

# THE STATESMAN

INFORMING STONY BROOK UNIVERSITY FOR MORE THAN 50 YEARS

Volume LVIII, Issue 17

Monday, February 2, 2015

sbstatesman.com



BASIL JOHN / THE STATESMAN

Andrew Rosenbluth and Michael Rogers, above, who work for a private snow-removal company, pose for a photo with their shovels outside of the Staller Center for the Arts during the aftermath of Winter Storm Juno on Monday, Jan. 26.

## SBU's new Emergency Operations Center put to the test in Juno storm

By Kelly Zegers  
Assistant News Editor

For Stony Brook University's Office of Emergency Management, the primary concern during last week's snowstorm, and for any storm, is roadway and walkway safety, as well as coordinating with campus food service locations to provide ample time and places for resident students to get food, Lawrence Zacaese, director for University Police Office of Emergency Management and assistant chief of police, wrote in an email.

"These things are directly related

to our ability to direct snow removal contractors to the proper areas, roadways, etc," Zacaese said. "Staying ahead of the storm, pretreating roadways and ensuring enough equipment/resources are in place are all crucial to this process."

Emergency Management monitors multiple forecasts from news sources and meteorologists, but primarily works with other emergency managers from around the state, along with a "dedicated group of forecasters from the National Weather service," Zacaese said.

To monitor preparations for future storms, Emergency Manage-

ment has what Zacaese called a "state of the art" Emergency Operations Center, which opened three months ago. The center included a staff of 15 to 20 employees at the height of the storm, according to a university press release.

Besides emergency alerts received through SB Alert, Emergency Management sends out weather and emergency updates with its Twitter account, but sometimes takes on an informal tone with emojis, photos, hashtags such as #frozenseawolves and remarks such as, "Whats next during this #blizzard ??" during a blackout that affected dorm

buildings while the winter storm was ongoing.

"I think levity is an important part of emergency management and keeping a sense of humor, particularly after being awake for 30 or 40 hours helps keep us sane," wrote Zacaese, who handles the account with his assistant, Jason Casale. "I also think that it's important to instill calm and provide a sense of reassurance. I think the humor and lightheartedness does that as well as connect to the 18-24 year old demographic of our students, even if some of my hashtags are lame or corny from time to time. #Itryhardnottobelame."

## Going hungry to stay on budget: meal plans not enough for nutrition needs

By Megan Miller  
Assistant Multimedia Editor

This story is part two of a series on Campus Dining.

Eating one meal a day is unhealthy, but for more than half of resident undergraduate students at Stony Brook University, a balanced diet may mean an unbalanced budget.

Tina Tiernan, Stony Brook University's registered dietitian, wrote in an email that in order to maintain a healthy lifestyle, one should "eat three meals a day along with snacks."

Tiernan said those meals should include three out of the five food groups (fruits, vegeta-

bles, grains, dairy, and protein) and snacks should include two out of the five food groups.

"Skipping meals deprives us of the opportunity to fuel our body efficiently," Tiernan wrote. "Depending on the type of food consumed, it may be hard to meet vitamin and mineral requirements through one or even two meals a day."

Tiernan suggested for a more nutritious choice, students investigate Roth Market Fresh and order grilled fish with a side of vegetables and brown rice. The cost of a 5-ounce portion of blackened catfish is \$8.80. The cost of a 4-ounce side of broccoli is \$3.43 and the cost of a 4-ounce side of brown rice is also \$3.43. With-

out any combo deals, the total cost of this nutritious choice is \$15.66. If students on the bronze plan continued to spend \$15.66 per day, they would run out of money approximately five weeks before the end of the semester.

Joan Stollberger, a registered dietitian in Smithtown, N.Y., said a balanced diet should consist of four to six small meals per day in order for an individual's metabolism to run properly.

Three of those meals should consist of healthy proteins, ideally turkey or fish, good carbohydrates and fruits or vegetables. Stollberger said if possible, breakfast should be eaten as early as one can manage, lunch should be the most substan-

tial meal of the day, and dinner should be kept light, but that college students may not always be in the position to abide by this regimen.

"Your brain uses one-third of the carbohydrates you take in a day," said David Karpf, a senior health sciences major and treasurer of the Stony Brook Strength Club, who recently began working at the Campus Recreational Center as the weight room coordinator. "You need to eat when you study. I don't think people realize that."

Karpf transferred to Stony Brook in the spring of 2013 and lived in both Roosevelt

Continued on page 3

## Streetlight Manifesto concert cancelled, USG works to shape up

By Giselle Barkley, Chelsea Katz and Krysten Massa  
Arts & Entertainment Editors

In light of the Streetlight Manifesto concert contract mishap, the Undergraduate Student Government is reevaluating how they bring big events to campus and even more so how they operate as a whole.

"USG historically has operated in a siloed structure rather than being a cross-functional organization," USG Treasurer Kathryn Michaud said in an email.

In previous years, departments within USG worked independently from one another as opposed to as one cohesive unit. Michaud expanded upon this, saying that companies that work in a siloed structure are more likely to experience communication issues and organize similar projects to achieve similar goals. This wastes money as well as time.

And it was a communication issue that put the Streetlight Manifesto concert, scheduled last week, to a screeching halt.

"I just think it's depressing because they had to cancel something that was pretty much going to be awesome just because there was some problem with the contract," Bryan Huang, a freshman business major, said.

USG had not completed the contract when they made the announcement during winter break that Streetlight Manifesto was to perform at Stony Brook on Thursday, Jan. 29.

The contract was supposed to be completed early last week. However, with the advent of Winter Storm Juno, USG could not finish the process.

"USG is required to have a contract signed before announcing an event," James Jr. Iannotto, a graduate student studying electrical engineering said in an email interview. Iannotto said he received this information last year from Mario Ferone, the former Vice President of Communications & Public Relations, and Adil Hussain, the former president of USG.

After USG cancelled the concert, Iannotto posted on USG's event Facebook page and stated that the organization had messed up the contract. Iannotto also provided a

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Multimedia  
**Juno: A day in the winter storm**

A gallery from our Statesman photographers.  
MORE ON PAGE 9



Arts & Entertainment  
**Looking forward after Streetlight Manifesto**

USG regroups after contract mishap.  
MORE ON PAGE 7



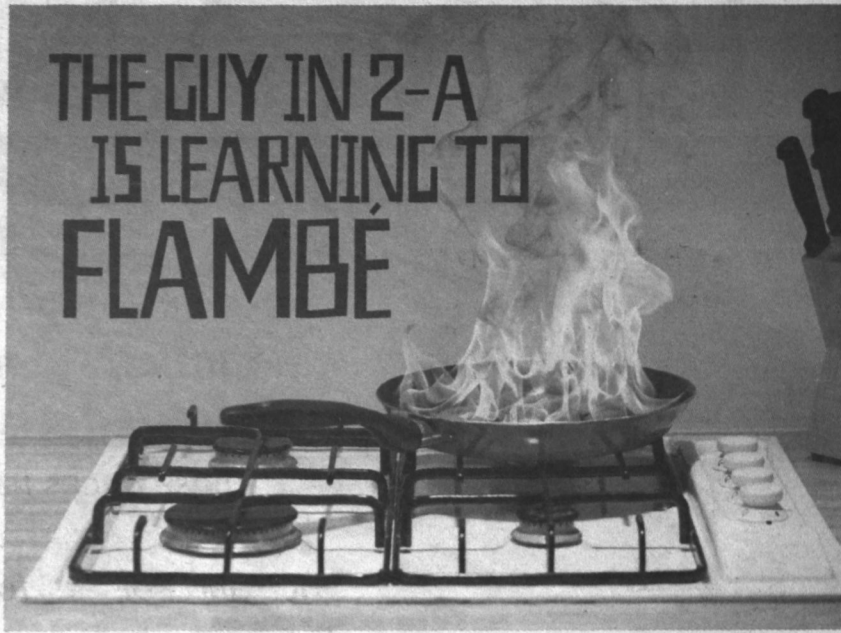
Opinions  
**Do you have a friend with benefits?**

Find out how to navigate these murky waters.  
MORE ON PAGE 11



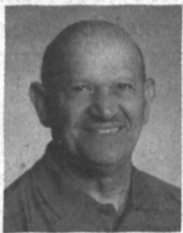
Sports  
**Men's hoops wins at home, loses at UNH**

Read about the up and down week and all other SBU sports news at sbstatesman.com.



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# Students with dietary needs struggle with SBU meal plans

*Continued from page 1*

and lived in both Roosevelt and Kelly Quad until the fall semester of 2014 when he decided to move into the university's West Apartments. He said his decision to relocate was influenced primarily by the fact he was unable to cook his own meals in either residence hall, since he did not live in a designated "cooking" building. When he lived in Roosevelt and Kelly, Karpf used the silver plan and stayed on budget mainly by eating late at night while he "intermittently fasted" during the day.

"The cost per calorie on this campus is exorbitant," Karpf said, who now uses the university's "apartment duplex" meal plan, which costs only \$500 per semester, as a backup.

The 2014-2015 rate for a double room at West Apartments, the room Karpf currently occupies, is \$4,021, while the rate for a double room in a residence hall is \$3,776. During his time spent in Roosevelt, Karpf not only paid for a double room, but also paid for his silver meal plan. Had Karpf maintained this living arrangement into the 2014-2015 academic year, his total cost for both meal plan and room would be \$5,824.

Kylie Campanelli, a sophomore sustainability studies major who practices a vegan diet and subscribes to the bronze meal plan has also encountered difficulty meeting her specific dietary needs and staying on budget. Campanelli said she exhausted her meal points for the fall semester and purchased food both on and off campus with the money she makes as a barista at the Student Union Starbucks.

"I do see a really big effort from Stony Brook to try and accommodate to vegans and vegetarians," Campanelli said. "But it's just that it's all so expensive that it doesn't matter if you give me those options. I can't afford them."

Julia Martinez, a junior majoring in linguistics, abides by a strict kosher diet and subscribed to the bronze meal plan during her freshman and sophomore year. No longer on the plan since moving into a "cooking" building, Martinez can purchase food off campus to prepare in her dorm, which is equipped with a stove and oven.

But prior to that, she said, choosing the bronze plan came down to its price, though practicing the religiously restrictive diet left her funds strained. A single turkey wrap at Delancey Street, SBU's strictly kosher dining facility, costs \$9.13.

"I went hungry a lot last year because it was so difficult to eat," Martinez said.

