

THE STATESMAN

INFORMING STONY BROOK UNIVERSITY FOR MORE THAN 50 YEARS

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#MeToo

Page 7

Stony Brook joins college climate change coalition

By Mike Adams
Assistant News Editor

Stony Brook University President Samuel L. Stanley Jr. joined the launch of a multi-university coalition to fight climate change at the 2018 Higher Education Climate Change Leadership Summit on Tuesday, Feb. 6.

The University Climate Change Coalition, also known as UC3, is made up of 13 research universities from across North America, including California Institute of Technology, the University of Toronto and the National Autonomous University of Mexico. The coalition seeks to use its members' influence to coordinate with policy makers to bring about environmentally-beneficial programs.

Stanley represented the entire SUNY system at the conference, and served as a featured speaker during the Feb. 6 closing keynote panel. Stanley, a biomedical researcher and physician by background, said the collaborative effort between universities would



JERROD WHITE / THE STATESMAN

Stony Brook University President Samuel L. Stanley Jr. (far right) joined a host of other educators on Feb. 6 to form the University Climate Coalition.

bring a boost to the fight against climate change.

"It's certainly an honor to be a part of this coalition, but more than that, this is an opportunity to pool our resources with other institutions and make a lasting impact on climate change," Stanley said at the conference. "This is a critical time that calls for decisive action. Thanks to our long history of green initiatives, Stony Brook continues to be at the forefront of this effort to protect our world."

Stony Brook's location on Long Island puts the university and its investments at great risk should climate change continue unabated. Long Island and the Lower Hudson Valley can expect to see sea level rises of up to 55 inches by the 2080s should accelerated ice melting rates for Greenland and Antarctica hold up, according to a 2011 report from New York Department of Environmental Conservation. Within 100 years, the DEC claims the floodplains around the Long Island Sound

could encompass \$125 billion worth of property.

The United States is expected to suffer \$5 trillion in coastal property damages by 2100, according to the Environmental Protection Agency.

SUNY Chancellor Kristina M. Johnson expressed her gratitude for being able to join the coalition, and said the 64-institution system could lead the way in ed-

Continued on page 4

Excelsior Scholarship increases SUNY apps

By Sara Schabe
Contributing Writer

Applications to SUNY schools have increased 9 percent as a result of the Excelsior Scholarship Program, Gov. Andrew M. Cuomo announced on Tuesday, Feb. 6.

Full-time freshman enrollment has increased 11 percent since the start of the scholarship, which Cuomo claims is evidence the program is working.

"The Excelsior Scholarship opens the door to higher education and a brighter economic future, and this increase in applications is proof positive that students are seizing this unprecedented opportunity," Cuomo said in a press release.

There is no evidence that the scholarship has caused an increase in freshman applicants at Stony Brook University. The program was implemented months after the university's January priority application deadline, and only a few weeks before the May 1 decision date.

According to the Office of Institutional Research, nearly 200 more first-year students enrolled than expected in Fall 2017, but numbers were lower than anticipated for Spring 2018.

Currently, applications for Fall 2018 are 1,000 applications ahead of Fall 2017 rates.

"It is not possible to tell if these are a result of Excelsior or other efforts we have made to recruit a talented and diverse freshman class," the Office of Institutional Research said in an email.

A total of 750 Stony Brook students received the scholarship in the fall.

The Excelsior scholarship, signed into law in April 2017, provides full tuition payment to eligible students living in New York with annual household income up to \$110,000.

The household income threshold will increase to \$125,000 for the 2018 school year, 25 percent above the scholarship's original \$100,000 requirement.

The increased necessary household income allows 38 percent of Long Island students to attend public colleges in the state tuition-free.

Renowned biologist gives Darwin Day genetics lecture

By Gary Ghayrat
Assistant News Editor

Hopi Hoekstra, professor of Organismic and evolutionary biology at Harvard University, discussed scientist Charles Darwin, what he knew and what he didn't know at the Earth and Space Sciences Building on Friday, Feb. 9, as part of the Living World Lecture Series of Science Open Nights.

This Monday, Feb. 12, will mark Darwin's 209th birthday and 159th anniversary of his famous book "On the Origin of Species" in which he lays out the idea of evolution by natural selection.

"I think it's fair to say very few fields, in the way the evolutionary biology can do, can trace its origins to a single man and a single elegant idea," Hoekstra said. "It was remarkable how much he knew yet with so little information, at least, relative to what we know now, and how much he got right."

Darwin recognized that traits are inheritable based on the resemblance between parents and



GARY GHAYRAT / THE STATESMAN

Hopi Hoekstra, Professor of Organismic and Evolutionary Biology at Harvard University, gives a lecture in the Earth and Space Sciences Building Friday, Feb. 9.

offspring, but he didn't know the mechanism through which traits were inherited.

"And this is arguably one of the few things he got wrong," Hoekstra said. "A century after Darwin's publication, James Wat-

son and Francis Crick uncovered the chemical structure of DNA, adding the missing link to Darwin's theory."

To further understand how genetics could shape survival behavior of animals overtime, aside from

physical traits like height and hair color, the Hoekstra lab looked into a behavior that is crucial to many rodents: burrowing.

Continued on page 4

Another of the

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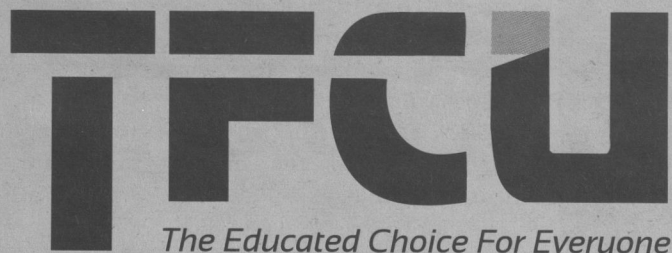
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STRIDE helps Stony Brook scientists explain their work

By **Brianne Ledda**
Staff Writer

Stony Brook scientists are working to better explain their projects to the general public as part of a collaboration with communications experts.

In 2016, the Institute for Advanced Computational Science won a five-year, \$3 million dollar National Science Foundation Research Traineeship grant. The funds have been used to create a graduate certificate program called Science Training and Research to Inform Decisions, or STRIDE, meant to provide STEM graduate students with a range of interdisciplinary skills aimed at helping them learn to better explain their research.

"A lot of times scientists will use jargon, and they will use terms that they understand," Dr. Jennifer McCauley, the STRIDE program coordinator, said. "They're used to speaking to audiences of people like themselves, and then when they get like, to D.C. and they have to speak to someone in the position of writing policy, they don't understand what they're trying to communicate."

Spurred by the need for better communication between scientists and the government, Dr. Christine O'Connell, an assistant professor of science communication at the Alan Alda Center for Communicative Science, said the program can hopefully help lawmakers make policy based on sound science.

"We should be working together, but first we have to be able to communicate with each other, and really understand the complexity of the problems and science," O'Connell wrote in an email. "Policy should be based on sound science, and we as scientists should make that as easy as possible by talking



STRIDE, which stands for Science Training & Research to Inform Decisions, aims to improve scientists' communication skills. The program also offers fellowships.

STRIDE AT STONY BROOK / FACEBOOK

about and presenting our research and data in ways that are engaging and clear."

Since the Alda Center first opened in 2009, O'Connell said she has noticed a shift in scientists' attitudes toward the program.

"We used to have graduate students taking our class and hiding it from their advisors because they'd be upset that they weren't in the lab, but now we have advisors requiring their graduate students to take our classes," she said.

Joshua Comden, a recipient of the STRIDE fellowship and a Ph.D. student pursuing a degree in applied mathematics and statistics, said that the fellowship gives him space to take classes that he normally wouldn't by making it a requirement for the fellowship.

"It's gotten me to think about other career options, like actually

being a [decision maker] within the federal government," Comden said. "So now I'm thinking of applying for jobs and internships that are within the federal government."

Funding for science is not going up — though a breakthrough in budget negotiations could change that, according to a Science article — and policy decisions are not being made with science in mind, O'Connell said, citing the attitude toward climate change as an example of poor communication with policy makers.

"There is probably one of the largest scientific consensus in history around climate change, it's 97% of scientists, we agree that it's happening and it's caused by people," she said. "There's just been a lot of miscommunication around it, a lot of false stories being spread about it, and scientists' being dis-

credited, their voices not being listened to it on the policy front, and I think that's a shame because science is science, and science shouldn't be political."

Besides teaching trainees, STRIDE offers fellowships to Ph.D. students pursuing STEM-related degrees in certain departments. Fellowship recipients participate in a training program aimed at bettering science communication skills through courses and internships, and are required to regularly participate in STRIDE-related events.

According to the website, recipients receive a \$34,000 stipend for one calendar year, in addition to covering all tuition and health insurance costs and \$200 for books.

The program is only for Ph.D. students now, but McCauley said they are trying to make a program for masters students.

SUNY pushes for climate change action

Continued from page 1

educating the next generation to combat climate change.

"Sustainability is a shared responsibility to preserve our civilization, and I am passionate about the leadership role SUNY can take in educating the next generation of sustainability leaders, researching climate change solutions and creating energy-efficient environments across our 64 campuses," Johnson said at the conference. "Today, by joining the coalition with other leaders in higher education we take that effort international. On behalf of SUNY, we are proud to join the University Climate Change Coalition and I am thankful to my fellow university leaders for their partnership in this effort."

Stony Brook has taken steps to reduce its environmental impact for years. The university's Office of Sustainability was founded in 2011, and signed on to Second Nature's Carbon Commitment in 2007. Stony Brook pledged to reduce its carbon emissions 25 percent by 2020, but as of 2014, the last year emissions reports are available, the university has seen just a 13.49 percent emissions decrease.

"We are continually working toward a healthier, more efficient and sustainable campus, and everyone in our community reaps the rewards."

-Samuel L. Stanley Jr.
University President

Stanley credited his predecessors with paving the way for the university's ability to make environmentally conscious decisions today.

"The determination and hard work put in by the previous generation has made it much simpler for us to create sustainable initiatives on campus today," Stanley said. "We are able to build on that legacy, improving those areas that benefit from newer technology, while keeping an eye toward what future developments can offer us. We are continually working toward a healthier, more efficient and sustainable campus, and everyone in our community reaps the rewards."

Hopi Hoekstra discusses evolutionary behavior and genetics

Continued from page 1

Different species dig different shapes, lengths and types of burrows. These unique digging patterns can be crucial in helping with

survival functions like thermoregulation, shelter, mating and food storage, Hoekstra said.

"This is a behavior that he doesn't learn from his parents but one that's thought to be highly genetically driven" Hoekstra

said. "If this behavior of building a burrow is controlled by genetics then we can use the burrow as a trait of interest."

The research's results "raise the possibility that genetic variants affect behavioral drive (i.e., motivation) to burrow and thereby affect both the developmental timing and adult expression of burrowing behavior," suggesting a link between genes and behaviors.

Casey Youngflesh, a graduate student in the department of ecology and evolution, said he was surprised how big a role heritability plays in determining traits.

"You'd think that, you know, nature vs. nurture argument for behavior, at least, the nurture would have more to do with it," Youngflesh said. "At least for these mice, that's not true."

