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EARTH DAY ISSUE

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USG reveals \$1.3M budget

By Mike Adams
Assistant News Editor

Stony Brook University's Undergraduate Student Government (USG) unveiled its \$1.3 million budget for clubs and organizations for the 2018-19 academic year in a conference at the Sidney Gelber Auditorium in the Student Activities Center on Wednesday.

USG's overall proposed budget for the upcoming academic year is \$3.32 million, smaller than last year's budget of \$3.43 million, but the organization managed to allocate \$18,868.07 more to clubs than it did last year while adding \$40,000 to its pool of grant money.

"We increased club allocation while getting less money which means we decreased internal operations, which is obviously a positive thing," outgoing USG treasurer and senior economics major Alex Bouraad said. "The less overhead you have, the more we can give to our clubs and orgs."

Clubs and organizations registered with USG attended hearings the weekend of March 2 where they made their case for their funding to the USG's budget committee. To avoid showing favoritism to any one group, Bouraad and incoming treasurer Adrian Ortega recused themselves from the budget com-



ANNA CORREA / THE STATESMAN

Holocaust survivor Beruria Stroke shows the badge she wore during the Nazi occupation of Zagreb, a city in former Yugoslavia. She visited the campus on April 12.

mittee's review of the proposals. USG limited each club's budgetary changes to either a 7 percent increase, a 7 percent decrease or no change in funding.

"You can't evaluate clubs at different tiers in their careers," Bouraad said. "We also look at operational expense, we look at a lot of different things."

Ortega, a sophomore computer engineering major, said 85 percent of USG-funded clubs saw their budgets for next year increase.

Some organizations, like the Solar Racing Team, were concerned that the seven-percent budget in-

crease they received would still not be enough to cover their operating expenditures, which include travel and competition entry fees.

"A seven percent increase may work for some clubs, but for us, a competition team, we definitely need more than that for our team to be sustainable," Benny Lin, senior mechanical engineering major and the Solar Racing Team's president, said after the reveal.

Bouraad encouraged the organizations that were unsatisfied with their 2018-19 budget to appeal the process and seek out grants from USG, which can be

allotted on a need-based basis to substantiate each club's budget.

"USG offers grants no matter what size your budget is," Bouraad said. "As soon as you become line budget, you're able to apply for our grants. If a club with \$100,000 or a club with \$1,000 come in, they have the same ability to get the same level of grant."

All clubs can appeal through Google Forms from now until Tuesday, April 17. Appeals will be vetted and passed on to the USG budget committee for approval or denial before the USG Senate votes on the budget Thursday, April 19.

CAS cuts Speech and Language Pathology courses

By Rebecca Liebson
News Editor

Starting next semester, Stony Brook University will no longer offer courses in speech and language pathology (SLP).

The SLP courses were designed for linguistics students interested in studying communication diseases and disorders. According to an email from Linguistics Undergraduate Program Director, José Elías-Ulloa, 29 of the 126 undergraduate linguistics majors were on the unofficial SLP track. On March 27, Linguistics Department Chair Richard Larson received a letter from the Dean of the College of Arts and Sciences Sacha Kopp informing him that Visiting Assistant Professor Joseph Hoffman — the only professor in the program qualified to teach SLP courses — would not be reappointed at the end of his contract in August.

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Conservative speaker draws controversy at College Republicans lecture

By Mike Adams
Assistant News Editor

Near the end of his Wednesday night lecture in the Sydney Gelber Auditorium in the Student Activities Center, conservative speaker and documentary filmmaker Dinesh D'Souza made a joke about the Holocaust while criticizing the media's coverage of the Charlottesville white supremacist rally.

"When I turn on the TV and I see Charlottesville I literally see this scene: there's one white supremacist and the guy himself doesn't even look like he knows where he is," D'Souza said. "He's a virtual imbecile, he may call himself a Neo-Nazi but the truth is Himmler would've sent him straight to the gas chambers... he's surrounded by 40 reporters interviewing him."

D'Souza's lecture, part of his "Dinesh D'Souza Unchained" series, took place the day before National Holocaust Remembrance Day in the United States. The joke drew laughter from most of the crowd.

The Stony Brook College Repub-

licans brought D'Souza to campus, hoping the speaker would open up what they feel is a limited culture of debate at Stony Brook University.

"It is commonly understood that on college campuses, we are the premier location to have an exchange of ideals and have controversial and provocative ideas," College Republicans president and senior biology major Fuad Faruque said at the start of the lecture. "Tonight's event will unquestionably be a prime example of such an exchange."

Born and raised in Mumbai, D'Souza came to the United States in 1978 to further his education. After graduating from Dartmouth College, he gained notoriety as an author and conservative political commentator. D'Souza has become famous for making documentaries, like 2016's "Hillary's America: The Secret History of the Democratic Party," and for comments his critics perceive as inflammatory, like recent tweets directed at survivors of the Feb. 14 shooting at Marjory Stoneman Douglas High School in Parkland, Florida.

Some audience members excited for the lecture felt D'Souza was a welcome change of tone at a school that hosts mostly liberal speakers.

"I do not think they've done a good job [of hosting conservative speakers] at all," Zachary Goldman, a College Republicans member and freshman civil engineering major, said. "College is very one-sided in general."

D'Souza's lecture, titled "Exposing the Radical Left," mainly focused on debunking criticism that Donald Trump and the Republican Party are racists and fascists.

The speaker said the public's ignorance about fascism has allowed the term to become a political taboo, levied against Trump and conservatives without substantiation. D'Souza urged the audience to compare the Nazi Party platform with the goals of the modern day Democratic Party and switch out the word 'Jew' with 'the top one percent' as a thought experiment.

"If you took the Nazi 25-point platform, if I ripped it out of my pocket and I went to the Demo-



ANNA CORREA / THE STATESMAN

Dinesh D'Souza speaking at a lecture in the Sydney Gelber Auditorium in the Student Activities Center.

cratic National Convention in 2016 and read it aloud, it would've gotten thunderous, virtually uninterrupted applause," D'Souza said. "Quite honestly, it sounds like it was written by a joint committee of Bernie Sanders, Elizabeth Warren and maybe Schumer or Pelosi."

D'Souza defined fascism with a quote about totalitarianism from a 1925 Benito Mussolini speech,

although he falsely attributed it to Italian fascist philosopher Giovanni Gentile.

"The defining factor [of fascism] Gentile says 'everything within the state, nothing outside of the state,'" D'Souza said. "Unlike liberal democracy, where we are all individuals and we have rights, Gentile

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NEWS

Port Jefferson resident describes how she escaped Nazis

By Virain Palta
Contributing Writer

In honor of Holocaust Remembrance Day, Stony Brook Hillel invited local Holocaust survivor Beruria Stroke to share her story with students on Thursday, April 12.

Born into an aristocratic family in Yugoslavia (modern day Croatia), Stroke was only 13 when she first came face to face with the horrific realities of the second World War. She said that her father first realized Hitler's intentions when he read *Mein Kampf*, Adolf Hitler's autobiography. Soon, he decided his family must leave the country in order to avoid the oncoming war. "Our suitcases were ready, and immediately on July 26, 1941 we boarded the train leaving Zagreb."

Her family was stopped in Belgrade (modern day Serbia) and told that the train wouldn't leave for Romania until the following morning and were asked to "find lodging overnight." Her mother's brother was situated in Belgrade, and that's where her family lodged. Stroke's grandmother, who she described as a "simple woman," had to be moved to a different hotel because there was no more room in her uncle's apartment in Belgrade. "At three in the morning, sirens broke out, and the entire building crowded in the basement." The authorities dismissed the sirens as an exercise and asked them to go back to bed.

At six in the morning, sirens broke out again, and this time the Germans had started bombing Belgrade from all sides, giving Stroke "her first taste of war." After that bombing, her father wanted to return to Yugoslavia to fight the Germans, so they decided to

"At three in the morning, sirens broke out, and the entire building crowded in the basement."

-Beruria Stroke
Holocaust Survivor

walk out of Belgrade. "It had been completely bombed out and there were dead bodies all around," Stroke said. "That eerie image never left me."

Eventually, Stroke's father separated from the family to make money selling bicycles in Belgrade. The rest of her family ended up in Ivankovo (modern day Croatia), where they stayed with her father's friend, Johan Schwager. At one point, Schwager hosted German generals at

his house. The only thing separating the Nazis and Stroke was a single wall. After realizing they were at risk of being exposed, Stroke's family headed back home to Zagreb.

"Zagreb was a changed city, the population and state of the city changed overnight," Stroke said. The Jews in Zagreb now had to wear a yellow badge with a 'Z' on it when they stepped out. Her father finally reunited with the family, but it was only a short time before they had to flee again, this time to Italy.

They went to Susak, a Croatian city that was under Italian control at the time, because they could make money there. Stroke had fond memories of her time in Susak. "It was a very pleasant time, because I could swim there, and I love swimming." However, that didn't last for long, because the police in Susak started deporting people to Yugoslavia. After her father had been sent back three times, they all knew it was time to leave for good.

Her family jumped from city to city in Italy, ending up in Campobasso, which was bombed a short time after they arrived. The morning after the bombing, Stroke saw "these huge Canadian soldiers, and ran in telling my mother, they are walking!"

They were rescued and taken to Bari, an Italian port city on the Adriatic Sea that acted as a huge refugee camp. She became an in-

terpreter for the British government, who had occupied Bari to help the refugees.

Stroke's family managed to eventually get visas to British-controlled Palestine. When they arrived, they "kissed the ground of the Palestine." Most of her family had escaped the Holocaust unscathed; however, she lost her grandmother, who she considered a huge influence in her life. Stroke said her grandmother protected her from evil then, and still does today.

"It is chilling to hear about these stories and how much tragedy the Holocaust brought on so many people. Even with her story one could see how much her family had to give up, in order to hope for their safety and also having lost members of their family, it is frightening," sophomore applied mathematics and statistics major, Robert Matsibekker, said.

Junior biochemistry major Eilona Feder, who organized the talk, had a grandfather who survived the Holocaust, but he never spoke to her about it. "Since the Holocaust survivors' number is slowly decreasing, I think that it's so important to introduce those who are still alive, to the next generations," Feder said. "I believe that knowledge is power, by exposing people to firsthand stories, we can surely at least prevent some people from denying the Holocaust."

Dinesh D'Souza speaks to students

Continued from page 1

says that society is more like a living organism, and every individual is like a cell... the cell's only value is what serves the organism as a whole."

Using this definition of fascism, D'Souza criticized former president Barack Obama's response to the so-called Great Recession of 2007-2009.

"The government established full control over the banking sector, most banks ceased to be private banks," D'Souza said. "Full control of the investment industry... full control of the health-care industry... Obama fired the head of General Motors. This is basically fascism."

D'Souza also addressed his felony conviction for an illegal \$20,000 donation to Wendy Long's unsuccessful 2012 campaign to challenge incumbent New York Sen. Kirsten Gillibrand after a member of Stony Brook's Young Democratic Socialists of America (YDSA) chapter yelled "you're a convicted felon" during the lecture.

"Mandela's a convicted felon, Gandhi's a convicted felon," D'Souza said. "Justice is not simply a matter of did you break the law... Can you name a single case in all of American history where some guy gave 20-grand of his own money with no corruption, no return, no quid pro quo, no deal and was incarcerated for eight months overnight for doing it?"

