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- 5th Annual Community Service Awards Ceremony
- Cancer Fundraiser—Battle of the Bands
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- Career Center

Start Up!

THE STONY BROOK VOCALISTS: SINGING TO SERVE

by William Young

In Junior High School, Andrew Kirschner joined his school choir. After two years, he got tired of

Andrew decided to major in marketing and do graphic design on the side. By this time, it was 2007

decided that Stony Brook students were the least happy college students in the nation! He had to do



The Vocalists—General Body Meeting

standing shoulder to shoulder with other singers, so in high school, Andrew chose his love of art over his love of music. In his last year of high school however, Andrew got involved in theater and sang solo for the first time. Keeping this beautiful musical sentiment in mind,

and a very happy Andrew was a very happy freshman at Stony Brook University. But that year, the Princeton Review had a very different view.

Andrew was dismayed to learn that the Princeton Review, in its wisdom,

something! And how better to turn a frown upside down than with a good song? Andrew searched throughout Stony Brook for a way to exercise his vocal talents, but soon realized what he was searching for didn't exist. (Continued on next page)

“The Vocalists are more a family than a club because music is such a personal and emotional experience that sharing it with someone creates an incredible bond.”

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Vocalists Continued...

Stony Brook had no a capella singing groups clubs or organizations. Naturally, Andrew was determined to break the unhappy cycle and sing, even if it meant starting up his own a capella group. And that’s how the Stony Brook Vocalists got started up.

The Vocalists today are an eccentric group with their own subculture, community and state of mind. It takes more than just a good voice to be a vocalist. You need to be willing to laugh play and work at the same time. You need to think that spending six hours of your week with sixteen other different people is exciting, and worthwhile. But being part of the Vocalists is more than just being a member of a club. Member Maggie Miller puts it like this: “The Vocalists are more a family than a club because music is such a personal and emotional experience that sharing it with someone creates an incredible bond.”

It’s quite obvious that the Vocalists are a group of its own kind. But before you decide to head on over and join the group, note that the Vocalists audition over a hundred hopefuls a year and only accept a small handful each year. For the most part, the group has never had more than 17 members and is extremely selective. Because of this, the organization cannot receive University funding and relies solely on performances and raw talent to raise money. Another challenge the Vocalists face is finding people that can not only sing, but accept the Vocalists as family and invest their time, effort, emotions and talents into making the group a beauty to behold.

The Vocalists have performed at a variety of on and off campus events and locations including Broadway Night, Tis the Season Holiday Night, JCC in Manhattan, SING for Community, several Churches and even at a Dental Student Alumni Reunion! In addition, the Vocalists hold a solo night and a final concert once every semester. During Solo night, vocalists get to be their own person and show off their voice as it is. The final concert is a culmination of all their semester’s hard work. Both events are open to the public.

The Vocalists have come a long way from being the most “unhappy campusers” in the nation. But Andrew still sees that Stony Brook has a long way to go. “Stony Brook is its own strange SUNY-world where students feel that getting involved somehow impedes on their studies. Extracurricular and community service are not supposed to stunt the growth of your academics, they're supposed to foster them. The Vocalists will do what we can to partake in community service through our voices—it’s our unique way of putting a stamp on it.”

SPLASHES OF DISNEY

Not too long ago, the Andrew Kirschner decided to make good on his promise to

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give back to the community. He started out by contacting a local community organization called *Splashes of Hope*. Maybe you've heard of them. They are a non-for-profit organization of artists who go into hospitals and paint magnificent sceneries in hospital rooms. They turn ordinary white walls into windows on the bright and beautiful world. They put the sky, the grass, the trees, the sunshine and smiling faces into places where there seem to be none. They gather artists from around the country to get together, and dedicate their time and talents into making hospitals a brighter place. But most of all, they can put a whole new world into a small room and fill it with kindness, compassion and hope.