Item	Brand	Price
French Fries	WAS 800	6 oz—\$2.57
	ignite	6 oz—\$2.57
	Delancey Street	6 oz—\$2.75
	Delancey Street	4 oz—\$2.45
	Delancey Street	4 oz—\$2.33
Roast Beef	Urban Deli	4 oz—\$6.80
	Delancey Street	4 oz—\$10.28
	GRAB N GO	4 oz—\$4.97
	DILL	4 oz—\$6.80
	Urban Deli	4 oz—\$6.80
Turkey	Urban Deli	4 oz—\$6.80
	GRAB N GO	4 oz—\$4.97
	DILL	4 oz—\$6.80
	Urban Deli	4 oz—\$6.80
	Urban Deli	4 oz—\$6.80
Hamburger	Delancey Street	5 oz—\$8.38
	Urban Deli	4 oz—\$6.40
	Urban Deli	4 oz—\$3.08
	Urban Deli	4 oz—\$3.08
	Urban Deli	4 oz—\$3.08
Chicken Sandwich	WAS 800	N/A oz—\$4.97
	Urban Deli	4 oz—\$5.38
	Urban Deli	4 oz—\$5.38
	Urban Deli	4 oz—\$5.38
	Urban Deli	4 oz—\$5.38
Grilled Chicken	WAS 800	N/A oz—\$4.97
	Urban Deli	5 oz—\$6.00
	Urban Deli	5 oz—\$6.00
	Urban Deli	5 oz—\$6.00
	Urban Deli	5 oz—\$6.00
Caesar Salad	Delancey Street	14 oz—\$6.29
	GRAB N GO	14 oz—\$4.96
	GRAB N GO	14 oz—\$4.96
	GRAB N GO	14 oz—\$4.96
	GRAB N GO	14 oz—\$4.96
Grilled Vegetables	Urban Deli	4 oz—\$5.66
	Urban Deli	4 oz—\$1.43
	Urban Deli	4 oz—\$1.43
	Urban Deli	4 oz—\$1.43
	Urban Deli	4 oz—\$1.43

These prices have been taken from the "Price and Portion" food guide that can be found on the Faculty Student Association website. A recent Statesman review revealed that depending on where a student chooses to dine on campus, the price for the same item may vary. Compiled by Megan Miller.

REBECCA ANZEL / THE STATESMAN

## USG plans to implement "My Senator's Keeper Act" this semester

By Arielle Martinez  
Assistant News Editor

This spring semester will be the first semester that the new Senator's Project Act, which the Undergraduate Student Government senate passed Dec. 4, 2014 by a vote of 15-2-0, will take effect. The act will require each of the 22 senators to take on a project aimed at "strengthening the campus community" each semester.

Executive Vice President James Alrassi proposed the Senator's Project Act this past fall, which is officially called the My Senator's Keeper Act.

The act requires each senator to propose a project within two weeks of the start of the semester and to give a monthly report on his or her project. The act also prohibits senators from carrying over projects into a second semester.

"Senators are expected to achieve the goals they proposed at the beginning of the semester," the text of the Senator's Project Act states.

Projects must be approved by the executive vice president, in consultation with the Executive Council and the administrative director.

Senators also can drop old projects and take on new ones with the approval of the Executive Council.

Much of the enforcement of the Senator's Project Act would depend on the executive vice president. If a senator does not fulfill his or her responsibilities, the executive vice president can withhold the senator's stipend by not signing the check.

"Thus, if a Senator does not fulfill his or her requirements, two office hours, Senate meetings, committee meetings and now Project progression reports, I will not sign their stipend be-

cause they have not done the work required of them," Alrassi said in an email.

Alrassi originally proposed another bill, the Senator's Compensation Act, which was designed to pay senators for the workload increase caused by the Senator's Project Act.

The Senator's Compensation Act would have raised each senator's pay from \$50 per week to \$65 per week and the president pro tempore's pay from \$60 per week to \$75 per week. But Alrassi said in an email he decided to scrap the Senator's Compensation Act altogether.

"After talking with some Senators, they were okay with [sic] maintaining their current stipend," Alrassi said.

Had the Senator's Compensation Act been passed by the senate and signed into law, the raises would have brought the annual total cost of senator stipends from \$35,520 to \$46,080, according to Treasurer Kathryn Michaud, who is also the chair of the senate's budget committee.

"Funds could be added to that appropriation through an appropriation act that would have to go through my committee from the unallocated funds," Michaud said in an email. "However, this would result in the decrease of funds eligible for clubs that move up to line budget status for the spring semester and therefore programming for the student body."

The senate held a "symposium" on Jan. 20 and 21 to discuss the implementation of the Senator's Project Act.

President Garry Lachhar said at the symposium that the senators should not get stressed by working for USG because "it's just student government."

Keith Olsen contributed to reporting.

## Medical anthropologist studies perception of disabilities in India



PHOTO CREDIT: STONYBROOKMEDICINE.EDU

Michele Friedner, Ph.D., delivers a guest lecture at the University of Jyväskylä in Finland in November 2014.

By Mahreen Khan  
Contributing Writer

In her new book called "Valuing Deaf Worlds in Urban India," Stony Brook University medical anthropologist Michele Friedner explores not only the ways in which deafness and disability are perceived, but also the ways in which these individuals are valued in the postcolonial society.

"Anthropology is very important because it allows us to think about questions of sameness and difference and to think about how other people's experiences might be different from ours," Friedner, who has been researching the experiences of deaf and disabled individuals in India since 2003, said. "Anthropology forces us to consider and reconsider how we know and what we know, and it gives us the tools for analyzing."

A professor in the School of Health Technology and Management and a member of the Society for Disability Studies, Friedner began her journey at Brown University, where she earned her B.A. in religious studies in 2000. "I majored in religious studies

and focused on Indian religion," she said. "It was interesting to look at India as a place that has been constantly changing—change from the very beginning, in terms of colonialism, development, and economic growth."

Six years later she earned her Master of Arts in anthropology from University of California, Berkeley, and in 2011 she earned her Ph.D. in medical anthropology from University of California, San Francisco. She then went on to conduct her postdoctoral research at MIT in 2014.

Today, she is professionally associated with the editorial board of Disability Studies Quarterly and the editorial collaborative of Somatosphere: Science, Medicine, and Technology.

Growing up in Jackson Heights, New York—a cultural melting pot resting in the heart of Queens—Friedner was able to experience wide-scale diversity at an early age.

"Most of my friends growing up were actually from India," she said. For this reason, she was

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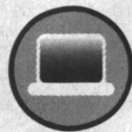
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**Stony Brook University**

## Police Blotter

On Friday, Jan. 16, a driver under the influence of alcohol was arrested for DUI on Nicolls Road.

On Wednesday, Jan. 21, a marijuana odor was reported in Wagner College. Three referrals were issued and one man was escorted off-campus. The incident was not reported until Jan. 28.

On Saturday, Jan. 24, an RA reported marijuana use in Douglass College. Three referrals were issued and two visitors were asked to leave campus.

On Sunday, Jan. 25, a student punched a door and shattered the glass on the door. The male student was issued a referral.

On Sunday, Jan. 25, a Starbucks employee's pocket book was reported stolen from a coat rack in the L5 University Hospital Starbucks. The case is still open.

On Monday, Jan. 26, a University Hospital patient's grandmother pointed in the face of a nurse and verbally threatened her. The woman was not arrested and the case is now closed.

On Tuesday, Jan. 27 an RA reported marijuana use in Greeley College. Two referrals were issued.

On Wednesday, Jan. 28, food was reported stolen from the University Hospital. The case is still open.

Compiled by Daniel Maloney

# New American-Cuban relations opens doors for more travel

By Kelly Frevele  
Staff Writer

New diplomatic relations with Cuba are going to mean more than fancy cigars and chocolates for United States citizens.

Relations with Cuba are going to be more open in terms of travel, according to recent statements by the Obama administration. The administration seeks to enhance what White House press releases are calling an "outdated approach" and "promote more effective change in Cuba that is consistent with U.S. support for the Cuban people and in line with U.S. national security interests." One element of the approach that will be expanded is travel.

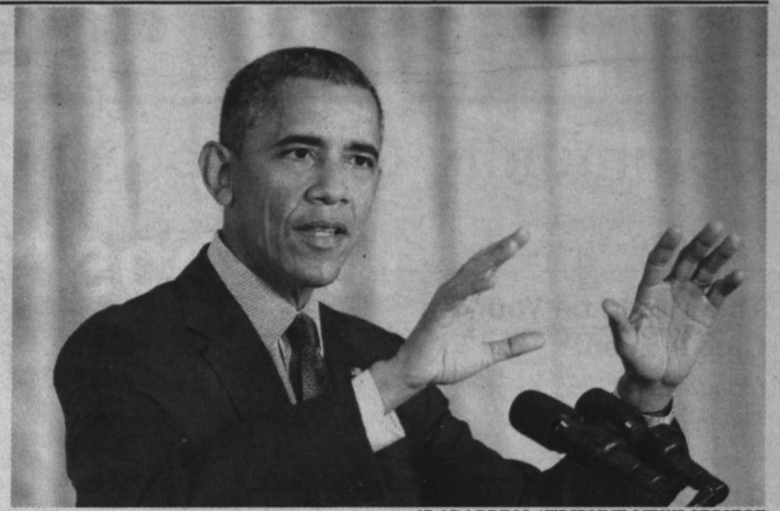
For university students, this could mean more opportunities to study abroad in Cuba.

Currently, Stony Brook University does not have a study abroad program in Cuba. But SUNY Oswego does, according to the Oswego study abroad website.

The way the SUNY study abroad system works is that any SUNY student can directly apply to any SUNY study abroad program. Therefore, Stony Brook students could venture to Cuba for study abroad through Oswego even though Stony Brook does not currently offer a Cuba study abroad program.

There are 12 categories of traveling to Cuba authorized by U.S. law. To travel there directly from the United States requires an individual to fall within one of 12 specific categories, one of which is educational travel. General tourist travel to Cuba is still not permitted.

Before the new foreign policy initiatives, people would have to make arrangements through the U.S. Treasury's Office of Foreign Assets Control to get general licenses to travel to Cuba. This will still be in effect with the updated policy but the licenses will be easier to maintain. This change comes after 18 months of secret exchanges between the U.S. and Cuba,



ABACA PRESS / TRIBUNE NEWS SERVICE  
President Barack Obama speaks in the East Room of the White House in Washington D.C. on Friday, Jan. 30.

according to a report written in the New York Times.

The Oswego program offers a semester abroad at the oldest university in Cuba, the Universidad de La Habana. Students are required to have an advanced or intermediate knowledge of Spanish because it is a direct-enrollment program.

This means that students admitted to the program will take classes alongside Cuban students.

The program was licensed in 2004

through the U.S. Department of Treasury. Students have the opportunity to take courses through the Faculty of Philosophy and History and take courses in sociology, anthropology, politics, history and philosophy.

SUNY students pay tuition to their home university and housing to the university in Cuba. So far this is the only SUNY program that operates in Cuba.

Representatives from the study abroad offices were not available for comment.

## SBU medical anthropologist studies perception of disabilities in India



PHOTO CREDIT: TEDxISLAY 2011

Michele Friedner, a Stony Brook professor, gives a lecture at TEDxIslay on April 23, 2011 in Los Angeles, California.

Continued from page 3

driven to study the country and all it had to offer, from its religion and values of interdependence, to its social, moral and political structure.

She found, however, that it was not enough to conduct idle research and form assumptions based on preconceived notions. The anthropological work she was interested in required communicating with individuals by spending time with them in their native land. It required her traveling to India nearly every year since 2006 and living in the country for two years, once from 2008-2009 and again from 2013-2014.

"We have a very specific view of deafness and disability in the U.S.," Friedner said. "Deafness is considered a political disability here, and I wanted to see if that was the case in India too. When I got to India, I was fascinated to see that a lot of the discourse there was the same as in the U.S."

She said that only certain groups of people used such isolating language (i.e. labeling deafness or disability as a legal or political issue) and that those groups were often those who had access to westernized education and social media that allowed them to communicate internationally. Even so, she identified

some key misconceptions about the general perception of deafness and disability in India.

"People think that deafness and disability are viewed very negatively in India, that those who are deaf or disabled are experiencing very bad karma, have done something terrible in their previous life/live(s) or that it's a result of how backward they think India is in the way it views people," Friedner said.

"In fact," she said, "what I found in a lot of cases was that people who are deaf and disabled are treated better in India than they are here [in the U.S]."