The College Republicans decided to cut off a lengthy Q&A session that followed the lecture after going over their allotted time. A YDSA member who had been waiting in line objected loudly to the cancellation before being yelled down by audience members.

In his reaction to the event, YDSA founder and senior philosophy and psychology double major, Thomas Sheroff, criticized D'Souza's controversial history and political stances.

"It's instructive that the College Republicans would invite someone whose primary claim to fame consists of campaign finance fraud, fictional 'documentaries' and apologies for the mass murder of his own people," Sheroff said. "This is really scraping the bottom of the barrel."

While he emphasized he can only speak for himself, College Republicans member and senior history and political science double major, William Brennan, had no objection to letting the YDSA member ask his question.

"I actually kind of wanted to hear what he had to say," Brennan said. "I'm not overly offended by it. If he has a strong opinion, I'm not upset about it."

University cuts Speech and Language Pathology courses

Continued from page 1

"There was no prior discussion of it, there was no consultation of the department, there was no, 'what can we do for your students?' They just said 'no more,'" Larson said. Hoffman was informed by his chair the next day.

"My first thought was how can they be doing this to the students in this department?" he said.

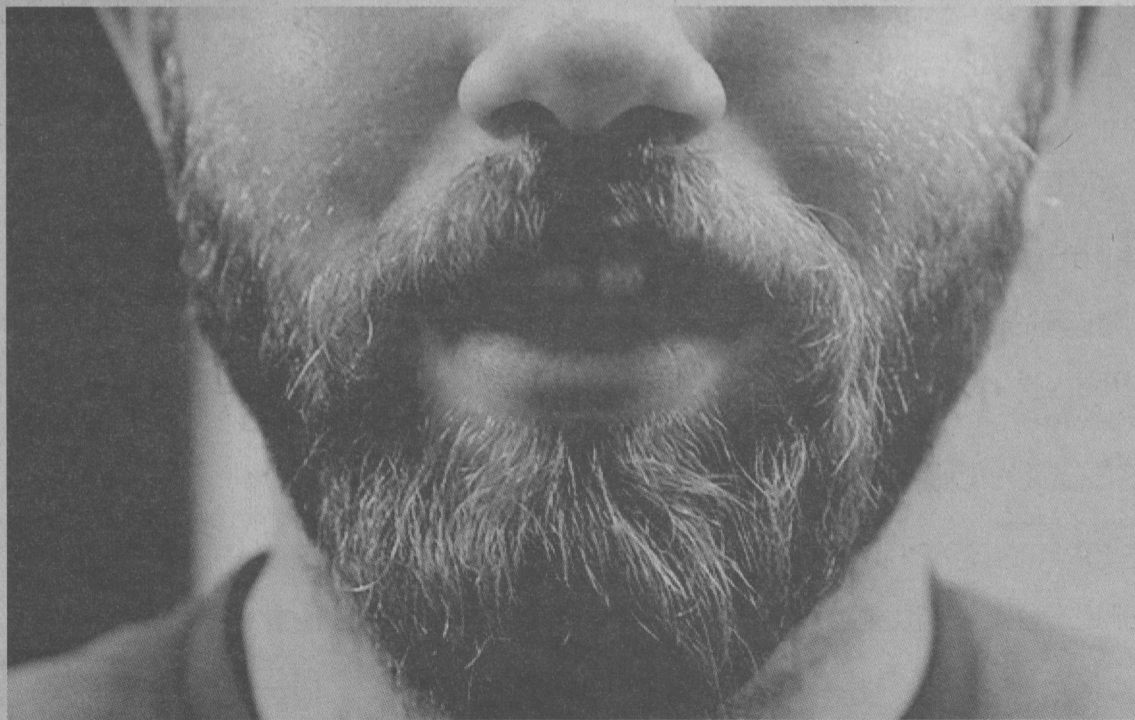
"I've had other opportunities to teach at other universities but Stony Brook has really been my home since 2012. The student interest and the quality of the student work and just their drive for this field is so amazing. To kind of create this program from the ground up and see what the students have done with it have been amazing."

Although these courses are not required for linguistics majors, students interested in pursuing a career in SLP need the classes in order to fulfill requirements for graduate programs in the field.

"I do know that already my students have spoken about seeking transferring to other universities," Hoffman said.

Students who decide to stay will need to enroll in post-baccalaureate programs in order to fulfill the requirements needed for graduate school.

"Not only is it a financial burden, but it also changes the course of their lives," Hoffman said.



ERIC SCHMID / THE STATESMAN FILES

Stony Brook University will stop offering speech language pathology courses starting in Fall 2018. A petition to keep the classes has gathered around 1,200 signatures.

This is the case for senior linguistics major and health, medicine, and society minor Irene Constantinidis, who is set to graduate in the fall.

"I was staying here for these classes. I was done with the major," Constantinidis said. "The fact that they're going to terminate this particular professor when he's the only one who can help us in this area is kind of harsh and they're not even looking to replace him."

With the support of her de-

partment, Constantinidis started an online petition. The petition currently has around 1,200 signatures and several comments.

"Prof. Hoffman was pivotal in my education as a Stony Brook student. His passion is inspiring, his genuine care of students and the knowledge, experience, and advice offered to students is irreplaceable," Cara Behar, a former Stony Brook student, wrote.

Larson included some of the comments from the petition in a letter he wrote to Provost Mi-

chael Bernstein, asking him to reconsider the College of Arts and Sciences' decision.

"When you have accomplished teachers who have a really really good record of research, you don't usually do this to them, you try to reward it," Larson said. "But that doesn't seem to be the current thinking in the college of Arts and Sciences right now. They're very very money focused. Their sights are about five inches down the road and not five miles."



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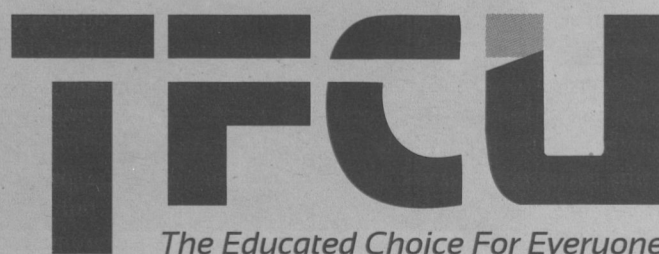
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ARTS & ENTERTAINMENT

Review: New Flatbush Zombies album puts rap in a grave

By Gregory Zarb
Sports Editor

The collective trio known as the Flatbush Zombies, who take their name partly from their neighborhood in Brooklyn, have returned after two years and multiple tours with their sophomore album "Vacation in Hell," released on Friday, April 6.

Rappers Meechy Darko, Zombie Juice and Erick Arc Elliott, who is also the group's producer, still rap about their typical topics of death, hell and drugs. However, the album's new, fresh sound makes it the group's best project to date.

The 19-track record clocks in at just over an hour and 15 minutes, but the quality of each song makes the time fly by. Elliott produced all but four songs on the album, which includes features from Denzel Curry, Portugal. The Man and—two of the group's personal favorite rappers—Jadakiss and Bun B.

The first single of the album, "Headstone," was released on Feb. 22 along with a music video. Flatbush pays homage to their predecessors with references in their lyrics to Nas, Biggie Smalls, Tupac, Kanye West, Wu-Tang Clan and more.

Darko refers to West with the lyrics, "They say Jesus Walks and the Devil wear Prada. But I'm So, So Def, God can't tell me nothing," all while his voice in the background mimics the famous acapella chant from West's "Jesus Walks" for a brief moment.

"U&I," featuring singer Dia, was the album's second single, released just over two weeks before the album itself. In the song, inspired by Outkast, each member of the



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Hip-hop group Flatbush Zombies during a performance in 2014. The trio released their 19-track sophomore album "Vacation in Hell" on Friday, April 6.

group raps about his life and how important their brotherhood is to each other.

Darko, the man behind the raspy growl, talks about growing up with his mom and his Jamaican roots before telling Elliott and Juice what he would be willing to do for the two of them, such as paying child support for Juice's children if something was to happen to him and giving up his kidney for Elliott's mother if she ever needed one.

The album opens with "HELL-O," a banger of a song, with synthesizers and drums creating a demonic yet head-bopping beat. They continue on with "Chunky," a slower track that was also influenced by Out-

kast, but with Elliott and Juice's lyrics giving it a much more volatile vibe. Juice discusses racism in the song, as the trio regularly does, with the lines, "This world is backwards, we're still in shackles. Designed to be confused, they only use blacks. When describing negative views only show blacks, when they violent in their views."

The group enlists the help of its Beast Coast partner-in-crime and Pro Era leader Joey Bada\$\$ for the third song, and last single released prior to the album, "Vacation." The more mainstream song delivers one of the catchiest hooks of the album. The group moves onto "M. Bison," a song featuring just Juice and Elliott,

but again is able to blend the sounds of current pop-rap beats with its usual devil-may-care attitude, such as when Darko raps about wanting to spend the stoner holiday of 4/20 making love with megastar Rihanna.

The production is what stands out the most song after song. Elliott has produced three previous Flatbush projects with a satanic, dark style that sounds like the group has risen from hell, a mantra of Flatbush for years. However, Elliott made this album with a much more trap-based style that is more laid back than previous works, while still maintaining the origins of what made the Flatbush Zombies relevant. The group

formed in 2010 and prior to "Vacation in Hell," released two mixtapes, an EP with another Brooklyn-based rap duo, The Underachievers and its debut album "3001: A Laced Odyssey." While those projects had more of a hard-hitting, intense and diabolic feeling, the "Vacation in Hell" production is a smoother version of previous work with songs like "Vacation," "Crown," featuring Portugal. The Man, and "Misunderstood," featuring Nyck Caution.

The group's lyricism is still gritty, with themes of drinking, smoking and sex. But, as usual, Flatbush Zombies isn't afraid to show their personal demons in raw moments throughout the album.

Darko dedicated "YouAreMySunshine" to fallen A\$AP Mob co-founder A\$AP Yams, as the capital letters of the song spell out his name.

Darko expresses his agony for Yams' death saying, "No lie, I stopped getting high once we lost Yams. I was there the night he died, he was blue cold in my hands, ain't been the same since that day, god damn," and "Missed your funeral, I wasn't man enough to see you in a coffin."

The Flatbush Zombies are an acquired taste and "Vacation in Hell" is a different project from the usual hell-raising beats and lyrics I expected. However, the surprising change in style works in the Zombies' favor, as this album quite possibly solidified their position as one of the best rap trios/groups in the industry right now.

Movie Review: "Ready Player One" fails to deliver message

By Matthew Rainis
Contributing Writer

Around the year 2008 or so, everyone decided to agree that nostalgia was an adequate replacement for a personality. If you lacked original thoughts or unique interests, you could essentially entirely make up for those shortcomings by having a love for classic pop culture from the '80s and '90s.

Nerd subculture became the mainstream, and modern pop culture became more and more of an effort to recapture the magic of the past: movie franchises were rebooted, and references were rapidly fired out in all directions. "Ready Player One" is a movie that seemingly replaces itself with nostalgia.

Based on the 2011 Ernest Cline novel of the same name, "Ready Player One" is blessed to have been directed by Steven Spielberg, who is responsible for all of the film's positive attributes.

The film shows us Cline's vision of 2045 where the world is overpopulated and the environment is rapidly degrading, and, much like what will likely happen in real

life, the majority of the world's population has chosen to purposefully ignore this problem by plugging themselves into a worldwide virtual reality world known as the "OASIS."