Andrew contacted *Splashes of Hope* at its Huntington headquarters and asked what the Vocalists could do to help. Expecting the organization to ask for monetary donations, Andrew was surprised to learn that the organization was more interested in spreading its name and reaching out. Instead of organizing a charity concert, Andrew and *Splashes of Hope* organized *Splashes of Disney*, a free concert to help raise awareness about the mission of *Splashes of Hope*. The concert will be held on Saturday, March 19th in the Tabler Arts Center at 7:00pm and will feature performances by the Vocalists and displays and activities by the Fine Arts Association and *Splashes of Hope*. "I'm really excited about *Splashes of Disney* because it's a new direction the Vocalists are going in." says member Minal Kadam, "We get a chance to work with our community, not just those on campus." The Vocalists plan to continue working with *Splashes of Hope* even after the event to recruit more artists and continue to bring the spirit of hope to the places where it is needed most. The Vocalists' dedication to serving the community and its passion for music will continue to be a familiar and welcomed presence in the Stony Brook community for years to come.

Featured Student Leader

APPLYING TO MED SCHOOL? MEET YOUR COMPETITION!

By William Young

If you're thinking about applying to Med School in 2014, be prepared to meet your competition. His name is Dominic Dabrowski and he is anything but an easy competitor. Dominic is a high achieving student and a member of both the Sigma Beta honor society and the National Society for Collegiate Scholars. A political science major and chemistry minor from Staten Island Technical High School, Dominic's future plans are two-pronged: after receiving his combined 5-year Master's degree in political science, Dominic hopes to apply to medical school and become a cardiologist and help raise awareness about heart health. An impressive plan. But there's more to these long-term goals than just numbers, grades and statistics. Dominic is also a know-all, do-all, save-the-world kind of student hero. And because of that, he's this month's Featured Student Leader.

Dominic is currently a sophomore here at Stony Brook University on Long Island. Born in Poland, he moved to the United States when he was only nine months old. Dominic recalls stories told by his parents of communist times when basic necessities like food were often scarce. Having felt fortunate to have the opportunity to grow up in the United States, Dominic decided that he wanted

*Featured
Student
Leader of
the
Month!*

Featured Student Leader Continued...

“There is much unnecessary anger and hurt feelings due to inadequate communication, and the world would be far better off if we went out of our way to be accommodating and kind.”

to help serve others who were less fortunate than him. In college, he became an AmeriCorps Student Volunteer, joined the Stony Brook Habitat for Humanities club and has done just that. Who’s to blame for the lack of world peace? According to Dominic, it’s us! “I believe that we live in a pretty hectic world, where people are constantly running around often numb to their self perceptions and the perceptions of others. There is much unnecessary anger and hurt feelings due to inadequate communication, and the world would be far better off if we went out of our way to be accommodating and kind.”

Dominic is anything but a textbook med school applicant. He is mindful of his own health, playing sports and working out 6 – 7 days of the week. He enjoys watching action movies, dramas and dark comedies. He even knows how to cook! As a man of many interests, he is easily bored and always looking for new ways to get involved. In his freshman year, not only did Dominic find himself on the Dean’s list, he also found himself in the pre-med society, the *Habitat for Humanities* club, the Polish and Rifle club, and Stony Brook’s new Emergency Response Team: *C-CERT*. In addition to that, he was also invited to join the *National Society for Collegiate Scholars* and later, the *Sigma Beta Community Service Honor Society*. Yet even amongst all these achievements, the most meaningful experience Dominic had was becoming a CHILL peer mentor at the beginning of the spring 2010 semester.

During the CHILL Program, Dominic learned about depression, anxiety, suicide, healthy relationships and more. It was here that he met Kate Valerio, the program coordinator. Valerio encouraged Dominic to aim even higher. Valerio introduced Dominic to Urszula Zalewski of the Career Center in March 2010. After realizing Dominic’s leadership potential, Zalewski helped him apply for the 2010-2011 term of the SBU AmeriCorps Education Award Program. Not long after that, he joined Stony Brook’s Campus-CERT team where he learned disaster management and emergency procedures. To top it off, Dominic was also doing volunteer work and community service for *Sigma Beta Community Service Honor Society*. Dominic was having the time of his life. Successful, energetic and surrounded by good friends, he was the ideal college student. But reflecting back on his college experiences, Dominic tells a story of struggle.