Providing the Americans with Disabilities Act as an example, she said that deafness and disability has become a largely legalistic issue in the States and that this is an unfortunate situation because it prevents an "informal, interpersonal means of communication."

She touched on a unique experience she encountered while researching in India of a deaf blind man who worked in a government bank making photocopies.

"People would come over to him and give him the paper they wanted him to copy, and they would trace in his palm the amount they needed and the size of the paper," she said.

She regarded this instance as a

very nice interpersonal relationship and said that such informal, everyday accommodations were not uncommon.

But local businesses are not looking to give relief and equal opportunities to deaf and disabled citizens, Friedner said. Such corporations are exploiting this force of disabled workers.

"They don't pay very well and the jobs are very unstable because of the economy," Friedner said. "These companies have realized they can hire disabled people as a new force of immobile workers. It looks good for the company and the customers who read this in newspapers see how wonderful it is—but in fact, these are not very good jobs."

She added that in this way, the deaf and disabled are forced to carry the brunt of manual labor. Citing the Specially-Abled KFC in India, which opened in March 2013 by the Yum! India team and "received the Presidential award from India's President Pranab Mukherjee for their outstanding performance as an employer of people with disabilities," Friedner said the deaf and disabled are often trapped in jobs they do not like or in positions in which they are at the mercy of big businesses who thrive upon their disabilities.

Similarly, she mentioned the United Nations Convention on the Rights of Persons with Disabilities (UN CRPD) and how its comprehensive new human rights treaty is being signed with great fanfare, but little focus on the specific values of each culture at play.

"India has signed it and promoted it," she said. "Interestingly, the U.S. has not signed it and refuses to sign it, because it says [the treaty] is going to usurp American sovereignty. The question is, who's really benefiting, because in India, disability rights laws have not been changed and the value system is very different."

Essentially, Friedner said, it is important to determine whether creating a universal treaty that

meets all demands and protections of deaf and disabled persons around the world is even possible, taking into account the vast differences in values and knowledge systems of each society.

"So much of it really does depend on the context in which people live," she said. "One thing that is very unique about deaf people across the world that I've encountered, is the desire to communicate, and make meaning and understanding happen."

Because deaf people are typically excluded in the mainstream environment in the sense of communication, they are often very skilled at making communication happen. The ability to gesture, mime, and be very creative about making meaning happen is not so widely seen in every group of people."

She mentioned how interesting it is to see how the deaf and disabled are often on the vanguard of change and the role they have played in technology and development in general.

She also mentioned that most deaf and/or disabled people do not want to be seen or thought of as inspiring or special merely because of their disability. That, she said, is yet another form of pity that ties into the poor identity policies in the U.S.

"It is also a burden to the disabled themselves, and it comes to the point when we have to reexamine how we think about difference," Friedner said.

She said that overall, technology is not always a good thing, as in the case of the rising IT jobs that are not as wonderful as they are made out to be.

She also said that people who work in technology development are very interested in finding ways to eradicate deafness by things like cochlear implants, but that this is not what most deaf people she has spoken with want. What they want is a more universal reliance on sign language and an ongoing effort to make communication possible, regardless of their disability.

# COMMUNITY

## Community Calendar

### Featured

#### This Could be Your Club's Event!

Monday, Jan. 26  
Union Rm. 057

Contact [advertise@sbstatesman.com](mailto:advertise@sbstatesman.com) to learn about featuring your event in the Community Calendar.

### Monday

Bingo for Books - new date  
7 p.m. | SAC Ballroom A

### Tuesday

Emerson String Quartet  
8 p.m. | Staller Center

### Wednesday

Involvement Fair  
1 p.m. - 2:20 p.m. | SAC

### Thursday

Humanities Institute Lecture  
4 p.m. | Humanities

### Friday

Bongo Ball Mania  
4 p.m. - 10 p.m. | SAC Ballroom A

Send your event to:  
[calendar@sbstatesman.com](mailto:calendar@sbstatesman.com).  
Titles must be less than 100 characters.



## Instagram of the Week



@sreeck11

White blanket ~ #blizzardof2015



## Sudoku

9	8	4	7	2	3	6	5	1
2	7	1	6	8	5	9	4	3
5	6	3	1	9	4	7	8	2
8	3	6	2	5	1	4	7	9
1	2	5	9	4	7	3	6	8
4	9	7	3	6	8	2	1	5
7	4	2	5	1	9	8	3	6
3	5	9	8	7	6	1	2	4
6	1	8	4	3	2	5	9	7

last week's answer

this week's puzzle

			4	6				
	2	5				6	1	
	7	4				8	9	
7			5	6	1			8
			8	7				
8			2	3	9			7
	3	6				1	4	
	5	8				7	3	
			3	4				

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## THE STATESMAN

WRITE • EDIT • PHOTOGRAPH • CODE • DESIGN

Interested in joining *The Statesman*?  
Drop by one of our meetings this week in  
room 057 of the Union Basement.

### NEWS

Monday, Feb. 2 at 5 p.m.

### ARTS & ENTERTAINMENT

Tuesday, Feb. 3 at 5:30 p.m.

### OPINIONS

Monday, Feb. 2 at 4:30 p.m.

### SPORTS

Friday, Feb. 6 at 2 p.m.

### MULTIMEDIA

Tuesday, Feb. 3 at 8 p.m.

### WEB & GRAPHICS

Wednesday, Feb. 4 at 6 p.m.

### COPY

Friday, Feb. 6 at 1 p.m.

## INTERN AT THE STATESMAN

*The Statesman* is looking for interns for the Spring  
2015 semester

All interns receive 1 to 3 credits based on project hours by registering for EXT 288 or 488 through the division of Student Life and the Career Center. An interview with *The Statesman's* student managers and Editor-in-Chief will be scheduled after we receive and review your application. Please send a cover letter with the following information to [editors@sbstatesman.com](mailto:editors@sbstatesman.com): your year and major; relevant experience and skills; and a brief explanation of your interest in the internship. If you have work samples, please include them in the email.

### GRAPHIC DESIGN

*The Statesman's* Web & Graphics section is looking for students with an interest in learning how to create graphics that easily convey information to our readers.

### ARCHIVING

*The Statesman* maintains a massive archive of past issues, photographs and photo negatives. We are looking for students with strong organization skills to continue collecting, maintaining and structuring *The Statesman's* history.

### WEB DEVELOPMENT

We are looking for students to help us improve the look and functionality of our website and create a mobile application to better serve the campus community.

### COPY EDITING

We are looking for students with a good command of the English language to assist in editing our articles and in creating captions and headlines for daily online publication.

### SOCIAL MEDIA

We are looking for students who have the skills to manage *The Statesman's* social media accounts—including Facebook, Twitter and Tumblr—as well as developing a social media strategy to further our presence.

# ARTS & ENTERTAINMENT

## USG makes efforts to fine tune internal communication



PHOTO CREDIT: MPERDOMO

According to Vice President of Communications & Public Relations Danny Chung, USG is hoping to reschedule the Streetlight Manifesto concert to either the month of February or March. "We avoided April since it would be too close to Brookfest," Chung said in a text message.

*Continued from page 1*

screenshot of a part of a conversation he had with John Mele, a USG senator, in which Mele urged Iannotto to remove his comment. The page was later taken down.

The contract issue highlighted communication problems within USG that its members are trying to rectify.

USG's Vice President of Communications and Public Relations Danny Chung said via text that the recent events are an indication of the "amount of work [USG needs]" to accomplish in order to improve

internal communication.

"I am no exception to this and hope to address it immediately with the help of the Executive Council, Senators and affiliated parties," Chung said.

USG release the truth behind the concert cancellation in an email sent to the student body on Friday. However, several Stony Brook students, like Shannon Conley, a freshman history major, said that they had not received this email.

Chung said that conflicting explanations for the concert cancellation prompted the email sent out.

The message briefly detailed

the reason for why the concert was cancelled.

It also explained the importance of cancelling the concert more than 24 hours prior to the scheduled performance.

For USG, 24 hours meant the difference between getting back significant amounts of money spent in preparation for the Streetlight Manifesto concert and losing it.

According to USG's email because the show was cancelled more than 24 hours in advance, USG successfully cancelled additional services needed for the concert and avoided "financial implications."

Michaud could not provide *The Statesman* with a breakdown of the event's expenses, as USG is in the process of rescheduling the concert.

Chung said he is not aware of the amount of money lost due to the cancellation of the concert, "however, it seems that losses (if at all) will be very minimal and will not impede any of our future events."

According to Chung, members of the Student Activities Board led the planning of the Streetlight Manifesto concert. They are taking full responsibility for the cancellation of the concert.

Although students like

Iannotto said the the email is a step in the right direction for USG, he said that it is not enough. Iannotto did not receive the email sent by USG, but saw it from a friend.

According to Michaud, USG is making steps towards improving how they work together to prevent similar event and overall mishaps in the future.

"We have started to develop a team charter that will outline our objectives as an organization, key projects and operations, each person's role in the team, and the way we will communicate and work together moving forward," Michaud said.

### *What do Seawolves think about the Streetlight Manifesto contract mishap?*

*Compiled by Krysten Massa*



"I think USG needs to step up their game because USG is really disappointing a lot of students."  
-Rebekka Laskin, freshman, undeclared



"Even if it was cancelled it doesn't matter as long as we have the big concert. If that was cancelled, then that would be a big problem."  
-Jelani Fleming, junior computer engineering major



"That's kind of messed up to bring everyone's hopes up and then just cancel it, because they should have got everything in order before."  
-Sravani Velaga, sophomore biology major



"I just thought it was weird that they publicized that it was out of their control when it sounds very in their control."  
-Jake Fogel, sophomore biology major

# "Fresh Off the Boat" gives Asian-Americans a TV spotlight

By Peter Chen  
Contributing Writer

Margaret Cho's "All American Girl," a sitcom centered on a Korean-American family, made its season run in 1994.

Since then, Asian-American families seemed to disappear from the small screen. Now, the four will burst back onto the scene with Food personality Eddie Huang's "Fresh off the Boat," which premieres on ABC this Wednesday, Feb. 4.

Our campus' Asian-American students should rejoice, as this will be the first show about Asian-American's life in the US in nearly 21-years.

The show, loosely based on Huang's memoir of the same name, features a Taiwanese-American family in the 90s that moved from the inner city of Washington D.C. to the suburbs of Orlando.

The show centers on a young Eddie, played by Hudson Yang, as he adjust to the middle-class suburb lifestyle and all the grow-

ing pains along the way.

The show supports Hudson, an 11-year-old and unproven actor, with a somewhat well-known Asian-American cast.

Seasoned actor Randall Park plays Eddie's father, Louis. Park is known for his hilarious portrayal as Margarita-drinking, Katy Perry-loving North Korean Dictator Kim Jong Un in "The Interview." Constance Wu, a TV and film actor, plays Eddie's mother Jessica.

Eddie also has two younger brothers, Evan, played by Ian Chen and Emery, played by Forrest Wheeler.

Lucille Soong, of "The Joy Luck Club" fame, plays Grandma Huang, yes, first name grandma, per Chinese tradition.

The show will follow the style of "Everybody Hates Chris," mixed with a bit of "Modern Family's" single camera, multi-set scheme.

Huang, the shows creator, is a revelation of sorts in the Asian-American community.

A Taiwanese-American who grew up in a middle class family

in Orlando, Huang worked as a lawyer before opening BaoHaus, a East Village eatery known for its Baos—Chinese sandwiches—at the height of NYC's Bao craze.

