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ANNA CORREA / THE STATESMAN

A woman holds up a sign at an Earthstock event in the SAC on April 21. The week-long celebration was held in honor of Earth Day and SBU's green campus initiative.

GSO brings CNN's Sanjay Gupta to campus

By Joseph Konig
Staff Writer

In April 2003, respected neurosurgeon Dr. Sanjay Gupta was just outside of Baghdad embedded with the Devil Docs, a Navy medical unit he was reporting on as a CNN correspondent. Sandstorms obstructed visibility and air support was limited. While on patrol, a 23-year-old U.S. Marine named Jesus Vidana was shot in the back of the head by a sniper.

"They thought he was dead," Gupta recalled on Saturday at the Center for Leadership and Service in H Quad.

Vidana was still alive, but barely. The Devil Docs turned to Gupta and asked him to help because they had no neurosurgeons nearby. Gupta quickly agreed, but the medical tent Vidana was in, while high-tech, was not properly equipped for neurosurgery.

"So I took a Black and Decker drill that we had used to put up our tents," Gupta said. "Sterilized the bit, and actually removed the back of his skull to try and decompress his brain."

With part of Vidana's skull removed, Gupta extracted the bullet – lodged near the brain stem – and used a cut open sterile IV bag to protect Vidana's brain from the elements. Soon after, Vidana was air-vacced and ultimately survived with little lasting physical damage.

This tale of brain surgery in a desert war zone with a handyman's drill was just one of many captivating anecdotes Gupta recounted in a talk organized by the Graduate Student Organization (GSO) for their annual lecture series. Gupta spoke on his career, health policy and the media, all while cracking jokes and relaying the best advice he ever received.

"Do something that scares you everyday," he told the crowd of about 500 students, faculty, and alumni.

"With regard to the tweaking, if you will, the fine tuning, how we look at the world – a lot of that happens when we're pushed slightly outside of our comfort zone."

The organization brought Gupta to campus for \$77,500, according to GSO President Vahideh Rasekhi (a comparison: Michelle Obama would have cost \$2 million), as an entertaining and informative speaker.

The lecture series, in its third year, previously brought Neil deGrasse Tyson and Trevor Noah to campus.

"We wanted somebody who has enough celebrity to draw students, but is also going to talk about something engaging," GSO Treasurer Joseph Verardo said. Gupta fulfilled both those credentials, although he did not draw as big a crowd as the

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Stony Brook community marches for science in D.C.

By Anna Correa
Contributing Writer

Members of the Stony Brook community traveled from campus to Washington D.C. on Earth Day, April 22 for the March for Science.

The March for Science was a nonpartisan event, celebrating science, research and public interest in the sciences. 40 students, faculty, staff and Long Island community members traveled to the march to speak up against federal budget cuts to groups like the Environmental Protection Agency and the National Institute of Health.

"Global warming is everyone's problem. Every single animal has a purpose. Elephants have a purpose. They do the landscaping in the grasslands. The bees are going extinct, because of fertilizers," Michele Alman, a veterinarian technician and animal advocate who learned of the march through a Google search, said. "I try to do

things with a space of love when I advocate."

The Neuro Action Group (NAG) is a group of concerned scientists consisting of graduate students and professors who want to have a greater impact on the Stony Brook campus as well the local community.

Several of the outreach programs NAG has conducted have attempted to get more undergraduate students to become involved in local voting, speak with Congressman Lee Zeldin and plan events like the bus trip to D.C. Some of the professors in the group also attend local rallies to raise awareness.

"The march was pretty good," Lyl Tomlinson, a fifth year graduate student pursuing a Ph.D. in neuroscience and a NAG member, said.

"A lot more scientists appeared than I thought would. It was very energized." The group received

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ANNA CORREA / THE STATESMAN

Members of the Neuro Action Group marched in Washington D.C. for the March for Science on April 22.

EU Commissioner visits the Alan Alda Center to discuss the future of science

By Rebecca Liebson
Assistant News Editor

In what many are referring to as a "post-facts" era, where long-held scientific truths are met with skepticism and the Environmental Protection Agency and National Institute of Health face potential cuts, the European Union's commissioner for research, science and innovation, Carlos Moedas, feels there is a lot to be hopeful about.

"I think this is a wonderful time to live and a wonderful time to create things and invent and study science," he said. "We are at the tipping point of something very big in most industries."

Moedas, who visited the Alan Alda Center for Communicating Science at Stony Brook University Thursday to speak about how to improve scientists' discourse with the public, got here after a chance encounter with Alan Alda last year.

The two were both attending the Kavli Prizes in Norway, an award ceremony which recognizes scientific accomplishments. Moedas, who gave the keynote speech at the dinner that night, included a quote from Alda, one of the masters of ceremony, not knowing he was in the room. Afterward, Alda came up to him and they immediately hit it off, agreeing to collaborate in the future.

During his visit to the Alda Center, Moedas set out to learn how to better alleviate the paranoia surrounding science through storytelling.

"People are afraid of change and afraid of things that are coming because we are not telling them the whole story of it," he said. "We are not telling them the important bits and pieces that these transformations will [bring] them."

Moedas got a chance to practice his narrative and nonverbal communication skills, participating in improvisation exercises, where those involved had to think on their feet

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EU Commissioner Carlos Moedas spoke about how to improve scientists' discourse with the public on April 20.

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Moedas sees science as a unifying force in the world

Continued from page 1

in order to keep the conversation flowing. In his eyes, unique teaching methods like this are what make the Alda Center an invaluable resource.

"It's not about telling [people] what to do, it's about making you live the experience yourself, and something that will never be digitized," said Moedas, adding that he was excited to bring what he'd learned back to Europe.

On the world stage, recent backlash against globalization — from Brexit to President Trump's proposed border wall — has created new challenges for Moedas, whose job deals with promoting EU-lead research internationally.

"I think we have to be able to explain that you cannot stop technology, you cannot stop globalization," he said. "You have to embrace it and correct it and civilize globalization to create less inequality." He went on to explain that in this day and age, where technology is already so advanced, interconnectedness among scientists of all nationalities is more crucial than ever.

"When Einstein wrote general relativity theory, he wrote it alone. Last year when the gravitational

waves were detected... that same article that proves that man 100 years ago was right, was written by 1000 different people from different countries," he stated, adding that modern advancements in science were "no longer a question of one man."

Aside from helping society evolve, Moedas feels that cross-country collaboration in technology could be a useful peacemaking tool. In an upcoming trip to Jordan, Moedas will get to meet with scientists from Jordan, Israel, Palestine and Iran, who have put aside historical disagreements to work together on the only particle accelerator in the Middle East.

"Normally they would never all sit together," he said. "So it's creating bridges for peace through science."

While the internet has helped act as a unifying force for researchers, Moedas sees the potential for it to make that research more accessible to the general public.

"Science today is at the tip of your fingers. We have to tell people that even if they are not formal scientists, you can do science today," he said. "The involvement of society will be even bigger in the future with this digital revolution which is democratizing science."

Gupta found motivation after Gulf War

Continued from page 1

previous two lecturers who filled IFCU Arena.

Gupta, a cable news stalwart for the better part of 20 years, has made a career off of being engaging when discussing subjects in his "blended life of medicine and media." He graduated medical school in 1993, and by 1997, before he had even finished his neurological surgery residency, he received a fellowship for a year at the White House, writing healthcare speeches for the Clintons.

In August 2001, he signed on with CNN to talk about healthcare.

"Three weeks later, the attacks of 9/11 happened," Gupta said. "I went from being a guy who was going to be a health policy wonk on television to the only doctor at an international news network in the middle of [a war]."

It was an earlier war, however, that had rooted an idea in Gupta's head that would make him one of the medical world's most recognizable faces.

"I remember watching the Gulf War on television," Gupta said. He was in college, studying medicine.

"I remember seeing these green flashes on screen. I couldn't even tell if it was a missile going up or a bomb coming down, but you always knew somebody was going to get injured."

Gupta wanted to tell the stories of those injured, and the medical profes-

sionals who went in and helped them after the green flashes faded away.

A few months after Gupta treated Vidana near Baghdad, he was back in the U.S. and received a phone call. The person calling said they had an update on one of Gupta's patients.

"Do you remember operating on Jesus Vidana?" the voice on the phone asked.

Of course, Gupta remembered.

"How could you forget operating on Jesus in the middle of the desert?" Gupta joked on Saturday.

Vidana had nearly recovered in full and was rehabilitating in southern California. A little while later, Gupta was in California and stopped by to visit.

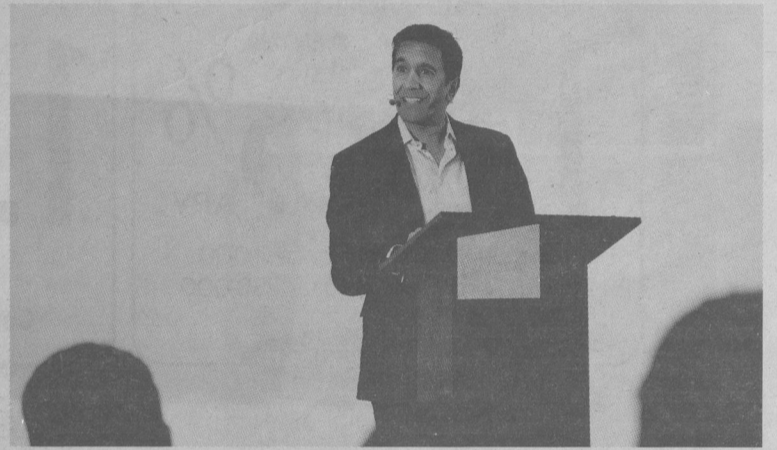
"We sat down and started to talk, all of us. Jesus, his parents, and I," Gupta said. "What was extraordi-

nary to me was that, I realized, they had never really talked about it."

Life goes on, Gupta conceded. People do not want to talk about what scares them or what causes them pain. On the day Gupta visited his once-patient, they did talk about Iraq and the shooting and the messy intricacies that lay beneath the surface.

"I'm not sure that it made this huge difference in their lives, but I think it is a lesson that we can all learn," Gupta concluded as he wrapped up his talk. "Do something that scares you every day in an effort to try and learn more about yourself and hopefully make the world a better place. It's worked for me, and I hope it works for you."

Then, with his made-for-TV grin, Gupta walked off the stage to go find something that scares him.



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CNN correspondent and neurosurgeon Dr. Sanjay Gupta speaks at SBU on April 21 about health and the media.

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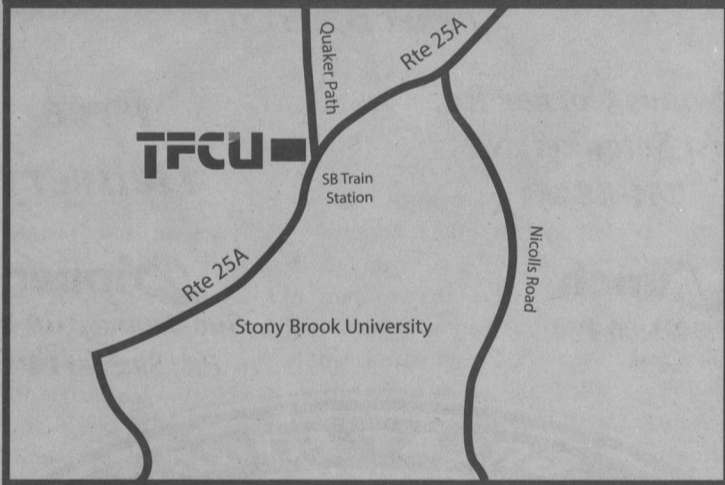
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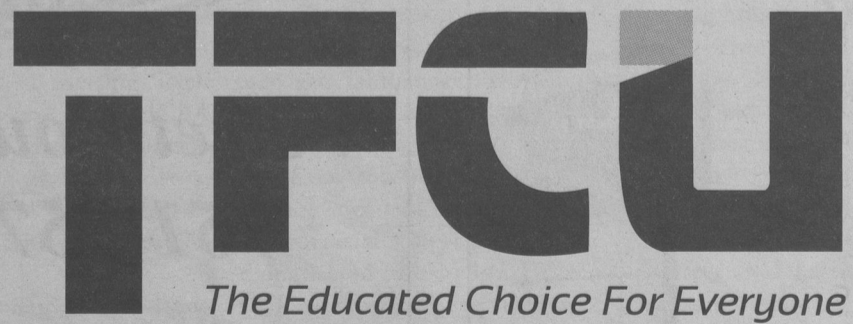


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Bill Nye participates in March for Science

Continued from page 1

assistance with funding from Joseph Verardo, the treasurer of the Graduate Student Organization.

Thousands of people attended the main march in Washington D.C., but it was a global event, with 610 satellite marches happening around the world in countries such as Australia, Brazil, China and Nigeria.

Bill Nye, one of the co-chairs of the March for Science and a well-known science educator and TV personality, hyped up the crowd at the rally before the march.

"Science must shape policy," Nye said to the crowd. "Science is universal. Science brings out the best in us... With an informed optimistic future, together we can — dare I say it — save the world!"

Costumed individuals attended the march in the pouring rain, representing all aspects of science. There were people in blown-up dinosaur costumes trudging around and others who dressed as bees or bears in onesie pajamas.

Then there were those who dressed up in full suit, makeup and wig as historical figures such as Nikola Tesla, or fictional characters who advocate for science such as Rick from the show Rick and Morty.

"I went to the New York City Women's March," Lara Fran-

ceschinis Tshering, a graduate student pursuing a masters in pharmacology and a NAG member, said.