Within the OASIS, you play a larger-than-life video game where you not only can do whatever you want, but can be whoever you want to be.

On paper, this seems a premise ripe for criticism of today's society's escapist fantasies, but this movie misses out even on that most basic opportunity.

The film follows the efforts of Wade Watts, an 18-year-old orphan portrayed by Tye Sheridan. Watts attempts to locate an "Easter egg" left in the OASIS by its god-like creator, James Halliday, portrayed by Mark Rylance, before his death prior to the beginning of the film.

Whoever locates this egg will not only gain Halliday's fortune, but control of the OASIS, as well. Wade races to find this egg in order to prevent it from falling into the hands of the film's villain, a sleazy corporate executive who seeks to inundate the OASIS with endless pop-up ads if he gains control.



GAGE SKIDMORE/WIKIMEDIA COMMONS VIA CC BY-SA 2.0

Steven Spielberg and the cast from "Ready Player One" speaking at the 2017 San Diego Comic-Con International.

While the film frames this struggle as an "everyone vs. big corporation" story, it fails to recognize that the whole film itself exists to shout out the creations of other corporate entities, with mindless pop culture references ranging from the Iron Giant to Jurassic Park to Space Invaders filling every moment of the film's two-hour run time.

Much like the original novel, which is criticized for being nerdy wish-fulfillment with no real meaning to it, the film overflows with references for references' sake.

Although the film's premise proves frustrating, one has to admire Spielberg's directorial work. He puts together multiple inspired action sequences and even

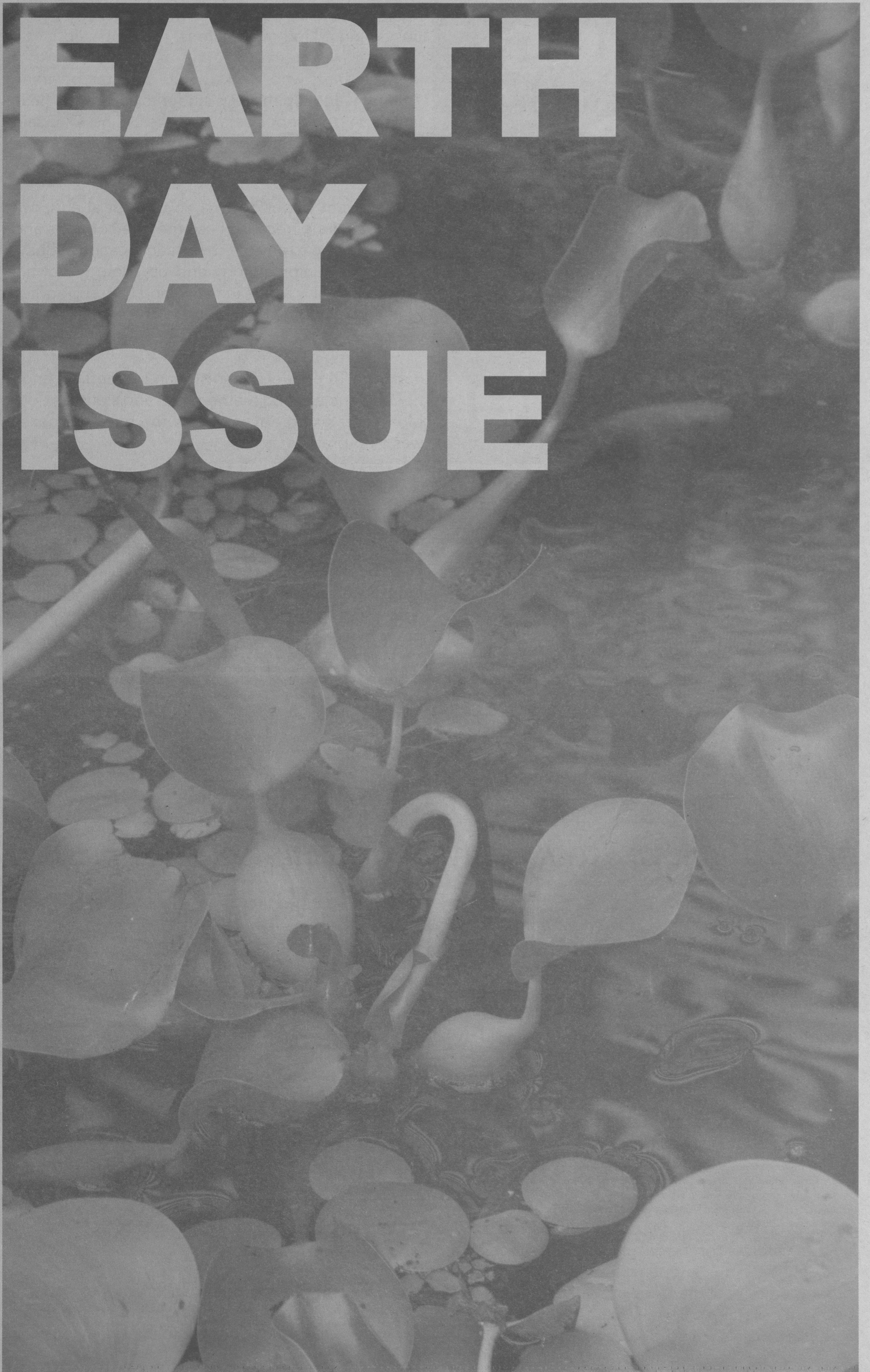
some genuinely enjoyable homages to other work, particularly the opening car chase through a virtual city and an extended sequence based on "The Shining."

These sequences are enjoyable alone, though at times the weak dialogue will take you right out of the scene. The sandbox-like setting works in Spielberg's favor, allowing him to litter crowd shots with various creative images and characters as well as making great creative use of space in his tightly-choreographed action sequences.

Spielberg does a good job making the film watchable, but the story's lack of a soul remains its biggest issue. "Ready Player One" tries to push a message encouraging people to go out and live their lives and not get caught up in their niche, nerdy interests, but forgets that the whole movie is based around people doing exactly that.

Ultimately, the film's spectacle and action will keep the viewer interested, but its lack of a soul is off-putting and prevents you from truly connecting with any part of the piece.

EARTH DAY ISSUE



Campus Dining pilots reusable container program

By Virain Palta

In an effort to make campus dining more eco-friendly, Stony Brook has begun offering reusable takeout containers in the East and West Side Dining dine-in areas this semester.

To take part in the program, students can make a \$5 deposit in exchange for one of the boxes. Students then have the option of keeping the same box and washing it themselves, or bringing it to one of the two dining facilities to be washed and exchanged for another box. At the end of the semester, students can return their containers to get their \$5 back.

Jerry Pastrana, the director of West Side Dining, said around 187 students have taken the reusable containers across both dine-in facilities.

"It starts from one friend, once someone buys one it spreads to other friends. On some days, I'll have ten students take out boxes and on others around two, so on an average we give out two to 10 boxes a day," Pastrana said, adding that the boxes have garnered nothing but positive reactions from the students. "They are very happy to be able to eliminate waste... Overall I feel it's a great win for the students."

President of the Environmental Club and junior sustainability studies major, Condrea Zhuang, said she brought up the idea of reusable containers to the Executive Director for the Faculty Student Association, Nadeem Siddiqui, last semester when she and the other members of the Undergraduate Student Government's sustainability committee met with him. "I think it mainly rolled out as a pilot program because there was so much pushing from the student

body that said 'hey the plastic waste in terms of campus dining is kind of ridiculous,'" Zhuang said.

Mariana Diaz, who works at the register between 1:30 p.m. and 9 p.m., says students have been hesitant to pay the deposit at West Side Dining. Diaz said she gives away between two and four boxes during her shift.

"I don't want to put down a \$5 deposit at a place I don't eat often, because I use the retail options and don't often go to any of the Dine-in locations," Bhavna Joshi, a junior biology and psychology double major, said. "It is a nice initiative and I am supportive of it, and probably by the end of the semester I will use one."

For John Tumminello, a freshman biomedical engineering and applied mathematics and statistics double major, taking advantage of the reusable boxes was a no-brainer.

"I use the container because I use takeout boxes pretty often, and I thought that having a takeout box that I can microwave and have warm food whenever I want would be really helpful," Tumminello said. "I keep busy and have to rush to a lot of places so having a takeout box whenever I want is really helpful and also it helps me play my part for the environment."



Pastrana encouraged more students to get involved in the program.

"If you were to see how much we throw away and you see our dumpsters, those are big items so if there's a way we can have more people to speak, it would be great," Pastrana said.

Sierra Club leaves no trace

John Hayes flickr via cc by-sa 2.0

By Kayla McKiski

From beach clean-ups in Greenport to climbing the meccas of the East Coast, the Stony Brook Sierra Club has kept its members busy this year.

"Our goal is to engage our members in activities which promote being in the outdoors while keeping environmentally conscience," Joseph Kojac, senior civil engineering major and vice president of the club, said.

The nationally-recognized organization, which encourages an environmentally friendly lifestyle, has over 3 million members that lead large-scale crusades against coal-fired power plants and rally to protect acres of America's public land. The few dozen students of the Stony Brook chapter are working hard to foster this mentality at a local level.

The club makes extra efforts to abide by these standards. For example, its upcoming April 27-29 backpacking trip to the High Peaks Wilderness area, the largest forest preserve unit in New York, is capped at eight hikers.

"We typically try to keep our trip sizes around 10 people because larger groups tend to have a noticeable impact on the environment we are trying to enjoy," Patrick Payne, senior physics major and president of the club, said.

To celebrate Earth Day, the club will have a booth at Earthstock on April 20. There, they will showcase the environmental benefits of veganism and later host a vegan potluck to show how accessible the diet is.

"This is held at one of the eboard houses for members to come,

using animal products in general. According to Vegan Outreach, livestock like cows, pigs and chickens are responsible for about 18 percent of greenhouse gas emissions, which is a main contributor to global warming. Additionally, 64 percent of anthropogenic ammonia emissions, which are large contributors to acid rain, can be traced back to the livestock sector.

Apart from encouraging animal-free diets and hiking guidelines, the Sierra Club promotes environmental consciousness on a weekly basis.

"We are always looking for ways to make the campus and the surrounding areas more sustainable," Li said.

At every general board meeting, the club has "5 Minutes of Activism," where someone can talk about a pressing issue or a topic pertaining to sustainability. In the past year, the club has also hosted presentations on composting and saving national parks.

"As a club, we start to protect/preserve the environment with the philosophy that guides our actions," Payne said. "We find it imperative that this protect and preserve mentality isn't something that they have at our meetings and events, only to be left behind when the leave; but, rather a mentality that governs all of their actions. We hope that our members act as a vector for the preservation of the environment."

"We are always looking for ways to make the campus and the surrounding areas more sustainable."

"Every time we go on an adventure we ensure the trails look the same as when we got there, embracing the 'leave no trace' policy," Kojac said.

The Leave No Trace principles are the golden rules of outdoor recreation. Simply disposing of waste properly and not removing flora and fauna from their homes allows trekkers to enjoy nature without harming it.

bring, and enjoy vegan food all in the name of sustainability," Donovan Li, senior civil engineering major and club outing coordinator, said. "The cool thing about this potluck is that it gives people a chance to try veganism and to show them it's more simple than most think."