He was featured on an episode of Vice's restaurateur show "Munchies." Huang's outgoing, hip-hop infused personality won over the young audience and he eventually went on to host his own cooking show, "Fresh off the Boat" later changed to Huang's World, on Vice's subsidiary site, Munchies. Huang has defied Asian stereotypes every step of the way as he gains popularity in the public.

"Fresh off the Boat" will have a two-episode premiere during ABC's Comedy Block, with the "Pilot" episode airing at 8:30p.m. and then "The Shunning" at 9:30 p.m. The show will settle into its regular time slot on Tuesdays at 8 p.m.

Let us hope "Fresh off the Boat," like its creator, will be funny and entertaining while aiming to break some stereotypical perception of the Asian-American community.



PHOTO CREDIT: MAY S. YOUNG

Before he got his start in food and TV, Eddie Huang, above, actually went to law school.

## Countdown to the Oscars

### Who do you think will win the Oscar for best Directing?

- Alejandro G. Iñárritu: Birdman or (The Unexpected Virtue of Ignorance)
- Richard Linklater: Boyhood
- Bennett Miller: Foxcatcher
- Wes Andersen: The Grand Budapest Hotel
- Morten Tyldum: The Imitation Game

Tell us what you think! Tweet to us:  
@sbstatesman or on Facebook.

## Snowed In?

Let's face it. We always want snow days, but we can only go on Facebook for so long. We need alternatives. We need amusement. We need:

### THREE THINGS YOU CAN DO WHEN DURING WINTER WEATHER:

#### 1) Build a blanket fort.



Pillows, pillow pets and snuggles encouraged.

#### 2) Watch "Frozen."



Do you want to build a snowman?

#### 3) Have a shadow puppet show.



Those shadows that you used to make back in the day with the dogs and the puppets? They are begging for a come back. You just might give your roommate nightmares in the process.

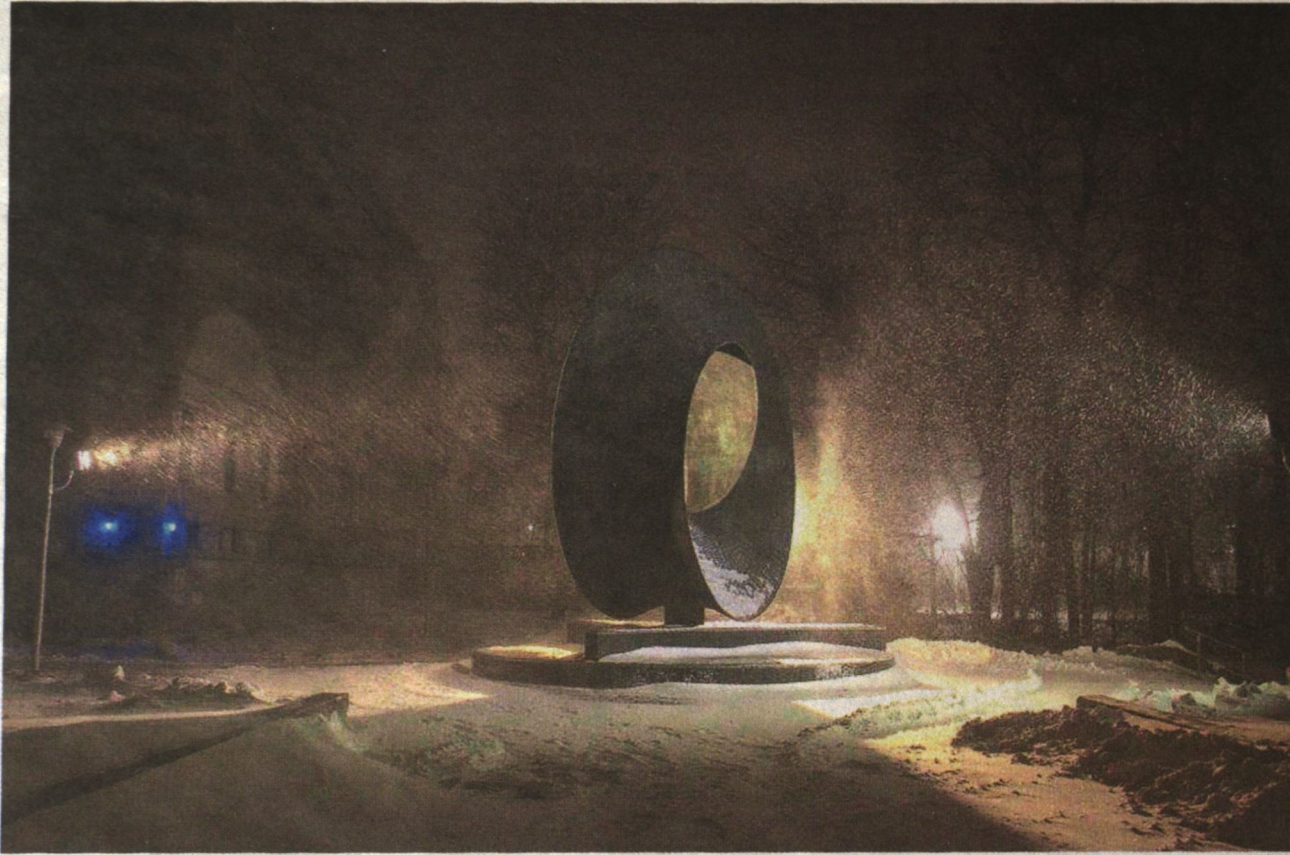
Compiled by Chelsea Katz  
Photos by: Lorena Cupcake, Disney/  
Tribune News Service and Double  
M, respectively.

## THE BOX OFFICE

- 1) "50 Shades of Grey"—Actress Dakota Johnson plays Anastasia Steele in "50 Shades of Grey," one of the most highly anticipated movies coming out in 2015. The movie is an exploration of new limits for literature student Steele after she falls for the mysterious and handsome Christian Grey played by Jamie Dornan. The movie will debut on Feb. 14, 2015.
- 2) "The Avengers: Age of Ultron"—Marvel's Avengers will reassemble to secure the fate of the Earth from robotic villain, Ultron, for the group's second big-screen film. Stars Robert Downey Jr., Chris Hemsworth and Mark Ruffalo are some of the actors returning for this Avengers sequel, which will debut on May 1, 2015.
- 3) "Jurassic World"—"Guardians of the Galaxy" star Chris Pratt plays Owen in the next movie of the Jurassic Park franchise. This next film takes place twenty-two years after the incident on Isla Nublar. It features a fully-functional Jurassic World, created to re-spark the interest of visitors, which then backfires. The film will debut on June 12, 2015.



# MULTIMEDIA



MANJU SHIVACHARAN / THE STATESMAN

Winter Storm Juno, alternately known as Snowmageddon, cancelled the first two days of classes this semester and delayed the third. These are the photos taken by *Statesman* editors during the storm. Visit [sbstatesman.com](http://sbstatesman.com) to watch our timelapse of the Snowpocalypse.



ANDREW EICHENHOLZ / THE STATESMAN



BASIL JOHN / THE STATESMAN



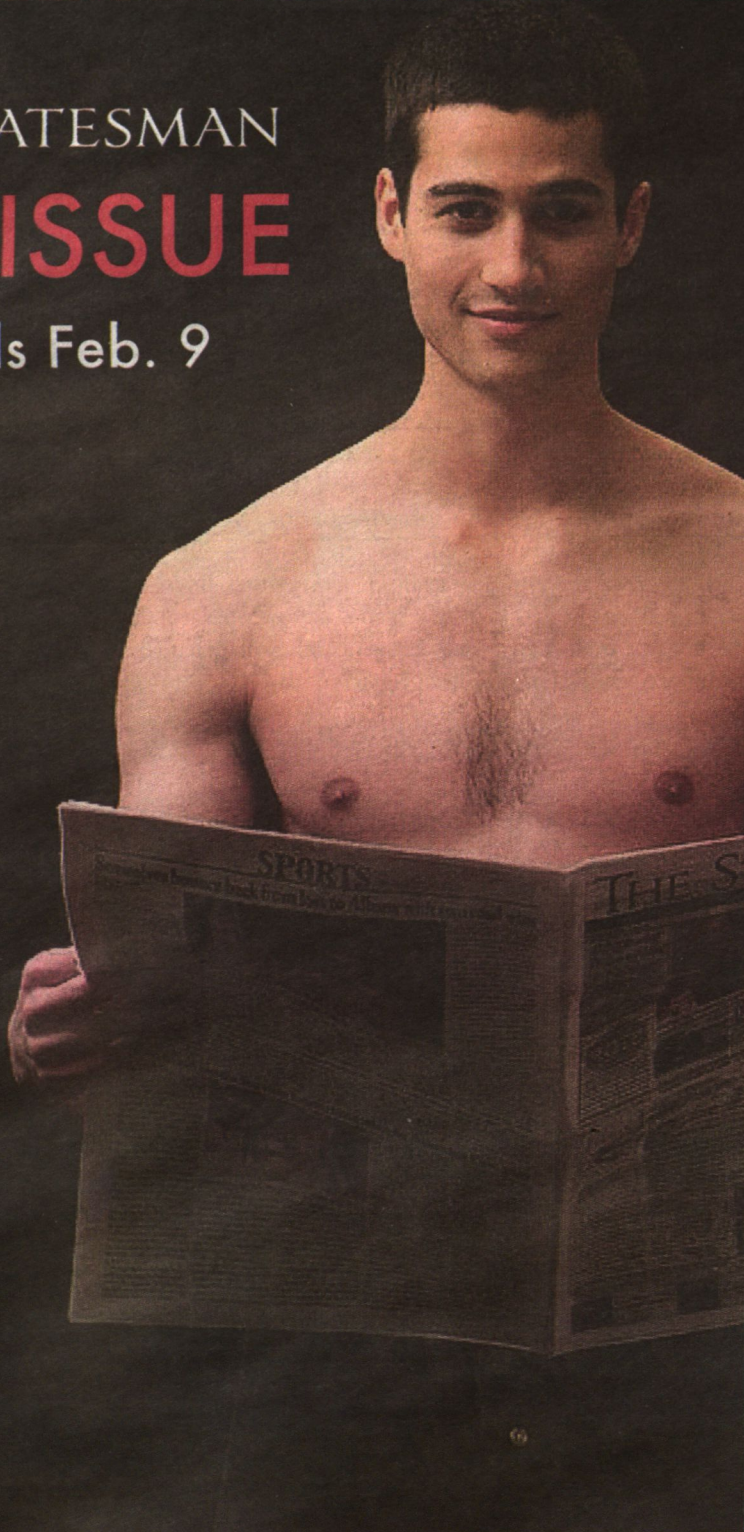
BASIL JOHN / THE STATESMAN



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## THE STATESMAN SEX ISSUE

On stands Feb. 9



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*The Statesman* is a student-run, student-written incorporated publication at Stony Brook University in New York. The paper was founded as *The Sucolian* in 1957 at Oyster Bay, the original site of Stony Brook University. In 1975, *The Statesman* was incorporated as a not-for-profit, student-run organization. Its editorial board, writers and multimedia staff are all student volunteers.

New stories are published online every day Monday through Thursday. A print issue is published every Monday during the academic year and is distributed to many on-campus locations, the Stony Brook University Hospital and over 70 off-campus locations.

