain will be permanent, unlike the pain you feel now.

Which brings me to the ultimate reason to live: Because you want to get over this thing. You've held yourself back from suicide, you've sought help, you've even written to me. Know what that describes? Someone who wants to live.

Dear Carolyn:

I'm 17 years old and I'm going out with this great girl. We seemed to hit it off right at the first date. We've been going out about eight months now, and we get along great. The problem is, when we're alone, she begs me to do something silly, and I don't really mind her doing it. Sometimes she puts lipstick on me, and once we drove around with my hair in curlers.

Another time, it was nail polish, and all the while she was putting it on, she was telling me I could take it off as soon as she was done. Unfortunately, she didn't bring the remover.

If I refuse her little wants, she embarrasses me until I say OK. I usually fight it so she doesn't get the idea I like it. I've tried to talk to her about it, but she just laughs it off and goes right back to the same thing. What do I do?

—Feeling Sissy

If this is a great girl and you get along great,

I think I need to hear your definition of great.

Let's define my word first: *conflicted* (adj.) in a state of emotional conflict.

As in, it's a "problem" that your girlfriend does this, but you "don't really mind." As in, you pretend to resist it for appearances' sake, but you're disappointed for real when you fail. As in, she embarrasses you until you say yes—to her embarrassing you.

I read your letter and I see a guy trying, so hard, to persuade himself he enjoys this kind of ritual humiliation because he wants, so badly, for this girl to want him.

But be honest with yourself. Is the attention of a sadistic little control freak worth that much to you? When she—whoopsie!—doesn't bring the polish remover, is that funny? She's onto your insecurities like a cat with a yarn ball. When your own girlfriend enjoys embarrassing you, you might as well hang with your enemies. At least they'd show some respect.

It's OK to say no to her. It's OK to get mad. It's OK to tell her where to put her curlers. And it's OK if she responds to this wave of dignity by ending your "great" relationship on the spot. Trust me, you're paying too much for a manicure.

To ask Carolyn a question, send an email to statesmn@ic.sunysb.edu



BRÜNNHILDE FORGED AHEAD WITH HER OWN HAPPY ENDING

The Fragile

Nine Inch Nails at its Best

By KAT FULGIERI
Statesman Editor

Five years since the release of *The Downward Spiral*, Trent Reznor of Nine Inch Nails has released his latest studio effort, entitled *The Fragile*. Produced by Reznor and engineer/sound mixer Alan Moulder, *The Fragile* is a double disc set that is anything but fragile.

While discord and raucous sounds often predominate, Reznor weaves delicate melodic lines through the harshness, creating an effect that is both strange and thrilling. The essence of the album is everything but cacophony, as there is a plethora of things to concentrate on for each and every track. Each listening of the album yields new insight into the music, be it the various instruments that are employed or the vocals that so eloquently speak of tragedy, pain, and anger.

Reznor's lyrics, as always, speak to the part of the listener that wants to scream. Specifically on songs like "Even Deeper" and the title track, any listener will feel privy to the depths of Reznor's soul, an experience that is at once elating and sobering.

Inspiring also is Reznor's employment of various string instruments, including violins, cellos, and a ukulele. Though most of the album depends on the guitar, the various studio modifications make everything sound different and new.

The single "We're In This Together" has already been released, and is already drawing praise and accolades from the music industry. The rest of the tracks are in the same vein as far as musicianship, tone, and quality, but this is not without exceptions. For instance, "The Great Below" is almost lilting, as it hypnotizes the listener. And the track entitled "La Mer"



Trent Reznor is a versatile music artist

is one that is at times almost ethereal. Indeed, the record is one that is a listening experience, and not merely a assembly of songs intended for radio play.

"As a fan, I want to listen to an album, not just singles," says Reznor of his decision to make the CD a double disc. "I want something that I can sink my teeth into, something that I can listen to a million times, trying to get more out of it with each spin. That's the record I tried to make here. That's *The Fragile*."

The CD is available in all major record stores on Reznor's label, nothing records, and retails for around \$25.

Campus Voices

Do you think there is a race segregation on campus?