Laurel Yohe, a postdoctoral researcher in the department of ecology and evolution, said innovative and creative approaches ranging from computer models that measure the movements of lab mice to foams that mold

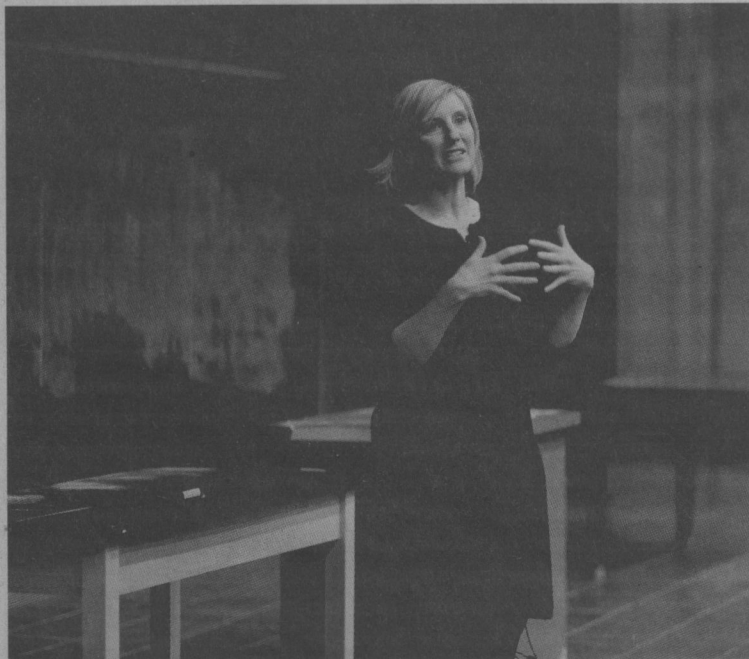
to the shape of their burrows, "make this sort of an elegant research and experimental design to be able to actually answer a very complex question about how something like how behavior evolves."

Moving forward, the researchers will use a tool called a viral vector to inject genes from one species into other species with different burrowing traits.

This could be the first step to altering behavior through genetic manipulation. "In terms of humans, what if you can change your motivation to study but that didn't also affect your motivation to eat," Hoekstra said.

"I would argue that if we're able to do this final experiment — make little diggers build long burrows — this is a result that would certainly tickle Darwin," Hoekstra said.

"Both because it's a connection between genes, but importantly, a connection between genes and behaviors, this idea that behavior just like morphology could evolve by natural selection if they're heritable."



GARY GHAYRAT / THE STATESMAN

The Hoekstra Lab at Harvard University is researching the burrowing habits of certain species of rodents.

ARTS & ENTERTAINMENT

Treating your broken heart right this Valentine's Day

By Adubi Oluwabukunmi
Contributing Writer

Broken-hearted students are not alone this Valentine's Day. The days leading up to the romantic holiday are among the top dumping days of the year, according to research done by IllicitEncounters.com, a top married-dating website.

Out of 1,500 people surveyed, 30 percent had broken up with someone the week before Valentine's Day.

"There's very few people who will never go through one or more breakups in their lifetime," Joanne Davila, a professor and director of clinical training in the psychology department, said. "So, it's the norm for sure."

Davila, a psychologist who studies romantic relationships, teaches a relationship education workshop at Stony Brook. In the past two years, close to 200 students have attended, most dealing with breakup issues.

As with the death of a loved one, experiencing the seven stages of grief after breaking up is normal.

Engaging with those difficult emotions can be rewarding. According to an article from Psychology Today, "Understanding your emotional response to a breakup can help you feel less alone."



PUBLIC DOMAIN

Roses are one of the most popular gifts given on Valentine's Day. Spending time with friends and family can help alleviate the pain from a difficult breakup.

"Breakups are really challenging because when people lose the person that they care about it's actually a physiological experience in addition to just an emotional experience," Davila said. "What we find is that when people are rejected, if you look

at the data, people show activation in parts of the brain that are associated with attachment and also with physical pain."

A study performed by the Journal of College Student Psychotherapy suggests that it takes 11

weeks to get over a split. Coping with a romantic breakup is a standard developmental task for emerging adults as they normalize challenges.

"I think that really just shows us how the loss of someone we

love really biologically impacts us," Davila said.

For those that are struggling, blocking your ex on social media or avoiding communication can help the healing process.

"The more contact you have with an ex, the more it's gonna keep your emotions kind of amplified," Davila said. She recommended focusing on yourself instead of dwelling on the other person. "When you see that person you'll just go, 'Oh remember all the good times?' That's not what you wanna do. You wanna remember all the bad times. You have to sort of let yourself know that you are a worthy person and that if they didn't want you that's on them. You will be okay."

In addition to avoiding your ex, spending time with family and friends can help, too. Valerie Chin, a junior electrical engineering major, credited her loved ones when she discussed her own experiences with relationships and breakups.

"Spend more time with friends," Chin said. "It's the only stuff that can keep you busy. I would stay with my family and friends. My family definitely supported me a lot [through my breakup], too."

Whether you go all-in and hit the spa or just spend the day with friends binge-eating junk food and watching Netflix, don't forget to look out for the most important person in your life this Valentine's Day: yourself.

Doki Doki Literature Club! is a new realm of horror

By Claudia Motley
Contributing Writer

Dating simulation games have become increasingly popular in modern nerd culture.

Known in Japan as "otome" games, they come in a range of genres. Doki Doki Literature Club! is one of these generic dating sims.

Many fans of the Japanese versions understand that there is a format that many of the games follow.

They offer a similar range of characters, all with specific personality traits, so that the player can move forward with their ideal type of partner.

One of the most well-known character types is "tsundere," derived from the Japanese word, "tsuntsun," which means high and mighty, and "deredere," which is the onomatopoeia for being lovestruck.

Developed by Team Salvato and released on Steam on Sept. 22, 2017, Doki Doki Literature Club! is a psychological horror that takes every opportunity to terrify you.

It presents a total of four characters, each of which have some of the most common-place character traits. Initially, everything seems normal. That is — spoiler alert — until one of the characters commits suicide.

After, the game turns darker. The characters spiral into mad-



DOKI DOKI LITERATURE CLUB!/TEAM SALVATO

A promotional photo of the four characters in the game Doki Doki Literature Club! The video game is a dating simulation game that was released on Sept. 22, 2017.

ness, ranging from over-possive, self-harming psychopaths to aggressive victims of child abuse. By the end of the game, players are left shocked by the plot twist — a once light-hearted dating game turns into a nightmarish fright fest — and left speechless by the amount of effort and work put in by the developers.

From hidden in-game Easter eggs to audio found in converted character files, Team Salvato never missed a chance to surprise its audience.

By the final play, the fourth wall is practically shattered. All this, and the game is free.

"I had no clue it was going to become something so terrifying," Usman Shafiq, a freshman com-

puter science major, said. "I honestly didn't think it would be a horror game, and such a complex one as well. There's more to the game than just the game."

Extreme fans of the game have taken the next step into the realm of theories. Each and every element of the game provides a hidden clue, tucked away through layers of coding and file

conversions. One YouTube theory — which was broken up into two videos due to the amount of information the game provides — suggests that Doki Doki Literature Club! is all in preparation for Team Salvato's next project: a horror game.

"It's a pretty cool idea," Lauren Asfour, a freshman undecided major, who has played the game and been invested in the theories arising after the game's release, said. "It's smart to do this to pitch their next game. They got themselves so much attention by putting a lot of effort into the hidden aspects... secret files, coding... so now people are going to be pretty excited about their next game. I know I'm definitely interested."

The game, Doki Doki Literature Club!, won the IGN People's Choice award in December for every category.

The Doki Doki Literature Club! website has further information on the project, as well as fan merchandise and a chance to donate to the developers.

Though it has not yet been made official when Team Salvato's next project will be announced (the theory videos explain how the developers placed a clue for the potential of a 2018 game, but there has not been any clear assertion), any updates will be accessible through the developer's website, teamsalvato.com.

MGMT returns from the dark

By Kayla McKiski
Arts & Entertainment Editor

Psychedelic rock band MGMT has returned to its roots with a synth-pop record, "Little Dark Age," released Feb. 9 by Columbia Records.

The band, made up of duo Ben Goldwasser and Andrew VanWyngarden, hasn't tasted pop since its debut album.

MGMT met commercial and critical success with its 2007 album, "Oracular Spectacular," which spawned cult indie hits "Time to Pretend," "Electric Feel" and "Kids." Three years later, the duo took an experimental detour with their sophomore album "Congratulations" (2010) before alienating all but core fans with the obscure "MGMT" in 2013.

But now, MGMT has rediscovered the kind of songwriting that fans fell in love with 11 years ago.

The opening track, "She Works Out Too Much," is a sardonic look at a superficial relationship meeting its demise.

Modeled after 80s workout videos, the song starts with a woman, impossible to imagine without a leotard, saying, "Get ready to have some fun!" The song plays with a dialogue between a fitness-obsessed girl and a boyfriend who can't seem to live up. Ending abruptly, in true aerobic exercise video fashion, the woman says, "Okay, we're done."

The album changes pace with its first single, "Little Dark Age." The straightforward track details a depressive episode and the inability to escape oneself. Humor, apparently, is a good defense mechanism when you're in the dark.

They sing, "And the engine's failed again / All limits of disguise / The humor's not the same / Coming from denial."

MGMT brings more life into the album with the second single, "When You Die," another obnoxious take on darkness. The

song features a self-loathing narrator joking about the inevitability of death.

They sing, "Baby, I'm ready, I'm ready, ready to blow my brains out." Laughably distressed, they even add, "Go fuck yourself!"

"Me and Michael," the album's fourth single, is a jazzy salute to the 80s, marked by dreamy, nostalgic vocals.

They sing of blind happiness, evoking a little bit sadness in listeners:

"Binary star sink like the setting sun / Too happy with ourselves to notice when the change had come / So you think the losing side would never break dividing lines / But sanctity wasn't in doubt."

With the twinkling instrumentals, the sadness is easily palatable.

"TSLAMP," which is an acronym for "time spent looking at my phone" is a snarky critique of modern life like the opener. MGMT ridicules society for wasting life with technology.

They sing, "All the memories you've shared / Devoured by perverted creatures / Gods descend to take me home / Find me staring at my phone."

People are so screen-obsessed that their electronics can interfere with something as sacred as their relationship with God.

"James," a tribute to the guitarist in their live band, sounds notably different from the rest of the album, as it's in a lower octave.

They sing, "James / If you need a friend / Come right over / Don't even knock / And I'll be home / The door is always open / And we can both say, 'Who's laughing now?'"

In an interview with Q magazine, MGMT said they wrote the song for the guitarist after taking a "microdose of acid."

VanWyngarden attributes his unusual vocal range for this track to the fact that they were screaming all day while tripping on acid.

The next song, "Days That Got Away," is a repetitive four minute and 45 second groove. The digital jazz, acid house mix might be the closest MGMT has ever gotten to chillwave.