*The Statesman* and its editors have won several awards for student journalism and several past editors have gone on to enjoy distinguished careers in the field of journalism.

Follow us on Twitter and Instagram @sbstatesman.

Disclaimer: Views expressed in columns or in the Letters and Opinions section are those of the author and not necessarily those of *The Statesman*.

*The Statesman* promptly corrects all errors of substance published in the paper. If you have a question or comment about the accuracy or fairness of an article please send an email to [editors@sbstatesman.com](mailto:editors@sbstatesman.com).

First issue free; additional issues cost 50 cents.

SUPER BOWL SUNDAY DEFLATE-GATE...

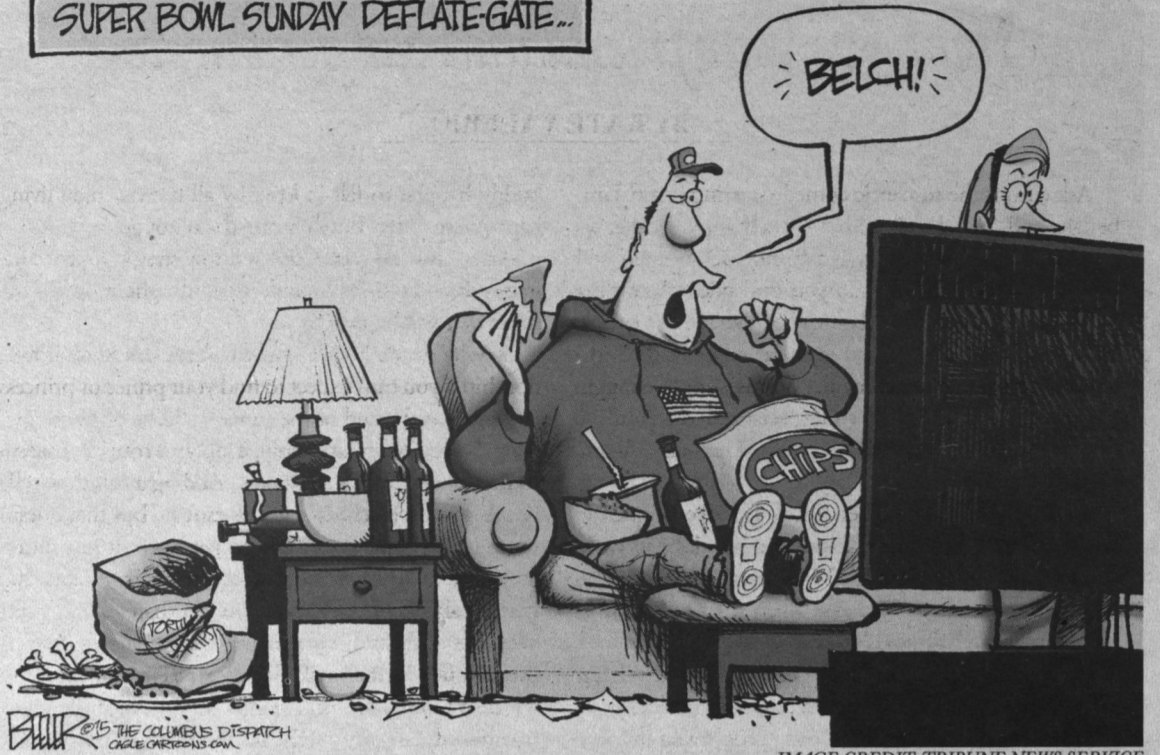


IMAGE CREDIT: TRIBUNE NEWS SERVICE

## What are we really continuing to fight about?

By Tejen Shah  
 Assistant Opinions Editor

Religion is something that was created by mankind to do three things: keep people sane, make them easier to govern and give them a reason to unite as one people. At its core, whether you wish to believe it or not, almost every religion seems to preach the same kind of messages.

They tell us to be good, do good and love everything and everyone. In spite of the peaceful bases upon which all religions have been founded, when you look back at the history of the human race, you cannot help but think of the terrible violence that has ensued as a by product of religion.

From the Crusades to the Holocaust to the recent attack on the Charlie Hedbo offices, religious wars continue to this day.

I am sure I am not alone when I ask, if we are such an advanced and developed species, then why can't we get past all of our differences?

It is during your adolescent years that you first realize that the world is not all peaches and roses. You realize that all men are not treated equally as well as the fact that all people are not even seen equally. You come to understand

that people classify themselves as belonging to a certain faith and celebrate their own holidays and practice their own customs entirely different from your own.

As you grow, whether it be your religious leader, a parent or an older sibling, someone will shape the way you view people of other faiths. You will be told to stay away from certain types of people, or to refuse to accept an invitation to the house of a follower of a certain religion. All these sanctions will be placed on your behavior for what reason? Because you believe in a different god? The simple answer is yes.

This past month, I went to see an Indian film called "PK" with my parents (what else is a nineteen-year-old to do on a Wednesday night?) It stars Bollywood-legend Aamir Khan as an alien-astronaut, PK, stranded on Earth. PK struggles to find a way to contact his people to take him back home. During his journey on Earth, PK asks the Earthlings he encounters where he could find the stolen device that would call his spaceship back.

Almost all of them told him something along the lines of, "Only God knows." Naturally, not knowing who or what this God character was, PK sets out

on a quest to find him. PK soon realizes that there is not just one entity or person that these people were referring to.

He then came to the understanding that different people believed in different Gods because of their varying religions. PK struggled so mightily to grasp this idea that he came up with on his own. He surmised that there are two types of god; the one that we created and the one that created us, and it is the one that created us that matters most.

It does not matter if you are Christian, Jewish, Muslim, Hindu, Buddhist, Sikh, atheist or agnostic. The aforementioned message is essentially universal. It stresses human unity and at the same time eliminates the impetus on religious belief. Whether you believe humans were directly or indirectly created by the work of a higher being or not, you can agree that each and every human being is made of the same basic elements.

Therefore, the next time you see someone wearing a cross, a hijab, a turban, a bindi or a yamaka, try not to think about their or your religious predispositions. Instead, think about what unites you in a more special way than any faith can: humanity.

## Have a response to an article published in *The Statesman*?

Send us a letter to the editor to [editors@sbstatesman.com](mailto:editors@sbstatesman.com). Please limit your response to between 250-300 words.

# THE SEXWOLF

*You have your friend and eat her out, too*

BY KATE VALERIO

Aside from the romantic comedy starring Justin Timberlake and Mila Kunis with a cliché happy ending, no pun intended, what exactly is a friend with benefits and more importantly, where can you find one? According to UrbanDictionary, friends with benefits are two people who enjoy a friendship and a sexual relationship without any emotional attachment. Seems simple enough. Navigating the waters of this specialized relationship, however, requires the skills of a trained seaman. Again, no pun intended.

In an ideal friend with benefits world, two people can talk, catch a movie, order take-out and knock boots without having to go to Grandma's 80th birthday bash. This win-win relationship goes amiss when the expectation of the relationship of friendship to benefits is off-balanced. When one person wants more benefits than friendship, the other person is left high and dry, well probably not dry but the point still stands. Some people also may initiate an FWB relationship with hopes of a Hollywood-ending of a declaration of love in Grand Central Station. Unless you are Kunis or Timberlake, this course of action is strongly recommended against. If your ultimate goal is to pursue a romantic relationship, save yourself the embarrassment and everyone the awkwardness of that very uncomfortable conversation (i.e. "Oh, I'm not really interested in you like that, sorry I thought you knew) and be up-front. You're better off facing the possibility of rejection now rather than later. If you and your rendezvous

buddy happen to fall in love, by all means enjoy living happily ever after. But be warned: do not go in with this mindset. Just because Cupid's arrow struck your roommate's friend's sister's hairdresser's daughter, it doesn't mean that will happen to you.

So why do we bother trying to have this kind of relationship if you can't expect to find your prince or princess charming at the end of the tunnel? Some of us are juggling 21 credits, an internship, a job, hall council, student council and a Netflix addiction. Adding a full-time relationship in their schedule just doesn't fit, but that doesn't mean busy people don't want to get busy. It just means they have to be more selective about the time slots they have available. Having someone to share a few guilty pleasures with and without the obligation for Sunday brunch, fills in the available space nicely (this pun was a little intentional). Those who don't fit into the above mentioned category might be the kind of people who have trouble committing to a gym membership let alone another person. This kind of relationship is perfectly suitable for them until their mental maturity catches up with their hormones.

There are plenty of reasons to bump uglies with your chemistry study buddy, but that doesn't mean that everyone should. Not everyone can handle being someone's friend with benefits, but for some it's the perfect college relationship. Just remember to be honest about what you do and don't want, and always practice safe sex.

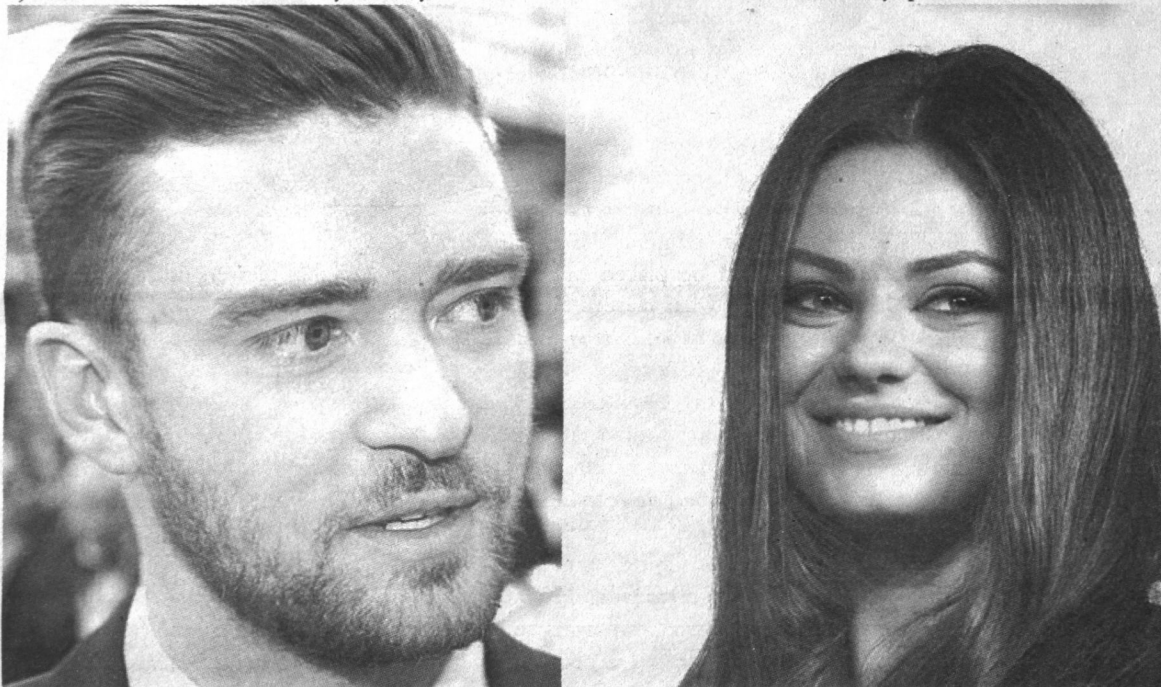


PHOTO CREDIT: GEORGES BLARD/GAGE SKIDMORE

**Timberlake (above, left) and Kunis play friends who start as FWB but end up together.**

## How to really succeed at those resolutions

By Vandana Rambaran  
Contributing Writer

Here we are, yet another year upon us, and despite the numerous Instagram photos captioned with inspirational quotes and motivational promises for a rebirth of the soul and Twitter posts hashtagged #NewYearNewMe, it is safe to assume that all that potential for 2015 has gone down the drain at this point.