"Obviously, there were more people at the Women's March, but it's nice to see how many people showed up for science."

The crowd chanted, "This is what a scientist looks like," "Keep Earth cool," "I believe in science" and "There is no Planet B" throughout the march.

It was a calm and concerned crowd that marched from the Washington National Mall to Union Square, where marchers placed their signs on the gates in front of the White House.

"This was my second march in D.C.," Jane Fasull, group chair for Long Island's Sierra Club, SBU alumna and retired computer science and math

teacher, said. "I was born in a very healthy Long Island environment. I saw a deterioration happening, and I needed to do something. It's like watching a dog about to be hit by a car. You can't just sit back and do nothing, you have to at least scream."

Fasull, who said she has participated in two marches in Albany, is organizing a bus to the People's Climate Movement March for next Saturday, April 29.

About seven buses from Long Island and two from New York City are heading to Washington D.C. for the event, Fasull said. There will be sister marches as well.

For those who want to join a march, there are open seats on buses across Long Island, including the Friends of Fire Island National Seashore bus.



ANNA CORREA / THE STATESMAN

Some of the marchers appeared in full costume on Saturday, with this duo sporting dinosaur outfits and holding up signs.

Police Blotter

On Monday, April 17, at 10 a.m., an iPod was stolen from an individual at the Math Tower. The case remains open.

On Monday, April 17, at 12:15 p.m., a student was arrested at Whitman College for trespassing into a restricted area. The case is closed.

On Monday, April 17, at 12:34 p.m., a vehicle using a fake handicapp permit was found at the South P Lot. The case remains open.

On Monday, April 17, at 1:04 p.m., an attempted burglary that took place on March 27 was reported to police. A window in Eisenhower College's ground floor lounge was removed and left on the floor and the mesh screen was ripped apart. The case remains open.

On Monday, April 17, at 3:30 p.m., a camera was stolen from an individual at the Chemistry Building. The case remains open.

On Monday, April 17, at 5:30 p.m., the parking gate at University Hospital's Radiation Oncology Parking

Lot was broken. The case remains open.

On Monday, April 17, at 5:31 p.m., harassment was reported at University Hospital's Comprehensive Psychiatric Emergency Program. The case was closed as the victim refused to cooperate.

On Monday, April 17, at 9:32 p.m., a Stony Brook University sweatshirt, ID and numerous bank papers were stolen from a locker at West Side Dining's employee locker room. The case remains open.

On Tuesday, April 18, at 10:00 a.m., the parking gate of the University Hospital Radiation Oncology Department parking lot was damaged. The case remains open.

On Wednesday, April 19, at 2:39 p.m., an iPad was stolen from an individual at the Chemistry Building. The case remains open.

On Wednesday, April 19 at 9:57 p.m., the exit gate arm of University Hospital's Radiation Oncology Department Parking Lot was broken. The case remains open.

Compiled By Matthew Yan

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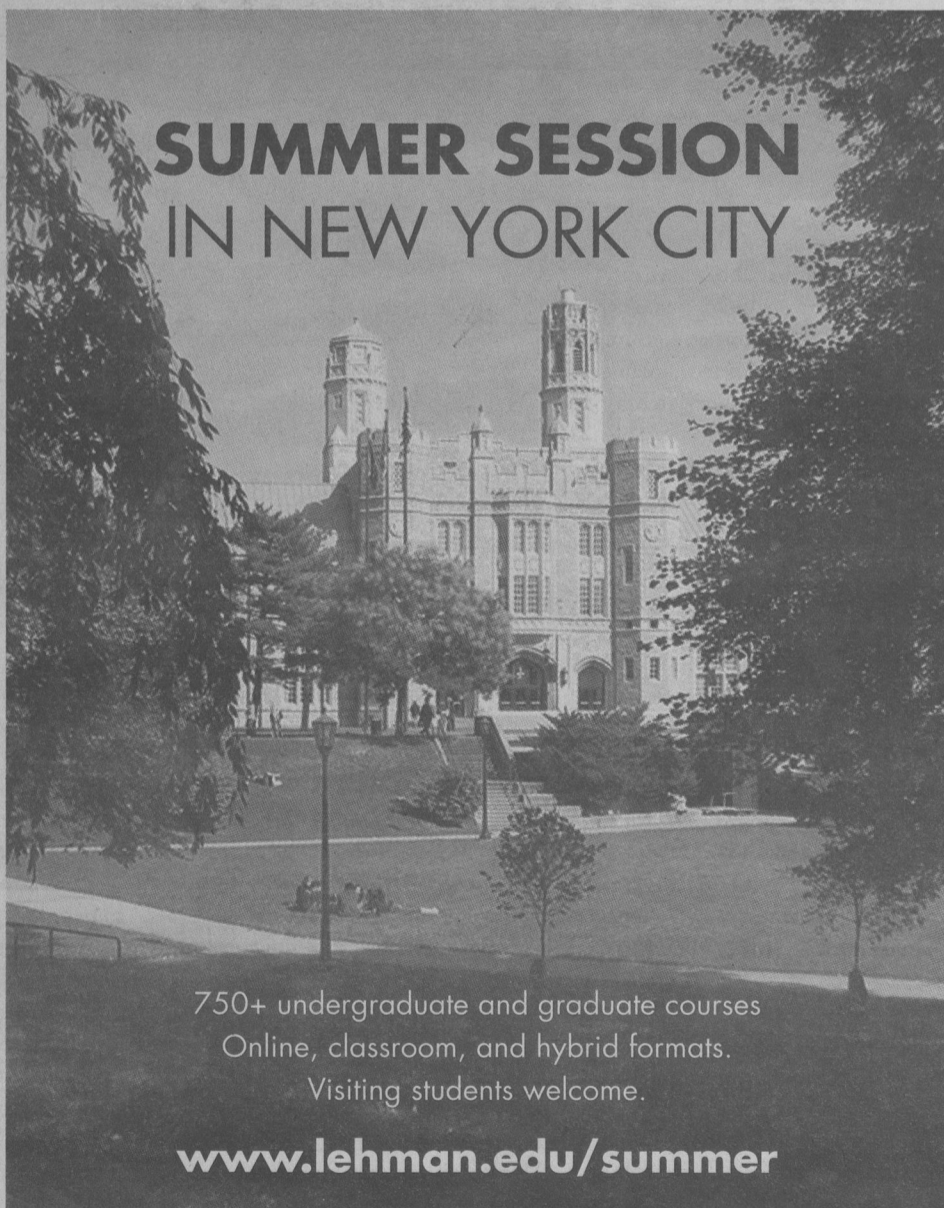
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ARTS & ENTERTAINMENT

Teams prepare boats to race, or sink, at Roth Regatta

By Jill Ryan
Contributing Writer

It is almost that time of year again. With only duct tape and cardboard, teams from all over campus are getting ready to race across Roth Pond in the highly anticipated spring tradition, Roth Regatta.

The event on April 28 starts at 12 p.m. and currently has 40 homemade boats registered to compete, although that number is subject to change. While students in the audience surround the pond to watch the race, they will be treated to food from Shake Shack and Campus Dining, Patrick Smith, sophomore political science major and Roth Regatta Student Committee Chair said.

The boats will be designed to match this year's theme: Superheroes vs. Supervillains.

Since 1989, Roth Regatta has been organized by the Undergraduate Student Government. Behind the event's merchandise and advertisement is Max Shaps, the vice president of communications in USG. He said he and his team plan to give away 3,000 shirts that their office designed to match the event's theme.

There are three awards given out at the end of the race: one for the first place winner, one for the best artistically designed boat and one for the fan favorite boat.

The Stony Brook Marching Band, who won the last two years' races, has been preparing for the upcoming competition for over two weeks in hopes of notching a three-peat.

They have not yet decided what superhero or supervillain they will fashion onto their boat because their strategy is to build first and design later, Zach Kummer, a junior clinical laboratory science major and co-coordinator of the Marching Band boat building, said.

"I know some people build their boat to a design, but our boat structure has not changed in

the last three years or so," Shane Gallimore, a junior marine vertebrate biology major and the other co-coordinator, said.

"We literally make a solid boat-shaped box and it's worked for us in the past."

Their goal is to win the race and leave the best design to others, according to Kummer.

"We know that we're not going to win the most creative or most artistic, so we try to just win," Kummer said. "Because you see Toscanini's boats every year are super artistic and flawless."

Toscanini College, a Tabler Quad dormitory, won last year's best artistic design and fan favorite for "The Big Murtha," a boat made to look like a giant squid.

This year, they have about a dozen people helping out on two separate committees: structure and design.

"Everyone kind of caters to their own strengths," John Defrancisci, a sophomore civil engineering major and member of their structure committee, said.

A freshman introductory physics class taught two of Toscanini's builders a buoyancy equation that will come in handy, Michael Wander, a sophomore physics major who is helping to build the boat, said.

"With our base wrapped, it can displace water up to 1,000 pounds or something, so right now we're feeling pretty good with what we have," Skye Williams, a sophomore physics major who is also helping build the Toscanini boat, said. "It's good to have that science background just to be sure."

The design they have in mind is the Codename: Kids Next Door treehouse from the namesake Cartoon Network TV show. However, their idea may change since they do not wish to have the same idea as other teams.

"No one wants to see the same boat like 15 times," Defrancisci said.

Toscanini usually does grand pieces when it comes to design, Smith said. In addition to his coordinator role, Smith is also a resident

assistant in Toscanini, but he said that he is not involved in the construction of Toscanini's boat.

"I've stayed very off limits to the Toscanini boat, specifically," Smith said. "I am not personally a judge. I have appointed judges. I have been in contact with them, so really it isn't up to me."

However, Toscanini and the Marching Band will be met with competition not seen in four years: the Ultimate Frisbee club.

"I wasn't here, but the stories or nightmares I heard from some of the alumni, were like, 'Oh we'll build this boat, it's so much fun,' and then no one had time until the night beforehand and they built it as an all-nighter and they were spray painting the boat at Roth Regatta," Kelly Pabon, a junior engineering science major and secretary of the Frisbee Team said.

But now, about 25 members promise to help build a four-person boat in a member's garage after the club's practices, which occur three times a week. They also plan to bring Cap-

tain America's signature shield to the water.

"The structure will be more like a box, then either the shields would be on either side or there would be holes cut for us to sit in and it would be on top," Brett Keeler, a sophomore biology major and vice president of the Frisbee team, said.

While Ultimate Frisbee thinks a four-person boat is the best way to get more people involved within its club, students can now register two-person boats, unlike last year. Smith allowed teams to construct two-person boats in order to get more students to participate.

"I think it really allows people that might not have the biggest budget, like if you and a friend just want to build a boat and can't find two other people," Smith said. "I think that it really opens that opportunity to a different variety of students."

In fact, Shaps and Jonathan Rodriguez, information systems major and senior class senator, are doing just that. While they haven't started on their boat, these two have been spitballing ideas for their self-funded boat design.

"We have two major ideas, one of them is Captain Underpants and the other one is Bert and Ernie from Sesame Street. They're heroes to us," Rodriguez said.

This year, Shake Shack will be giving out free merchandise and food samples, but Campus Dining is Roth Regatta's main food vendor. They will serve chicken wings, hamburgers, hot dogs, vegetarian samosas, vegan wraps and truffle fries.

With a similar budget to last year's of \$26,000, including the National Association for Campus Activities (NACA) Award the event won this year for "Best Campus Tradition," Smith believes Roth Regatta will be memorable.

"I think this event is definitely the hallmark of Stony Brook," Smith said.



ERIC SCHMID/STATESMAN FILE

Stony Brook University students celebrate winning a heat at Roth Regatta on April 29, 2016. The theme for last year's Roth Regatta was "Under the Sea and Far Beyond."

Dressing up for a cause at LGBTQA's 10th Annual Drag Show

By Luis Ruiz Dominguez
Contributing Writer

As a way to raise money for the LGBT homeless community, faculty, students and professionals dressed up in extravagant drag costumes for the 10th Annual Drag Show on April 14 in the Student Activities Center Auditorium.

The event, hosted by the Stony Brook LGBT Alliance, served as a fundraiser for the Ali Forney Center, a New York City-based community center that helps LGBT homeless youth, and for the Stony Brook Emergency Housing Fund, an organization that the LGBTQA hopes to kick off this year.

"The idea of the fund is to have money reserved for students that could potentially be homeless during intercession or summer break and help them pay for housing," Sydney Gaglio, a

junior theater arts major and the president of the LGBTQA, said.

The event, which was hosted in the Tabler Arts Center Black Box Theater in past years, was moved to the SAC auditorium because this year was a special one. Not only was it the 10th year of the show, but it was also the first time it served as a fundraiser for two organizations instead of one.

The auditorium was nearly filled to capacity despite many students leaving campus for Easter weekend.

"I was either terrified that we were going to be in this giant space with no people, or in this giant space filled with people," Gaglio, also known by her drag name Syd Alexander, said.

"But I'm really glad that there was such a huge turnout because its community members, students, faculty, staff and alumni that come together for a good cause and to have fun."

Drag shows usually feature performers, both men and women, dressed up as the opposite gender that sing or lip-sync songs while performing choreographed routines.

Performers often wear extravagant costumes and makeup, and are sometimes dressed to imitate famous singers, performers or personalities.

The professional guest impersonators this year featured Sasha Halliwell, who performed a Formation Tour mix as Beyoncé. She has been performing at the drag show since its second year.

Another drag queen who goes by the name Miss Patricia said that she and other professional drag queens and kings participate in this event because they like the positive atmosphere, crowd and, of course, supporting the charitable cause. She performed a Lady Gaga mix and was joined by Halliwell for a collaboration of "Telephone."