"One Thing Left to Try" is a surprisingly positive, upbeat song on struggling with suicidal thoughts.

Eruptive instrumentals underlay lyrics like, "The only way to get rid of the feeling / You have to draw the line / And remember there's more than you're seeing / Decide." Despite being known for their cynical outlook on the world, the band manages to bring a little hope to the album.

But what goes up must come down.

MGMT follows its ode to surviving with "When You're Small," an emotional song on the highs and lows of life. They sing, "When you're low / You reach a certain point / Where you can't really see the point."

The feel is similar to "Space Oddity," David Bowie's 1969 single on not feeling like you're meant for life on earth. In direct contrast to "One Thing Left to Try," this song is a one way ticket to having an existential crisis.

The album fades out with its third single, "Hand It Over," a clear response to Donald Trump's surprise victory in the 2016 presidential election.

They sing, "The joke's worn thin, the king stepped in / Oh, we'll see who is who / Look who's bending over."

"Apparently," VanWyngarden told Rolling Stone Magazine, "We were more inspired to write pop music after evil took over the world."

"Little Dark Age" is not MGMT's magnum opus, but the equal parts dark and cheeky 10-track album is enough to lure lost fans back.

For Long Islanders looking to rediscover the electric feel, MGMT is performing at King's Theatre on March 24 and at Brooklyn Steel on March 25 and March 26.

ARTSY EVENTS

Feb. 14

Southampton Writers Speak

The Stony Brook Southampton MFA in Creative Writing and Literature presents Sam Sax, a queer Jewish writer and poetry editor at BOAAT Press, to share his readings. Sax is the author of "Madness" and "Bury It," both collections of poems. The reception begins at 6:30 p.m. and the readings begin at 7 p.m. in the Stony Brook Southampton Chancellors Hall Radio Lounge.

Feb. 16

Black Artists Showcase

The art of black independent artists will be celebrated at the Student Activities Center Ballroom A. The event will include a live music stage broadcast on WUSB, tables for black student organizations and anti-hate nonprofits, performances from black student dance, step and music groups and exhibition space for black visual artists. The event is meant to be a safe space for a discussion about marginalization of all kinds.

Feb. 17

Tao - Drum Heart

Athletic bodies and contemporary costumes will meet explosive Taiko drumming at the main stage of the Staller Center for the Arts. TAO's Japanese drumming is known for its precision, choreography and stamina. After hundreds of sold-out shows in front of more than 6.5 million spectators worldwide, they are returning to Stony Brook University for the fourth time by popular demand. Tickets are \$42.

Feb. 19

Black Litt

At this Black History Month event, attendees will discuss major art and literature movements in the black community. The event, held at UNITI Cultural Center Room 169 in the Student Activities Center, will highlight the evolution of music, spoken word, poetry and fiction. Attendees are encouraged to write and share their pieces at the Spoken Word and Open Mic Night.

Feb. 19

Spoken Word/Open Mic Contest

The Black History Month Spoken Word/Open Mic Contest is an opportunity for SBU students to project their creative energy through spoken word and diverse modes of expression. Contestants are urged to focus on the themes listed on the guidelines, all relating to prominent struggles of African-Americans.

Feb. 20

Art of the Violin Concert Series

Performing in the Melville Library Galleria at 12 p.m. are students of professor and artist-in-residence Jennifer Frautschi. They will be playing works from the violin music collection in the Galleria.

Feb. 21

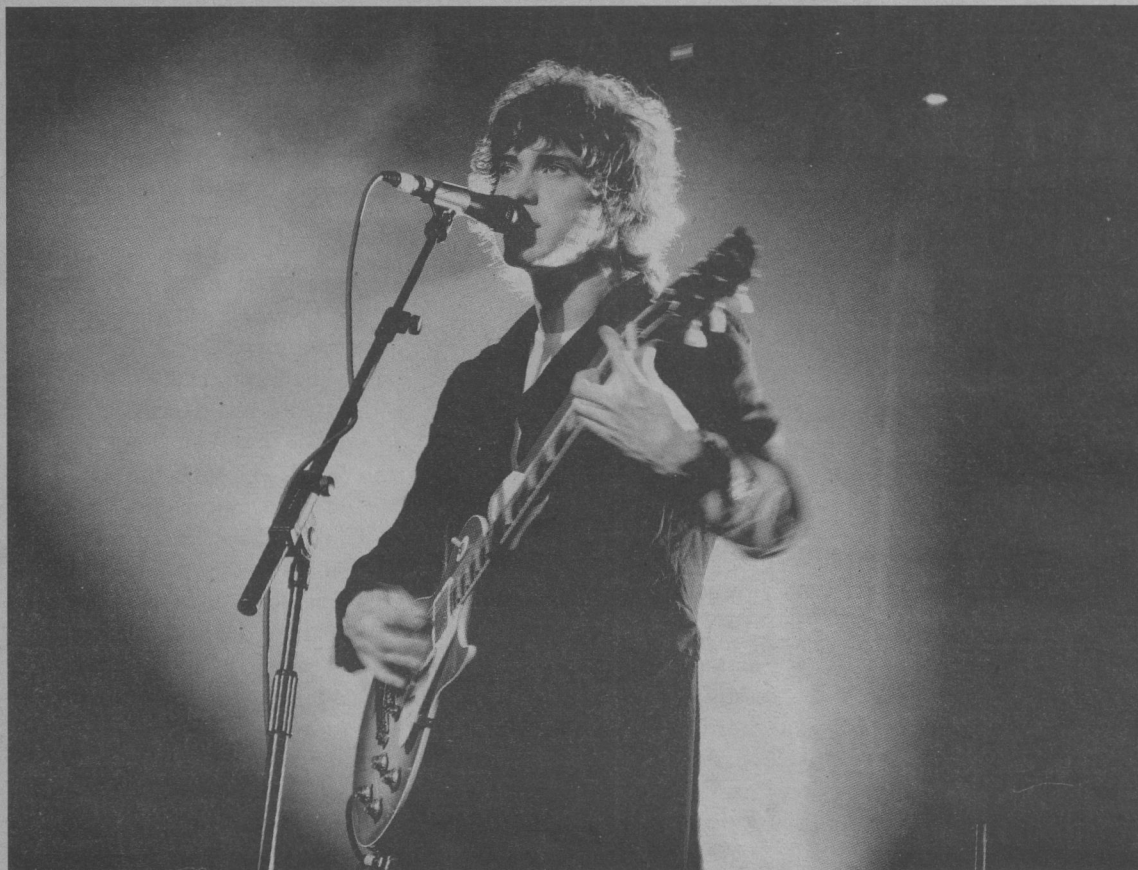
Southampton Writers Speak

The Stony Brook Southampton MFA in Creative Writing and Literature presents Judith Newman, a journalist and author, to share her readings. Newman is the author of the bestseller "To Siri With Love: A Mother, Her Autistic Son" and "The Kindness of Machines," a collection of stories with her son. The reception begins at 6:30 p.m. in the Stony Brook Southampton Chancellors Hall Radio Lounge.

Feb. 26

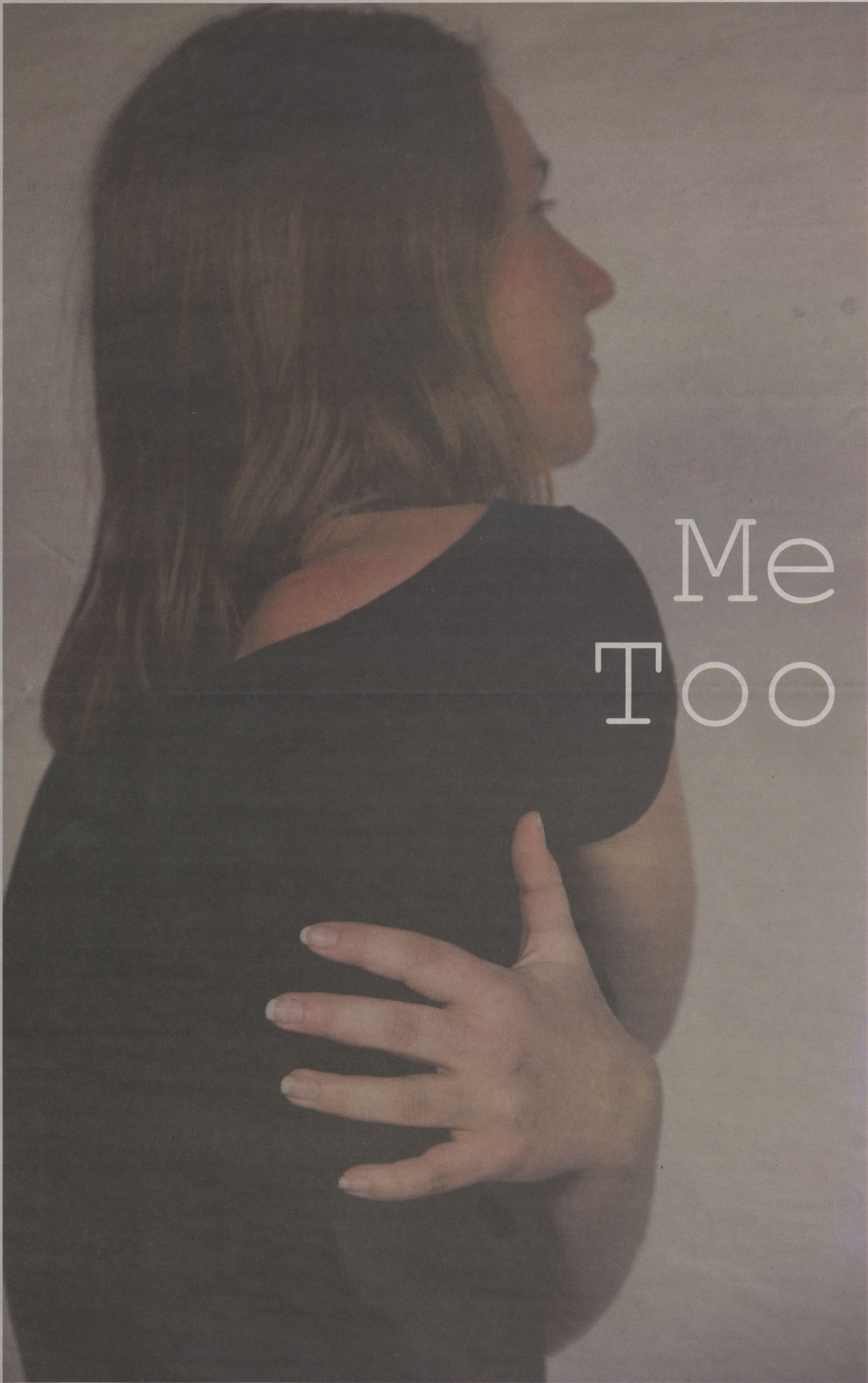
Film Screening: Kiki

In this Black History Month event, the Student Activities Center Sidney Gelber Auditorium will present the film "Kiki," about the experiences of several young LGBTQ people participating in contemporary LGBTQ Latino and African-American kiki culture. The event will also feature an analysis of the concepts after the movie is finished.