I know that more than half of my readers are probably sheepishly grinning to themselves, knowing that even Kim Kardashian's short-lived marriage of 72 days lasted longer than their even-shorter-lived new year's resolutions, but it is okay. Admitting it is the first step.

Now that we have chastised ourselves for yet another year of made-and-forgotten New Year's plans, it is time to stop wallowing and start wondering what we will do from this point forward. The tendency to disregard yearly resolutions and revert to old habits could be due to the overwhelming nature of a

project that seems to take a whole 365 days to complete. Most of us cannot even solidify a plan for the weekend, much less account for every single day to come for the rest of the year. Alternatively, breaking down these prodigious resolutions into more manageable weekly goals, may prove to be a more effective means of accomplishing what we originally intended when we made our new year's resolutions in the first place. Here are the top 10 New Year's resolutions that we make and break every year, along with a strategy to overcoming it. Good luck everyone and Happy New Year!

10. Catch more Z's.

So it is 8 p.m., we sit down to start homework and by the time we watch Netflix, surf Facebook, guffaw at foul YikYaks and tweet about how much of a boss we are at procrastinating, it is midnight and nothing has been accomplished. So instead of declaring that this year you will get more sleep or procrastinate less, hence making time for more sleep, I would say set a dead-

line. Set a cut-off time for every night. Despite what's going on in a day, vow to sleep at 12 a.m. every night and wake up at 7:30 a.m. every morning. This will not only regulate your sleep and help you develop a normal sleep/wake pattern; it will also program you to accomplish all that you have on your daily to-do list within the parameters of time set for yourself during the day, as well as keep you from sacrificing some much-needed shut-eye.

9. 4.0 here I come...again...but not really.

It is the start of a new year, and subsequently, a new semester, and we all swear this one will be better than the last. We will do all of our homework, hand everything in on time, and study 40 hours a week just like our professors suggested so we can be an ace in all 19 credits we are taking and not have to worry about sinking GPAs and not getting into graduate school. However, after day one of the semester, we

Continued on page 13

# THE KNOW

19 things I learned at 19

BY NIVEDITHA OBLA

1. Never doubt yourself. You're right far more times than you are wrong (at the very least, I am).

2. Half of the time we ask for advice from others, we seek only validation for the choices we have already made.

3. Going to the gym is really, really great for your body. As is lying on the floor and staring at the ceiling for an hour. Figure out what your body needs that day.

4. Shame and guilt are the most crippling of feelings.

5. No matter how often people tell us not to take things and other people at face value, we still take things at face value. Understand how you display yourself to the world, and evaluate if that is the first impression you want to make. You may not care now, but there will come a time when you do. People are quick to judge a book by its cover.

6. Boys are really a whole lot better in theory (and as a side note, TSwift is 99 percent on-point about most things, listen to her album).

7. Figure out how to love people. Go to the gym with a friend every week, get lunch on Wednesdays, have sleepovers. It doesn't have to be extravagant – it can be something as simple as remembering what they put on their burrito, or making tea when they come over.

8. The people you least expect to be friends with make the most brilliant friendships. The seemingly self-centered RA from freshman year can turn out to be one of the smartest people you've met, and the freshman that spends your first duty night with you before class starts can become a close friend two years later. Give people the chance to surprise you.

9. Let people in. I've proven myself to be a carefully guarded person, so saying what's on my mind is my personal struggle. There's no need to tell the whole world your problems, but it's perfectly all right to not be okay. Talking to someone about it is a sign of strength.

10. There's a stark difference between not knowing exactly what you want to do, and being aimless.

11. Eating is a pleasure. Enjoy everything you eat.

12. Saying "no" is a lot easier than everyone thinks it is. Do it more often. You don't even have to give an explanation for your answer. It makes all the moments in which you say "yes" that much more meaningful.

13. Emotions and feelings suck a whole lot, but it's far better to feel them out than ignore them. Burying them can be catastrophic for your future self.

14. The way I think I present myself and the way I actually come off to other people can be, and usually are, two very different things.

15. My major does not define how hard I work. My GPA does not define my intelligence. This is true for everyone. A student studying journalism works just as hard as one studying mechanical engineering. But if you tell me that Biochem is a thousand times harder than Heat and Mass Transfer, I will pray to every god that I believe in for you not to get into medical school.

16. Gut feelings always come about for a reason.

17. Figuring out what you want is hard, so understand what you don't want to do with your life, and who you don't want to be. It's easier. I spent five years chasing someone else's career path before realizing where my strengths and interests really lied.

18. Now is the time we discover that our parents are far from infallible, and can be wrong about many things. But everything that they do, that they say, comes from a form of deepest love that many of us don't understand just yet. Forgive them.

19. There's always a choice to make.

Classified

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some things

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sbstatesman.com

# Keeping up with the ten most common New Year's resolutions

Continued from page 11

are in a state of paralysis after hearing and witnessing the horror that is BIO 203. Breathe. Rather than obsessing over a number, figure out what is needed to achieve academic success on a daily basis.

8. Go green, save green.

As college students, we have all had that experience of swiping our meal card midway through the semester and seeing that we are way below the dollar mark for our designated meal plan. In an effort to save money this year, try assessing what you spend the most money on in a week and working out alternatives to replace or supplement these cravings. For example, for all you caffeine addicts who need to get your fix more than twice a day, treat yourself to a Starbucks the first time and then settle for the cheaper brand at the SAC or in the Union Deli for the other times (let's be honest; you really don't need to drink four Caramel Brulees in one day; not to mention sugar coma!) Even better, walk with your own coffee mug and have it refilled at a lower cost by most coffee retailers on campus. You will be doing your part to save the planet and cutting back on the green leaving your wallet.

7. Be a Seawolf, not just a Stony Brooker.

With social media constantly consuming our every moment, it is easy to conclude that everyone

is more involved on campus than you are. Annoying is the do-gooder who attends every charity event and is constantly changing their Facebook profile picture to that of the next campus activity that they are promoting. Like seriously stop. No, not the philanthropic promoter; they should not stop. You, the Facebook stalker should stop! Stop hating and get out there and get involved. There are so many activities of all kinds happening on campus every single day. Heed the Facebook group posts and the event pages and try to make it a priority to attend one or two of these events a month. It gives you an opportunity to socialize, get involved, and meet a ton of new people. Where is the "lame" in that?

6. Network, network, network!

In this day and age, the importance of networking and making connections could not be stressed enough. It often feels like in a sea of people, all of whom are over-qualified, overachieving and over-active (see above), it matters more who you know rather than what you know. But the million dollar question still remains: "How do I make the right connections; meet the right people and align myself for the right reasons?" Although I do not have a definitive answer to this, your best bet is to start somewhere. Attend events, talk to your professors and inquire among your peers and friends if you know they are affiliated with people or orga-

nizations in which you have an interest. Do not be afraid to reach out and form a bond because you never know who has what to offer. Similarly, you would be surprised what assets you may have that other people find interesting or desirable. It is just a matter of getting yourself out there and maintaining contact with those around you.

5. I am over it. Well not really, not yet, but soon.

I will not talk to him, I will not talk to her, I am leaving them in the past...until they are in front of your face and you suddenly, can not resist the urge to talk to them. And you do. Hit pause. Instead of swearing off this person, which, to be honest, is next to impossible at times, accept that their existence is inevitable and there is no changing that. Instead, embrace it. Smile when you see them, but do not go out of your way to consciously contact them.

4. Ugh parents, so annoying.

As many of us move back on campus after a long two months of being home under the watchful eyes of our parents, we let out a sigh of relief. No more rules, no more curfew and sadly, no more home-cooked meals, either. Yet still, even in the distance, a lot of us can still find time to bristle at every word of advice and wisdom our parents try to bestow on us, which, if we really think about it, is for our own benefit. Few of us can admit this, yet we secretly sulk over the fact that we

just can not seem to get along with mom and dad. Make it a point to not raise your voice. Keep calm in the face of confrontation and assert the adult that you are becoming. After all, it is not very adult at all to hang up phones or storm off and slam bedroom doors in your parents' faces; so high school. Instead, if you need a moment, articulate that, do not suppress and harbor animosity towards your parents, just learn to control and express it in a more mature manner.

3. Farewell to foul language.

"I really need to stop cursing," says everyone at some point in the midst of their foul-mouthed rant. Although curses do help to punctuate our point at times, it is really a habit that should be kept at bay, if not cut out completely from our daily discourse. Instead of swearing off curse words all together (pun intended), banning one or two specific words from your vocabulary that you find particularly perverse, or limiting the people who you allow to hear your French, may prove effective in helping you cut back on this dirty habit.

2. Here we go, greens again.

At this point, we may have already surpassed the age for, succumbed to, or fought against the dreaded "Freshman 15." However, the uphill battle to consume more greens and just eat healthier in general is one that we swear we will stick to every year, yet find ourselves discarding as we binge eat

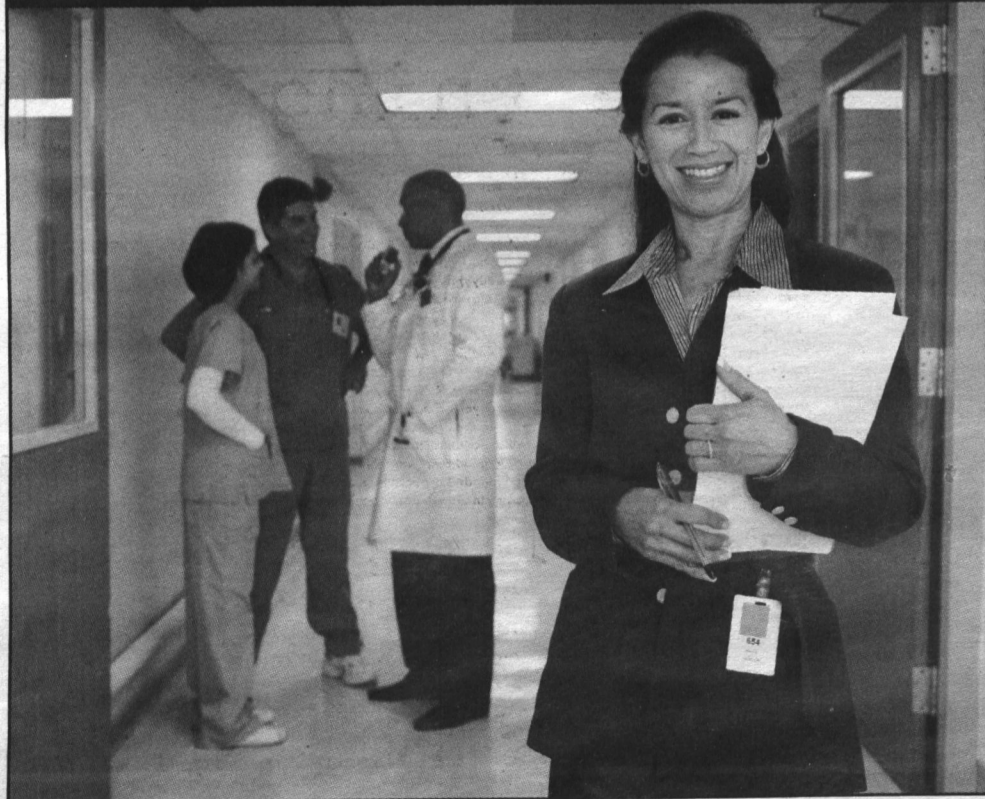
chocolate chip cookies and Doritos during our late-night study sessions for Exam 1 of the semester. Rather than parting with our comfort food, we should try to make it a point to eat at least one meal of the day cleanly. That is, more veggies, less carbs and lots and lots of water. Carry protein bars and healthy snacks with you so you can reach for them when you feel like nibbling on something as the day goes, and you will be less likely to run to the front aisle of the SAC for a quick-fix. Make one day of the week a cheat day of sorts where you can have your favorite guilty pleasure, but stick to your green-diet for the rest of the week so you do not have to feel bad about it.