Veganism is the practice of eliminating animal products from one's diet and, for some, abstaining from

Environmental Club hosts cooking workshop

By Joseph Konig

The Stony Brook Environmental Club hosted a sustainable cooking demonstration in Tubman Hall on April 12 that showcased healthy and tasty recipes using ingredients most Americans usually waste.

Together with Tubman Hall resident assistant, Maria Grima, a senior environmental studies major, the Environmental Club made vegan biscuits, vegan pot pie and a celery radish salad. The leftovers were used for a vegan broth, whipped up by club president and junior sustainable studies major, Condrea Zhuang.

"It produces less food waste," Zhuang said. "In America, people throw away 40 percent of all groceries they buy. There's usually lots of nutrients in the parts that people throw away."

According to the event's organizers, many Americans miss out on the nutritional benefits found in consuming all parts of produce.

"Celery leaves for example have a lot of nutrients and that gets thrown away," Zhuang said. "Potato skins, onion skins, a lot of the nutrients from food are concentrated on the outside and so when you don't eat the outside you're not getting all the benefits."

Recipes that incorporate these ingredients, like the ones used by the Environmental Club, can all be found on minimalistbaker.com, a website dedicated to simple, plant-based recipes. On top of decreasing food waste, these recipes offer other benefits from supermarkets' processed offerings.

"You should stop eating packaged foods, just for the sake of your health," Environmental Club external relations manager and junior linguistics major Dave Lennard said. "More likely than not if it comes in a plastic bag, it's not good for you."

"It's more cost effective too, to not throw away food that can be eaten," sophomore ecosystems and human impact major Alyssa Diodato added.

The Environmental Club discussed ways to incorporate sustainable actions into everyday life. Diodato had a bag she made from an old T-shirt by sealing the bottom closed and converting the sleeves into handles. Lennard recommended investing in a reusable water bottle.

"You can bring a reusable bottle anywhere," Lennard said. "You can even bring it to Starbucks and they'll fill it for you."

The water most disposable water bottle companies use varies very little from the tap water you can find at your kitchen sink, event coordinator and senior sustainability studies major Jennie Ryder said.

"If your water is packaged in the same state it's sold, it doesn't have

to go through regulations, since it is just tap water with added minerals," Ryder said. "Many water distributing companies in the U.S. all use the same water source, but put their own labels on the bottle."

Lennard emphasized the importance of reusable items on the path toward a more sustainable society.

"You can bring a hand towel with you to eliminate paper waste," Lennard said. "You can buy bulk reusable straws on Amazon or this website called 'Bamboo Straws' and you can distribute them to your friends. Straws are the number one source of waste on many tropical beaches around the world."

While the Environmental Club tried to convince students to live a more sustainable lifestyle by appealing to their stomachs, the club's next step is to appeal to people's hearts and minds. On April 17, the club will lead a "March for Your Planet" to raise awareness about the costly waste levels of a modern lifestyle. A poster-making session is scheduled for April 16 at 8 p.m. in SAC room 302.



Michael Coghlan flickr via cc by-sa 2.0

Stony Brook to offer LEED course

By Brianne Ledda

Stony Brook University is offering its first Leadership in Energy and Environmental Design (LEED) Green Associate Course of 2018, in partnership with Long Island's chapter of the U.S. Green Building Council (USGBC).

LEED is an eco-friendly certification program that takes all aspects of a building into account, rating its efficiency and sustainability. The goal is to encourage more cost-efficient and ecologically sustainable development.

The Green Associate Course's goal, according to the USGBC website, is to give a "thorough understanding of green building practices and principles and the LEED® Rating System."

Some Long Island tax codes will require buildings to be constructed according to LEED standards, said Daniel Busi, a managing director at USGBC, citing Huntington as an example.

"What LEED has done, it's encouraged manufacturers to increase the efficiency of their systems," John Fogarty, the director of capital planning at Stony Brook, said.

Buildings are rated certified, silver, gold or platinum, depending on their efficiency and sustainability, with certified being the lowest and platinum the highest.

For instance, Stony Brook's Simons Center for Geometry and Physics has been given a silver certification. The fountain running outside the six-story building is part of a waste heat rejection system, which helps to cool the building more efficiently, said Fogarty. Geothermal energy beneath the fountain also contributes to heating the building in the colder months.

State buildings are now required to be built according to LEED standards, Fogarty said. All construction and renovation at Stony Brook, as a SUNY school, must comply accordingly.

"It is now a fact of life – it's a normal way of doing business, dealing with LEED," Fogarty said. "The thing that we're most interested in LEED is reducing energy use on campus, because

we are a huge consumer of energy, and we'd like to reduce that and the state government would like to reduce that."

Both Fogarty and Busi encourage students to take the LEED certification course. "When you're applying for jobs after college they love to see some sort of accreditation," Busi said.

Junior mechanical engineering major and president of Stony Brook's Robot Design Team, Le Si Qu, said that she thinks the certification is useful for engineering students going into industry. The cost of the course, however, is a deterrent. At \$375 for the five-session preparation course, she said that she simply can't pay, though she mused that companies might pay for employee certification.

"Right now the only accreditation I plan on getting is my fundamentals of engineering which is the first step to becoming a professional engineer," Qu wrote over Facebook Messenger. "I think LEED would be good for manufacturing. Manufacturing, [heating, ventilation and air conditioning] and product design are fields that mechanical engineers can work in so it would probably be applicable to me wherever I go."

There are three levels of LEED accreditation. After becoming a LEED Green Associate (GA), students or professionals can choose to become a LEED Accredited Professional (AP). Stony Brook offers preparation courses for both exams.

A LEED Fellow is the third level, and is "a peer-nominated designation awarded to highly accomplished individuals with ten or more years of professional green building experience," according to the LEED website.

LEED-certified buildings save money in the long run, by cutting down on energy costs, and bring an added social benefit with green building practices, Busi said.

"It's important for our sustainable development on Long Island," he added. "If we only build buildings to code, we'll just have poor buildings after a while."



Aracely Jimenez



The Earth is underappreciated

By Andrew Goldstein

On a week-long trip to Yosemite, my friends and I went to Yosemite Theater to hear John Muir impersonator, Lee Stetson, tell stories about his (Muir's) dog, Stickeen, and Other Fellow Mortals (what Muir called animals). Stetson, who was featured on Ken Burns' National Parks documentary series, rambled as "the Father of the National Parks" with stories about meeting a grizzly bear, seeing rivers of passenger pigeons fly across the sky before they were hunted to extinction and crossing glaciers with Stickeen.

This was my formal introduction to nature writing. I still have not read Ralph Waldo Emerson, Henry David Thoreau or very much Walt Whitman. But these writers – along with countless others – show how aware humanity is about the spiritual importance of our environment. It inspires poetry, reveals secrets of good living and presents mysteries.

New approaches in scientific study are revealing physical benefits of nature, as well. As documented in books like "The Nature Fix" by Florence Williams, short-term exposure to nature (think a 20-minute walk) noticeably calms the body. A 2016 review on the human-nature relationship and its impact on health published in *Frontiers in Public Health* found that exposure to nature positively impacts physical, mental and social health. This and other studies have led to an attempt to inculcate elements of nature in buildings and cities called "biophilic design."

This kind of design can be seen in Singapore's Gardens by the Bay or Milan's Bosco Verticale. Buildings are built with lattices for weeds to grow on or with room on the porches for small trees.

With more of these added benefits of nature being discovered, it is time to reframe environmentalism to reach more people. This isn't a hippie thing. More trees improve the quality of life in many different ways. Maintaining species diversity keeps our flora pollinated. Manufacturing less plastic improves the healthfulness of our seafood. We need to serve the world, because it is so much greater than us. The Earth is our tool that we can use to be more productive and to grow. Just as we sharpen our knives and press our shirts, we need to take care of Earth.

Besides promoting good practices, we can do small things ourselves. There are guided nature walks around campus, like the

Stony Brook, a stressful college, could promote biophilic design around its buildings. We can seed ivies on the larger buildings across campus. Besides naturally improving air quality through photosynthesis, the extra green would improve the mental and social health of the students here.

We can also spend our Earth Day reading something to appreciate the world we've been given. Henry Wadsworth Longfellow has some great poetry about nature. More recently, Helen Macdonald has written books and short stories exploring the role of wild animals in today's urbanized world.

Sometimes it feels like if I don't buy an electric car or if I don't go vegan, I don't really care about the planet. It doesn't need to be so extreme. By making little decisions and appreciating the nature we have, we become a society that cares for its tool.

"By making little decisions and appreciating the nature we have, we become a society that cares for its tool."

Bramble Rambles: a guided nature walk through the Ashley Schiff Park Preserve this Wednesday, throughout the semester. Long Island has some nice places to hike if you need to relax or to experience poetic revelation. While you're out there, pick up any trash you find littered on the way and clean the world that we're all a part of.

I clean up my house room by room. To clean the entire house at once is already a few days affair. So, let's clean up our Earth bit by bit.

Turn a light off for Earth Hour. Read and talk about the beauty of nature when you can. Celebrate Earth Day every day.

We need to bike more on campus

By Gabby Pardo

Walking to class, you can see the always-full parking lots and Circle Road traffic, and bikers and skateboarders swiftly riding by. Now, would you rather have to pay thousands of dollars to lease a car and pay for gas weekly, or buy a bike for a few hundred dollars?

By riding a bike, you're preventing fossil fuels and carbon dioxide from ruining our atmosphere. Scientists claim that the greenhouse effect is one of the direct causes of global warming. Carbon dioxide, a greenhouse gas, is a direct contributor to negatively affecting the atmosphere. Riding your car from your dorm to the SAC releases carbon dioxide. Even if you commute by car, or dorm and have your car on campus, consider renting a bike for a few hours to get from class to class. Ride a bike – it's a little step that counts toward the big picture.

Owning or renting a bike on campus is pretty affordable. I bought my bike in October 2017 for \$300 and it hasn't needed any maintenance so far. If you go home for the summer or to another state, you don't have to worry about dragging your bike on an airplane or a cramped car ride. The university offers bike lockers by the Student Activities Center or the LIRR stop that cost \$60 with a \$40 refundable key deposit for the whole year. My locker saved my bike from the snow over winter break and spring rainstorms. The lockers are first-come first-serve, so make sure to grab one immediately. If you don't want to pay for a locker, there are bike racks all over campus to park and lock your bike.