AURELIEN GUICHARD/WIKIMEDIA COMMONS VIA CC BY 2.0

Andrew VanWyngarden of MGMT performing on March 18, 2010. MGMT's fourth studio album, "Little Dark Age," was released by Columbia Records on Feb. 9.



Me
TOO



Alumna uses art to empower

By Thomas James

As an interdisciplinary artist and a Stony Brook MFA program alumna, Veronica Pena uses her art as a way to empower herself through creative expression.

Pena is dedicated mainly to performance art by expressing herself through the use of her body. To do that, she is not afraid of the fact that others may perceive or look at her body in an inappropriate manner.

"I have been sexually harassed a couple of times in a number of contexts," Pena said.

As a teaching assistant at the Polytechnic University of Valencia, her professor would stroke her face and call her beautiful. While Spain does have a touch-friendly culture, Pena realized after some time that she was not comfortable with this unprofessional behavior. Despite the unwanted behavior she has endured as a woman, she is not afraid of allowing herself and her female performers to be vulnerable in their public demonstrations.

In one of Pena's performance art pieces, "Mirror Eyes," staged in Times Square, her performers were covered in white makeup and clothes and decorated in black patterns to evoke the disappearance of the performers from their personal identities. The actors in this interactive performance stayed completely still as they held poses, and made gestures that ranged from friendly to actions condemned by society. The audience was encouraged to step in and pose in the scenario created by the motionless performers. In one group of actors pretending to stone a woman, one laid defenseless on the floor while others were standing around her in attacking poses. Heroic bystanders interposed their bodies between the victim and the attacker. Yet there were others that wanted to be the attacker.

"Rarely do I face sexual harassment in the middle of my performances. But for this particular piece, one of my performers got slapped on her body by an audience member," Pena said. "It was clear this was inappropriate as she was in tears after the performance was over."

At the scene, police were watching over the performance, but an assault like that slipped away without repercussion.

In her street performance "The Garden of Earthly Delights," based on the Hieronymus Bosch painting of the same name, Pena explored the erotic and sensual liberty that Bosch portrayed in his painting. But in the current culture, she was unsure of how that liberty would be perceived when women's bodies are commonly refined to unnatural proportions in the media.

For this particular piece, Pena was weary of whether she wanted to keep the video of the performance online because of the visual of her as a naked, susceptible woman. "Someone could easily corrupt the intention of that image," Pena said. "That is just a reflection of how we view sexuality."

Pena loves to explore how people interact with each other and the social constructs of our world. But there are pieces that she performs that are just for her own exploration. In her performance "The Substance of Heaven," Pena submerged herself in a tank filled with a green liquid for six hours. Although she never reveals what exactly it is, the liquid slowly solidifies. This allows Pena to sit completely still in the tank, with only the flow of oxygen from a breathing tube filling her body with motion. The piece was funded by Franklin Furnace, a prestigious institute for performance art in New York.

Submerged in her tank, Pena is in absolute control of her body and mind. In this substance her being gains power. All of her identities transform past their limitations. In it, she says her "female body reveals strength and her immigrant body defies distance and separation."

"I don't want to be boxed in her migrant, woman identity," said Pena. "This is a limitation imposed to me, but not something that limits me from being alert of what I am not allowing myself to do."


Pena does not go out of her way to compose a message of female empowerment in her work. But as a female performer, her creative expression naturally awakens the empowerment of her body. For her, expression is built by constantly reflecting on her emotions. So when she has to deal with things she cannot control like being sexually harassed, Pena says that patience is key.

"As a woman I have to be patient to ask myself why am I not liking what is happening and what can I do to change the problem?"

In the current cultural climate, women are refusing to let sexual misconduct go unnoticed. Yet women are still expected to be responsible for the solutions to these situations.

"You don't have to tweet hashtags all over the world, but just act within your capacity," Pena tells men who wish to empower women.

Pena will continue to perform and push out of her comfort zone. Her next project involves a heavy object attached to her body as she hopes to pose in seemingly impossible positions. Her spirit is an inspiration for men who need to push out of their comfort zone and shoulder some responsibility for providing solutions.



“He was good with his words; he would always persuade me to do more, and I never resisted.”

When consent is blurred

By Luis Ruiz Dominguez

I was 18. He was 45.

It all began on Grindr after he sent me a message. I was reluctant to reply to him at first, mainly because of his age, but also because his profile was a photo of his torso. He was just one of the many headless men that are a common sight on this app.

This was all new to me and the endless number of app users within feet of me was a bit overwhelming. For those of you who don't know what Grindr is, it's an app for gay, bi, trans and queer people to connect and meet with other singles (sometimes not) in their area. So basically, a hookup app. In the masses of aggressive messages and sexual photos, his simple conversation stuck out. Although this will probably sound cliché, he had such a way with words and was very mysterious. He was also very private about his personal life, which is probably what intrigued me about him since I like to know everything about everyone.

I saw him as more of a friend than anything serious at first, mainly because of our age gap. He seemed to be looking out for me, always offering me advice. He was close to my father's age, which should have been a red flag. His passiveness toward meeting in person made me feel comfortable, particularly because every conversation I've ever had with other people on the app had died after I showed the slightest hesitation toward meeting up. I was a virgin, and the thought of having a sexual encounter with a stranger terrified me, especially when app users expect you to come to their house after exchanging messages for 20 minutes.

It is not uncommon for men to send unsolicited nude photos on Grindr, compliment your looks and express how “generous” they are. Basically, this is another way of saying they are willing to pay for sexual favors. Gay teens, especially those from communities where there are not a lot of other LGBTQ people around, often jump at the first person they receive continuous attention from.

He never offered me money, but he did not have to. He made me feel safe and I thought he liked me for who I was. He would always compliment my eyes, my lips and my tan skin. He was never too forward, at least not at first. I became sexually involved with this man the summer before my freshman year of college and while I regret some of the things that I did with him, in the moment I believed everything that happened between us was consensual. He never pushed me to do anything I did not want to do, but like I mentioned before, he was good with his words; he would always persuade me to do more and I never resisted. I never said no, but I also never said yes.

This is where I get confused, because I'm not sure if what he did was okay. At the time, I trusted him and I did not realize that he was manipulating and using the trust that I had toward him as a way to guilt me into going further with our sexual relationship. I saw him a total of three times before disappearing on him completely.

He checked my ID through his cracked door the first time we met to make sure I wasn't lying about my age. This should have been the second red flag. Not telling me his last name and checking if anyone had seen me enter his house should have been flags three and four. Being a gay male person of color, it is not uncommon for me to be fetishized by men on Grindr and similar dating apps such as Scruff, Surge and even Tinder. What I didn't expect was to be called racist slurs when I ignored or rejected advances from other men. It took me a few years to understand the difference between someone having actual interest in me and being seen as a sexual desire because of my ethnicity.

I never expected a Hasidic man to ask, “How much?” while pointing at his genitals during my run in the summer. I never expected to be catcalled and followed from Kips Bay to Penn Station by a man that could have been my grandfather in the middle of the night. I also never expected to have a sexual relationship with a man nearly three times my age, but I did.

Am I a victim of sexual harassment? I don't like to think so, but I do feel taken advantage of. I didn't know what I was doing. I was young and immature. I still am, but I'm learning.

“I was nothing
to them I was an
empty body for
them to do
whatever they
wanted with.”

-Mary B.



“One of my co-workers, who was female, told me I shouldn’t report him because he has a family and he should keep his job.”

-Jessica K.



#MeToo helped me too

By Mike Adams

Hi, my name is Mike. When I was 15, I was molested in an exercise room at a house party. I knew my abuser. He had been a friend of mine for a few years, and was roughly the same age. Toward the tail end of a drunken reunion with our friends, he saw me hooking up with another male friend of ours. I wasn't exactly into it, but I figured a little experimentation never hurt anybody. Human sexuality is fluid, right?

He grabbed me by the hand and pulled me off into a side room in the basement. It was a makeshift gym. I can still remember the way the elliptical looked in the dim light as my anxiety began to rise. He showed me his and pulled out mine. I was practically frozen when he started heading downward. He stopped after the third time I told him to stop. We went back to our friends and I just kept it to myself. I'll never forget the cold, sinking feeling I felt on the train ride home the next morning.

Maybe it was because we were both stupid drunk, and nobody can handle their liquor at that age. Maybe it was because he had seen me kissing my friend, and took my experimentation for consent. Or maybe he just saw a vulnerable kid. But the reason doesn't matter. I was raped, and I'm only just beginning to come to terms with that. This is still hard for me to talk about, and even harder to write about. But after seeing countless people come forward to share far more harrowing experiences of sexual assault, I understood how the strength of one can help others.

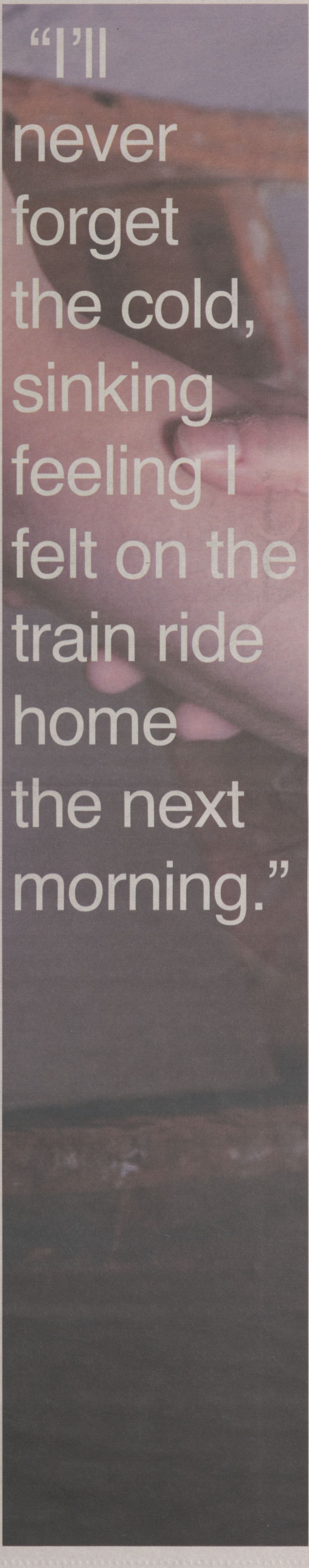
I kept my trauma to myself for years. Even when I thought about it, I shoved away words like "molested," "abused" and "raped." The girls that Larry Nassar assaulted, they were abused. Anthony Rapp, he was abused. Rose McGowan, she was abused. I just had a weird night. It was different. It must have been different. I ran with that thought for years, choosing to suffer in silence and deny that I was even suffering. The trauma of that night followed me throughout my turbulent adolescence, corroding nearly every relationship I tried to develop. To this day, I freak out if somebody I don't know well touches me. Did it ruin my life? No. But boy did it hurt.

Things started to change around a year ago. After five years of silence, I heard a friend of mine talk about being molested as a child in front of a room full of people. His honesty astonished me, and then the thought came: 'Oh my God, I can identify with that.' So I shared what happened to me. My voice trembled, I broke out in a sweat and I couldn't make eye contact with anyone. But after it was done, oddly enough, I felt a little better.