Dominic has a role model. His name is Dean Karnazes and he is an ultramarathon runner. His accomplishments include running 135 miles in 120 degree temperatures across Death Valley, running a marathon to the South Pole in negative 40 degrees, a 200 mile relay solo, a 350 mile run, swimming across San Francisco Bay, climbing Half Dome in Yosemite, mountain biking for 24 hours straight, windsurfing. This is not to mention that he is an MBA graduate of the *University of San Francisco’s McLaren School of Business* and has worked for several Fortune 500 companies eventually becoming the president of his own. Like Dominic, Karnazes has a passion for health, but also like Dominic, he took it one step further and decided to use his talents to help those in need. Karnazes publishes a healthy lifestyle newsletter, is a popular speaker at public schools and other functions, and has made several television appearances to advocate healthy living. Dominic hopes to be-

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come the Dean Karnazes of the medical community, bringing the same message through science. He also hopes to be more like the man himself. "He has the bet balance of self-actualization I have ever heard of and I would like to emulate that," says Dominic.

Following Karnazes' idea, Dominic joined his high school track team. After a short while, he quit.



Dominic Dabrowski

Dominic sees that as one of his biggest regrets and is careful not to give up too easily again. To make up for it, Dominic now seeks to keep his body fit. In February 2011, Dominic joined an adapted aquatics class teaching the disabled how to swim. Looking back on the year before, he remembers his hectic schedule and the toll that it took on him. Feeling exhausted and over extended, Dominic learned to manage his time and to stay focused. He now cites that as his secret, along with "not taking life too seriously." To him, a life of achievements is worthless without a little fun. He also feels that giving back to others is a big part of his success. "When you give back to others, you grow." Interestingly enough, his biggest struggle today is sticking with the pre-med track. However, his determination and winning attitude, an immeasurable metric favored by med schools, allow him to follow his dreams.

Taking these valuable lessons with him into the rest of his college career, Dominic is more determined than ever. In December of 2010, Dominic joined the Phi Delta Epsilon medical fraternity. Recently, he was nominated to participate in Stony Brook's most established leadership development forum: L.E.A.D. He hopes to continue serving his community throughout the rest of his education and even after graduation by joining organizations like Doctors without Borders, and the Peace Corp. and travel overseas to spread his mission. After graduating from Stony Brook, Dominic hopes to attend the Uniformed Services University of the Health Sciences in Bethesda, Maryland, or the University of Texas Medical School in Houston, Texas. His advice for other students is not to waste time and instead, good use of it. "There is nothing exceptional about me as a person. I am just an example of what a little dedication and willingness to seize the day can do for almost anyone in the Stony Brook community."

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CALL FOR NOMINATIONS

5th Annual Community Service Awards Ceremony



sponsored by:
Career Center and Community Service & Service-Learning Committee
co-hosted by:
Pre-Med Society and Oxfam America



We are pleased to recognize members of our University for their significant contributions to the community

AWARD CATEGORIES

- ★ The Excellence in Community Service Award ★
- ★ The Outstanding Community Service Project Award ★
- ★ The United States President's Volunteer Service Award ★

Form and Submission Instructions:

<http://www.stonybrook.edu/sb/communityservice/>

Submission Deadline: March 16, 2011

Who Can Nominate:
Students - Faculty - Staff
Self Nominations are encouraged

Awards will be given on:
Monday, April 25, 2011
12:30PM - 2:00PM
SAC Ballroom A



ROCK OUT AGAINST CANCER

PROCEEDS WILL BENEFIT CANCER PATIENTS AT SBUMC AND LOCAL CANCER ORGANIZATIONS WILL GIVE SHORT PRESENTATIONS BETWEEN ACTS.

INFORMATION TABLES WILL BE SET UP IN THE LOBBY.