Faculty members also participated in the event. They included Sheldon Coleman, the associate director of facilities operations, whose stage name is Shelly Lemonade and Chris D'Orso, the assistant director of admissions, whose stage name is Christy Belle.

Other faculty members who participated included Chris Tanaka, the coordinator of LGBTQ Services, whose stage name is Chris P. Kreme, and Christine Noonan, the director of student engagement and activities, whose stage name is Nooney Tunez.

SB Live performed during the intermission and a few of its male members joined the drag by donning dresses, makeup and wigs.

The last and probably most memorable performance of the evening was a collaboration between the three professionals,

Miss Patricia, Halliwell and Savannah, who took the stage to perform "Read U Wrote U," a song by the famous drag queen RuPaul featuring The Cast of RuPaul's Drag Race All Stars, Season Two.

"This is my seventh year doing it after hearing about the show from Sasha," Miss Patricia said. "I just love doing the show because the crowd is so good and Stony Brook has always been accepting of the LGBT community, and it's awesome that they even allow the club here to even have a drag show."

While the show raised \$1,200 last year and has consistently raised over \$1,000 the past three years, Gaglio said that "although final counts were not complete," they were "close to raising close to \$2,000" this year, which would set a new record for the most amount the event has raised.

Unicef Talent Show raises funds for campaign to combat child marriages

By Justine Josue
Staff Writer

The Stony Brook Unicef Campus Initiative hosted its third annual talent show in the Student Activities Center Auditorium on Wednesday night.

This year, the event was used to highlight the End Child Marriage campaign, an effort to combat the practice of forcing minors, most commonly young girls, into marriage. This practice is most prevalent in South Asia, Sub-Saharan Africa and Bangladesh, according to unicef.org. Donations were accepted at the door and videos with stark images of the reality of child marriage were shown during intermissions.

Eshani Goradia, a sophomore biology major, and Aditi Prabhu, a sophomore biology and psychology double major, kicked off the show with a duet of "Little Do You Know" by Alex and Sierra. Their harmonies mixed so seamlessly that

you wouldn't guess it was their first time publicly singing together.

Following them was Frankie Matos, a junior music major. First, he sang "Thinking Out Loud" by Ed Sheeran while playing his acoustic guitar. The audience cheered and began clapping to the beat after he effortlessly hit the highest and most powerful note of the song.

His second song was an original love song called "My Remedy." Some audience members showed their support by singing along.

Jakub Lewkowicz, a senior journalism and music major, also showed his ability to play an instrument and sing at the same time. With his piano, he created a beautiful ballad out of "Teenage Fever" by Drake.

The TYS dance crew brought up the energy with their lyrical street choreography. Their styles ranged from dramatic fluid movements with the mellow song "Sweater Weather" by The Neighbourhood

to fierce hip-hop with "Trap Queen" by Fetty Wap.

At the last UNICEF talent show, they took home the first place trophy.

"We've grown a lot since last year," Ryder Wong Spurgeon, a junior Asian American studies major and secretary of the dance team, said. "The OG members have gotten better and the new members have definitely brought more talent."

All the lights shut off for the next performance. Himanshu Kattelu, a junior computer science major, displayed a different talent with his hypnotic light performance. His routine of spinning lights synchronized with the music elicited the loudest applause of the night and even a thumbs up from a custodian passing by.

Osama Khalil, a junior applied math and statistics and economics major, wrapped up the night with a fiery dance medley performed with two backup dancers, all in brightly

colored matching outfits. He is an instructor of the recreation center's Bollywood Fitness and Zumba classes and used songs and choreography from his classes to spice up the show.

Although some songs were recognized by members of the audience, Khalil performed the familiar routine with new vigor and energy. His hips made the audience go wild, with students chanting his name frequently throughout the dance.

The entire show was livestreamed on the Stony Brook Unicef Campus Initiative's Facebook page, and all who watched, either in person or online, were able to vote through a Google form.

Khalil won 24.8% of the votes, earning the title of runner-up. Matos dominated with 55.9% of the votes, taking home the trophy for first place. Matos has performed at this talent show every year since its creation and this was his first time placing.

"It's my first music award," Matos said. "It's like my first Grammy."

The organization hopes to see this talent show become a growing annual tradition with more performers and bigger audiences, Amanda Bengel, a senior applied mathematics and statistics major and the president of the Stony Brook Unicef Campus Initiative, said.

Although the show ended on a high note, each member of the audience left with a clearer image of how child marriage is affecting the world.

"Seeing these videos opened the door to all these things I have never heard about," Harpreet Singh, a junior biology major and audience member, said. "It made me feel like I was basically there and that I have to do something about it."

All of the proceeds from the night will go toward UNICEF's various campaigns, such as their End Violence, Believe in Zero and End Child Marriage campaigns.

Brookfest student openers prep for their biggest gig yet

By Joseph Konig
Staff Writer

Singer-songwriter Chris Chan and rapper Eric Maxton are preparing for the biggest performance of their lives: opening for Joey Bada\$\$, DNCE and Alison Wonderland at Brookfest 2017. The two earned their spots after auditioning at the Undergraduate Student Government artist release party on March 22.

"That was a wave I have never experienced," Maxton said.

The audition, in front of hundreds of people in the Student Activities Center Auditorium, was his first live performance, and Brookfest will be his second.

"Doing it now on a much larger scale with a lot more people, I'm so excited for it. It's an amazing opportunity."

But this opportunity almost didn't happen. Originally only Chan, who received the most student votes in the USG sponsored competition, was given the opening time slot.

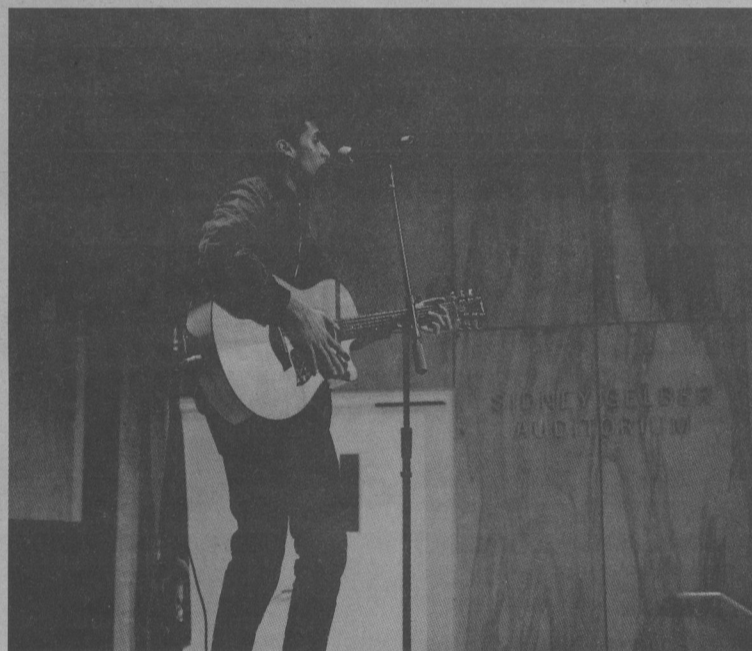
Chan won by a margin of one percent, according to USG Vice President of Student Life Jael Amador.

USG would not confirm exact vote counts, other than the 929 total votes, and Amador denied the accuracy of the vote totals cited by the Stony Brook Independent, who reported that Chan and Maxton finished a single vote apart.

"The next day, Eric Maxton was in my office," Amador said. "Once I saw his passion, it was what made me go, 'Hey, you know what? Maybe I should revisit the idea of having two acts.'"

Amador said that the original plan was to have two student openers, but that idea got lost in the shuffle over the course of a busy semester.

"The whole reason [of having student openers] is to showcase what they love doing," Amador said, adding that he wants as many people to be as successful as possible.



MARIE MATSUNAGA / THE STATESMAN

Student opener Chris Chan performs acoustic music at USG's Brookfest 2017 artist release party on March 22.

The afternoon of March 23, USG announced on Facebook that Maxton and Chan would both open.

Chan, a junior biology major who is set to graduate this spring, decided last year to abandon his intended pre-med track in order to pursue his true passion — music.

"I'll make my mark as a doctor, right?" Chan said. "But I feel like I'd just be an average doctor. If I put all my focus into being a musician, I could make a name for myself that leaves a much greater impact."

The decision has paid off for the singer, who is set to perform in the same lineup as world-famous performing artists.

One of those artists, DNCE frontman and former teenage heartthrob Joe Jonas, grew up in The Assemblies of God Church — the same branch of Christianity that Chan observed as a child in Queens.

"I automatically connect with anyone who's in that same [church]," Chan said.

The Assemblies of God Church is the world's largest sect of Pentecostalism. And while

Chan is still close to his religion, college served as a period of exploration.

"My personal view on spreading Christianity is not really to shove it down people's throats," Chan said.

"I'm just seeing where I fit into the world."

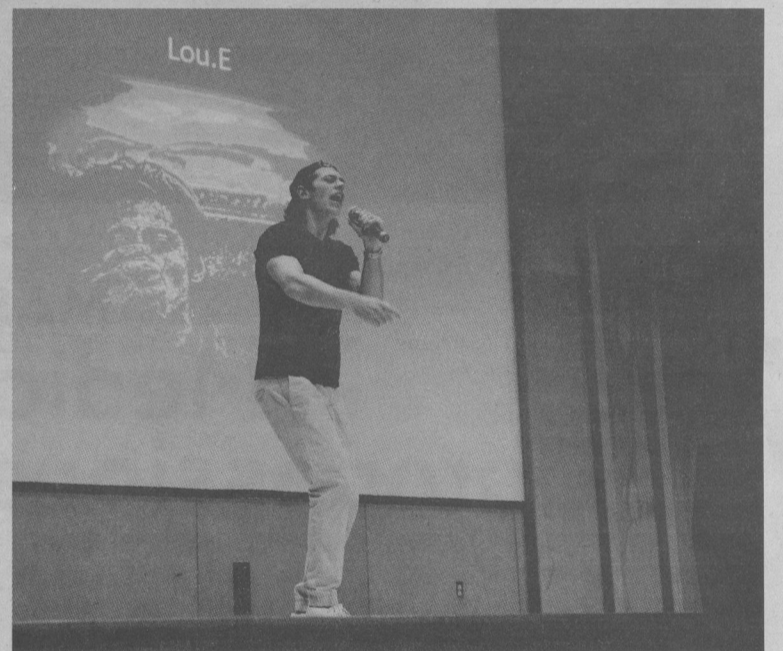
Not only did college expose Chan to new cultures and beliefs, but to new music as well, after a childhood of listening to and singing gospel music.

"It wasn't really until I got to college, I started listening to other stuff."

Now he names The Weeknd, up-and-comer Khalid and Australian singer-songwriter William Singe as his main influences, and frequently covers their songs on his Facebook page.

He plans on singing some of those covers in his 20-minute Brookfest set and he may include some yet-to-be-released original pieces.

The acoustic-guitar strumming crooner said he's been studying The Weeknd's release history, as well as his music, to understand how to build a fanbase.



MARIE MATSUNAGA / THE STATESMAN

Student opener Eric Maxton, known by his stage name Lou.E, rapping at the artist release party for Brookfest.

"I would like to work towards an entire album," Chan said.

This summer he said he hopes to work at a music label to broaden his understanding of the industry.

"But for right now I think I'm just going to have to work on singles," he added.

Maxton, a junior political science major, has been rapping for less than a year. Like Chan, Maxton only got into the music he now performs after coming to Stony Brook.

"I started writing stuff over the summer, but I didn't really have the means to record it or the plans to. It was kind of just something I was doing," Maxton said.

"Last semester, I met a kid who has a mic and recording equipment and everything like that. I went over to his house and recorded and that was when I put out the first project."

His first project, "The Roll Out," debuted in December 2016. His second project, "E," followed in March.

Since then he's released a track once a week, a trend he hopes to keep up through Brookfest,

where he will perform a few of them, along with some of his more popular tracks.

His most popular track, "Sixth Love/Interlude," off "The Roll Out," has over 2,600 listens on his SoundCloud.

On stage and behind the mic, Maxton goes by a different name — Lou.E.

"I don't know who the f**k this Eric Maxton is they're talking about," Maxton said as he walked out at the Brookfest audition.

"I go by the name Lou.E."

For Maxton, Lou.E is a part in a stage production. He has cast himself, as Eminem did with Slim Shady and T.I. with T.I.P., as a more degenerative version of himself.

"We spend so much time caring about the opinions of others," Maxton said.

"This is supposed to be a release for me. I can go in that booth and I can say whatever I want. I don't have to care what really anybody is going to think."

Maxton and Chan will take the stage April 30 to kick off Brookfest 2017 in the SAC parking lot.



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Advocacy & Action Days Committee
Alpha Phi Alpha Fraternity
Alternative Spring Break Outreach
Asian Students Alliance
Black Womyn's Association
Campus Community Emergency Response Team
Camp Kesem Stony Brook
Circle K International
Commuter Student Association
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Stony Brook Bhangra
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Stony Brook Health and Outreach Medical Education
Stony Brook Meteorology Club
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Student Athlete Advisory Committee
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36 PROGRAMS

20 Too Many
3Ds Dodgeball
Advocacy Day
AOD Quad Fairs
Audrie & Daisy
Autism Awareness
Barbershop Talk 2.0
Black History Month Film Series
Boyz to Men
Cancer Dance Off
Connect Red
Cultural Carnival

Dreamcatchers Social
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Flax Pong Beach Clean-UP
It's On Us
Kappa Sigma Series
Latin Night
Lip Sync Battle
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All are welcome to help us celebrate these students', organizations' and advisors' successes.