I never identified with the #MeToo movement, even as I became more and more comfortable speaking out about my own experience. But I started getting emotional when I saw people like Aly Raisman tell their stories to the world. I know the guilt and the shame she spoke about; I felt them myself for years. The #MeToo movement wasn't necessarily fought for me, but I owe every silence breaker an unpayable debt of gratitude. They made me realize consent is a black and white issue, that there are no excuses for mitigating the fact that I was molested. Their bravery made me realize that maybe – just maybe – I have a part to play here, too.

I can't speak for anyone else, but I'd like to think my story can help people who sectioned their sexual trauma off into a grey area to be repressed and forgotten. I'm sure I'm not the only straight, white, cis male with this particular skeleton in his closet. This isn't about crucifying my abuser. He was a sick kid, struggling with his own sexuality in a repressive household, and I'd like to think I've forgiven him for what he did to me. This is about making it clear, as it was made clear to me, that rape is rape. Compare all you want, make as many excuses as I made, but there is a whole army of people out there just like me – men who feel ashamed, people who think their abuse doesn't count because they were "weak."

If putting my story out there makes even one more person come to grips with their abuse, then my suffering wasn't in vain. So please, if you can identify with me at all, know that you are not the only one. It happened to me too.



"I'll never forget the cold, sinking feeling I felt on the train ride home the next morning."



Club teaches consent

By Sara Schabe

The commercial success of the “Fifty Shades of Grey” franchise helped introduce the concept of “BDSM” (a blanket term for fetishes including bondage, discipline, dominance submission and sadomasochism) to the masses. Despite this, many people still associate the phrase with abusive or controlling relationships.

The Next Generation club at Stony Brook University is working to debunk these myths through open and honest discussions about BDSM and kink culture.

“One of the biggest misconceptions I’ve heard about the community is that you have to be super sadistic and like having people in pain,” Taiven Logan, senior sociology major and public relations officer for the club, said. “People think it’s a nonconsensual thing.”

Logan emphasized that BDSM is not about abuse or pain, but rather an understanding of the physical and mental components of power dynamics.

“It is a lot of discussion about what everyone involved is comfortable with doing.”

The first general body meeting of each semester is dedicated to the topic of consent. Those in attendance learn about the proper way to give and receive consent. Club members also emphasize the role that drugs and alcohol play in consent.

“When you are in that state, there is no way you can consent,” Logan said, adding that it is wrong to engage in any type of sexual activity with someone who is under the influence of drugs or alcohol, even if they say yes.

Tyger Salters, senior chemistry major and TNG president, explained that in BDSM, all parties are involved in discussion and aware of what is going to be done when going into it.

“There’s a lot of taking care of each other and being aware of one another’s limits,” he said.

The club insists on receiving consent in all interactions, even when there’s no sex involved. Lily Li, junior biology major and TNG secretary, recalled how confused she was when she first joined the club and someone asked for her permission before giving her a hug.

“It simplifies a lot of things,” Salters explained. “I don’t have to guess if someone is okay with something. I just ask.”

The idea of giving someone “mixed signals” is an issue that the club hopes to call attention to, since this can often lead to confusion about consent. In Li’s view, “if you get a clear ‘yes’ or ‘no,’ there shouldn’t be mixed signals.”

The club also hopes to promote the concept of continuous consent, in which partners communicate their desires to one another repeatedly throughout a hookup.

“A lot of people just think ‘Green means go’ and that’s not how it is,” Logan said.

“You are only doing what you have negotiated, if you want to go farther, you have to have another discussion,” Salters said.

While these practices have become second nature for the members of TNG, Emi Brawley, junior and treasurer for the club said it can be hard for people to develop healthy attitudes toward sex because of certain societal norms that are ingrained in all of us from a young age.

“Being told ‘Oh you have to give Grandma a kiss’ when we’re little puts us into the mindset of having to do something with someone,” she said.

“You get into this mindset of having to be even,” Logan added.

The club hosts meetings every Wednesday from 7 to 8 p.m. in room 312 of the Student Activities Center.

In addition, it has paired up with Campus Residences and other student organizations to host consent-based events and spread awareness about their community.

They have been invited to residence halls to host consent workshops and have held events with the LGBTQTA to discuss consent across different genders.



Stony Brook says it's HeForShe, but is it really?

By Aleeza Kazmi

I walk into the student media suite on the third floor of the Student Activities Center at least once a day, and until recently, I hadn't even noticed the 4-foot poster of Aziz Ansari directly next to its entrance. The poster is from his show at the Staller Center for the Arts in 2011, seven years before the comedian was accused of sexual assault.

Passing the poster every day serves as a reminder that despite being a HeForShe University IMPACT Champion, Stony Brook has failed to be a vocal part of the #MeToo movement that has taken over our country these past four months. As a HeForShe university, Stony Brook committed to "integrate gender equality into the academic and social experience of Stony Brook University." The university shows proof of its so-called commitment by highlighting the equal graduation rates among male and female students on its website. But a commitment to gender equality goes far beyond data.

Fighting for gender equality means actively and vocally working to take down systems that create inequality. And if there was ever a time that was needed, it would be right now. The #MeToo movement is a part of building the gender-equal world that the HeForShe campaign fights for, yet the Stony Brook administration has remained silent as the movement has grown.

The conversation about sexual assault on college campuses started long before the MeToo hashtag went viral. One in five women and one in 16 men are sexually assaulted while at college, but only 10 percent of survivors report their cases, according to the National Sexual Violence Resource Center. By those statistics, there are roughly 2,147 survivors on campus that the university has failed.

I had the privilege of attending the public forum with #MeToo founder Tarana Burke at Stony Brook that was held on Jan. 27 (which was organized by outside organizations, not the university). Much of the forum was centered around how community action helps pave the road for healing. Community healing, Burke said, is starting a dialogue with a cross-section of people from the community so that policies protecting survivors and making them feel safe can be made. The only effort Stony Brook has made to start this dialogue has been the HeForShe Ideathon, which is not an event started by the university but rather a global HeForShe initiative.

When the #MeToo movement first started, I had such faith in Stony Brook as a HeForShe university to show in some way that it supported the movement. However, with each day that went by without an email from the administration or a message from

President Stanley, I grew increasingly frustrated. I was shocked that a campus administration that has vocalized its support of Dreamers, Muslims and transgender people in this past year alone has not made an active effort to tell the survivors of abuse on its campus that they stand with them. I have to wonder – is the university silent because it faces an ongoing lawsuit for allegedly mishandling a Title IX case? Or is it because of the three sexual harassment cases at Stony Brook University Hospital that were settled by the state? Or could it be because the hiring and silent firing of Swimming and Diving Head Coach Janelle Atkinson is an example of how Stony Brook has failed to "integrate gender equality" on campus? Atkinson allegedly mentally abused players, including allegedly telling a player her anxiety was caused by her own mishandling of being sexually assaulted. How could a HeForShe university allow for this kind of behavior to go on for as long as it did, much less allow Atkinson to slip out quietly?

No person or institution wants to face their ugly truth, but the #MeToo Movement has shown us that we need to stare our ugly truths in the face for them to go away. If Stony Brook and other major institutions continue to sweep their failures under the rug to be allies for survivors, then the cycle of abuse will never end.

CAMPUS EVENT CALENDAR

Feb. 12
Black History Month: Know Your Roots
When: 8 p.m.
Where: UNITI Cultural Center

Feb. 12
Black History Month: Paid in Full
When: 9 p.m.
Where: SAC 305

Feb. 13
How Nanotechnology Can Save Us and the Environment
When: 1 p.m.
Where: Melville Library E-2340

Feb. 13
Black in Latin America: Part Two
When: 7 p.m.
Where: Tabler Arts Center

Feb. 14
Africana Studies 50th Anniversary: Africana Studies Then and Now 1968-2018
When: 1 p.m.
Where: SBS 224

Feb. 14
Black History Month: Greek 101
When: 1 p.m.
Where: SAC Lobby

Feb. 14
Resurrecting Slavery: Racial Legacies and White Supremacy in France
When: 2 p.m.
Where: Melville Library

Feb. 14
Women's Basketball vs. UMBC
When: 7 p.m.
Where: IFCU Arena

Feb. 15
Drug Advertising & Picture Book Writing
When: 1 p.m.
Where: Melville Library, E-2340

Feb. 16
Business Job and Internship Fair
When: 12 p.m.
Where: SAC Ballroom A & B

Feb. 16-18
Hack@CEWIT 2018 IoT & Security
When: All Day
Where: Center for Excellence in Wireless & Info Tech

Feb. 18
Men's Basketball vs. New Hampshire
When: 2 p.m.
Where: IFCU Arena

Feb. 18
Chinese New Year
When: 3 p.m.
Where: Charles B. Wang Center Theater

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

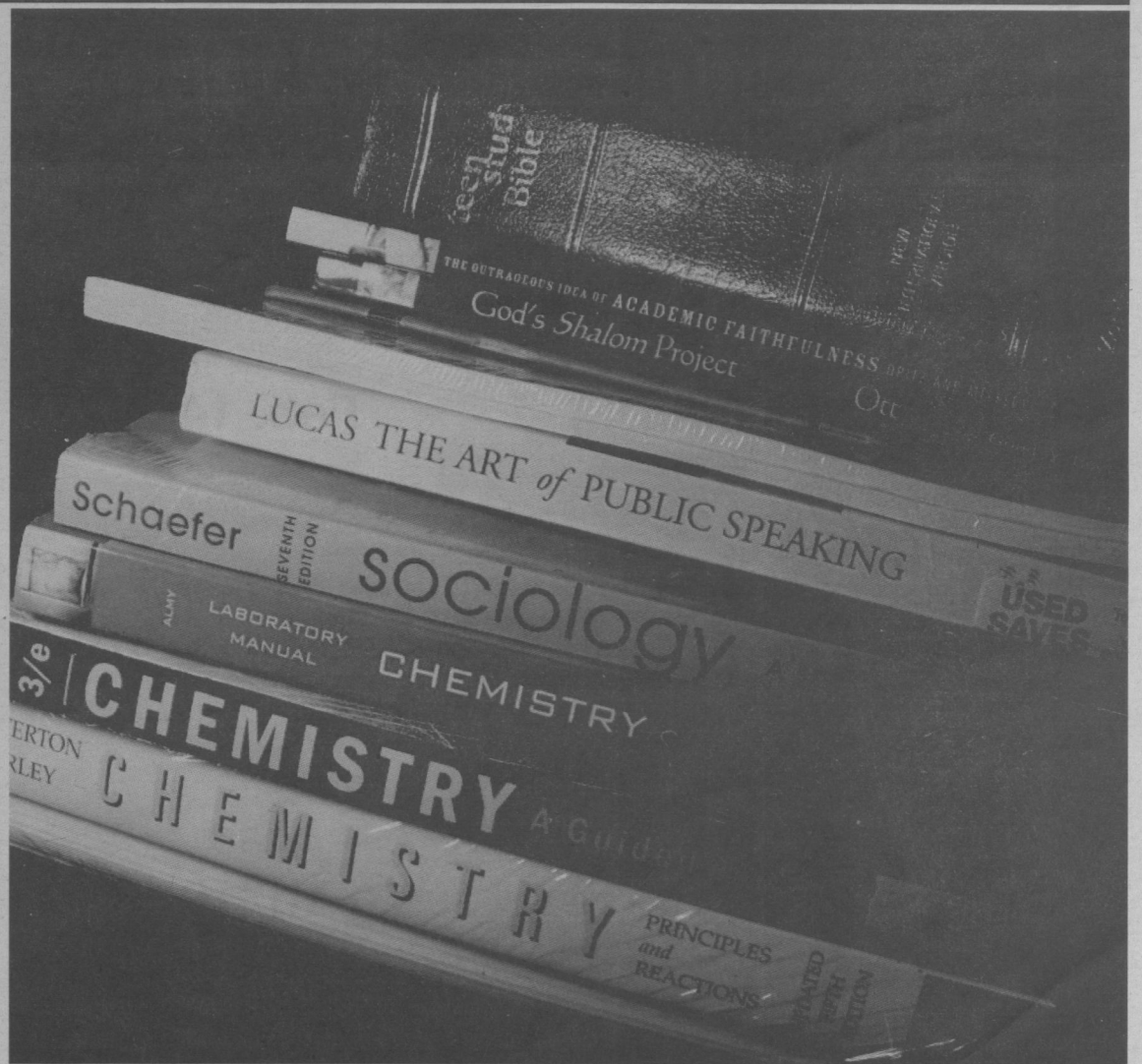
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Textbooks are tax-exempt after submitting a tax credit form. The Follett Corporation won the campus store contract after Amazon modified its contract with Stony Brook.