1. Ta-ta ten pounds!

The most sworn on resolution every single year; "I must, I must, I must decrease my waist line," says everyone every year, for a year, sitting on the couch, watching television...you get the point. It is seriously time to stop turning your treadmill into a clothes rack, dust off your cobwebbed weights and get your body back in shape. Hit the gym. It does not get more plain than that. Make it a date with your best friend and include dinner together afterwards so you can spend time together and motivate each other to go. Take advantage of the Rec Center, or other campus gyms, which you pay for with tuition (so do not waste that money being a couch potato).

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Stony Brook University

## SBU women's lacrosse team favored to threepeat in America East

By Andrew Eichenholz  
Assistant Sports Editor

When women's lacrosse Head Coach Joe Spallina left his share of Division II National Championships at Adelphi to join the Stony Brook Seawolves, he set lofty goals.

Two America East Conference titles and two second round NCAA appearances later, and the team is well on its way.

For one thing, the Seawolves are unanimously favored to win the America East Conference title for the third year in a row.

The preseason poll is voted on by all of the head coaches in the conference, and the six other polls ranked Stony Brook at number one.

It is not the first time the team has shared the honor, however, as they owned the top spot in the preseason poll before the last two seasons as well.

Last season in America East play, the Seawolves only lost one game—their last, against Vermont, 8-7 in overtime.

It did not cost Stony Brook in its conference tournament seeding, however, as the Seawolves maintained the top seed.

They proved that it was rightfully theirs, eventually beating Albany 7-1 to earn their NCAA Tournament bid.

This season, the team maintains its preseason spot atop the rankings despite losing Tewaraaton Award Nominee Frankie Caridi, who led the NCAA in both save percentage and goals against average in 2013 and 2014.

She was also honored as a third-team All American last season.

On the offensive side, Spallina brings back a large majority of his scoring, as much of the Seawolves' offense came from freshmen last season.

But, it will be supplemented by a strong recruiting class led by an offensive juggernaut in freshman Kylie Ohlmiller.

Perhaps more intriguing will be the addition of Virginia transfer Taylor Ranftle.

She looks to further support Stony Brook's preseason selection atop the America East with the talent that only one of the best high school players of her class could provide.

Ranftle was the fourth-ranked attacker in the entire country for the class of 2012 according to ESPNHS, when she graduated from Hauppauge High School.

The season begins with a tough non-conference slate, beginning on Feb. 20 at Kenneth P. LaValle Stadium against USC.

The matchup with the Trojans will start at 6 p.m., as the Seawolves look to heat up the east coast.

## Christina Melian finishes first in 5,000-meter race

By Joe Galotti  
Sports Editor

The Stony Brook track and field team traveled up to Boston University on Friday and Saturday to participate in the John Thome Terrier Classic, and once again it was Christina Melian stealing the spotlight.

Melian participated in the 5,000-meter run and won the race with a time of 16:00.14.

The junior's run is currently ranked among the top 10 times in the country.

The runners with the top 16 times on March 7 will advance to the NCAA Championships.

Another strong performer for the women's team on Friday was sophomore distance runner Elizabeth Caldwell.

She competed in the 5,000-meter run indoors for the first time and posted an ECAC-qualifying time of 17:18.31.

Freshman Jane Clark also had a strong day.

Clark finished seventh in the 1,000-meters race and her time of 2:52.06 qualified her for the ECAC Championship meet.

On the second day of the John Terrier Classic it was the Stony Brook men's team's turn to compete.

Unfortunately for head coach Andy Ronan, there were not as many standouts on day two.

Junior Bradley Amazan was able to place 15th in the

1,000-meter race. His time of 2:28.39 qualified for IC4As.

Freshman Michael Watts also met the IC4A standard on Saturday, thanks to a time of 8:24.00 in the 3,000-meter race.

He finished in 34th place in the race.

Seawolves just falling short of reaching IC4A qualifying times included senior sprinter Lamar Hayes and junior distance runner Mitchell Kun.

Hayes posted a time of 22.28 in the 200-meter dash, which finished him 39th.

He also finished fourth in the long jump with a quality jump of 6.89 meters.

Kun ran well in the 5000 meters, placing 24th with a time of 14:44.26, falling just short of the 14:42.50 qualifying mark.

Stony Brook will return to action this Thursday, when they compete in the Metropolitan Championships at The Armory Track & Field in New York City.

Then on Friday the teams will head to compete in the Giegenack Invitational, which is held in New Haven, Conn.

The following weekend the Seawolves will be looking to break the hearts of the other competitors in the David Hemery Valentine Invitational in Boston, Mass.

This is the team's final meet before the America East Championships on Feb. 20-21, in New York, N.Y.

## Softball tops preseason poll

By Dylan Moore  
Staff Writer

After winning the regular season championship, the Stony Brook softball team was picked to top the standings in the America East preseason poll.

The Seawolves received five of the seven first-place votes and 34 points in total.

The Albany Great Danes were a close second with the other two first-place votes.

The Head Coaches of each team in the conference all vote for the top-seeded team in preseason polls. Coaches are not allowed to vote for their own team.

The Seawolves are coming off a fantastic 34-18 (15-2 in conference) season, winning 30 of their final 38 games.

The team's ace, two-time America East Pitcher of the Year Allison Cukrov, returns to Stony Brook after winning 23 games and posting up a 2.10 ERA.

Second-team all-conference outfielders Shayla Giosa and Bria Green are also returning to the team after hitting a combined .310 average with 43 extra-base hits and 85 RBIs.

The softball team has placed progressively higher in the preseason poll over the past few years, placing in third in 2013, and then moving up one spot to second in 2014.

Their season will begin in Florida as the Seawolves take on Oakland in the Florida Gulf Coast Tournament on Feb. 20.

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# SEX SURVEY

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THE STATESMAN

# Points in the Paint: Warney's defense and women's team's rebounding

By David Vertsberger and Andrew Eichenholz  
Assistant Sports Editors

## Point #1: Warney is being tested defensively

Opposing teams know the first player they need to scheme against when Stony Brook appears on their schedule is the 2013-14 America East Player of the Year Jameel Warney.

With averages of 15.5 points, 11.1 rebounds, 2.3 and 2.5 blocks a night on 53 percent shooting, he without a doubt commands the attention of competitors on a nightly basis. However, teams have begun learning how to hinder Warney's presence on the Seawolves by attacking him, not trying to stop him.

Warney is a very smart defender who uses verticality properly and knows Head Coach Steve Pikiell's system to the minute detail, but he does have his weaknesses on that end.

Quicker big men that can shoot from outside have been his kryptonite this season. Warney has lagged behind on rotations when opposing bigs possessed extended range, as was the case against New Hampshire's Tanner Leissner, who scored 19 points with three threes against the Seawolves.

There are ways around this, such as if Pikiell had the Seawolves switch on pick-and-pops, but come the postseason, Stony Brook will need an answer.

## Point #2: Time is running out for the SBU women's basketball team

For a team that won 24 games last season, 20 more than just two seasons



Jameel Warney (No. 20) is the focal point of opposing teams' scouting reports.

ANDREW EICHENHOLZ / THE STATESMAN

before that, a 4-4 start in America East play is quite underwhelming.

Senior Sabre Proctor and much of the team's core from last year is still on the team.

One could argue that there is still time to turn things around, but that grace period is disappearing, and doing so quickly.

Head Coach Caroline McCombs and company have now seen each and every team in the conference at least once, so there is no longer room for error.

The team has important contests not only for better placement seeding wise in the America East Tour-

nament, but for the Seawolves' own confidence heading into the biggest showdown of the season, bar none.

There is no more time to wait, the best of the team needs to rear its head, and fast.

## Point #3: Can Deshaun Thrower be the spark SBU needs?

Last season, Stony Brook had the luxury of being able to bring Anthony Jackson or Carson Puriefoy off the bench to provide an offensive spark.

This year, SBU lacks that luxury. Although players like Tyrell Sturdivant, Kameron Mitchell and Bryan

Sekunda have been solid, none of them are major scoring threats. However, one reserve that shown signs of becoming Stony Brook's new instant offense guy: freshman Deshaun Thrower.

Thrower is shooting under 30 percent from both the field and downtown, but in his past six games has connected on 45.8 percent of his field goals and has made a three in each of those contests.

He seems to be stepping up with Puriefoy struggling, even starting against UMass-Lowell a little over a week ago.

Recently, Pikiell has actually played

him alongside Puriefoy in some line-ups. Thrower's handling ability is superb and his strength at the one position makes him a wrecking ball when he attacks the basket aggressively.

His jumper is flat, but deadly at times.

He has all the tools to be a very good point guard in a year or two, but as unfair as it sounds, Stony Brook might need that development to happen sooner rather than later.

## Point #4: Rebounding is a strength for women's team, and it has to be

Without a shadow of a doubt, the identity of the Stony Brook Seawolves is playing tough down low.

A lot of the team's scoring comes from its forwards, and opportunities are created when its guards drive the lane to open up shots on the wing.

But, perhaps the most important aspect of that is the team's rebounding.

The Seawolves are a close second in the America East team rebounding race, routing opponents in that department a large majority of the time.

In their loss at home against Hartford on Thursday night, the Seawolves only won the battle by a single board, which ended up not being enough.

This team needs to show that it is that much more physical and willing to play harder than their opponents to win.

It is safe to say going down the stretch that if they should start losing the rebounding battle, it will be difficult to string together wins and make a tournament run.

# Men's lacrosse ranked second in AE preseason poll

By Chris Peraino  
Staff Writer

Led by junior midfielder Challen Rogers, who was named an Inside Lacrosse preseason All-American Honorable Mention, Stony Brook men's lacrosse was ranked second in the America East preseason poll.

The poll is voted on by the league's coaches, and the Seawolves were the Albany Great Danes, last year's America East champions.

The selection of Albany atop the conference is a consensus pick amongst lacrosse outlets.

The Great Danes are led by the one of the best players in the country in Lyle Thompson, who was selected first in the recent Major League Lacrosse Draft.

The dynamic attackman also shared last season's Tewaraton Award with brother Miles Thompson while also saving Albany's season with mere seconds on the clock, as the Seawolves came that close to defeating the Great Danes in the America East semifinals.

Junior attackman Brody Eastwood, who scored 40 goals for the second time in his two seasons on Long Island last year, will also be key in turning the wheels of Stony Brook's offense along with senior Mike Rooney.

Rooney, heading into his last season with the Seawolves, is already tied for ninth on Stony Brook's all-time point scoring list.



BASIL JOHN / THE STATESMAN

## The Stony Brook men's lacrosse season picked to finish second in this year's America East preseason coaches poll. The Seawolves kick off their season on Feb. 7 against Manhattan.