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SUZIE TREMMEL/FLICKR VIA CC BY 2.0

A typical spread for Passover Seder featuring traditional food such as matzah. While Stony Brook does not offer time off for Passover, some students find this holiday relaxing.

A second spring break that takes place during the actual spring

By Andrew Goldstein
Assistant Opinions Editor

I wasted spring break. While I bookended it with two great parties, I spent the majority of time stuck at home, lethargic and moody.

The week began with the Jewish holiday of Purim. To celebrate a narrow escape from legalized persecution in ancient Persia, my friends and I went to a costume party in Greenwich Village. The following Sunday, my family celebrated my sister's Bat Mitzvah. In between, it snowed so much that Stony Brook sent out emails telling students not to come. I was physically and emotionally cold.

I don't mean to stir the pot and say that we should coordinate spring break so my Passover (and Easter!) is class-free (though it would be nice). I would argue that having a school-cancelling snowstorm during two consecutive spring breaks should lead to consider them pushing it a bit further back.

One of the names of Passover is "Holiday of the Spring." The first day of Passover featured 80 degree, sunny weather. Here, my own real spring break bloomed. As per Orthodox Jewish tradition, I spent the first two days of Passover away from my computer, phone and anything that could be considered schoolwork. No texts or emails were answered. No assignments were handed in (I did them all beforehand). Unable to work on

anything college-related, I didn't have to worry about it.

During the first two nights, my family stayed up with my neighbors until around one in the morning, laughing, eating and telling the exodus story at our Seders. I spent the first day walking around my community in the splendid weather with an old ex-girlfriend, talking about where our lives have taken us. On the second day, I took a gloriously long nap.

I returned to campus on Thursday, mainly to meet up with friends and coordinate on future events. I did not have any serious homework or exhausting classes. I had a picnic on the Staller Steps, caught up on the YouTube I had missed, ate chicken for breakfast and went to sleep early. On Friday, after organic chemistry, I spent the train ride home reading, went shopping with my mom and sister and got ready for Sabbath.

In addition to the overeating and the wonderfully calming experience of going to synagogue to pray, I was able to play *Settlers of Catan* with my brothers and have more nap time. My grandfather came over for the last four days. After Sabbath, I drove to my best friend's house. We spent four hours catching up, complaining and fretting about our summer plans.

My family spent Sunday throwing the baseball around, walking on the beach, watching *Beauty and the Beast* and getting ready for two more days of holiday: more eating, more pray-

ing, more napping, less contact and time to think about school and work.

For both of the last two days we had lunch with other families. On both days, I reached my reading goals. On both days, I went over to friends to play wacky board games, talk about fashion, try new foods and gossip about who's dating who.

The whole week had nice and varied weather. I ate too much. I probably slept the right amount. I deepened my personal relationships. I felt truly recharged to come back to school and write out the articles I needed to write and to study for the orgo test on Monday that was bound to be devastating. I was ready to shift into finals mode. It's wacky that there are only two weeks left to this semester! But I'm ready to work hard.

Spring break is a week dedicated to freedom from the everyday life of college to take stock of where you are, reorganize yourself, have some fun and relaunch recharged for the remainder of the semester. Passover is a week dedicated to remembering and re-experiencing freedom, taking stock of where you are (it takes place six months after Rosh Hashana, the Jewish New Year), reorganize yourself, eat too much, and relaunch redetermined to accomplish goals set half a year earlier.

Whatever break you get, use it well. Good luck on the end of the semester!

Time is money: educate yourself and gamble it away wisely

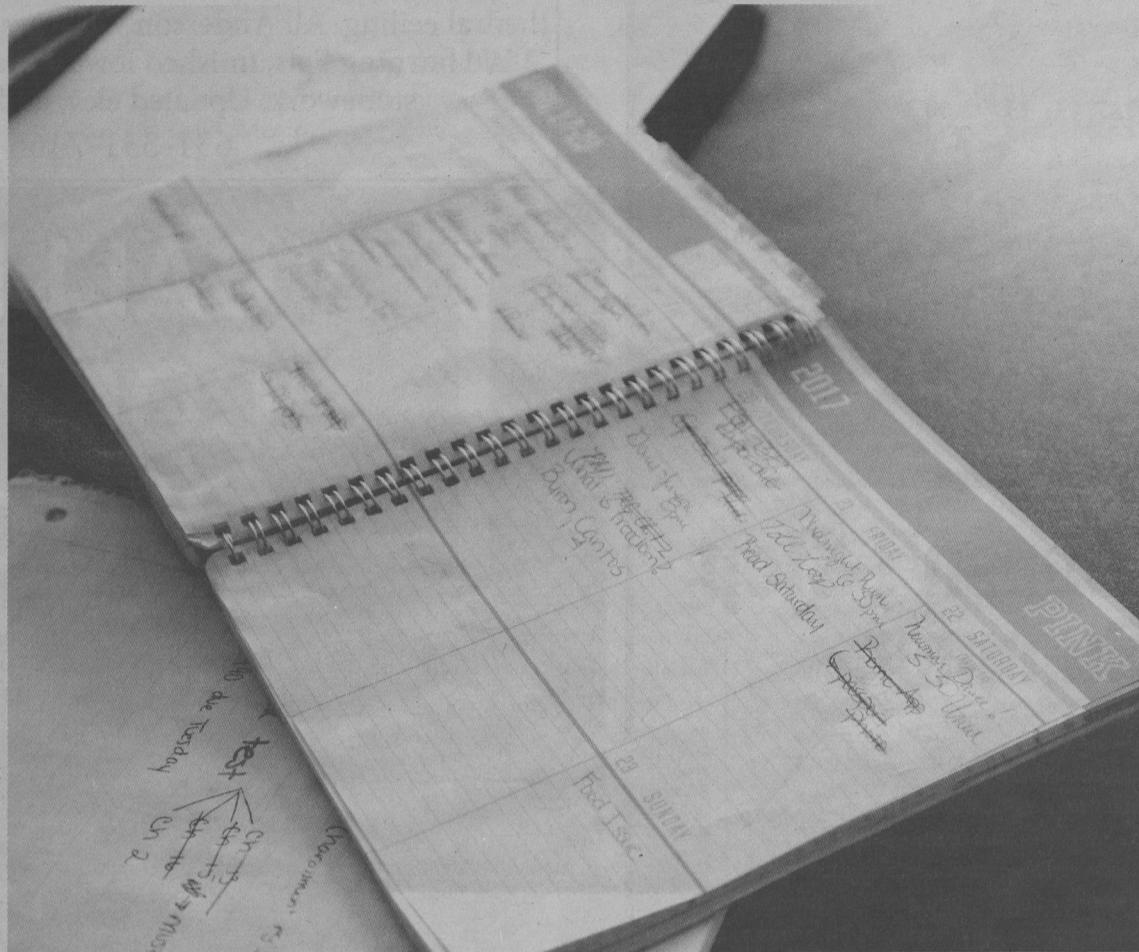
By Saffi Hadid
Contributing Writer

“Invest your time wisely.”

Most of us have heard a parent say this to us in the past, but are we investing our time or are we gambling it? What is the difference between an investor on Wall Street and a high stakes poker player in Las Vegas? Both have the same main components: consideration, chance and a prize. The consideration is the stake in betting and the capital put down in investments. The chance is the probability of outcome/risk i.e. the higher the probability of return, the lower the risk. And the prize is obviously the return on investment or the won pot.

Time being a good that cannot be reused and our inability to know the effects our actions will have, causes me to believe that we are gambling our time, not investing it.

Gambling and investment diverge at the chance component. Investors generally have more information at their disposal to determine the probability of return. They also have more time to analyze the information to find considerations of lower risk. While in gambling there are still ways to gain information, such as learning the tells of your opponents, there is a tighter constraint on the information they have at hand. Investors also have ways to minimize loss capital; they can put in a stop-loss order, which is when a broker sells a security when it reaches a certain price. So for example, if



ARACELY JIMENEZ / THE STATESMAN

Gambling and investing have a lot in common and both involve consideration, chance and a prize. When you choose how to spend your time, you're not investing but gambling.

you bought a stock at \$10 a share and put a stop-loss order in for \$8, the most you can lose is \$2 per share.

Now let's apply these components to your time. The consideration is simply choosing how much time you put into something, but unlike money, it needs to be used (you can get away with never gambling or investing money in your life). The reward

gets a little more complicated — you cannot really quantify the positive effects one receives from spending their time well, but they can definitely be felt. The economic term for this is “utility.” The chance component is the probability you will receive utility from what you are putting your time towards.

So, are we gambling or investing? Unfortunately, we aren't min-

imizing our losses; when our time is spent, well, it's spent. Neither can we research how much utility an event will give us, because like I said, it's not really quantifiable. But, let's talk a bit more about utility. Utility, which is based upon your preferences, is usually applied to consumer goods in microeconomics, but is also applied in other ways for game theory and behavioral economics. In the sense

I am using it, it is based upon the preferences you have for who you want to be (a bit heavy, I know).

Exact utilities aren't able to be determined but the probability that something will give you utility can be deduced. Do you want to be healthy? Well, actions such as eating a balanced diet and exercising have a higher probability of giving you utility than eating fast food for everyday. But, when it comes to the larger scale of life, it becomes much more difficult to figure out which decisions will give you utility and which will not.

Choosing a major is an example we can all relate to — who actually knows what major will be the best for them as a senior in high school? Many of us change, finding other majors to be more fulfilling for various reasons (expected salaries, good program or simply enjoying the classes). The constraint on information on the utility probability given through how you spent your time is tight.

When choosing how to spend your time, you can't minimize your losses, so I am sorry to inform you, but you're a gambler. Live your life like one. The safe high probability bets will sustain you: eating healthy, exercising and getting an education. But, the risky lower probability bets will win you the large pots: starting a business or getting into a relationship. No one really knows what will give them their ideal life, they can just try to make the best bets to reach it.

Have fun at the Staller steps, but also clean up

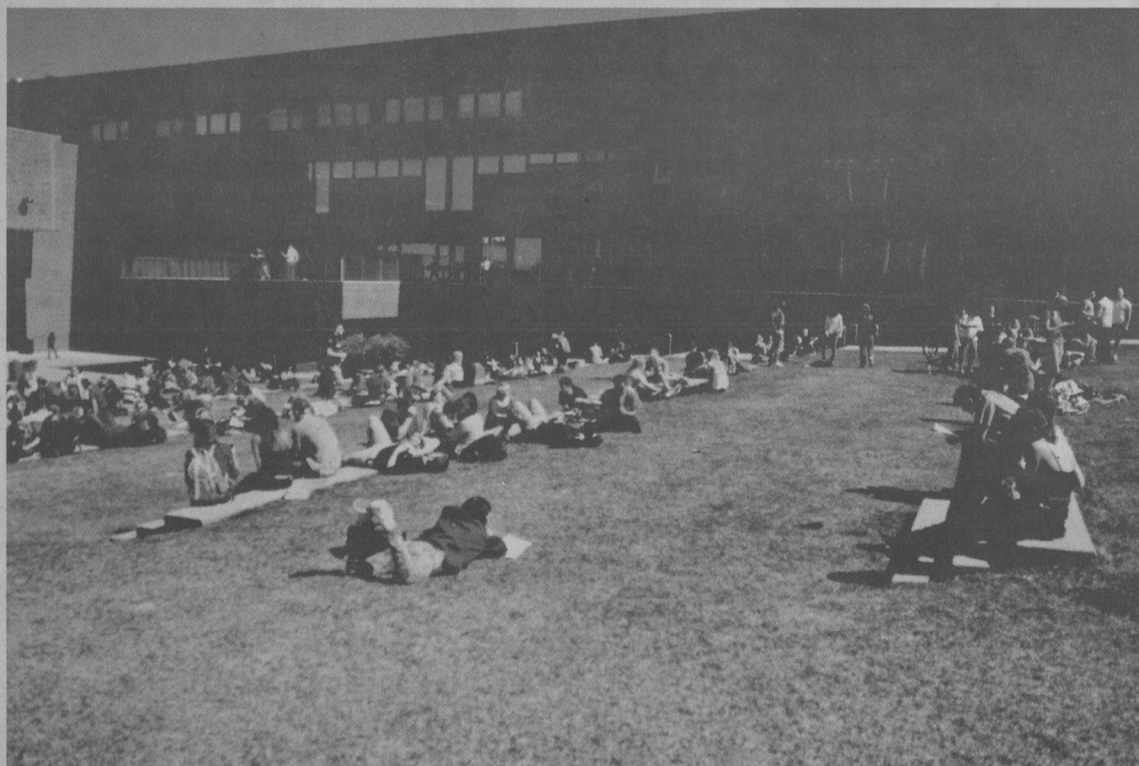
By Scott Terwilliger
Contributing Writer

Dear Colleagues,

The Staller Steps are an integral part of Stony Brook's character. They evoke a sentimentality by acting as an escape from academics, where students can immerse themselves in the creative energy of organizations on campus or lie in the sun to decompress. Its unique vantage point, along with the laughter of fellow students and the guy who just learned “Smoke On The Water” on guitar, renders the location therapeutic.

We all love relaxing there on a warm afternoon when the breeze has been dialed in perfectly. The frisbee players, the sunbathers and the bookworms populate the sunny areas and set the ambiance. Maybe there will be a saxophone player improvising jazz to further ease tension. Yes, there could be fraternity brothers loudly egging each other on to shotgun another beer, or people who have not yet been notified that speakers are not supposed to replace headphones. However, these annoyances are easy to forgive with the range of activities to watch and participate in. However, as the night grows cold and people begin to leave, the Staller Steps become a completely different story.