Student textbooks are not taxed

By Bryan Carroll
Contributing Writer

In a very competitive bidding war, Follett Corporation won the campus store contract here at Stony Brook. While the name Follett Corporation is not well known to most students, it is very familiar to college administrators in New York. In 1998, Follett Corporation tried to win the contract for SUNY Buffalo's campus store but failed. It also operated the campus store at Suffolk Community College from 2009 to 2014, and from 2016 to present. Additionally, Follett was a contender for SUNY Binghamton's campus store in 2016. According to the company's website, it currently operates the campus store at the Albany College of Pharmacy and Health Sciences, Mercy College, the College of New Rochelle, Dutchess Community College in addition to a host of others in New York. Given the number of times that Follett has gone through the process of placing a bid on a campus store, one might even describe its resilience as the proverbial little engine that could.

Like Barnes & Noble, Follett will need to meet the unique tastes of students at Stony Brook and adjust what they offer in their new store to match. Hopefully, there will be a wider selection of products offered in the new store compared to what is currently found at Barnes & Noble, or what is now Shop Red West. It was once said that the rise of online bookstores at one time put physical bookstores, like the ones that Follett will soon operate, on the defensive.

This has traditionally led to more discounts, promotions and events in store. My hope is that Follett continues this trend of offering discounts and promotions in store as well as providing for a direct feedback loop with the Stony Brook community. Foreseeing that Follett wants to be successful here, I would encourage the company to ask the Faculty Student Association to conduct a series of surveys and then take proactive steps as they get familiar with our campus.

While Follett will become the operator of the campus store in the coming weeks, other things will stay the same. For example, faculty will still need to go to the FSA Office of the Bookstore Liaison for any questions on instructor copies, and textbooks are still exempt from sales tax. This is important to note because Barnes & Noble did not actively publicize the exemption. As a result, it is not well known that textbooks are exempt from sales tax. Conversely, Follett has not yet discussed plans on how it will handle any credits or refunds for customized textbooks that would be charged sales tax. Follett also has not discussed how it might advertise this little nugget. Should we fault Follett already for this lack of transparency? It should be noted that the FSA Office of the Bookstore Liaison does dedicate a website just to the textbook tax credit. However, the website is geared to an Amazon purchase and not any purchases at the new campus store. Does that mean we should continue to buy from Amazon?

How does this tax impact a campus store you ask? Businesses like Follett are required by state

law to charge a sales tax on merchandise in their store. This means that every item carried in the store would also have a 8.625% fee. That collected money is then given to the state as sales tax revenue. However, the New York legislature decided in 2010 that textbooks should be exempt from sales tax collection.

This might mean if a textbook costs \$150, you might pay \$12.95 in sales tax. If you would fill out the tax credit form and submit it, you would be able to be refunded the \$12.95. In real terms, that would be the equivalent of two frappuccinos at Starbucks. Who wouldn't want extra visits to Starbucks over the course of a semester? This past semester alone, I was able to receive a refund of \$16.23. It should be noted that results do vary and the amount of any refund would be unique to you.

In sum, this lack of transparency is confounding. I hope as Follett sets into their new space, more information is shared with the community regarding their business practices and procedures. One could say it is not Follett's responsibility and it should rest on the school to disclose the tax credit. I would counter and say that it is the inherent responsibility of any operator (bookstore or campus store) that handles rentals, textbooks or course materials to take necessary steps to educate consumers about this exemption and how easy it is to save money. Happy customers are good customers. Amazon does provide a copy of the exemption form if requested. Maybe, if we are lucky, Follett will have copies of this form on day one.

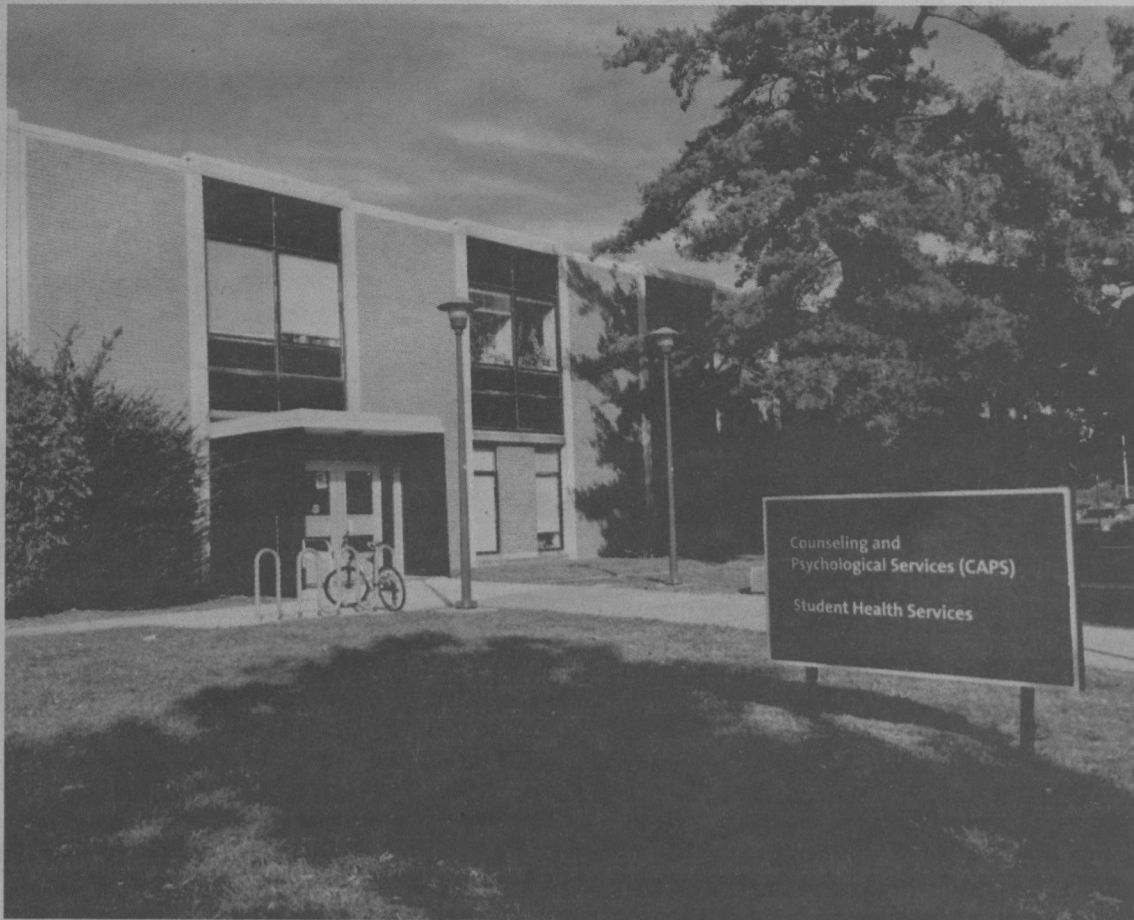
Getting help comes at a price, and it's not a cheap one

By Shaina Montero
Contributing Writer

We've turned into a generation of perfectionists — which is evident in our behavior and mindset toward school. The increasingly competitive world we live in doesn't accommodate people who don't strive for perfection. Our constant desire for the perfect GPA can quickly take a toll on mental health. Stony Brook tries to help through the Counseling and Psychological Services (CAPS) program, which offers services for mental illness, medication management, advice and even people to vent to. While the services provided run far and wide, it can still be difficult to get yourself to go when you need help.

I have struggled with depression and anxiety since freshman year of high school. While it was hard to juggle school, my lacking social life and mental health, it was even harder to get help. It's very easy to convince yourself that you have it under control. To this day, I have never gone to a counselor, but I still sometimes feel like I should.

Along with the challenge of getting help, cost is also a significant factor in finding the motivation. CAPS heavily advertises its proclamation of 10 free sessions, but something not usually considered is what happens after. I've recently learned from Kristin Sette, a freshman computer science



The Counseling and Psychological Services program is available for students who are seeking help for their mental health. Students are offered up to 10 free sessions.

THE STATESMAN FILE

major, that CAPS is mainly a referral program for people with long-term depression and anxiety. In fact, she only had one free session for her anxiety before they sent her to the Krasner Center, an outpatient mental health facility affiliated with the Stony Brook Clinical Psychology Ph.D. program, to pay for therapy from a doctoral candidate.

She pays \$20 per session, which lasts about an hour. This is an apparent bargain compared to the \$75 it could normally cost for therapy outside of school. I'm sure the difference in price is a big help to broke college students, but without any support from family, it's still hard to dish out that kind of cash. I mean, for a student with classes

five days a week and no job, it's almost impossible.

What initially brought my attention to the issue of affordable therapy was the advertisements for the "Overcoming Social Anxiety" and "Overcoming Academic Anxiety" classes offered this month at the Krasner Center. Each of these classes are \$120 for 10 sessions and I've got

to admit, the price made me feel a bit uneasy. At first, the classes made me excited since I thought they could help, but the price ruined the mood.

Immediately after learning about the classes, I knew I would never sign up, no matter how beneficial they'd be. I had to think long and hard about if they were worth my while. I would feel worse if I had attended the classes and felt the same at the end, along with the fact that I had wasted my hard-earned money.

My point here isn't to deprive any therapists of their well-deserved pay, but maybe these types of assets could be included in tuition. Although Stony Brook is a SUNY, it is still expensive for many families. To compensate, students should be provided with more free services to help them succeed, not just a referral.