BATTLE OF THE BANDS

STONY BROOK UNIVERSITY
STUDENT ACTIVITIES CENTER AUDITORIUM

MARCH 27, 2011

STARTS 2 PM

TICKETS: \$5.00 PRE-EVENT AND \$10 AT THE DOOR
STUDENTS GET IN FOR \$5 WITH STUDENT ID

FOR TICKET INFORMATION CALL: 631.638.0004



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“We are here to respond, educate, and improve the life of students on campus, from basic knowledge of fire safety to campus wide blackouts and chemical spills.”

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“Being a member of C-CERT means having pride and dedication in serving one’s community.”

C-CERT- The New Sherriff in Town

by William Young

In the fall of 2008, Campus Residences Director of Risk Management Baycan Fideli decided to found Stony Brook’s Campus-Community Emergency Response Team. After almost half a year of constant training, certification and hard work, C-CERT finally began operations in the spring of 2009. Fideli has since left Stony Brook, but his legacy remains. In the past two years, Stony Brook’s C-CERT has nearly quadrupled in size and continues to grow..

The concept of a CERT was first developed by the Los Angeles City Fire Department (LAFD) in 1985. In 1987, the Whittier Narrows earthquake underscored the need for efficient disaster management in California as well as the need to train citizens, private and government employees to cope with and respond to emergencies. In 1993, the Federal Emergency Management Agency (FEMA) made the training program available nationwide. Since then, CERTs have been established in over 28 states and Puerto Rico.

C-CERT is the name of the Stony Brook campus CERT that monitors potentially hazardous events and situation in the Stony Brook community. The program is designed to train and educate students and faculty on various emergency management topics through its “Train the trainer” program. Through this program, FEMA provides certification to one Stony Brook member, who then trains the management team, who then establish a CERT and begin training civilian volunteers from the Stony Brook community. “CERT’s main role on campus is to bridge the gap between professional emergency service workers and students,” says captain Alex Alvarez, “We are here to respond, educate, and improve the life of students on campus, from basic knowledge of fire safety to campus wide blackouts and chemical spills.” C-CERT recruits and holds training sessions once every semester. Training consists of three eight-hour days (twenty-four hours in total) where the first two days are lessons and the last day is a practical assessment. C-CERT has just finished its spring 2011 semester recruiting in March and is preparing to welcome 10 new volunteers to its “green family.” (Green is the color of FEMA and thus, of C-CERT.)

SB C-CERT is currently run by its eight line officers and its five member executive board. It is also advised by Dreiser College’s RHD, Joshua Voyles and University Police Director of Emergency Management Lawrence Zacaese. Throughout the year, these leaders dispatch C-CERT members to keep watch on important events such as football games, banquets, seminars, graduation ceremonies and other high traffic and high profile events on campus. Although C-CERT does not conduct operations beyond University borders, it is currently looking into ways it can extend a helping hand to the broader community.

SB C-CERT works closely with the 36 year old student manned Resident Safety Program (RSP) which constantly patrols the campus identifying potential hazards. It also works with even older the Stony Brook Volunteer Ambulance Corp (SBVAC) of 41 years to help patients caught in dangerous situations get medical attention. Although the two-year old C-CERT is the new campus safety organization on campus, it has already grown into a proud

and strong organization. “Being a member of C-CERT means having pride and dedication in serving one’s community,” says 1st Deputy Chief of Operations Jaime Irizarry, “We are one big happy green family because regardless of what happens, we are still brothers and sisters.” At the same time, C-CERT can be a demanding commitment. Irizarry adds, “Managing one’s time is probably the most important thing about being a member because the organization has high expectation of its members.”



C-CERT

their communication skills and their ability. Members meet once a month aside from to discuss current topics in emergency management.