This leads me to my one request. One so fundamentally basic that it seems foolish to ask of adults, but one that has been dis-



MAX WEI/STATESMAN FILE

Students take advantage of the warm weather to relax on Staller Steps. With more people utilizing the public space, it is important to keep it clean for everyone to enjoy.

missed out of a growing negligence and contempt:

Pick up your trash.

While it is acceptable to bring your 12-packs of Bud Light and take-out containers from the dining facilities to the steps, the product of your well-earned break from class is almost invariably a sea of trash. I find empty beer cans, moldy pieces of pizza, and substances of unknown origin entwined in the grass the morning after.

I remind you that the steps are a public good, and should be maintained as such.

The workers who could be gardening, repairing the fountain near the Humanities building or making the campus more aesthetically pleasing for accepted students are instead bogged down by retrieving litter that would have taken at most 10 seconds for you to place in the garbage can. It is unnecessary, and frankly contemptible.

It is somewhat ironic, too. RecycleMania recently completed its campaign toward proper waste management, and even after seeing its aggressive campaign, you continue to act unjustifiably entitled.

I sense that I am coming off as an overbearing parent, so I will end this letter on a similar note: I am not angry, I am just disappointed.

Your Classmate,
Scott Terwilliger

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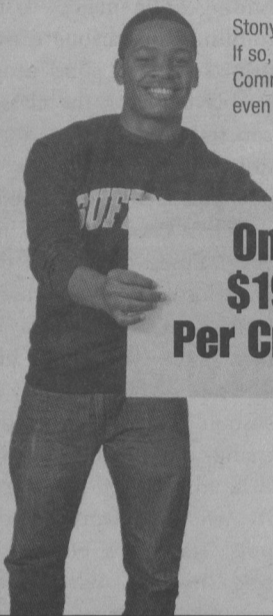
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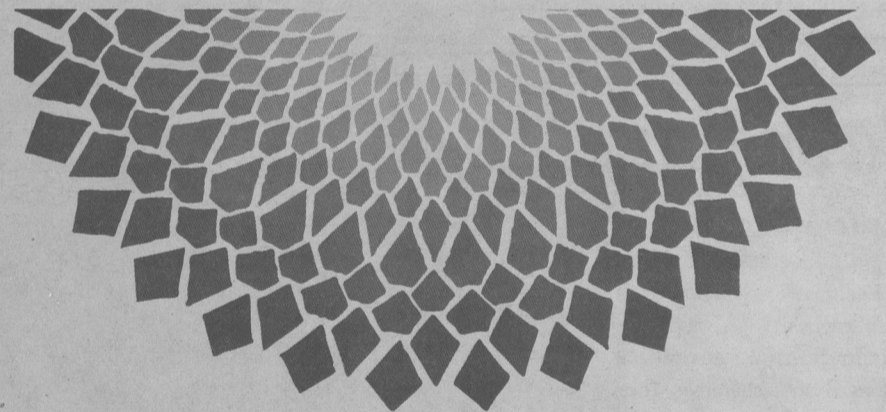
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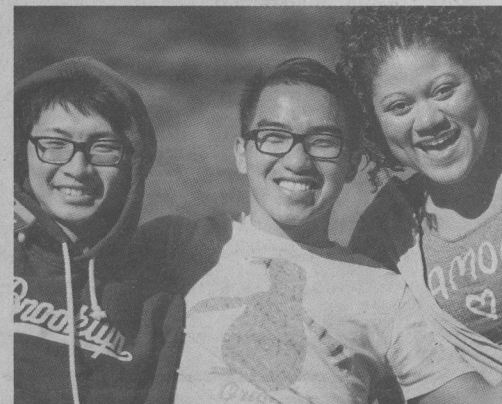
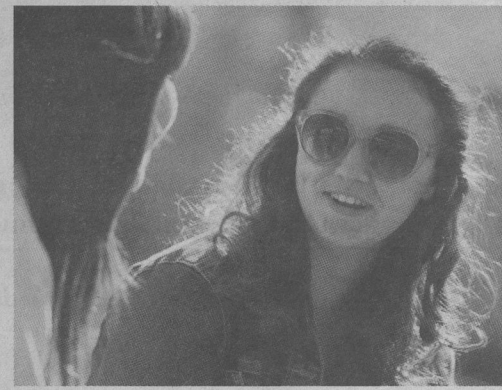
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May Commencement

Congratulations, Candidates!

Degrees are conferred on those who have completed degree requirements for Fall 2016, Winter 2017, Spring 2017 and Summer 2017.

To register for all Ceremonies, Candidates are required to complete the **Ceremony Registration Form**, available on SOLAR by **May 1**. Registered Candidates will receive an invitation to access electronic tickets for the Main Ceremony on **May 2**.

Thursday, May 18, 2017

Doctoral Graduation and Hooding Ceremony (DMA and PhD degrees)

Island Federal Credit Union Arena • 1 pm

Friday, May 19, 2017

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Kenneth P. LaValle Stadium • 11 am

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For your Department Convocation, visit our website for times/locations or contact your Department Representative.



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Track & Field dominates at Wolfie Invitational



ERIC SCHMID / THE STATESMAN

Sophomore Wayne Williams, lane six (second from left), wins the 200-meter dash in the Wolfie Invitational on April 22. His time of 21.99 ties the school record set in 2012.

By Luis Ruiz Dominguez
Contributing Writer

The Stony Brook men's and women's track & field teams dominated at the Wolfie Invitational on Saturday, as both teams took first place by over 100 points.

Despite the cold and rainy weather, the men won every running event, only losing ground in the field events where they won only the triple and long jumps. The team scored 283 points, beating Sacred Heart's 97 points by a margin of 186 points.

The women had similar success by winning nearly all running and field events. The team scored 228.5 points, beating second place Quinnipiac by a margin of 107.5 points.

The men's 4x100-meter relay team broke a 26-year-old school record. The quartet was made up of freshman Ahmed Galal and sophomores Kevon White, Wayne Williams and Shane Harris. The team finished with a time of 42.25 seconds. Harris returned to the track and won the 100-meter dash with a time of 10.95 seconds.

Williams won the 200-meter and 400-meter dash with times

of 21.99 seconds and 48.61 seconds, respectively. His time of 21.99 seconds tied Lamar Hayes' school record time in 2012.

Freshmen conquered several events starting with Spencer Payton who won the 400-meter hurdles in 55.79 seconds. Kyle Kelly won the 800-meter race with a season-high time of 1:54 seconds. Chris Biondi won his debut 1,500-meter race with a time of 4:01 and Vann Moffett won the 3,000-meter run in a time of 8:20.

Junior Darian Sorouri won the 3,000-meter steeplechase with a time of 9:41 seconds, while sophomore Bryce Hedman won the 5,000-meter run with a time of 15:14 seconds.

Freshman Khadim Ndoye leaped 6.35 meters in the long jump, while sophomore Bradley Pierre jumped 13.09 meters in the triple jump.

On the women's side, junior Kaylyn Gordon leaped into first place by jumping 11.75 meters in the triple jump and 5.29 meters in the long jump. This past Wednesday she was named America East Field Performer of the Week for the third time this season. Gordon was joined by

sophomores Chinque Thompson, Nikki Fogarty and Sarah Militano to win the 4x100 in 47.34 seconds.

Fogarty and Thompson placed first and second, respectively, in the 200-meter race in 24.5 and 24.62 seconds, respectively. In the 400-meter race, freshman Mary Chimezie won with a time of 58 seconds.

In the mid-distance events, sophomore Holly Manning won the 800-meter race with a time of 2:13.30 seconds, while sophomore Annika Sisson won the 1,500-meter run with a time of 4:31 seconds.

Junior Talia Guevara was victorious in her 5,000-meter debut, winning with a time of 17:22.31 seconds.

The home meet victory is a promising sign for the program as they gain momentum before traveling to the Penn Relays in Philadelphia, Pennsylvania this upcoming Thursday. The events begin at 10 a.m..

Following the Penn Relays, the team will travel to Durham, New Hampshire on May 6 to compete in the America East Championships. The events begin at 10 a.m. as well.

Van Dyke drafted to women's professional league

By Joseph Konig
Contributing Writer

Overshadowed by record-setting seasons from Courtney Murphy in 2016 and Kylie Ohlmiller this year, senior midfielder Dorrien Van Dyke has quietly put together one of the most prolific tenures in Stony Brook Women's Lacrosse history.

Now, as her final year approaches a close, her four years of hard work have been acknowledged by the Long Island Sound, who selected Van Dyke in the United Women's Lacrosse League (UWXL) Draft on Monday.

"I think it's awesome. I'm excited for it," Van Dyke said. "However, I'm looking forward finishing out the season here, hopefully with a national championship."

Her hope is not an unreasonable one. Stony Brook, ranked third in the Inside Lacrosse Poll and fourth in the IWLCA Coaches Poll, is setting itself up for a deep run in the NCAA tournament in large part due to Van Dyke's 31 goals, 14 assists, 44 points and 29 draw controls, all of which rank third best on the team.

Van Dyke's name litters Stony Brook's record book. Her 175 career goals are second in program history, behind Murphy's 232. Her 242 career points put her at fourth in the program, while her 67 career assists and 154 career draw controls are sixth.

The UWXL is the first professional women's lacrosse league in the United States. The upcoming season, set to kick-off on May 27th, is the league's second season.

The Long Island Sound is the defending champion of the four-team league. In March, the team announced the hiring of a new general manager, Northport High School women's lacrosse coach Carol Ranson-Rose. Ranson-Rose coached Van Dyke in high school and on a club team for potential college recruits, the Long Island Elite Yellow Jackets.

Three former Seawolves were selected in the inaugural draft last April. Midfielder Demianne Cook, who graduated in 2013, was selected by the Philadelphia Force, while goalkeeper Frankie Caridi, class of 2014, and defender Alyssa Fleming '16 were selected by the Baltimore Ride.

Van Dyke and her compatriots will next take the field against UMBC in Baltimore on Saturday.

Brandon Janofsky thrives, leads Seawolves in batting average



ARACELY JIMENEZ / THE STATESMAN

Sophomore second baseman Brandon Janofsky, No. 18, above, at-bat in a game against Sacred Heart on April 8.

By Raphael Tafuro
Staff Writer

An offensive spark has come from an unfamiliar source on the Stony Brook baseball team this season. Opportunity came knocking when the Seawolves were seeking to fill the void at second base left by the graduation of Jack Parenty and sophomore second baseman Brandon Janofsky answered. His knack for getting base-hits has slid under the radar this season.

The sophomore has marked a team best .340 batting average on 106 at-bats. He leads his team in the statistic and ranks seventh among all America East players. Even when he is not on base, he is driving runs in. His five sacrifice flies are currently two more than any other player in the America East.

"I'm trying to stay controlled at the plate and not trying to do too much," Janofsky said.

He deemed that sitting behind Parenty during his freshman year guided him to become a better player. But he credited his dominant play this season to the rest of his teammates and coaching staff.

"It was good last year sitting behind Jack," Janofsky said. "But it's just good to come out now [regularly] and just do what I can do. Not try to do too much, just do what the coaches ask me to do and that's really all I've been doing. It feels good."

The second baseman is ranked third on the team in total hits and stolen bases. Janofsky has 10 stolen bases and 36 hits in his sophomore campaign, sitting behind senior outfielder Toby Handley and senior utility player Casey Baker in both categories.

Head coach Matt Senk knew Janofsky's potential since his recruitment. Janofsky compiled a career .342 batting average at Jackson Memorial High School in New Jersey.

"Once he got his opportunity, he made the most of it," Senk said. "Coming out of high school we felt we had a really good defender and a real hard-nose player and he's proven to be that so far this spring."

In addition to Senk's compliments on Janofsky's defensive abilities, he is also making a major impact with the bat for the Seawolves.

He was initially used as a utility infielder in his freshman year, but has had a breakout season in 2016. His team-leading batting average reached as high as .396 on Apr. 1.

"He's just been using the middle of the field and taking everything back through the middle," Senk said. "I'm a big believer [that when] you use the middle of the field, it makes you mechanically sound as a hitter and that's something that he has been executing and I think that's a big part of his success," he added.

Staying healthy and putting the ball in the right spot, in addition to receiving regular playing time, has led to a breakout season for Janofsky.

Upcoming SBU Sports Schedule

Track and Field

Thurs-Sat. Apr. 27-29 PENN Relays in Philadelphia, PA

Baseball

Tues. Apr. 25 vs. Marist at 3 p.m.

Wed. Apr. 26 vs. Fairfield at 3 p.m.

Sat-Sun April 29-30 vs. Maine

Softball

Mon. Apr. 24 vs. Monmouth at 4 p.m.

Wed. Apr. 26 vs. Hartford at 3 p.m.

Fri. Apr. 28 @ Farleigh Dickinson at 2 p.m.

Sun. Apr. 30 vs. Manhattan College at noon

Men's Lacrosse

Fri. April 28 vs. Binghamton at 7:00 p.m.

Women's Lacrosse

Fri. April 28 @ Hofstra at 7 p.m.

Sat. Apr. 29 vs UMass Lowell at 7 p.m.

Grippe's overtime goal cements conference win

By Raphael Tafuro
Staff Writer

The Stony Brook men's lacrosse team put the ball in the hands of an unlikely freshman hero during crunch time in an America East conference game against UMass Lowell at Cushing Field on Friday night.