If you don't want to worry about your own bike, you can rent a campus bike through the Wolf Ride Bike Share program. Students can rent one of 78 bikes for free for an hour from any of the 12 bike stations across campus with their student ID. If you rent the bike for over an hour, there is a \$2 fee and then for every additional hour, the fee doubles itself (three hours would cost four extra dollars and



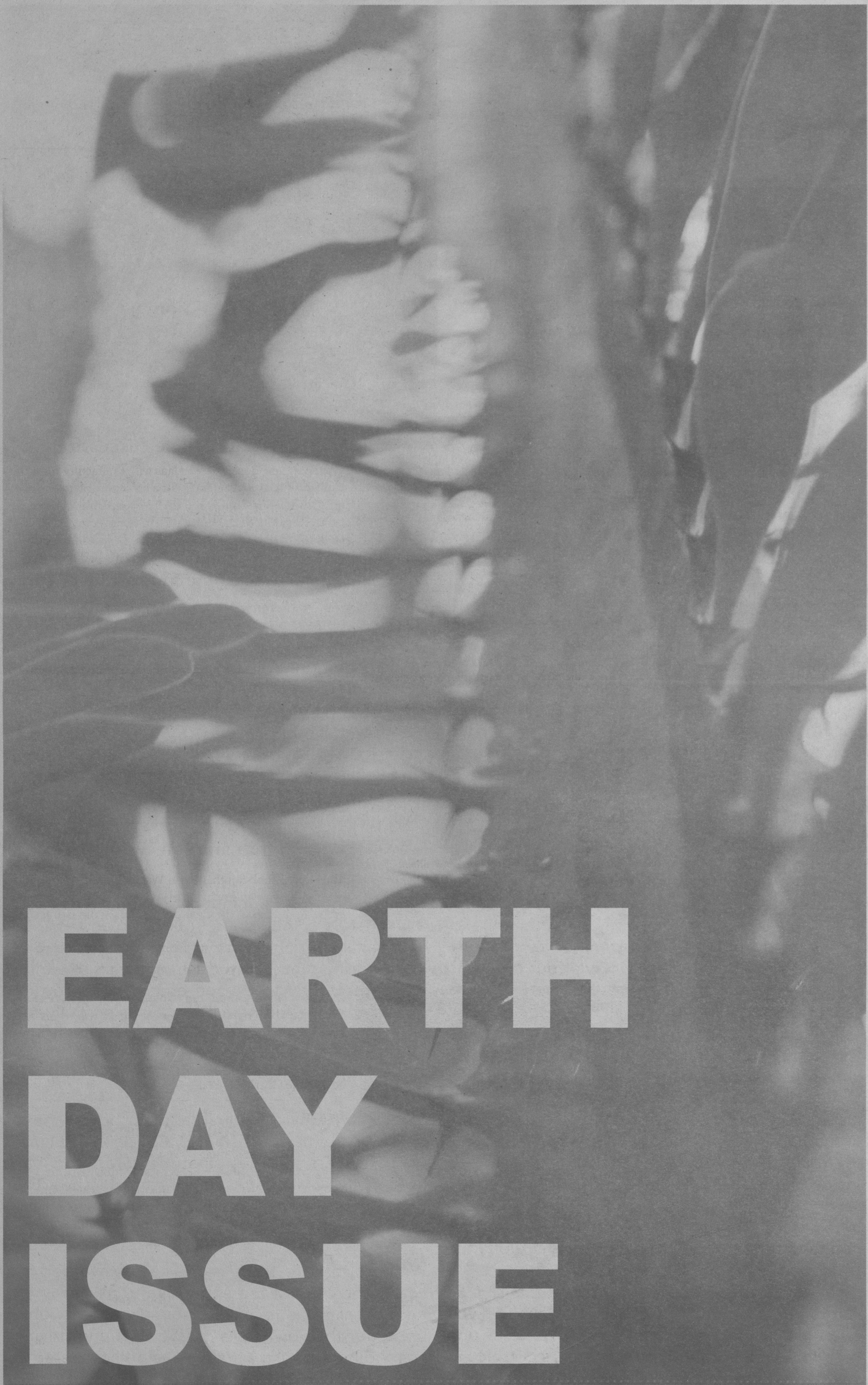
four hours would cost eight extra dollars). Faculty and visitors can also use the bikes by having the option of paying a fee annually, monthly or weekly to take unlimited one hour trips on the bikes.

Besides costs, riding your bike to class saves the atmosphere from being damaged and gets you to class quicker. Walking is a solution too, but it wastes more time and provides less exercise. I live in Roosevelt Quad, and it normally takes me five to six minutes to walk to the SAC. When riding my bike, I get there in two to three minutes. I can leave my dorm later, giving me a few extra minutes to sleep or write the last few sentences of my homework.

Every person is recommended a minimum of two and a half hours of physical activity per week, which is about 21.4 minutes of exercise per day. Biking to class, the library, your dorm and even to your car at South P brings you closer to this recommended amount. As students, we also minimize our contribution to carbon emissions if we ride our bikes more. Riding a bike causes no pollution and does not release fossil fuels or greenhouse gases. Meanwhile, a typical passenger car releases 4.6 metric tons of carbon dioxide per year.

Bikes may require manual labor to power them, but they are more resistant to accidents, as compared to cars. Besides safety features, cars can have costly mechanical and electrical issues. The only issues you may run into with a bike are rusting or with the bike chains.

With proper care, these issues can be avoided for years, and are not too expensive to fix. Having a bike on campus to travel short distances would be better than owning a car. Substituting driving with riding a bike is a small yet significant step in protecting our environment.



**EARTH
DAY
ISSUE**

Review: Indie band Broken Social Scene electrifies The Paramount

By Mike Adams
Assistant News Editor

Canadian indie rock supergroup Broken Social Scene rolled through the Paramount in Huntington on Saturday, April 7 for the second-to-last stop on their tour to support their 2017 record "Hug of Thunder."

The 12-track record, released on July 7, is the band's fifth full-length studio album. It received generally favorable reviews from critics for its buoyancy and dynamism, and their performance was no less entrancing.

The group hit the stage just after 9 p.m., following an hour-long set from The Belle Game, an ethereal indie pop act that the headliner's frontman, Kevin Drew, has taken under his musical wing.

The Belle Game's wailing vocals and powerful dynamics left a tangible charge before the main event, like the low hum of a turning generator.

Broken Social Scene brought 10 people with them for their Saturday night show. The phenomenon has featured 27 members at one point or another, including musicians from popular Canadian acts like Feist and Stars.

Other lesser known Canadian bands that have featured members of Broken Social Scene include supergroup Valley of the Giants and rock three-piece Raising the Fawn.

The multitude of artists playing together at the same time gave the band a truly massive sound. The collective sound is a hallmark of the band. Almost no instrument goes unaccompanied in a typical Broken Social Scene song.

Their thundering opening number "KC Accidental" from

their seminal 2002 hit album "You Forgot it in People" featured four guitarists and a three-horn brass section, backed by a roaring, steady bassline from founding band member Brendan Canning. The varying instruments gave the band's wall of sound thickness and body, more than enough to rattle the 25,000 square foot venue itself.

But all that extra sound never felt wasted or redundant. The band played off each other perfectly, never striking a single dissonant note. That cooperation let the group easily build songs through chords.

Songs like instrumental number "Late Nineties Bedroom Rock for the Missionaries" used both modes interchangeably, switching between droning harmonies and layers of melody four or five instruments deep.

Not only is it an impressive feat for a trio, but for a 10-piece band, it's incredible.

Throughout the course of the night, the band made sure not to neglect their old discography. The band's set mostly drifted between songs from "Hug of Thunder," and "You Forgot it in People." Older songs like "7/4 (Shoreline)," "Cause = Time," "Stars and Sons," and "Shampoo Suicide" carried the band through the night.

Their latest release is more mellow than their earlier material, and the band deployed its songs periodically to rein in their own energy and save the audience's eardrums.

Even in their more political moments, playing protest songs like "Protest Song" while treating a never-named President like Lord Voldemort, the band entranced the crowd with the chant, "We're just the latest on the longest rank and file list

ever to exist in the history of the protest song."

Drew and company only ever offered love to their American audience from their friends up north.

"We came here because we love your country," Drew said. "You've always treated us so well. We're here to tell you we love you very much and you're going to get through this."

Drew's warm confessionals helped keep the band connected to the audience, which is no small feat for a group that looks like a small army when they go on stage.

Rather than lose themselves in their own spectacle, each member drew off the energy from the crowd and their fellow band-mates. This gave the show an almost familial intimacy, despite the fact that hundreds of people were gathered together to watch the performance.

Near the end of the night, towards the back end of the towering "Ibi Dreams of Pavement," the band invited the audience to participate in their nightly ritual: screaming as loud as they possibly could to let go of the baggage they've been carrying.

"Anything you got that you want to let go, we're going to let it go tonight," Drew said. "Maybe, just maybe, for 35 seconds, we're going to be free."

The music cut off and the crowd erupted for half a minute.

"Take care of yourself," Drew said. "Be safe, keep fighting the good fight."

The music stopped, the applause died down and the band walked off stage, rolling out as quickly as they came, like a passing summer's storm.

Broken Social Scene wrapped up their tour at Wellmont Theater in Montclair, New Jersey on Sunday, April 9.



MIKE ADAMS/THE STATESMAN

Broken Social Scene performing at The Paramount in Huntington on April 7. The indie rock supergroup released an album, "Hug of Thunder," on July 7, 2017.

ARTSY EVENTS

April 17

Art of the Violin Concert Series

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

April 17

Invitation to Dance

President Stanley's Americans With Disabilities Act Advisory Committee will present a film by Christian von Tippelskirch and Simi Linton at the Charles B. Wang Center Theater at 3 p.m. Simi Linton was injured while hitchhiking to Washington to protest the war in Vietnam in 1971.

April 18

Roundtable Discussion

Writer and producer Derek Haas will join faculty from the College of Arts and Sciences for a screening of an episode of "Chicago Fire" and a roundtable discussion of its impact. Haas created the hit NBC television series in 2012. He is still the showrunner on the show's sixth season and the executive producer of its spinoffs, "Chicago P.D." and "Chicago Med." The event will take place in Humanities Room 1005 at 4 p.m.

April 18

Film Screening

The Human Rights Film Festival produced by the Department of Cultural Studies and Comparative Literature will feature the film, "Taste of Cement." The 2017 film is about Syrian construction workers building a skyscraper in Beirut while their houses in Syria are being destroyed by the civil war. The film is presented at the Charles B. Wang Center Lecture Hall 1 at 4 p.m. After the viewing, a discussion and Q&A will be led by Professor E. K. Tan and Professor Mireille Rebeiz from the Department of Cultural Studies and Comparative Literature.

April 18

Southampton Writers Speak

The Stony Brook Southampton Writers Speak Wednesdays Series will have authors Daniel Alarcón and Debora Kuan present readings at the Chancellors Hall Radio Lounge at 7 p.m. There will be reception at 6:30 p.m.

April 20

Provost's Lecture Series

Professor of Philosophy and Comparative Literature at Princeton University, Alexander Nehamas, will be giving a talk about friendships. Nehamas argues that friendship is an aesthetic good that is not always moral. He compares friendships to metaphors and works of art. The talk will be held at the Charles B. Wang Center Theater at 3 p.m.

April 20

Crochet Amigurumi

As a part of Asian Heritage Month and the Charles B. Wang Center's Potatoism in the East Exhibition, Thien Nguyen August will teach the audience to create whimsical crochet potato spirit, in the Japanese style of amigurumi, the art of crocheting small stuffed creatures out of yarn. The event will take place in the Wang Center Chapel at 10 a.m. and 1 p.m.

April 21

Audra McDonald

Singer and actress Audra McDonald will be performing at the Staller Center Main Stage at 8 p.m. McDonald has a record six Tony Awards, along with two Grammy Awards and an Emmy Award.

OPINIONS

THE STATESMAN

INFORMING STONY BROOK UNIVERSITY FOR MORE THAN 50 YEARS

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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.