Maybe if therapy was less intimidating and more accessible, students would feel more encouraged to go. There needs to be a common mindset throughout the university that it is okay to need and seek help. People like me are stubborn and feel like we can handle things ourselves when we can't. Getting help should be strongly emphasized as a successful method of handling things. The perfectionist mindset of our generation can be detrimental and should be taken more seriously and, hopefully, cease to exist one day.

There's something meditative about keeping a physical diary

By Andrew Goldstein
Opinions Editor

"I'm trying out this new pen because Daniel recommended it. I've decided to make this my diary/notebook for 2018 — at least until I fill the pages. I broke up."

Those are the opening words I wrote in my "Mindful Notebook," a leather-bound notebook from Corso featuring mindfulness quotes at the top and a gratitude box at the bottom of each page. I don't add to it every day, but I try to find time each week to write about what's going on, what I'm thinking about, what I need to work on and what I'm grateful for.

As someone who is addicted to Facebook, Netflix and my cellphone, I can spend hours without looking up from a "black mirror." As a student with a part-time job, I always have something to be busy with and something to worry about. And this is all before adding hobbies, eating, exercise and my reading goals. Analog diary writing provides me a time and space to take a break and meditate about it all.

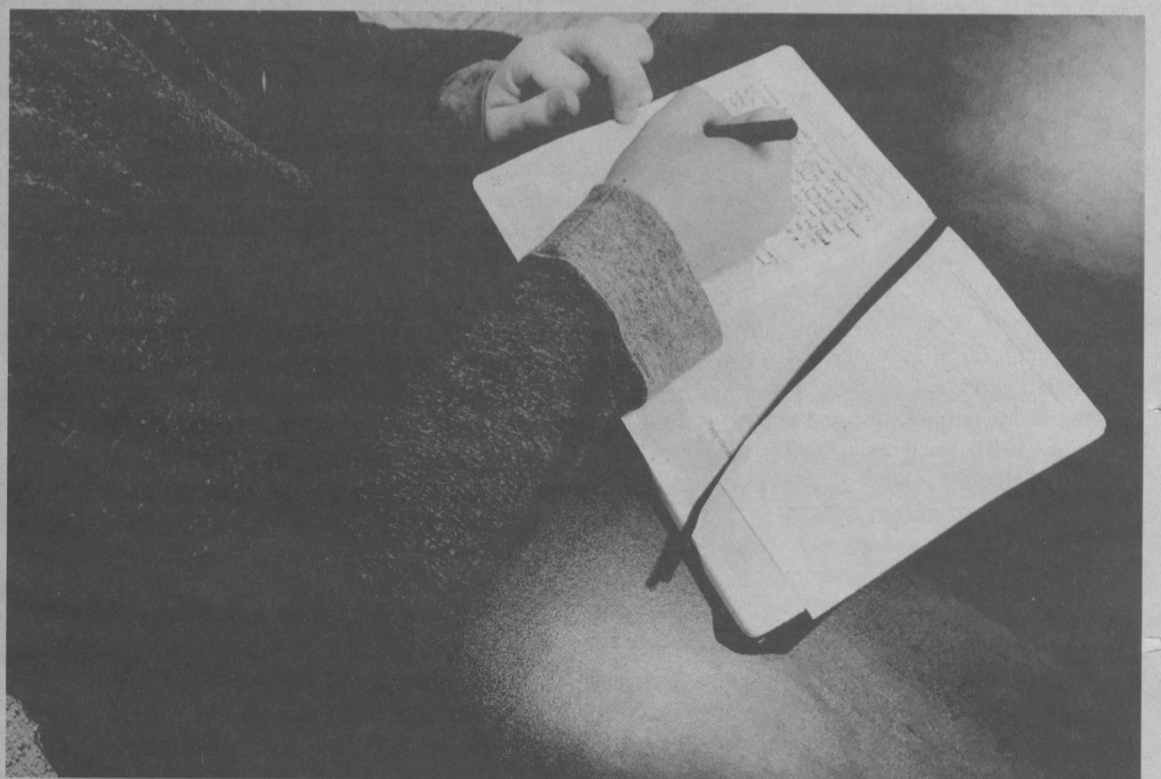
I've written about my appreciation for the internet. I've written about taking myself out of it and into nature. With all things there is a balance. There are incredible benefits that the internet affords (I don't have to carry a Roger's with me everywhere I

go), but not everything needs to be internet-ized.

Analog got a lot of things right. Reading on a screen hurts my eyes, and nothing compares to the smell of a good book. While typing is great for writing stories and articles quickly, writing by hand gives you time to think out what you're writing. Every stroke leaves a physical mark. There is no delete (unless you get those fancy microwavable notebooks); if you don't like what you wrote you have to cover it with more ink. If you're writing in pencil, the indent of the letters is still there.

You are also presented with a physical representation of your thoughts. As opposed to reading some unfathomable "3.67 GB of 15 GB used," you see a stack of papers or a pile of bound books filled with scribbles gathering on your desk or bookshelves.

Whether you are religious, spiritual or think it's all baloney, writing offers a truly meditative experience. You don't have to worry that what you write will get out there. It isn't hackable, and you won't accidentally hit the send on your draft of an angry email to your boss or professor. I was taught to write whatever comes to mind, no matter how crazy. I have sat down and written, "banana banana banana," over and over again. You can write yourself out of a bad mood,



LUIS RUIZ-DOMINGUEZ/THE STATESMAN

Someone writing an entry in a journal. Studies show that writing out one's thoughts diary-style for 20 minutes a day may positively impact one's mental and physical health.

and there are recorded physical benefits to writing regularly as well.

Journaling also allows you reminisce. In a bad mood? Go re-experience that awesome trip during winter break. Sit in your closet and read. Wear a blanket on your head. Cry when you read about the one who got away. High-five your past self that got accepted to college. See how innocent you were when you were

happy about an ultimately bad situation. Remember that time you thought your life was over, but really another door opened.

There are so many ways to journal. You can write it diary-style, like I do. You can write letters to that imaginary friend you had. Buzzfeed has a whole series on bullet-journaling. Water color your mood. Because it's all about your experience, there are infinite ways to be creative and customize

your diary to you. Some people even write it out on Google docs or Microsoft Word, even though that would be too immediate to experience the internal benefits.

With everything fighting for our attention all the time, it's an exercise in freedom to shut ourselves in, close off from everything and project ourselves onto paper. It's important to have a place where we can let our minds run. Write it out.

Hockey team drops back-to-back overtime games to NYU

By Peter Lupfer
Assistant Sports Editor

The Stony Brook hockey team outplayed New York University for the majority of the game on Saturday, Feb. 10 at The Rinx in Haurpauge. The Seawolves outscored the Violets 4-1 in the final 57 minutes of regulation time, but three early goals by the visitors made overtime necessary.

Despite outshooting NYU 8-4 in the extra frame, Stony Brook could not find the back of the net and went to a shootout, where they fell for the third consecutive game.

Stony Brook sophomore goaltender Brandon Rathwell replaced freshman Robby Lockwood after the third Violets goal. Rathwell stopped 34 of the 35 shots he faced in regulation and overtime.

"I think we had to do the goalie change and I think guys got pissed," head coach Chris Garofalo said regarding what sparked the comeback. "It was just pop, pop, pop, and that just happens. It was a five-minute brain-fart and we wound up coming back and doing a good job. We outshot them again and we got better and better as the game went on."

The Seawolves put eight more shots on goal than the visiting Violets but failed once again to come away with two points. Though the scoreboard would indicate otherwise, the team was zoned in prior to their final home game of the season.

"They were ready, they were focused," Garofalo said of the team's attitude going into the game. "They worked hard and they had a good game. It's just that we were down 3-0 in the hole and, once again, we had opportunities that we didn't bury. It's a revolving, same story."

Stony Brook responded to NYU's onslaught quickly, scoring 44 seconds after going down by three. The team tied the game at three with about 13 minutes to go in the second period, and then at four goals apiece seven minutes later.

Junior defenseman Frank Coscia continued his dominance in Saturday's loss, scoring two goals for the third time in six games. He has a total of 10 points in that span.

"Our coaches have been emphasizing [joining the offense] a little more," Coscia said. "They want us to be a little more aggressive and to give the offense a little more help. Keeping pucks in, getting pucks to the net, and we're just trying anything right now to get a 'W' up on the board."

Next weekend, Stony Brook will head to the University of Rhode Island to close out the regular season schedule with a two-game set against the Rhode Island Rams. With an active three-game losing streak, beating the Rams will be crucial to the Seawolves' success.

"It might not help our [American Collegiate Hockey Association] rank because they're an unranked team, but at this point, we can't take anyone lightly," Coscia said regarding the set with Rhode Island. "We need those

two wins going into the playoffs as a big confidence booster."

Garofalo expects the team to drop one or two spots in the national rankings after being swept by NYU. Even without winning a game, the Seawolves earned two valuable points in the Eastern States Collegiate Hockey League standings this weekend by going to overtime in both games. The team clinched first place in the ESCHL North Division and will have a bye the first day of the league tournament in West Chester, Pennsylvania later this month.

The team suffered a similar fate Friday night at Chelsea Piers in New York City. Stony Brook was leading NYU 4-2 midway through the third period, but surrendered two goals, leading to a 4-4 tie. They held a 52-29 advantage in shots heading into overtime and dominated possession to start the extra frame.

Then, in an all too common turn of events, an offensive pinch sent Violets sophomore defenseman Giancarlo Pochintesta and sophomore forward Scott Mulligan up the ice 2-on-1. Pochintesta slid the puck to Mulligan, he fired it home, and the Seawolves went home with another disappointing loss.

"We were up 4-2 with 10 minutes left to go," head coach Chris Garofalo said. "There's no reason why we ever should have lost that game. This is a game that will haunt us if we don't make nationals."

Stony Brook entered the night ranked No. 14 in the American Collegiate Hockey Association rankings,

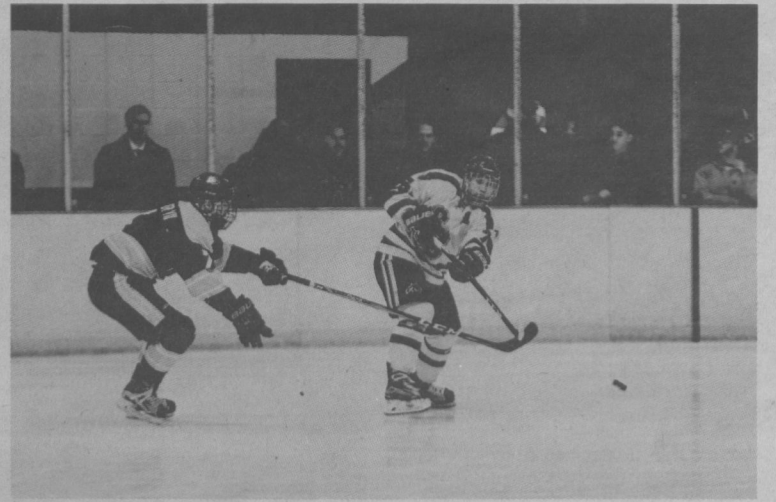


PHOTO COURTESY OF AZTEK PHOTOS

Junior defenseman Frank Coscia passes the puck to a teammate in a game against Colorado on Friday, Jan. 26.

but a loss to 26th-ranked NYU may cause them to fall lower on the list. The top 17 teams qualify for the national tournament.