"People tend to stick to their own. There's nothing that prompts people to intermingle."

Dave Alexander, Junior, Political Science

"SAB had a lot of events where they played mostly hip-hop, and R&B.

It could be because the members aren't diverse enough. Culture clubs... isolate groups of people."



Angelmary Koola, Sophomore, Social Work



"No, I hang out with a bunch of different people, and everyone just seems cool with it."

Allison Gee, Freshman, Undecided

"Absolutely. The way the school's set up is made for minorities. The clubs and parties are very segregated."



Gary Bercarich, Junior, Business



"No, I haven't had any problems yet."

Chandini Shingh, Freshman, Psychology

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Features

Walking for a Cure

"Walk for Beauty" Raises Money for Breast Cancer

By ERIN ROSENKING
Statesman Editor

Drawing together a crowd that included dogs on leashes, politicians and the current Miss USA, the 6th annual "Walk for Beauty in a Beautiful Place," a walk-a-thon to raise money for breast cancer, marched into Stony Brook village last weekend. With more than 12,000 participants, the event has grown significantly from the 500 walkers who participated in the first walk six years ago, proving that Stony Brook is committed to fighting for a cure for a disease with a strong presence on Long Island.

Although the start of the walk wasn't set to begin until 10:00 am, the festivities were in full swing by 8:30 with DJ's from radio station WALK 97.5 leading the crowd in pre-walk stretches. Also on hand was Miss USA Kimberly Pressler, who came from Buffalo for the walk. She told the crowd that she was honored to attend the event and she commended the walkers. "You should all be proud of yourselves today because breast cancer doesn't know age and it doesn't know gender," she said.

The walk was co-sponsored by University Hospital and Medical Center at Stony Brook and the Ward Melville Heritage Organization, along with the help of local merchants such as The Three Village Inn restaurant and local newspaper The Village



The "Walk for Beauty" followed a route through scenic Stony Brook Village.

Statesman/Erin Rosenking

Times. Dean of the Medical Center Norman Edelman welcomed everyone including local politicians Steven Englebright, Robert Gaffney and Vivian Fischer. He also praised the crowd for the part they played in fighting breast cancer. "Thank you for helping raise funds to find a cure for this dreaded disease,"

he said.

Back in 1994, the first "Walk for Beauty" was established as a community effort by the people of Stony Brook to raise awareness about breast cancer and to create "The Unique Boutique." This is an organization of shopkeepers from Stony Brook's village shopping center who provide specialized goods and services to all cancer patients but particularly those afflicted with breast cancer. The event was a success, and profits from later walks were used to found the official "Walk for Beauty Fund" whose mission is to help cancer patients with the purchase of wigs, prostheses and other items associated with treatment.

The last three years have seen the "Walk for Beauty" proceeds donated to the Carol M. Baldwin Breast Cancer Research Fund, Inc., which supports breast cancer research at the University Hospital. Carol M. Baldwin is a breast cancer survivor who has dedicated her life to finding a cure. In 1996, she formed the Fund as a sole-purpose corporation to raise money for both new and established researchers. This research includes determining the causes of breast cancer, establishing prevention measures and treatment as well as studies on how genetics

and environmental factors play a role in the disease.

Deborah Schreifels, co-chair of the walk and director of community relations at the Hospital and Medical Center, said that the walk has grown more successful every year. She said that it is one of the best events that bring the Stony Brook community together with the surrounding area, noting that students from East campus and employees from the Hospital have been a strong presence at the walk since the beginning. She also said that student participants from the Main campus have been increasing over the years. Certain sororities and fraternities have participated in the past and this year, the women's basketball team was on hand directing walkers. "There is room for growth for more student involvement," Schreifels said. "We love for the students to be involved."

The pleasant weather and festive atmosphere made it a good day for walking. Stony Brook native Cindee Passavia was having a great time. "I've done it every year because it's a great cause and it's becoming bigger and bigger," she said. "Someone must be watching down on us because every year it has just been a glorious day."



Carol M. Baldwin is Honorary Chair of the "Walk For Beauty."

Statesman/Erin Rosenking