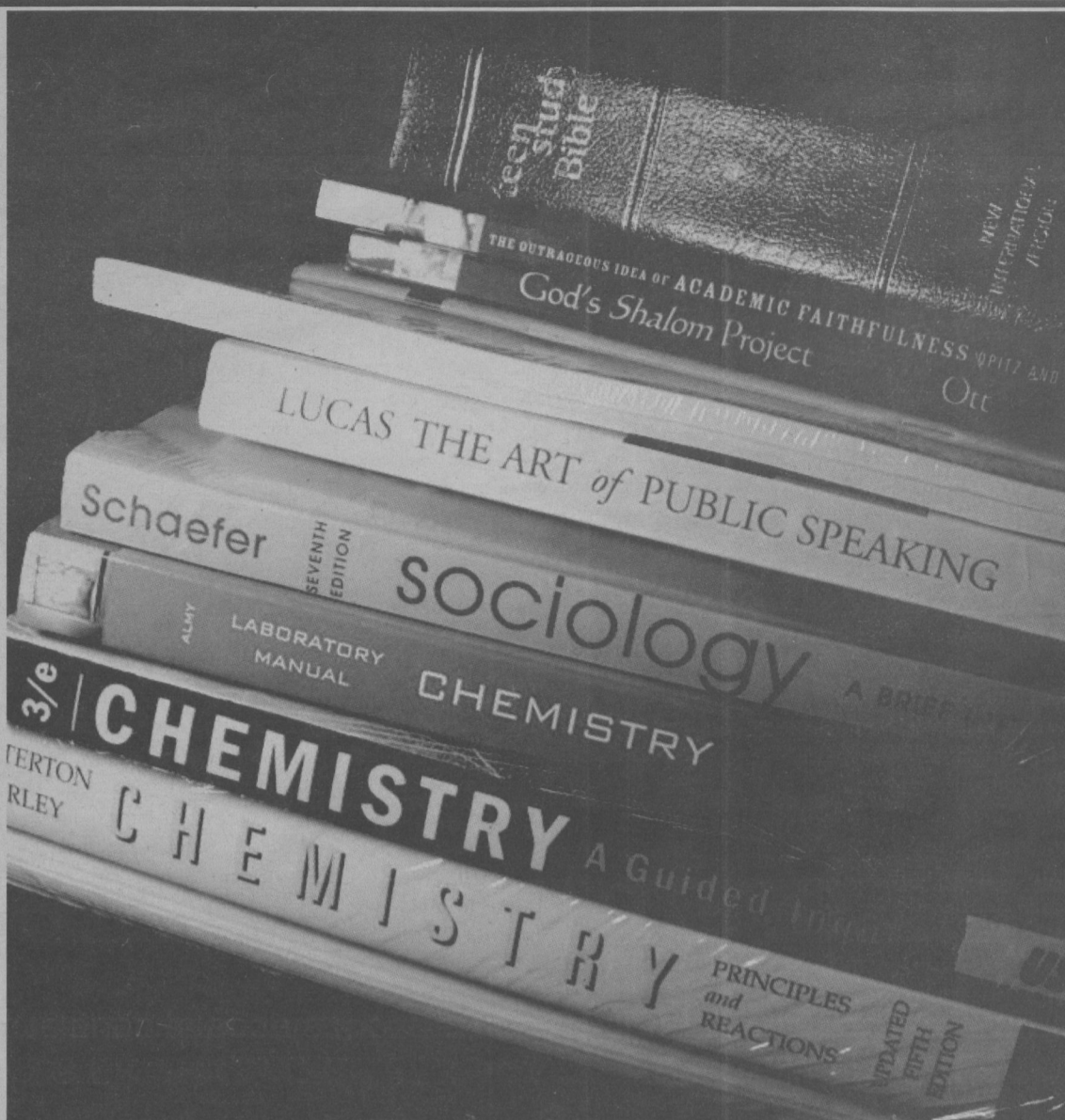
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Some college students find balancing studying and socializing difficult. Setting aside four days for classwork and three days for socializing is a good start to achieving this balance.

Learning to balance academics and a social life with the 4:3 ratio

By Amanda Niemann
Contributing Writer

Many college freshmen start out their college experience taking full advantage of all of their new opportunities and freedoms. They often go to college and party hard for a few weeks, but then they start to fall behind in class before realizing they should probably buckle down and hit the books. Many people think it's impossible to get good grades and maintain a decent social life in college. However, there is a way to accomplish both and still make the most out of the college years.

When I first began my college experience, I had to figure out the best way for me to do well academically. Before starting my first semester, my mom and I talked about ways to prioritize studying while still having fun. We decided that devoting more than half the week to my studies and the rest of the week to the social aspect of college would be the most efficient way to achieve both.

The 4:3 ratio we came up with says that the best way to do well in college and have fun at the same time is to devote four days a week to studying and homework, and the other three days to socializing and going out with friends. It's important to spend more than half of your week studying because once you

add a fourth day to the social end of the spectrum, there is more risk of falling behind in your classes and schoolwork. On the other hand, not giving yourself enough time to go out, socialize or get involved in other on-campus clubs and activities can potentially leave you feeling miserable. This can cause a social barrier in regard to making friends and being involved in the campus community.

Students need to find an adequate amount of time to devote to studying, sleeping and socializing during one's college experience. From my experience thus far, I have discovered that when I prioritize studying and get my work done before focusing on other aspects of college life, pulling all-nighters is unnecessary. This leaves me with a sufficient amount of time to sleep at night, and it allows me to devote my free time on the weekends to relaxing and going out with friends. This goes hand-in-hand with the idea of the 4:3 ratio.

I found it to be most efficient when I study and focus on school for four days straight, instead of scattering social time and studying throughout the week, because it forces me to focus solely on my work for a few days to get done what I need to get done. I typically have three days a week to enjoy myself and go watch a game on campus or hang out with friends,

without having to worry about finishing an assignment in time for the deadline. This method also allows me to work out at the Campus Recreation Center and make money at my off-campus job while still getting my school work done and enjoying college life.

This concept is also beneficial to those who might not party much or are involved in clubs and extracurriculars on campus. Getting your work done in those four days will allow you to give your full attention in the next three to hanging out with friends, attending club events and catching up on sleep.

While going out may seem more appealing now, the extra studying and the hard work will be worth it in the long run. College is a place for students to discover who they are, and what they aspire to do in life while making new lifelong friends and making memories that will last a lifetime. However, it is up to the students to find their own balance.

It's a lot more enjoyable to go out and participate in other student activities when you don't have to worry about getting home by a certain time to finish an assignment and submit it by 11:59. Getting as much done as you can in four days allows for a relatively stress-free and relaxing three days where you can enjoy yourself and hang out with your friends.

Let artistic students beautify Stony Brook's campus

By Mike Adams
Assistant News Editor

The Stony Brook University campus is ugly. Notoriously, Complex listicle-makingly ugly.

With the exception of the Charles B. Wang Center, most of the West Campus buildings look like they were built to withstand a nuclear apocalypse. The oldest buildings at Stony Brook were constructed around the height of the Cold War; Harriman Hall even has an honest-to-God fallout shelter in the basement.

Point being, the university's original planners didn't exactly have campus aesthetics high up on their list of priorities when they built the place. Our school colors might as well be beige and brick brown.

The effects that building design can have on a person's mental state are becoming more and more well documented. Tokyo and Glasgow, most notably, have seen reductions in crime and suicide rates in areas where the cities installed blue streetlights, and cubicle-style offices are notoriously dreary work environments. While a direct link between the lights and crime reductions is not fully established, the concepts they raise are worth considering.

At a school like Stony Brook, which its own students have rated a "meh" 3.3/5 for happiness

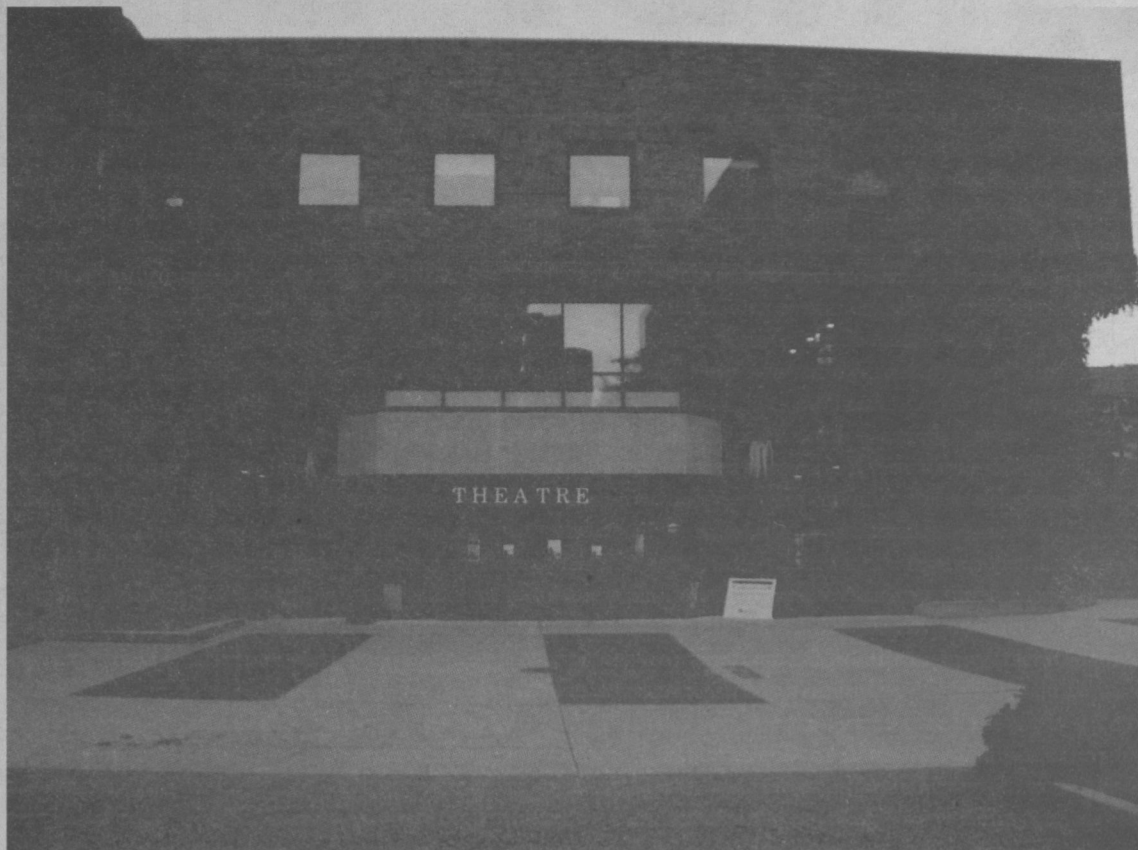
on Rate My Professors, a little design change could go a long way in raising morale. I propose a simple solution: give student artists the chance to create some visible artwork around campus.

Let studio art majors paint some walls or put up some sculptures in otherwise bland areas. It'd be cheap and easy to paint a few murals — definitely less costly to finance than a full-blown "Far Beyond" program.

We tried this at my high school, where a few art students a year were given the chance to paint a piece on a blank wall somewhere in the building. In all fairness, most of the murals were awful, but even the ugly pieces were still preferable to bricks and sheetrock.

The change of scenery isn't even the main benefit — what's really important is the sense of ownership that change can bring. A painted wall became a class's way of making a mark and claiming a little bit of institutional space for the student body. With our university cutting programs across all fields, there are disenfranchised students in several departments who could use a win, even if it's just a spiritual victory.