Freshman attackman Connor Grippe tallied his fifth goal of the season against the River Hawks, sealing the victory for the Seawolves. Senior attackman Ryan Bitzer scouted the field with less than a minute to go in overtime. With a man covered on the left wing, the quarterback of the team quickly shifted his positioning and found Grippe on the perimeter of the

right wing with no defender in sight.

With a man-up situation at hand due to an interference call on sophomore midfielder Clifford Kurker, Grippe took advantage of his wide-open shot and sailed the ball between the legs of sophomore goalkeeper Grant Lardieri, bouncing the ball directly into the back of the net and picking up the win for Stony Brook. The 12-11 overtime victory improves the Seawolves' conference record to 3-2 and puts them at 7-5 overall on the season with one regular season game left to play.

Senior midfielder Alex Corpolongo led the Seawolves with five goals, bringing his season total to 32. Grippe dished the ball to Corpolongo who connected on

an off-balance shot, bringing the score to 11-8 and giving the Seawolves some breathing room with 11 minutes left in regulation.

With one game remaining in the regular season, Corpolongo still needs to score five more goals to break his career-high of 36.

UMass Lowell went on a 3-0 run in the fourth quarter in under four minutes, a run that began with freshman goalkeeper Michael Bollinger's mental error. In a man-down situation, he headed toward midfield and attempted to make a pass, but it was picked off by River Hawk freshman attackman Daniel Cozzi, who quickly scored from long distance with no goalie in the cage for the Seawolves.

River Hawk junior attackman Sean Tyrrell finished on the left side of the field with his right hand as time ticked down to 9:24 left in the fourth quarter. His teammate, junior midfielder Jon Phillips, scored an unassisted goal with 7:04 remaining on the clock, ultimately sending the game into overtime.

The River Hawks' momentum did not flow into overtime, as the Seawolves dominated time of possession, forcing the ball to remain on the UMass Lowell side of the field for the entire fifth period.

The regular season will wrap up at home for Stony Brook next Friday night when they host Binghamton at 7 p.m.. Binghamton is currently tied with Stony Brook at 3-2 in conference play.

Yovoli brings One Love to Stony Brook

By Brittany Bernstein
Staff Writer

Kristin Yevoli, a preseason All-American on the Stony Brook women's lacrosse team, grew up hearing about the story of Yeardeley Love, the University of Virginia lacrosse player who was murdered by her ex-boyfriend in 2010.

She was excited to learn that she could become more involved with One Love's cause by running escalation workshops to educate students about domestic violence, which affects more than one in three women and more than one in four men in the United States.

"It's a prevalent issue in our society that's not talked about as much as it should be," Yevoli said in a press release. "It's something that exists everywhere and I think it's very important that that's known."

Yevoli's first escalation workshop in March was attended by 50 student-athletes at a Stony Brook Student-Athlete Advisory Committee meeting and was well-received, she said.

She received online training from One Love to guide the 90-minute session, which included watching "Escalation," a 40-minute film that shows how a young couple's relationship grows increasingly violent. The workshop then featured a group discussion about the film, which Yevoli described as "heavy," but said that the discussion she led was respectful and held a feeling of unity, as everyone was exploring

the difficult topic together.

"I learned more self-respect and I learned so many signs that people perceive to be normal [that] could be a trigger," Yevoli said about her experience partnering with One Love. "Everyone wants to portray a perfect relationship on social media, but sometimes this is not the case."

One Love partners with students nationwide to bring its program to college campuses, its prime demographic. One Love workshops have been held at the University of Virginia, Yale and Duke, among others.

Yevoli lead another workshop for student-athletes on April 20, but she also hopes to see the cause spread throughout the campus, beyond just lacrosse or student athletics.

She is currently working with Stony Brook's Center for Prevention and Outreach to make the escalation workshop a mandatory part of orientation for new students.

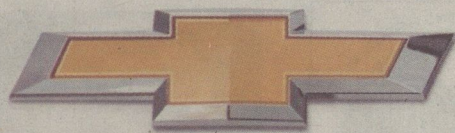
Yevoli graduates this summer with a degree in marine biology, but she still sees a place for One Love and its cause in her life. She plans to remain on Long Island after graduation and said she will return to campus to run more workshops. She also plans to apply for an internship with One Love.

"I want to spread it everywhere I go," she said, noting that knowing the signs of domestic violence can potentially save lives.



ARACELY JIMENEZ / THE STATESMAN

Sophomore second baseman Brandon Janofsky, No. 18, above, at-bat in a game against Sacred Heart on April 8.



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SPORTS

Kylie Ohlmiller breaks America East assist record, Seawolves win ninth straight game

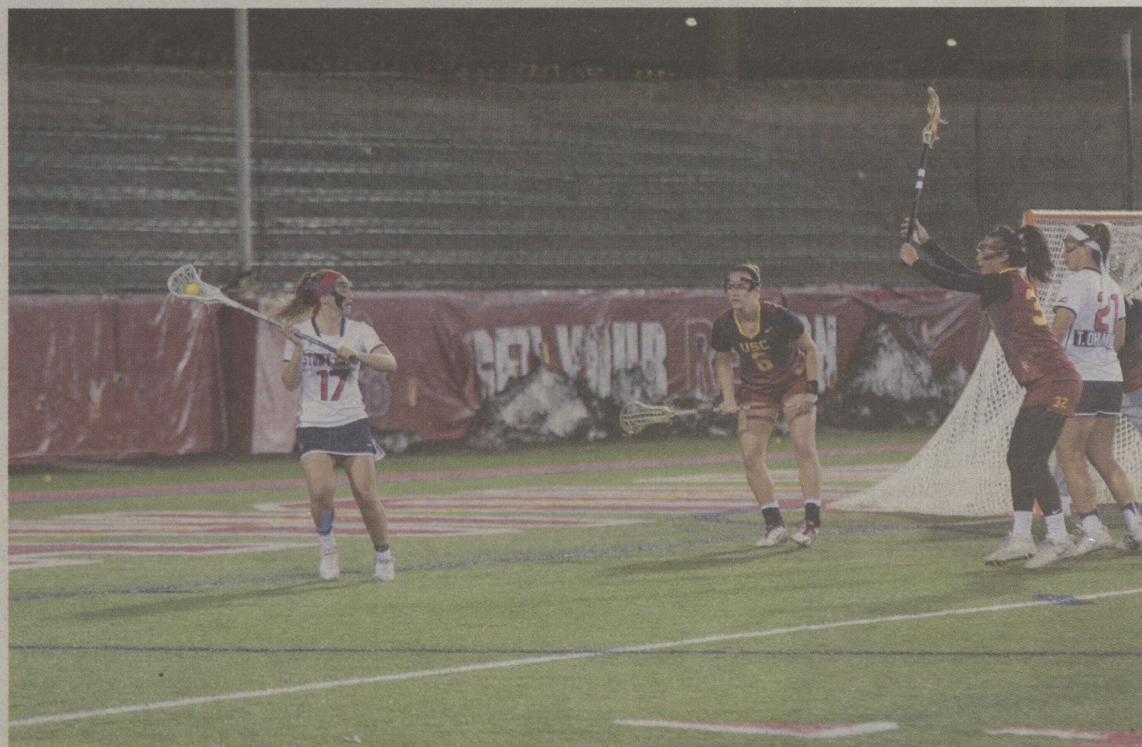
By Joseph Konig
Staff Writer

Junior attacker Emma Schait entered Stony Brook Women's Lacrosse's 19-8 win at UMBC on Saturday with four career goals to her name. At the midpoint of the first half, she had matched her career total en route to a six-goal performance that helped clinch home-field advantage for the 14-1 Seawolves in the America East tournament, which begins on May 5.

The rainy matchup in Baltimore was dictated by Schait's scoring outburst and sophomore goalkeeper Anna Tesoriero's stellar day in the cage. Tesoriero had 12 saves, including some pointblank stops that were all the difference in a game where the lopsided final score did not reflect that both teams had similar shot totals, turnovers and draw controls.

Schait opened scoring in the game with an unassisted goal eight minutes into the first half. Over the next seven minutes, she would score three more times, giving Stony Brook a 5-1 lead they would not surrender on their way to the team's ninth straight win.

Meanwhile, junior attacker Kylie Ohlmiller lead the Seawolves with nine points, four goals and five assists. Her first assist came in the last two minutes of the first half and gave her a record-tying 55 ca-



ARACELY JIMENEZ / THE STATESMAN

Junior attacker Kylie Ohlmiller in a game against USC on March 24 at Kenneth P. LaValle Stadium. Ohlmiller had four goals and five assists against UMBC on Saturday.

reer assists in conference play. By game's end, she held sole possession of the America East record with 59 career assists.

In other milestone news, Ohlmiller's 112 points this season kept the Tewaaron favorite on pace to become the NCAA single-season points record holder. University of Maryland legend Jen Adams holds the record after scoring 148 points in 22 games in 2001. If Ohlmiller

continues at her NCAA-leading 7.47 points per game, she will surpass Adams in game 20 - the first round of the NCAA playoffs.

For Ohlmiller, the record will be reached at some point in the first few rounds of the playoffs, which are acutely in the vision of the Seawolves, who are ranked third in the Inside Lacrosse poll and fourth in the IWLCA Coaches poll. With Saturday's win, Stony Brook clinched

home field advantage against New Hampshire in the America East semifinals.

Thanks to Schait's offensive explosion and Ohlmiller's unstoppable play, the team's other top scorers did not need to be as prolific as usual. The only other player with more than three points was freshman attacker Taryn Ohlmiller, who finished the game with a goal and four assists.

Senior midfielder Dorrien Van Dyke - in her first game since getting drafted into the United Women's Lacrosse League - added two goals and an assist. Her first goal came at the end of the first half off a Taryn Ohlmiller outlet pass from behind the net, setting up the future pro to rocket the ball in for the score as time expired.

Freshman midfielder Ally Kennedy and senior midfielder Kristin Yevoli also contributed two goals and an assist. Senior attacker Alyssa Guido and sophomore midfielder Kasey Mitchell scored once apiece, the second goal this season for both.

UMBC sophomore midfielder Lauren McDonald matched Schait's total, scoring six of the Retrievers' eight goals. She managed to keep the game somewhat competitive on 10 shots, seemingly the only UMBC player who could out-maneuver Tesoriero.

Sophomore attacker Sara Moeller took eight shots on goal and managed to only put the ball into the net once. The only other goal for UMBC on their senior day came from senior attacker Sam Nolan.

Stony Brook returns to Long Island for its last two regular season games this weekend. The first game will be at Hofstra on Friday at 7 p.m.. Then the Seawolves will host their senior day game against UMass Lowell on Saturday at 11 a.m..

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THE STATESMAN

UNIVERSITY SANITARIAN LISTENS TO STUDENT CONCERNS



Aracely Jimenez / The Statesman

By Joseph Konig

Freshman atmospheric and oceanic sciences major, Anna Smith, had a rough start to her first semester at Stony Brook last fall. As someone with celiac disease, the dining halls were a nightmare — more so than for most — as she struggled to figure out what was gluten-free and what would slowly destroy her immune system if consumed.

Then George Anderson came along.

“He’s been extremely helpful,” Smith said. “I don’t know if the student body knows about him that well. It would benefit a lot of people if they actually talk to someone.”

George Anderson is the university sanitarian. He is the guy who shows up to fix any issues regarding allergies, dietary restrictions and food quality.

He is also the guy who shows up if students alert employees of issues instead of going straight to the Stony Brook Dining Feedback Facebook page.

“I talk to students daily to get their impressions of food and to

help them with any concerns they may have with the food so that I can address it, fix it and put them at ease,” Anderson said. “Every day brings a new challenge.”

Anderson has a more interesting past than some might expect — he’s visited 28 countries, worked as a Las Vegas club-runner and once worked as a researcher who ate chocolate and then entered his thoughts into a computer. But ask any given West Side diner and they will likely be unable to tell you who he is or what a sanitarian does.

A sanitarian is responsible for food safety in a kitchen or dining environment. Anderson’s job is to educate and train all the chefs, full-time employees and the tired undergrads in the red shirts how to properly handle and prepare food so no one finds a toenail in their tacos at East Side Dining.

“Food safety is a very boring subject,” Anderson readily admits. “I know that sounds strange coming from the food safety expert, but I find it to be boring, so I know other people do too.”

Smith can attest to the importance of his job, having interacted with Anderson twice — first, when a

bottle of salad dressing was mislabeled and then when she had concerns about cross-contamination at Roth Dining. There is no room for small mistakes when allergic reactions can cause hives or breathing problems. Both incidences occurred early on in the spring semester.

“Because I talked to the managers, [George] discovered what happened,” Smith said. “I met with him and Stephanie May and they told me they had a giant meeting at Roth explaining what the issue was, what happened and they put in some procedures to prevent it from ever happening again.”

Smith credited May, the school nutritionist, with offering guidance on what she could eat last fall, but said Anderson’s policies and efforts have led to “much, much better conditions” in the dining halls this spring.

“If any of your friends need anything, let me know. You can give my number to anyone,” Anderson said, according to Smith. “Just tell them ‘I’m here. I’ll help.’”

“That was just extremely comforting to know,” Smith said. She

later directed questions on behalf of her friends, one with a peanut allergy and another who was vegan, to Anderson, who was again “more than willing to answer any question.”

Anderson arrived at Stony Brook in January of 2016. After traveling all across the world, most recently to Japan where he summited Mt. Fuji, and growing up between Nebraska and Massachusetts, the former chef decided to come to Long Island because of the wide range of facilities he would be able to see and the teaching role he would get to fill.