The first 60 minutes were a rollercoaster for the Seawolves, who fell behind the Violets 1-0 in the first period despite putting two times as many shots on goal as the home team. The Seawolves came out in the second period with new life and quickly erased the deficit when junior defenseman Frank Coscia snuck one in from the blue line within the first minute.

Coscia, who has tallied nine points in the past six games, registered his second goal of the night about four minutes into the middle frame, wrapping around the net and going top shelf on his backhand to give Stony Brook a 2-1 lead. With senior defen-

seman and captain Frank Sherding out of the lineup for personal reasons, Coscia stepped up and kept the team on track.

"Coscia had a great game and he played really well," Garofalo said. "This semester he's really been a bright spot for us."

The Seawolves built their lead to 4-2 with 10:44 remaining in regulation time, but the Violets responded with two goals in the next two minutes to tie the game. They now have a 2-4 record in overtime games this season.

The Seawolves travel to Bradford R. Boss Arena in Kingston, Rhode Island for their final away series of the regular season. They play the Rams Friday, Feb. 16 at 7 p.m. and Saturday, Feb. 17 at 4 p.m.

Men's Basketball wins second straight game at Maine

By Gregory Zarb
Sports Editor

Redshirt-sophomore forward Akwasi Yeboah made a layup with 44 seconds remaining to give Stony Brook Men's Basketball a lead they would not lose, and made free throws to take down Maine 64-61 at the Cross Insurance Center on Sunday.

Senior guard U.C. Iroegbu and senior forward Tyrell Sturdivant went a combined 4-6 from the free throw line in the final 19 seconds to give the Seawolves a three point lead. Stony Brook has had difficulty making free throws in games in general, resulting in the team ranking last in the America East conference with a 63 shooting percentage from the line.

"Coming into this game we knew we had to be the most energetic team and we had to play the hardest," head coach Jeff Boals said in a press release. "Maine had a five-minute stretch where they out-hustled us and out-competed us, and we can't win like that. Our guys responded and made a run, and we found a way at the end to get it done."

It was a game of runs on Sunday afternoon. Freshman forward Elijah Olaniyi and junior guard Jaron Cornish went on an 8-0 run for the Seawolves early in the first half to give the team a 21-10 lead. The Black Bears used a quick 5-0 run at the end of the first half to trim the deficit to one point heading into halftime.

Maine took the lead two minutes into the second half, then later used



SERENA TAUSZ / THE STATESMAN

Senior guard U.C. Iroegbu takes a three-pointer in a game against UMBC back on Wednesday, Jan. 31. Iroegbu scored a team-high 13 points, his fourth straight game scoring in double figures, in a win against Maine Sunday afternoon.

an 11-1 run to go up double digits on Stony Brook. The team responded in a big way, going on a 12-1 run less than a minute after the Maine run ended to take a 50-47 lead with 8:25 left in the second half.

Both teams traded baskets in the final eight minutes of regulation. With the game coming down to the wire, the common question about the Seawolves'

season was raised again: could the team hold onto a lead in the final minutes?

Both Iroegbu and Sturdivant made sure that Stony Brook was going to walk out of Maine with a victory. Iroegbu converted a layup and blocked Black Bears sophomore forward Andrew Fleming's three-pointer just over one minute before Yeboah's eventual game-winning layup.

Iroegbu scored a team-high 13 points, his fourth straight game with double figures.

This was the 12th time this season Stony Brook had a game decided in the final minute of play. Early regular season wins in the final minute against Saint Francis and Hartford had highlighted the team's ability to perform in the clutch.

However, five straight losses in the final minute during conference play tarnished that record. Sunday's win bolstered their final minute record to 5-7, and the team holds an overall record of 10-16.

Stony Brook will hit the road again on Thursday, Feb. 15 when they take on Binghamton at 7 p.m.

Men's Lacrosse falls to Sacred Heart in season opener

By Chris Parkinson
Assistant Sports Editor

All seemed to have been failing for the Stony Brook men's lacrosse team, as it trailed 11-6 heading into the final period of play on Saturday in its 11-9 season-opening defeat against the Sacred Heart Pioneers at Kenneth P. LaValle Stadium.

The Seawolves were outshot 38-22 going into the fourth period. The team's offense seemed to have gone flat, producing 12 total shots in the previous two periods. Faceoff defeats were also an issue, as the Pioneers won all six second-period draws and outmatched the Seawolves 3-1 in the third period.

In the fourth period, however, things turned around for Stony Brook.

"We played much stronger in the second half and showed some resilience, but we are a young team and these early-season challenges are going to make us stronger," head coach Jim Nagle said in a press release.

Sophomore attackman Tom Haun fired a shot a few yards away from the Pioneers' goal, which reached the back of the net just over a minute into the period. Haun's goal closed the Pioneers lead to 11-7, but his contribution to the comeback wasn't quite finished. The 5-foot-10-inch attackman notched his second goal of the period 2:16

after his previous one, bringing Stony Brook within three goals with 10:57 left in regulation. Haun finished the game with a hat-trick, leading the Seawolves in goals.

The Seawolves' offense found its rhythm throughout the period, racking up numerous opportunities, including a shot from junior long-stick middie Ryland Rees, which was saved by Pioneers sophomore goalkeeper Brooks Dutton with about nine minutes left.

Following Rees' opportunity, sophomore midfielder Chris Pickel Jr. was able to sneak the ball past the Sacred Heart goalkeeper with help from sophomore attackman Cory Vanginhoven. This goal brought the score to 11-9.

The Pioneers called a timeout following the goal to try and slow the Seawolves' momentum. Stony Brook maintained pressure with numerous opportunities, yet none found the net. Time eventually expired on the team's comeback, sealing the Sacred Heart victory.

Junior midfielder Owen Daly was the second Seawolf to have a multi-goal showing this season. Daly's two goals matched his total for the entire 2016-17 season.

The Seawolves defense was unable to shut down the Pioneers rush during parts of the match-up. Stony Brook allowed 24 shots and nine goals in the first half alone.



ANNA CORREA / STATESMAN FILE

Sophomore attackman Tom Haun cradles the ball against Fairfield on March 4. Despite Haun's three goals against Sacred Heart, the Seawolves lost 11-9 on Saturday.

"We definitely didn't respond defensively today, and we had a great preseason defensively," Nagle said.

Stony Brook freshman goalkeeper Ryan Erler stopped a total of 13 shots out of the 24 posed on goal in his collegiate debut, including 10 saves in his first 30 minutes of play. Erler previously played at Smithtown High School West, where he finished his senior season with a .750 save percentage.

Both teams finished the first period of play at the same pace, each accounting for 10 shots. The Pioneers had a slight advantage as they rallied for one more shot on goal with seven to the Seawolves' six going into the second period.

Turnovers were a vital problem for Stony Brook in the earlier portion of the matchup. The team turned the ball over a total of nine times in the first half, three times as much as Sacred Heart. Stony Brook end the game with 15 turnovers.

Despite the loss, Nagle is still confident in his team's ability to work as a unit and compete through the rest of the season.

"I'm very confident with the leadership and togetherness on this team," Nagle said.

Stony Brook will travel to central Pennsylvania for its next game on Saturday, Feb. 17. The team will take on Penn State Nitany Lions at the Penn State Lacrosse Field at 2 p.m.



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SPORTS

Clark's 22 points lead Women's Basketball past Maine

By Ryan Pavich
Staff Writer

There was a vibrant energy in the stands around Island Federal Credit Union Arena on Sunday as the crowd awaited the Stony Brook women's basketball team to take the court. The top-seeded team in the conference, the Maine Black Bears, were in town for a crucial matchup with play-off implications. After losing its first matchup to Maine 64-56, Stony Brook prepared to even the score and earning a victory.

Even the most optimistic fan probably didn't expect the dominating effort that the Seawolves brought onto the court on Sunday afternoon.

Holding the lead for all but two minutes and seven seconds, Stony Brook coasted past Maine by a final score of 76-68. For a majority of the contest, Stony Brook held the lead, the team was ahead by double digits, peaking with a 19-point lead late in the third quarter.

Leading the way offensively was the duo of junior guard Shania Johnson and junior forward Cheyenne Clark. Johnson had 23 points and dished out nine assists, while Clark scored 22 points and hauled in seven rebounds. The junior sits in third place in the America East conference in both offensive rebounds and offensive rebounding average with 100 and a 3.7 average as well. The forward's 22 points shatters her previous career

high, when she scored 15 points back in November in a game against Wagner.

"I was just crashing the glass and getting second chance opportunities," Clark said. "Anytime the other team didn't box out, just taking these boards and passing them back out to my teammates or going back up to get on the scoreboard."

Head coach Caroline McCombs commended the effort of the forward, as she was effective in both scoring and her rebounding.

"She was just being relentless in her effort to drive the ball," Mc-

Combs said. "Getting rebounds, doing what she does well. She's really hard to guard when she gets herself in that mentality, so I'm really proud of her effort tonight."

Clark thrived inside the paint, but defensively, the Seawolves gave the Black Bears opportunities to get back into the game early. The team allowed Maine to collect seven offensive rebounds in the first half, four more than they had grabbed themselves, but held the damage to just two second chance points. Stopping Maine from revitalizing its of-

fense was one of the main adjustments McCombs made in the second half.

"We really got on them about those offensive rebounds, especially right in the first quarter," McCombs said. "It's something that's been a weakness of ours, and then it happens in the game. You just gotta lock in that much more to be able to not allow that to happen."

Maine was able to put up a fight, despite being unable to close the gap late. Sophomore

guard Blanca Millan put up 21 points on 8-17 shooting, including 4-7 from three-point range. Maine managed to outshoot Stony Brook from beyond the arc, shooting an efficient 48 percent on the night, while Stony Brook only shot 38 percent from the three-point line.

"Maine is a very, very good team," McCombs said. "We were able to get some stops on defense which really led to our offensive flow tonight. They have a high-powered offense with five players that can shoot the ball, so they're very hard to guard. I thought our team was just really locked in tonight."

The win gives Stony Brook leverage in a tight race for the third seed in the American East playoffs. The Seawolves are now 7-6 in conference, tied with New Hampshire for fourth place and sit a game and a half behind Binghamton for the coveted third place spot. Both Maine and Albany are tied for first place with a conference record of 10-3. After being projected to come in eighth place in the America East preseason polls, Stony Brook has exceeded expectations with only three games remaining until the conference tournament.

Stony Brook will close out its home schedule on Wednesday at 7 p.m. against UMBC at the Island Federal Credit Union Arena as the team honors its seniors. Stony Brook earned a lopsided victory against UMBC back on Jan. 31.



Junior forward Cheyenne Clark dribbles the ball in a game against Adelphi during a preseason scrimmage. Clark scored a career-high 22 points in Stony Brook's win over Maine.

ARACELY JIMENEZ/THE STATESMAN




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