Student-made art could be a way to beautify austere edifices across campus, like the area around the Staller Steps. They could also become the university's



JESUS PICHARDO/STATESMAN FILE

The entrance to the Staller Center for the Arts theatre. The Stony Brook University campus buildings do not aesthetically reflect the creative community at the university.

way to honor revered figures. Imagine if Chávez and Tubman Hall were actually adorned by pieces honoring César Chávez and Harriet Tubman, or if we had a statue of Danni Kemp by the softball fields. The impact that sort of artwork would make could easily justify the costs of production.

And what about the student artists themselves? Creating a piece that stands the test of time before they're out of college could go a long way in boosting a studio art major's future work prospects. The resume value of having a 40-foot-tall mural in a central location at Long Island's largest and highest-ranked public university cannot be minimized.

The university likes to pay lip service to the importance of the arts, but with just a little bit of effort, it could turn itself into a bona fide patron of student artwork and the student artists themselves. It's definitely more cost-effective to finance a few murals than it is to knock down buildings.

Keeping a daily and weekly count to ensure growth

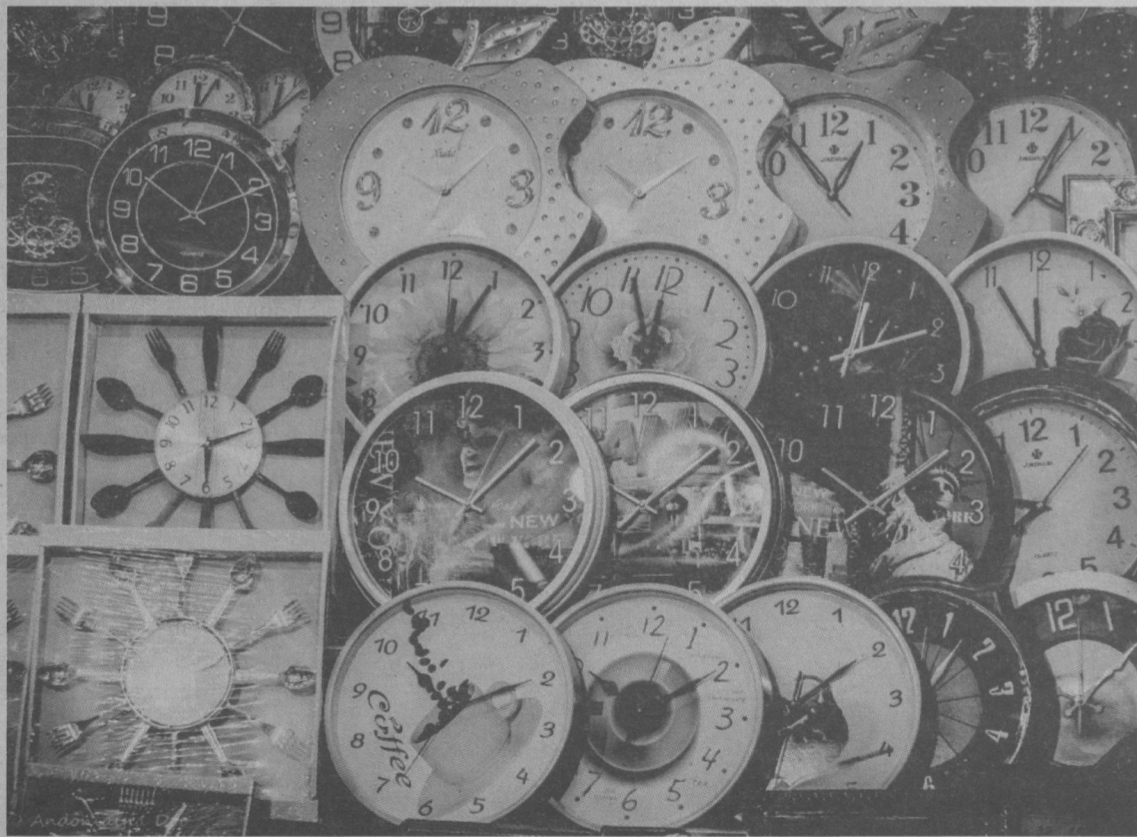
By Andrew Goldstein
Opinions Editor

We make order by counting. If I need to schedule my day, I count time. I prioritize by counting everything I need to do in some particular order. Until I count them, my Magic: The Gathering cards are just a pile.

There is a tradition of counting the 50 days between Passover and Shavuot, the Jewish holiday celebrating the giving of the Torah at Sinai, known in English as the Pentecost. The Christian Pentecost holiday follows the same formula of being 49 days after Easter.

Rabbis throughout the centuries have given reasons for the count and related it to a growth-process. There is the idea that each week refers to one of the characteristics of God and each day refers to an expression of that characteristic. The first week is loving-kindness, so the first day of the first week is loving-kindness of loving-kindness. The second day is the discipline of loving-kindness, etc. On each day, people meditate, journal or attempt to act in the characteristic of the day to grow toward the accepting of the Torah.

On my phone, I have an app called MyOmer that provides ideas, questions and exercises to think about and act toward spiritual growth. Sunday, for example, is the characteristic of loving-kindness in compassion and the app asks, "Is my sympathy



ANDONLAINA NAMBININTSOA/Flickr VIA CC BY-NC-ND 2

Some people struggle with time management, setting personal goals and deadlines. Being more disciplined with organizing your time and goals is a leap towards success.

condescending and patronizing?" It challenges you to extend yourself fully as you try to help someone that day.

Another possible reason for the count is that it refers to the "48 ways to acquire Torah" with an extra day. Some Jews focus on a different element each day so that when Shavuot comes, they have exercised each method and are prepared to accept the Torah.

Each of these reasons speaks to the idea that organizing one's

time effectively promotes growth. Rather than randomly picking up a book when you have time, set yourself a date to finish it and make a little time each day toward that goal. Buzzfeed posts videos of people trying to do 100 squats or exercising a specific way for a week or a month. Giving ourselves checkpoints and milestones may make us more likely to follow through with our plans.

Rather than hoping I have a beach body by the time beach

weather rolls in, I can count, "I have 30 days until this winter will supposedly end. Today I will run for an hour to get closer to my goal." This counting enforces a daily progression as opposed to wanton exercise.

The count toward the Pentecost includes individual days and combined weeks. That is why it is seven weeks of seven days and why each week has a characteristic in addition to the daily characteristic.

To set and achieve our own goals, we need both short-term and long-term checks. Assuming I don't want to cram it out, I should write a bit of my essay every day and complete it by the end of the week. This requires both daily and weekly checks. Sometimes we ignore the long term goals as we get bogged down with daily living, so dedicating more spaced out time to work on long term goals is important.

One non-religious way to get a count started is to bullet journal. In my mind, the idea of a bullet journal is to mix a calendar, diary and to-do list in one, designing the whole thing yourself. You can make pages refer to specific days and write what you need to do and write out longer or later goals on a page you've designed as a weekly or monthly calendar. You can design pages to mark supplementary goals like what you'll read if you have time and what you want to try to cook. I have also seen bullet journals with designs to track habits and moods over the course of the month.

As I start to make the shift from college student to full-time adult, I will have to dedicate more mental effort to budgeting my expenses and finding new uses for time not spent on homework. By effectively instituting counts throughout my life, I hope to continue progressing spiritually and career-wise for the rest of my life.

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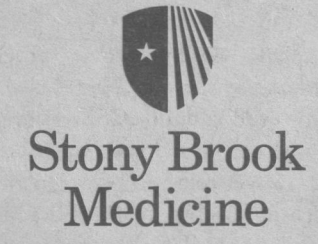
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Softball takes two out of three games at Binghamton

By Kenneth Fermin
Staff Writer

The Stony Brook softball team tallied 29 runs off 24 hits and took two of three games against the Binghamton Bearcats in the team's third America East conference series of the season.

"It was a great team effort to get the win and the series," head coach Megan T. Bryant said in a press release following Sunday's victory. "We were outstanding offensively, defensively, and in the circle. We left it all on the field today and showed real toughness in bitter cold weather. Each America East opportunity is important and we responded well this weekend."

Stony Brook quickly jumped out to a lead it would not surrender Sunday afternoon. Sophomore pitcher Melissa Rahrlich drove in sophomore right fielder Jourdin Hering with a double to left centerfield to start the scoring barrage. Sophomore designated hitter Taylor Pechin drove in senior left fielder Ileana Torres with a ground out in the following at bat to take a 2-0 lead. Rahrlich and junior catcher Irene Rivera scored off an error by Bearcats senior third baseman Kate Richard to increase the lead to 4-0 in the top of the first inning.

Rahrlich and Rivera added to the Seawolves lead in the top of the third by scoring off a sacrifice fly and ground ball to first base to increase the lead to six



ARACELY JIMENEZ / THE STATESMAN

Sophomore right fielder Jourdin Hering at bat in a game against Albany on March 31. Hering scored three runs in Stony Brook's series against Binghamton.

runs. Four consecutive Seawolves reached base to begin the top of the fourth, which resulted in freshman second baseman Nicole McCarvill advancing home on a bases loaded walk for another run. Sophomore third baseman Riley Craig later drove in two runs with an RBI single after junior centerfielder Katelyn Corr drove in a run to give the Seawolves a 10-0 lead.

Rahrlich rebounded from giving up seven runs in her last outing by shutting out the Bearcats offense. The sophomore ace finished the game with three strikeouts while

allowing only two hits. Sunday's game was the fifth outing this season in Rahrlich finished the game with no earned runs against.

The game was called after the bottom of the fifth due to the mercy rule, giving Stony Brook the 10-0 victory in the rubber game of the series.

Binghamton's lone victory came in game two of Saturday afternoon's doubleheader. Rivera's third home run of the season gave the Seawolves a two-run lead to begin the game, but Richard cut the score to 2-1 off a sacrifice fly to right field. The Bearcats offense

exploded in the bottom of the second with Richard's two-run home run to left centerfield capping off a six-run inning to take a 7-2 lead.

Stony Brook responded by scoring four runs in the top of the third inning to cut the Binghamton lead to 7-6, but it was the closest the team would get to tying the game. Bearcats freshman shortstop Makayla Alvarez increased her team's lead to 8-6 with a solo home run over the right field wall in the bottom of the fifth inning. Binghamton added two more runs in the bottom of the fifth to extend the lead

to 10-6, which was the eventual final score.

Both teams traded first inning home runs in the first game of Saturday's double header to open the series, but Stony Brook retained the offensive momentum throughout the game. The Seawolves scored four runs in the top of the second inning, capped off by an RBI double by Rivera to score Rahrlich and take a 6-2 lead for the Seawolves. Richard cut into the Stony Brook lead for Binghamton with an RBI triple to right field in the bottom of the third inning, but a Binghamton error gave Stony Brook an 8-3 lead in the top of the fourth.

The duo of Rahrlich and Rivera connected with consecutive RBI plays to give the Seawolves a 10-3 lead in the top of the fifth inning. The Seawolves followed up by adding three insurance runs in the top of the seventh, including one off a double steal to increase their lead to 13-3.

Binghamton sophomore designated hitter Rozlyn Price crushed a grand slam in the bottom of the seventh to cut the Seawolves' lead to 13-7 in a last effort attempt to spark a comeback, but the deficit was too insurmountable to overcome.

The Seawolves will return to action at University Field at 3 p.m. on Tuesday, April 17. Stony Brook will take on St. John's in a game that had been rescheduled due to inclement weather.