“Educating is absolutely my favorite part,” Anderson said of food safety. The training he does includes games, videos and real life stories of what happens when safety is taken for granted. The most severe example: The Peanut Corporation of America went bankrupt after nine people died due to a salmonella outbreak in 2008. The most extensive food recall in U.S. history followed and the company’s owner, Stewart Parnell, was sentenced to 28 years in prison.

“When I make it personal, it helps people to understand we aren’t just serving food,” Ander-

son said. “People are trusting us with their health. Once you get people to understand that, it becomes more than just a job.”

Anderson said there have not been any major health scares since he arrived last year and he would not discuss any kitchen horror stories pertaining to his time here at Stony Brook — but like any chef, he has his fair share.

“The worst thing I have ever seen was when I was running a fine dining restaurant in Reagan National Airport in D.C. on 9/11,” Anderson said. The whole restaurant was evacuated with little time to clean up. “When we got back into the place about a month later, there was mold and bugs all over everything. It was like walking into a forest.”

Hopefully, nothing quite like that occurs during Anderson’s tenure here. But if it does happen, even on a minor scale, he wants to be the first one to know about it.

“When I met with him the first time,” Smith said, “He gave me his card and he was like, ‘I work for the students. You guys are my boss.’”

LETTUCE TACO 'BOU CAMPUS DINING IMPROVEMENTS



Eric Schmid / The Statesman

By Matthew Yan

Call me a bit of an optimist (or a lunatic, depending on your perspective), but I've been mostly satisfied with my dining experience at Stony Brook thus far. Having arrived here in the fall of 2016, I came in fresh off the "food" they serve in the New York public school system without a clue of what dining was like prior to my arrival on campus. After that, anything seemed better than what I was used to eating. But even I have had to cringe after numerous disappointing encounters with rigid pasta, grainy tortillas, lifeless pork chops and other culinary disasters.

Thus, it goes without saying that Sodexo has failed to live up to my peers' expectations more often than not this past semester. Complaints about overall food quality, variety, and cost are so frequent that the Faculty Student Association proposed to begin re-bidding for a new vendor back in January. In response, Sodexo scrambled to regain student trust with a number of additions and improvements to dine-in options around campus.

We should at least acknowledge

some of these improvements.

Take International Night. Every Wednesday night this semester, a different dining hall swaps out their standard dinner menu for one inspired by the cuisine of a different country. Past offerings included savory duck confit potato hash on French Night, delectably sweet tres leche cake on Colombian Night or delightfully zesty cucumber salad on Indonesian Night.

There has been something new to discover at each and every venue. Virtually every International Night has been packed with students raring to have a taste of food from another country and in some cases, learn a little about a culture they may have paid little mind to. For instance, did you know that Turkey is home to two of the Seven Wonders of the Ancient World?

On a more general note, all of the dining halls have had their menus and options tweaked as well. Ice cream and hot chocolate are now available daily at all dine-in locations, along with as a "bistro" option of soups, salads and sandwiches between 3 p.m. and 5:00 p.m..

The most drastic changes of all came to Roth Cafe. Breakfast options have been expanded to include frittatas, breakfast sandwiches and burritos, while fresh curly fries are served on Tuesdays and Thursdays for lunch and dinner. The brand new Simple Noodles station, which operates similarly to the Oodles retail vendor at the Student Activities Center, has been particularly popular with students. "I like how you can change it up depending on your mood," said Alex Chen, a freshman mechanical engineering major, who visits the station twice a day. "Even though it's the same thing, you can get a lot of variety out of it."

The most exciting change to come to Roth is its Premium Night special. Every Thursday evening from 5:00 p.m. to 7:00 p.m., Roth offers a "premium" option along with its standard dine-in experience for an additional meal swipe or \$9.95 and tax. These options usually consist of an expensive cut of meat along with optional sides, such as filet mignon with mixed vegetables and gravy. Although it initially had a lukewarm reception, the option has received more positive reviews since then.

"It's very good," Vinnay Pillay, a freshman computer engineering major, said. "Way better than the usual food."

Having tried all of these options myself, I have to agree. The filet mignon was tender, well-seasoned and bursting with flavor due to being cooked to a medium-rare, a far cry from the dry and over-salted burgers we receive on a daily basis.

But for all these improvements, there are still mountains of work to be done if Sodexo wants to enter Stony Brook's good graces. Although Student Voice on Campus Dining has improved expectations for overall food quality on campus, many students remain unsatisfied. "Most students are just disappointed," John Mele, senior biomedical engineering and applied math and statistics major, and student chair of Student Voice on Campus Dining, said. "They go into a dining hall hungry and they walk out feeling worse. It's the food itself that they get by far."

Food variety continues to be one of the most frequent complaints.

"I feel as though because I'm eating things, the same things,

every day, everything has started to taste the same," Michael Stavitsky, a graduate mechanical engineering student, said. Although the specials have been refreshingly novel to students, food variety outside of a select few options like East Side Dining's Chef's Kitchen tends to be lacking. Options are particularly scarce on weekends and during bistro time, with some stations failing to open at all during these times.

Ultimately, Sodexo has its work cut out for it if it wants to remain our food provider. Even with the improvements they've made this semester, our complaints against the company continue to pile up. But at the same time, we need to appreciate the options they have given us if we're going to make the most of our time on campus.

So if you're dissatisfied, get active and contact your local dine-in manager or FSA member about your complaints. Even if you aren't, go ahead and try one of the specials we have on campus if you have the time. It's your money and your time here at Stony Brook. It's up to you to make the best of it.

Bon appétit, Seawolves.

FOOD FOR FUN



Mahdibaghi90 / Wikimedia Commons via CC BY-SA 4.0

By Genie Ruzicka

Food and sex: both can be integral parts of entertaining activities. They can be enjoyed alone, with a partner or with a group. They can be sources of adventure and new experiences. But people may not know that sex and food can be combined to create a fun, adventurous and entertaining experience for all parties involved.

This combination of sex and food goes further than the odd spray of whipped cream or drizzle of chocolate sauce. However, with any new activity, there are do's and don'ts. Some foods, places to put foods and ways to use them are better than others. I spoke with two members of the The Next Generation club, or TNG, which is a kink/BDSM club that aims to create a sex-positive and shame-free environment around sexuality, to discuss the best ways to incorporate food into your sex life.

Bri Colon and Tyger Salters, president and treasurer of TNG re-

spectively, both agreed on one major point when it comes to incorporating food and sex: location, location, location.

"Keep food of any sort, especially sugary or acidic, away from vaginas," Salters warned. Similarly, Colon advised, "The only caution I would [give] is to not insert any foods due to the fickle nature of the vagina/urethra." Placing foods near or in the vagina or urethra can lead to an increased risk of infection; it can also lead to a not-fun-or-sexy burning sensation.

Also, be careful when putting food on objects. "If there was something sugary on, say, a penetrative object [toys or body parts], you better wash it off before it goes inside anyone," Salters said.

"If you want to start, I suggest starting easily with dessert foods such as apples, bananas, whipped cream, and caramel sauces," Colon suggested for novices. Salters also mentioned vegetables, but they (Tyger's pronoun) cautioned

two important things. "Please roll a condom on it, and don't put it in your butt," they warned.

Condoms cover the food and keep the surface separated from your skin, keeping the area clean — even if you've washed the food off before use. The second piece of advice is probably the most vital. Putting things inside your rear end is a good way for them to break and/or get lost. Neither of these scenarios are ideal for a sexy night in.

Colon raised another aspect of combining food and sensuality. She mentioned restaurants where you can eat food off willing (paid) volunteers. One of the most common fares these restaurants serve is sushi. This practice is actually a Japanese art known as nyotaimori, which literally means "adorned woman." Restaurants serving clientele such as one in Miami's Catalina Hotel and Beach Club (where it will cost you \$500 for 6 feet of sushi) or the Nyotaimori Experience from SOYO Sushi Catering

company, based in NYC, are just some of the venues that offer this entertaining and delicious combination of food and sensuality. If you think this might sound unsanitary, don't fret — food is never placed directly on the body. A leaf or a serving platter is always placed between skin and any edible items.

Before incorporating food into your sex life, Colon recommends testing the food beforehand. "I would suggest you try it out on yourself first by putting food on your own body before you allow anyone to put food on yours. Just so that you can know where your erogenous zones are and where the zones you don't feel comfortable are."

Colon and Salters agree on what the main use for food should be, in their opinions: foreplay. "I usually recommend food as a part of foreplay, as a sensual experience. This can mean eating or nibbling things off of your partner or feeding them as you give them a massage," Salters said. Colon agreed

and added to this list. "I think a common misconception is that food play is inherently sexual, when it doesn't have to involve sex at all. It's primarily a form of foreplay and demands a high level of trust."

All in all, combining food and sex can be a fun way to add some adventure to your life. As long as you communicate with and listen to your partner(s) about what you and they want, like and don't like, the experience should be a rewarding one. So, whether you have never thought of combining food with your sex life before this article, or you're an old pro, I'll leave you with some advice from Salters. "Just be creative! There's plenty of room for making it a unique experience, as long as you do it with safety in mind. Also, be okay with making a mess, depending on what you play with; it can be inevitable."

In summary: Be safe, be adventurous and put some towels down. Bon Appetit!

CAMPUS DINING ENTERS FINAL STAGES ON BID PROCESS

By Rebecca Liebson

The search for Stony Brook's new food service provider has entered its final stages, with the long-anticipated decision set to be announced early next month.

"The Faculty Student Association is excited to bring students a dining program which offers a varied selection of meal plans and food service offerings to serve the broad range of dietary needs and preferences of our diverse student body," Nadeem Siddiqui, executive director of FSA, said.

In response to resounding negative feedback collected regarding the quality of campus dining in January, FSA assembled the Bid Review Group, a coalition of students and faculty tasked with evalu-

ating proposals from potential food service providers.

The main contenders up for consideration against the current provider Sodexo are Aramark, a large international corporation based in Philadelphia, and CulinArt, a smaller company operating exclusively in the United States at 250 locations.

In addition to the three main providers, several smaller vendors have expressed interest in working with either Sodexo, Aramark or CulinArt to set up individual retail kiosks.

Whichever service provider is chosen will sign a five-year contract with the university.

According to FSA Director of Marketing and Communications Angela Agnello, East Side and West

Side Dining will continue to use the swipe-in system. There's no official word yet on whether Roth Cafe will use this method or revert back to a retail system, where diners pay per item.

Students should expect to pay slightly more for their meal plans in the upcoming academic year. Currently, the cheapest option which allots students \$1,475 in dining dollars costs \$2,050; however, next year, the minimum amount of dining dollars will be raised to \$1,575, a \$100 price increase.

The most expensive plan currently gives students unlimited swipes and \$500 in dining dollars and costs \$2,900. Next year this plan will cost \$72 more and will give students six guest swipes.



Aracely Jimenez / The Statesman

This is not the first time Stony Brook's dining system has been overhauled. Various major changes were made at the start of the fall 2016 semester, including the implementation of meal swipes, which came as a response to students' complaints.

"They were unhappy with the retail prices being paid at the register every day, as well not having enough meal points to last until the end of the semester," Agnello stated in an email.

KNOCKOUTS TO NUTRITION: ALGIERI'S HOMECOMING



Courtesy of Stony Brook Athletics

By Gregory Zarb

Retired professional boxer Chris Algeri has always had a focus on nutrition and healthy eating. Then an amateur wrestler and student at Stony Brook University, he graduated in 2007 with a degree in healthcare science and a plan to pursue a master's degree in the same field in order to educate others on how to eat well.

And while he did in fact get his master's from NYIT in 2010, his career as a nutritionist did not begin; that plan was derailed by a lucrative professional boxing career, one that saw him face off for the World Boxing Council (WBC) welterweight title against Manny Pacquiao in 2014.

For Algeri, learning about di-

eting and nutrition helped him flourish as a boxer. He posted an overall professional record of 21 wins and three losses.

But now, retired from the ring, Algeri works as the main nutritionist for Stony Brook athletes. His job entails working out with all the Seawolves and teaching them how to help their bodies stay healthy.

"It's great to be back here," Algeri said. "Stony Brook was a second home to me. I was excited to be given the opportunity to come back and work in this new and growing program."

Algeri was hired in 2016, soon after his final professional boxing fight in February of that same year. Since then, he has slowly built his nutrition program up,

as he has been the only one to boast the title of nutritionist at Stony Brook University.

"My job and this nutrition idea are only about a year old," he said. "So right now, of course I see this program getting bigger. I'm the only person in my 'department,' but I hope to have others work under me as well at some point. That way, each sports team here at Stony Brook will have their own nutritionist to work with them during the season and the offseason."

His office, stationed in the Dublin Family Athletic Performance Center, keeps him in close proximity to all the athletes.

"I work with all the athletes," he said. "We work out together, or I speak to them during a practice.

I show them what to and how much to eat. I even started the Gatorade station that sits right outside the performance center. It's the little things that I do right now that will help build this program up."

The retired boxer knew he wanted to work in this field from a young age.

"I was training so much when I was a kid," he said about the first time he started noticing his eating habits. "It started to become obvious to me that eating healthy and the right amounts were just as important as working out. As my boxing career started to pick up, I started to focus more on my diet and starting eating better."

While Algeri hopes to find more

nutritionists to work for him, he is already thinking ahead of future plans for his job as well.

"I want to have a food table," he said. "I want to have the table in the performance center or somewhere near the gym. Have all different types of food there for the athletes to have after they work out. Along with the food, there will be notes as to how many portions and calories they should eat of said food item."

Algeri will look for his program to help athletes get in better physical shape, whether they play at Kenneth P. LaValle Stadium, Joe Nathan Field or Island Federal Credit Union Arena.

"I want to work with all the teams to make each athlete better at what they do," he said.