C-CERT is just beginning to develop its own identity on the Stony Brook campus. As it competes with RSP and SBVAC for talent each year, many are finding C-CERT an attractive alternative to the rigorous hours demanded by the other student-run health and safety groups. As C-CERT covers a wide range of general topics in emergency management, RSP and SBVAC are specialists in their fields. “Though there are many forms of emergency response on campus, CERT is unique in that it allows regular members of the campus community to take an active part in helping each other. Due to the breadth of training and versatility of CERT, we are able to serve the community in many different ways ranging from maintaining safe environments at sporting events to providing support in the black out,” says vice president Vito Arena, “Through CERT I have become a more confident and educated citizen and, if the situation called for it, I could use the resources to the best of my ability to do the greatest amount of good for the greatest amount of people.”

As C-CERT continues to build its presence at Stony Brook, it also continues to make leaders out of ordinary students. At its annual end-of-the-year banquet, C-CERT recognizes its student leaders and builds lasting relationships between them. Because C-CERT is a volunteer organization, it attracts only those students who have decided to dedicate their time to serving the community and helping those in need. For some, like Corinne McGuirk, it can even have a very personal significance. “CERT has been the green family that has embraced me and helped me to poke my head out of my turtle shell and become more assertive, outspoken, and ambitious.”

The ideal C-CERT member is highly enthusiastic, motivated and dedicated. He or she is willing to learn and has a desire to help those in need. C-CERT accepts students from all majors, but pays special attention to those who are pre-med or health science majors. Students who go through the training program are not only equipped with new technical skills; they also gain valuable leadership experience, develop

to work as part of a team. their regular duties or training

“Though there are many forms of emergency response on campus, CERT is unique in that it allows regular members of the campus community to take an active part in helping each other.”



Conquer Kids' Cancer

THURSDAY, APRIL 7th, 2011
TABLER ARTS CENTER
STONY BROOK UNIVERSITY
9:00AM – 4:00PM

To become a SHAVEE or volunteer please contact:
St. Baldrick's Committee at SBUstbaldricks@gmail.com

march  of dimes[®]
march for babiesSM

Stony Brook University
Sunday, May 1st, 2011
Stony Brook Long Island Children's Hospital
*Check in Begins 8:30am, West Campus * Walk Starts at 10am*

To create a team and/or volunteer/walk please contact Rutvik Patel,
VISTA Coordinator, at ruipatel@notes.cc.sunysb.edu or 631-632-6812.

Student Groups can win up-to \$300 dollars for their organization.
Please inquiry to contact listed above.

Career Center

Stony Brook University * W-0550 Melville Library * Stony Brook, NY 11794-3363
Phone: (631) 632-6810 Fax: (631)(632-9146)

Understanding Yourself:

- * Individual Counseling
- * Self-Assessments and Career Tests
- * Career Resource Library
- * Zebra Career Advising Network (ZebraCAN)

Preparing Yourself:

- * Resume and Cover Letter Review
- * Mock (Practice) Interviews
- * Outreach Programs
- * Employer Involvement at the Career Center
- * Diversity Professional Leadership Network (DPLN)
- * Testing Program for Graduate School Admissions

Gaining Experience

- * ZebraNet
- * Job and Internship Fairs
- * On-Campus Recruiting (OCR)
- * Internships, Part-time/Full-Time Positions
- * Volunteers for Community Service (VCS)
- * AmeriCorps Education Award Program

If you are looking for volunteer opportunities or want to get your student group involved in volunteering please come visit the Career Center, located at the end of the Zebra Path, next to the Book Store in the basement of the Melville Library.

Whether you are looking for opportunities on Long Island or in New York City, we can help you find them and connect you with various organizations! Learn more about various grants and awards available for you and/or your student group!

Volunteer Opportunities include but not limited to:

*Youth/Elderly
Homelessness
Poverty/Hunger
Healthcare*

Do you want to be featured in Stony Brook Serves for the next month? Want to showcase your student group and the great work you are doing? Want to be the Involved Student of the Month for your stellar civic engagement? Contact us and send us your story. Please email your name (individual and/or student group), email, phone and a story describing your service accomplishments in detail to Rutvik Patel, VISTA, at ruipatel@notes.cc.sunysb.edu.

We hold the rights to decline any story from publication.