Baseball suffers weekend sweep against the Great Danes

By Ryan Pavich
Staff Writer

The Stony Brook baseball team's trip to Albany this weekend ended in disappointment. Two of the team's games were closely contested, but all three resulted in losses for the Seawolves in a series sweep at the hands of the Great Danes.

The Seawolves' rally fell just short to extend the first game of the series on Friday. Down 5-3 in the ninth inning, sophomore outfielder Chris Hamilton led off the inning with a single through the middle. Hamilton advanced all the way to third base on two wild pitches, and scored on junior outfielder Dylan Resk's sacrifice fly to center field. The Seawolves couldn't get any other base runners aboard from there, and lost 5-4.

Sophomore starting pitcher Brian Herrmann had a rough outing, allowing eight hits and four runs in four innings. Herrmann quickly got into trouble in the first inning, surrendering a leadoff single to Albany junior infielder Travis Collins. Herrmann retired the next two batters, but Albany junior infielder Matt Codispoti roped a double to center, scoring Collins. Junior infielder Patrick Lagravinese followed up with a single to score Codispoti and put Albany up 2-0.

The Seawolves scored their initial runs all in the third inning. Junior infielder Brandon Janofsky worked a one-out walk, and advanced to third on a single from sophomore infielder Nick Grande. Stony Brook freshman catcher John Tuccillo lifted a sacrifice fly to left field to score Janofsky,

and Seawolves sophomore outfielder Michael Wilson singled in the next at-bat, scoring Grande. Wilson later came home on a wild pitch to give Stony Brook a 3-2 lead.

Stony Brook had an ugly performance on Saturday in the second game of the series. Things got out of hand in the third inning with the Seawolves leading 2-1. The Great Danes' offense surged for nine runs on just six hits, knocking junior starting pitcher Bret Clarke out of the inning without recording an out. Clarke's eight runs against were twice as many as he had allowed in any game this season and led to his shortest outing of the year.

Albany continued to batter Stony Brook's pitching after Clarke exited the game, scoring six more runs in the bottom of the third off senior pitcher Teddy Rodliff. The entire lineup produced offense, as every starter recorded at least one RBI. Incredibly, Stony Brook recorded the same amount of extra base hits as Albany with six apiece, and the only home run was hit by Stony Brook's senior outfielder Andruw Gazzola.

Stony Brook briefly held a lead in this match, jumping on top in the second inning. Senior infielder Bobby Honeyman led off the inning with a triple to right center and scored on a single from Hamilton in the next at-bat. Stony Brook surrendered the lead in the bottom of the second, but regained it on Gazzola's solo shot to lead off the third inning.

The finale of the series on Saturday was a close, seven-inning affair. The Seawolves got on top in the first inning, working two consecutive one-



EMMA HARRIS / THE STATESMAN

Senior outfielder Andruw Gazzola slides into home base in a game against Quinnipiac. Stony Brook lost all three games in its weekend series against Albany.

out walks and moving the runners into scoring position on a Honeyman groundout. Junior designated hitter Michael Russell delivered a single to center field, scoring the pair and putting the Seawolves on top 2-0.

Redshirt-sophomore starting pitcher Greg Marino cruised through the first inning but got into a jam in the second. Codispoti reached first base on an error to start the inning, and Lagravinese singled to right field to put the runner in scoring position. Freshman infielder Ryan Hernandez singled through the left side to load the bases, and freshman infielder Brad Malm lifted a sacrifice fly to right field, scoring Codispoti.

Sophomore infielder Nick Kondo doubled in the next at-bat to score Lagravinese and tie the game, and Hernandez scored on a wild pitch two batters later to give Albany the lead.

The Seawolves failed to create any more offense until the seventh inning. Down to their last out, Gazzola laced a single to right field to keep the game alive. Wilson extended the game with a double to center in the next at-bat, scoring Gazzola. The Seawolves got another runner on base, but ultimately stranded the go-ahead run.

Senior closing pitcher Aaron Pinto had already thrown two innings

in relief of Marino, but went out to pitch the bottom of the seventh. It proved to be one inning too many, as Albany loaded the bases on three consecutive singles. Redshirt-senior outfielder Connor Powers lined a single off Pinto to bring home the winning run, and secure the 4-3 walk-off victory.

The losses drop Stony Brook to 19-15 overall and 6-6 in conference play, falling from first to third place in the America East standings.

Stony Brook will continue its road trip with a game against Iona on Tuesday, April 17 before returning home for a three-game weekend series against UMBC.

SPORTS

Kylie Ohlmiller shines in two dominant Women's Lacrosse wins

By Gregory Zarb
Sports Editor

The No. 1-ranked Stony Brook women's lacrosse team has one of, if not the best, player in the country, possibly even ever. Senior attacker Kylie Ohlmiller inches closer each game to breaking NCAA records, continuing to prove doubters wrong.

Despite all the attention, she still manages to keep her main focus plain and simple.

"I'm excited to have my name and Stony Brook's name up there," Ohlmiller said. "My biggest thing is making sure we get a win in the next game and making sure we get wins throughout so we're home for the next month and we can have a million more senior days."

Her performance helped the Seawolves cruise to a 20-6 victory over the New Hampshire Wildcats Sunday afternoon at Kenneth P. LaValle Stadium.

The senior had three goals and seven assists, good for 10 points. She had a combined 21 points in the two-game span. She needs only two points and five more assists to break the NCAA records for career points and career assists respectively.

Ohlmiller assisted on four of the team's first five goals, three leading to goals by redshirt-senior

attacker Courtney Murphy. The redshirt-senior had six goals, with her second goal making her the first player in NCAA DI Women's Lacrosse history to score 300 career goals.

"Yeah, it was cool," Murphy said. "I was hoping [Ohlmiller] got her record today because I know the feeling of how it feels when you break that record. I'm excited for her next game because no one else really deserving to break it than her."

11 seniors were honored for Senior Day, in which head coach Joe Spallina started seniors over the usual starters. Senior defender Carolyn Carrera took over draw control duties, as she is listed as No. 2 on the depth chart for that position, behind junior midfielder Keri McCarthy.

Carrera, who transferred to Stony Brook from Hofstra last season, had a career-high 12 draw controls. Spallina now has the option of starting either McCarthy or Carrera in the draw circle.

"Is there a controversy at the draw circle? Yep," Spallina said. "I love it. Listen, we are who we are because of that. I think there's gonna be a draw competition. It was great."

Carrera, who recorded 66 draw controls in all 33 games she played at Hofstra for two seasons,

was just pumped to get back to the circle.

"It was awesome, I was excited to get back in there," Carrera said. "Just to have that opportunity again. I've been working hard for this."

Friday night drew 3,123 people for the team's game against No. 22 Johns Hopkins, the largest crowd for a single game in women's lacrosse program history. Many of the fans were lining up two hours in advance of the 7 p.m. start time.

All were there for one player and one player only: Kylie Ohlmiller.

"It was unreal," Ohlmiller said. "It's been pretty amazing to see how we've turned this program around. Just to see the amount of people lined up outside for this game, it was just really, really cool. It's very humbling because it's a tribute to our hard work."

Ohlmiller joins Stony Brook Men's Basketball alumnus Jameel Warney in being the only two athletes in Stony Brook Athletics history to have a bobblehead made in their likeness. The senior scored six goals and assisted on five more as she led the Seawolves to a 15-7 victory over the Blue Jays.

Ohlmiller's 11 points on the day were a season-high and she was one point away from tying



ARACELY JIMENEZ/THE STATESMAN

Senior attacker Kylie Ohlmiller works the ball around the back of the net in a game against Cornell.

her career high for a single game. She was also just one goal short of her career-high in that category as well.

"I've never hidden from the fact that she's the best player in the world," Spallina said. "She's the best player in NCAA lacrosse. I would put my name on that. I'm not going to hide from that. I've been saying that for years."

It's no secret that the team is miles ahead of its America East counterparts talentwise, so after three of its last four games against conference rivals, Spallina needed to see the fight in his team again.

"We made some changes this week," Spallina said. "For me, it

was 'nothing is good enough for me' this week. I needed to get the bite back in us. If the common denominator was them hating me, I'm fine with that."

One thing in particular that changed was the positioning of sophomore attacker Taryn Ohlmiller. She was moved to play in front of the net, with Murphy playing behind the net.

"I think it threw the defense off," Taryn Ohlmiller said. "It also opened up a lot of offense for Kylie [Ohlmiller] and [Murphy] and we had eyes up top and down low too."

Stony Brook will next play Saturday against UMBC at 3 p.m.

Men's Lacrosse takes down No. 16 Vermont in double overtime

By Kenneth Fermin
Staff Writer

Coming off a timeout three seconds into the second period of overtime, Stony Brook Men's Lacrosse looked to deliver the blow that would put its No. 16-ranked America East rival Vermont Catamounts away.

Sophomore attackman Tom Haun's shot attempt missed wide, but Stony Brook retained possession. Freshman attackman Jack Walsh in-bounded the ball, finding sophomore attackman Chris Pickel, Jr. through two Catamount defenders. Pickel, Jr. took advantage of the lapsed defense and fired a shot to the back of the net for the 8-7 game-winning goal.

"I saw Chris [Pickel, Jr.] cutting through and I knew I could get the pass to him," Walsh said following the overtime victory. "I knew it was going to go through and he was going to catch it and score the whole time. So, I passed it to him and he did exactly that."

Stony Brook has won four of its last six games after starting the season 0-4. Stony Brook is now 3-1 against the America East, which ties it with Albany for first place.

"We knew coming in that we played a very tough schedule in the

early going, it was designed that way," head coach Jim Nagle said. "[Vermont] played a little bit of a softer schedule and had a great year so we knew they were a great team and they were going to come in believing that they were going to win the game. Our challenge to the guys was just making sure they understood we're just as competitive as this team in what has been a rougher road."

Stony Brook began the game with an early lead after junior midfielder Owen Daly's shot found the back of the net. Freshman midfielder Patrick Kaschalk added to the lead with a shot that bounced past Catamounts sophomore goalkeeper Nick Washuta to put the Seawolves ahead 2-0. Sophomore attackman Cory VanGinhoven capitalized off a Catamounts turnover for the third Seawolves goal of the quarter.

The Catamounts responded to getting shut out in the first quarter, scoring two goals in five minutes to begin the second. Haun scored to put the Seawolves up 4-2, but Catamounts redshirt-senior midfielder Ian MacKay scored his second goal of the game to cut the deficit to one goal with 1:33 remaining in the first half.

MacKay led the Catamounts offense and finished the game with

three goals and six points. The midfielder assisted on both Catamount goals in the third quarter, which gave Vermont a 5-4 advantage, its first lead of the day.

Stony Brook sophomore midfielder Wayne White took advantage of a man-up situation and

scored to cut the Catamounts lead to 6-5 after MacKay tallied a third goal and recorded a hat trick. Haun later tied the game before Walsh scored with 6:12 remaining to give the Seawolves a 7-6 lead. Sophomore midfielder Rob Hudson tied the game at

7-7 for Vermont off an assist by MacKay with 2:32 remaining and eventually forced the game into overtime.

Stony Brook will return to action on Friday, April 20 for its final home game of the year against America East rival UMass Lowell.



ARACELY JIMENEZ/THE STATESMAN

Sophomore attackman Chris Pickel, Jr. cradles the ball as he maneuvers past a Vermont defender. Pickel, Jr. scored the game-winning overtime goal on Saturday.

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