COLLEGE GAL COOKING



David Berkowitz / Flickr via CC BY 2.0

By Rawson Jahan

Some people will tell you that Stony Brook has pretty lit parties — others will tell you that you should've gone to Albany.

But what all Seawolves can agree on is, after all those 3 a.m. post-Schafer's, West Side Dining runs, you probably don't want to look at your student meal plan balance.

Spoiler alert: You're going to starve.

So what's a college guy or gal supposed to do when they're on a budget? Cook of course! Cooking is foreign, and it's more complex than that last organic chemistry problem.

But this is the holy grail guide that not only will give you fun, delicious recipes for a Saturday night in or a Thirsty Thursday,

but are budget-friendly too. And when you're a student, every dollar goes a long way.

Cheesy, Meaty, Tomato Frittata

If this doesn't scream comfort, then you don't know the meaning of the word. All you need are eggs, cheese, tomatoes and sausage, or whatever you have in your pantry. Frittatas are the best thing to happen — make it vegetarian or a meat lover's delight, there's no way you can go wrong when you can throw anything in.

Prep Time: 15 minutes Cook Time: 25 minutes Servings: 6

Ingredients:
Optional, cooked crumbled sausage, crumbled turkey bacon, or crumbled bacon
2 red potatoes, peeled and diced
4 eggs (you can literally purchase a dozen at the dollar store)
1/4 cup sharp cheddar cheese, or

cheese of your choice
1/2 cup diced seedless tomatoes
2 tbsp water
1/4 tsp ground black pepper
1/4 tsp salt
1/4 cup basil

Directions:
Preheat your oven to 400°F. In the meantime, whisk together your eggs and water.

Add in the rest of your ingredients, and mix together again. Pour the mixture into a buttered or pan-sprayed disposable aluminum foil baking dish.

Leave some of the cheese aside. Bake for 20 minutes, then top the frittata with the set-aside cheese. Bake again for another five minutes.

Insert a toothpick to see if it comes out clean; if it does, your frittata is done!

Nutella Banana French Toast

This recipe is for all my dessert lovers. When deadlines are stressing you out and your sweet tooth needs extra attention. We all have a jar of Nutella on hand at all times, and a banana can be purchased at any of the dining halls.

Chocolate-y, banana-y goodness, this dish will motivate you to go to the rec center.

Prep Time: 10 minutes Cook Time: 5 minutes Servings: 1

Ingredients:
4 slices of buttermilk or potato bread
1 jar of Nutella
2 eggs (use those leftover eggs from the last recipe!)
1 banana
1/2 cup milk or almond milk
1/2 tsp butter or pan-spray
2 tps of cinnamon

2 tps of granulated sugar
2 tbsp of maple syrup

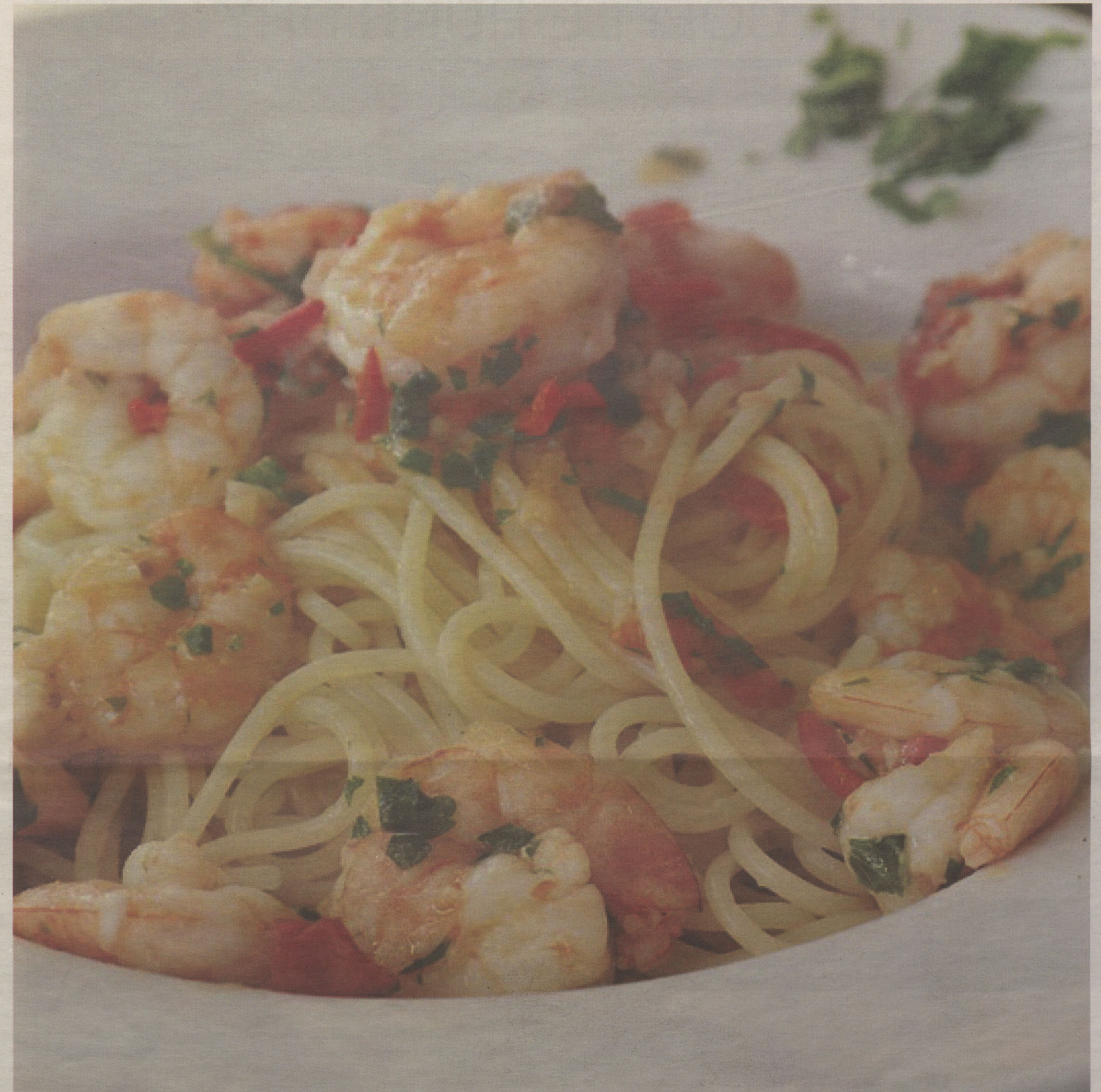
Directions:
Remove the crusts from the slices of bread. Coat each bread with as much Nutella as your heart desires. Take two slices of bread and stick them together; you should have two Nutella sandwiches.

In a wide, deep dish bowl, mix together the rest of the ingredients.

Soak each side of the Nutella sandwiches in the mixture for 5 seconds each.

Put butter or pan spray on a nonstick pan and fry each side of the sandwiches until they are golden brown.

Optional: Add whipped cream, powdered sugar, yogurt or even ice cream on top for a final touch!



Public Domain

Vegetarian Instant Ramen - One Pot Recipe

Need to get your veggies in on a budget? This is perfect for you, plus the clean-up is minimal.

Prep Time: 10 minutes Cook Time: 15 minutes Servings: 2

Ingredients:
2 packages of Instant Ramen
1 carrot, peeled and diced
1 small onion, chopped
1 head of broccoli, chopped
1/2 red bell pepper, chopped
3 cloves of garlic, chopped
1 tsp salt
1/4 tsp of ground black pepper
1 tsp of olive oil
1 tsp soy sauce
1 tsp Sriracha, optional

Directions:
In a large pot, cook Instant Ra-

men in boiling water. When it's cooked, drain out the water and put the noodles aside on a plate. In the same pot, pour in the olive oil. Then pour in the broccoli, which will take the longest to cook.

Five minutes later, add the bell pepper and let that cook with the broccoli for another two minutes. Now add in the onion, garlic and carrot and cook everything together for another two minutes.

With three minutes to spare, stir the noodles, soy sauce and Sriracha into the pot and stir everything together on low heat for the remainder of the time.

Let it cool, and place it on a plate. If you want to jazz things up, add a fried egg or cilantro as garnish.

One Pot Cheesy Chili Chicken

This is another one pot recipe for those who don't have the time to clean. It's especially perfect for a rainy day when all you want is something warm and soul-hugging.

Prep Time: 10 minutes Cook Time: 30 minutes Servings: 6

Ingredients:
1 rotisserie chicken
2 cans of white, black or pinto beans
3 carrots, peeled and diced
1 onion, chopped
3 garlic cloves, minced
1/2 tsp salt
1/4 tsp ground black pepper
2 cups chicken broth
2 cups of mozzarella, cubed

Directions:
In a large pot, put in all the ingredients besides the mozzarella. Set the heat to low and cook for 15 minutes. Place a lid on top of the pot afterwards, and cook for another 15 minutes.

Directions:
Your warm and hearty chili is done!

Shrimp Spaghetti Squash Pasta

Light, healthy, and super easy are the words to describe this recipe! Stir this up right after the gym, and you won't feel guilty for eating it all up.

Prep Time: 10 minutes Cook Time: 25 minutes Servings: 2

Ingredients:
1 spaghetti squash, peeled in long strands with a peeler

1 tsp salt
1 tsp ground black pepper
1 lb jumbo shrimp, peeled
1 tbsp olive oil
1 tbsp lemon juice
1/4 tsp red pepper flakes
2 tsp oregano
2 tbsp parsley

Directions:
In a nonstick pan, heat up the olive oil. Then pour in the shrimp and cook it for five minutes or until it's slightly dark.

Add in the long strands of spaghetti squash and the rest of the ingredients. Leave the lemon juice for last.

After 20 minutes of cooking, add in the lemon juice and cook for another five minutes. Let the dish cool down and enjoy!

ON WEEKEND MORNINGS, THE COFFEE RUNS DRY



Josh Farber / The Statesman

By Josh Farber

Students trying to grab a cup of joe on weekend mornings at the Melville Library Starbucks are out of luck.

When the Student Union closed for renovation and Starbucks moved across the street to Melville Library, the hours were cut by 9.5 hours a week, with the biggest reduction on Fridays and Saturdays. Since the opening on Jan. 23, students must now wait until noon on Saturdays and Sundays to get their Starbucks fix. This is a one hour difference compared to the Union location, which opened at 11 a.m. on weekends.

In addition, the Starbucks in the library closes at 8 p.m. on Fridays and 6 p.m. on Saturdays, instead of remaining open until midnight like the former Union location.

"After reviewing transaction counts from the Stony Brook Union Starbucks for Fall 2016,

the hours of operation for Spring 2017 were adjusted to better accommodate student needs," Michael West, the director of Campus Dining for the Faculty Student Association, said in an email. "Starbucks is now open longer hours during the days when most students are on campus (Sunday through Thursday), and weekend hours that best accommodate student schedules."

The change has not been convenient for all students schedules, including Lauren Weisburg, a sophomore multidisciplinary studies major, who learned about the weekend hours the hard way. "The first time I found out I showed up at 9 a.m., and that upset me," she said. "It's annoying it opens so late on weekends because I want my coffee."

Other students share Weisburg's sentiment about the lack of coffee and food availability on campus during weekend mornings.

"A lot of people try to get coffee in the morning," Laurel Gumpert, a junior psychology

and sociology major, said. "The whole Campus Dining situation with opening late and not at full capacity on weekends is frustrating."

Options besides Starbucks do exist on weekends. Simply-to-Go locations in West Side Dining as well as the Emporium in East Side Dining both offer brewed White Coffee Company coffee. Machine-made Nescafe coffee beverages and bottled Starbucks Frappuccinos are also available, but handmade Starbucks beverages such as lattes, macchiatos, iced coffee and smoothies are not available at the non-Starbucks locations. Students wanting those premium options must wait until one of the two Starbucks locations on campus opens.

The other Starbucks in Roth Cafe has maintained the same hours as the closed Student Union location. Here, students have an extra hour in the morning and up to six hours in the evening to grab their Starbucks beverage of choice.

Stony Brook is one of only about 350 college campuses across the country that have a Starbucks location. Other universities have more expansive morning hours, including LIU Post in Brookville, New York and Rider University in Lawrenceville, New Jersey.

On Saturdays, both the LIU Post and Rider University Starbucks locations open at 9 a.m., a much less drastic change compared to their weekday hours when they open at 7:30 a.m. LIU Post and Rider both utilize Aramark as their food service provider, whereas Stony Brook utilizes Sodexo.

Sodexo and Campus Dining operate both the Melville Library and Roth Cafe Starbucks locations on campus. Starbucks noted that unlike traditional locations, many campus locations are licensed stores not operated by the corporation.

Just as at Stony Brook, Sodexo operates two Starbucks locations at George Mason Univer-

sity in Fairfax, Virginia, one of which is open 24 hours a day, seven days a week. The other shares similar hours to the Stony Brook locations, opening at 11 a.m. on weekends and 7 a.m. on weekdays.

The 24-hour-a-day location would suit Nicole Penaloza, a freshman biology major, who drinks coffee primarily at night. "I drink coffee late anyway so [the hours] don't affect me," she said, "but I feel it should be open early because you need it in the morning."

Those needing their morning fix can also visit the University Hospital Starbucks, which opens at 7 a.m. on weekends, or the numerous off-campus locations. Within a 10-minute drive, students will find six locations, with the closest being on Route 25A in East Setauket and at the junction of Route 347 and Stony Brook Road in Stony Brook. Students, however, will need to bring cold, hard cash, as these locations do not accept meal plans.