The Seawolves look to continue their string of recent success, as the group has reached the America East Tournament in each of the last 13 years.

The team is returning 14 upperclassmen and 95 percent of last year's scoring output.

UMBC took third in the poll, followed by Binghamton, Hartford, Vermont and UMass-Lowell respectively.

UMBC was arguably the second-best team in the league last year, falling victim to the momentum of Albany's thrilling semifinal win over Stony Brook in the America

East Championship game.

The Seawolves finished off last year with a record of 6-10 overall.

They also went 2-3 in the America East conference play.

Two of their losses came to rival Albany.

This included a 17-16 overtime loss in the America East Championships to end their season.

The team sports 10 home games for the second straight season.

SBU will have its season opener at Kenneth P. LaValle stadium on Feb. 7 against Manhattan.

After six non-conference games, including matchups

against No. 3 Duke Blue Devils and the Fairfield Stags, the Seawolves take on No. 11 Albany at home on March 14 to kick off their conference schedule.

Other conference games include versus UMBC on March 21, at Vermont on March 28, at UMass-Lowell on April 10, versus Binghamton on April 18 and at Hartford on April 24 for the regular season closer.

After a couple of years to mature together, losing because of a lack of experience is no longer plausible. As the poll dictates, the Seawolves are expected to step up, starting now.

## Upcoming SBU Sports Schedule

### Men's Basketball

Saturday, Feb. 7  
7 p.m. vs. Vermont

### Women's Basketball

Wednesday, Feb. 4  
7 p.m. at Vermont

### Men's Lacrosse

Saturday, Feb. 7  
1 p.m. vs Manhattan

### Track and Field

Thursday, Feb. 5  
Metropolitan  
Championships  
New York, N.Y.

Friday, Feb. 6  
Giegengack Invitational  
New Haven, Conn.

### Club Hockey

Friday, Feb. 6  
9 p.m. vs Rutgers

Saturday, Feb. 7  
8:30 p.m. vs Rutgers

# SPORTS

## Men's basketball tops Hartford, falls at UNH

By David Vertsberger  
and Zach Rowe

Assistant Sports Editor and Staff Writer

In need of a convincing victory over one of the conference's elite, Stony Brook exhibited its defensive moxie in a 72-66 home win on Wednesday night over Hartford. Throughout the night, the Seawolves defense kept the game within reach despite their opposition leading nearly wire-to-wire.

The Seawolves lost their 2-0 lead at the 17-minute mark and would not retake it until just seven minutes remained in the contest. SBU made just three of its first 15 shots, falling behind 13-6 in the early going.

"In the first half we were lackadaisical. We didn't have no energy in the first half, the first 17 minutes," Jameel Warney, who finished with 13 points on 6-13 shooting, said following the win. "We didn't know what they were going to throw at us in the first half. Every time they threw the ball to me in the high post to me, multiple people crashed down."

Stony Brook was stifled by the Hawks' uber-physical man defense and their scheme against the high-low. Warney's first low-post touch came six minutes in, with Hartford's defense collapsing on him whenever he came near the paint.

The Seawolves' offense eventually got off the ground with a five-point spurt from freshman Deshaun Thrower, but Hartford would clamp down once again and jump out to a 23-14 lead. Junior Carson Puriefoy could not find the bottom of the net, Stony Brook's role players were unable to create opportunities, and Warney hardly got touches he could work with.

On the bright side, SBU's defense shined throughout. Despite shooting just 38 percent from the field in the first half, Stony Brook allowed only two fast break points from the Hawks. "They're danger-



Roland Nyama (above, No. 24) scored a career-high 22 points against Hartford.

ous in transition because they make threes. We wanted to do a good job, I thought we had a good scout on them," Head Coach Steve Pikiell said. "I thought our defense was good the whole night."

It was this defense that never allowed Hartford to extend its lead past nine points. The Hawks leading scorer on the season, Mark Nwakamma, scored just 10 points on 4-12 shooting thanks to Warney's pestering.

"Defense is obviously the main focus here. I had a bad offensive night but I feel like I can help the team in other ways," Warney said.

Stony Brook pulled within three points come halftime, when redshirt freshman Roland Nyama took over. Nyama had just three points in the first half, but completely flipped the script in the final 20 minutes.

"I was mostly looking at how they were playing me," Nyama said. "First look is always to feed it to Jameel since that's our best option. They weren't

looking for me so I just capitalized on them not really playing me and found angles, found the open lanes."

Nyama finished with 22 points on 5-8 shooting from the field and 3-5 shooting from distance, sparking the Seawolves on both ends. With Hartford's defensive focus on Warney, Nyama looked to create off the dribble aggressively, and it paid major dividends.

"It was great to see [Nyama] get loose, get energy plays, offensive rebounds, just playing with emotion," Warney said.

"The way they were playing [Nyama,] he made that adjustment. He went by people, got to the foul line, they fouled him, got up in the lane," Pikiell added. "If teams are gonna hug you on the perimeter like that, then you gotta make plays. He made plays, and as he made more he got more and more comfortable."

Nyama's play sparked a 15-0 SBU run midway through the sec-

ond half, taking the Seawolves from an eight-point deficit to a seven-point advantage.

The run allowed Stony Brook to lean on its defense and timely buckets to coast to the win. Although Puriefoy struggled from the field, his defense in the final minutes was impeccable and he went 8-9 from the charity stripe.

"I love [Puriefoy's] defense and that's what we go on now. When he plays great defense he really helps us, and their guards are good," Pikiell said.

"I want to keep him focused on that end of the floor and when he's locked in on that end of the floor it helps his offense too."

With this 72-66 win, Stony Brook sealed its first win over one of the better America East teams this season, but on Saturday the Seawolves suffered one of their toughest losses.

Facing off against the University of New Hampshire Wildcats, the Seawolves looked thoroughly outclassed

against their opponent, falling 63-48. The team shot just 31 percent from the field and failed to show its usual domination on the glass as the team fell to 6-3 in conference play and 15-9 on the season.

The Wildcats started out quickly, taking an early lead thanks to strong play from forward Taylor Leissner.

Stony Brook lacked the offensive punch the Wildcats showed, and the UNH lead grew throughout the first half, which ended 29-25 thanks to a late run from the Seawolves.

However, the second half did not show the Seawolves making any significant adjustments to retake the lead. Right out of the gate, two three pointers from UNH's Matt Miller put the Seawolves down by eleven. From there, the game quickly got out of hand.

The Seawolves never came close to threatening again, and the game came to a merciful end with the score 63-48.

Warney's play was the lone bright spot for Stony Brook that day.

He put up a dominating display in the paint, putting up 20 points and 15 rebounds for his nation-leading 15th double-double.

However, his surrounding players failed to give him the necessary support.

The normally solid Rayshaun McGrew had a weaker day, and junior guard Purefoy struggled mightily on the offensive end, shooting only 2-10 with four turnovers.

Starters Ryan Burnett and Nyama failed to register a field goal on the day as well.

Sophomore guard Kameron Mitchell did flash much improved ball handling, leading the team with four assists.

Facing an uphill battle for conference tournament seeding, the Seawolves will now host Vermont next Saturday.

## Seawolves lose to Hawks at home, bounce back against Wildcats

By Andrew Eichenholz  
Assistant Sports Editor

The Stony Brook women's basketball team lost a game on Thursday night because of a battle that they won.

With momentum shifting back and forth all night, it was Hartford's rebounding in the game's critical moments that allowed the Hawks to come back and beat the Seawolves in the final minute, with Deanna Mayza hitting a confident pull-up jumpshot to seal the 60-58 win.

Stony Brook's team prides itself on its toughness and grit, which comes in handy every game. This is especially evident in the effort that the entire team puts forth in the paint.

On average, the Seawolves have plucked 8.7 more rebounds off the boards per game than their America East opponents, right behind Albany for tops in the league.

Yet, against a Hartford team that Stony Brook always dominates in the rebounding department, the Seawolves only won the battle by one board. That was the difference down the stretch, and a key offensive rebound that led to Mayza's game-

winner forced Head Coach Caroline McCombs' team to play from behind in the waning moments.

Senior Sabre Proctor, who came off the bench with only minutes left in the game after a long sit-down because of foul trouble, had a deep look from three-point range for the win. But, it would not fall for the team's leading scorer. One could argue that the ball was in the right person's hands.

A busted play on the team's first attempt for the win forced McCombs to draw up a play with only seconds remaining, making Proctor's shot rushed.

If Stony Brook overcame the seventh best rebounding squad in the conference by a moderate margin on the glass like they usually would, it would not have come down to that.

But, there were some bright spots, in that the Seawolves saw contributions from faces not seen in the spotlight quite as often, slightly alleviating the time Proctor spent on the bench.

Junior Kim Hanlon, always a shooting threat from the outside on spot-ups, was far more active in this game. She nailed three long-range shots in her 11 point night. That tied her career high as a Seawolf, and her

six rebounds were key to keeping the Hawks' athletic forwards off the glass more than they already were.

Sophomore Kori Bayne-Walker has shown time and time again that she is the team's most dynamic get-to-the lane threat throughout her college career, and Thursday's game was no different. Much like the men's team's Carson Puriefoy, Bayne-Walker used her explosiveness to get into the paint and draw fouls, getting to the line over and over in her 11 point, seven assist performance.

Despite all the statistics, something that will not show up in the post-game notes was a key review with 1:22 left just after Bayne-Walker missed two free throws. Junior Brittany Snow, as she always seems to do, negotiated her way around a box-out and fought for the rebound, which was heading out of bounds. The referees called it Hartford ball on the floor. Despite it appearing that the Hawks defender touched it last during a video review, officials maintained that possession would stay with Hartford.

Sophomore Christa Scognamiglio hit a key three-point ball with less than a minute remaining to tie the game, but one could only won-

der what kind of a role the possible missed call would have played.

"I can't control those types of things," McCombs said understandingly after the game. "I just ask that my players give great effort, and whoever's hand the ball goes out on, we just go with the call."

Snow did put forth the effort, and it seemed to give the Seawolves energy on the defensive end to get a stop which would later allow Scognamiglio a chance to tie the game in the first place.

Despite the tough loss, bringing the team to 4-4 halfway through conference play, McCombs was happy with some things.

"Proud of our effort," the first-year Head Coach said. "I thought we competed throughout the whole game. [It was just] a couple plays, they made one more play at the end of the game and that's all that you need."

In a major tone-setting game for the rest of the year, Stony Brook beat UNH 60-52, taking a step in the right direction against a solid team.

The Seawolves lost to UNH earlier in the season, but came out strong against the Wildcats on the defensive end.

A nine-point lead in hand with only moments remaining in the first half, the Seawolves made a few careless mistakes to let UNH stay in touch.

Sophomore Kori Bayne-Walker, who was key in driving through the Wildcats defense early on, attempted to save a ball heading out of bounds, instead tipping it to her opponent who scored. A three-pointer on the next possession, and UNH pulled within four at the half.

But, the Seawolves managed to regroup in the big conference matchup against the same team they beat in the America East semifinals last season.

Leading the way was sophomore sharpshooter Christa Scognamiglio. As she has done all season long, the guard hit long-range shots when they mattered most.

On the game, Scognamiglio connected on 3 of 6 three-pointers for 15 points.

Three other Seawolves also reached double digits in what once again was a team effort, a common theme for this year's Stony Brook team.

McCombs leads her squad to Burlington on Wednesday night for a 7 p.m. matchup at Vermont.