

# THE STATESMAN

INFORMING STONY BROOK UNIVERSITY FOR MORE THAN 50 YEARS

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sbstatesman.com

## SBU receives \$4 million to build shellfish hatchery

By Brianne Ledda  
Assistant News Editor

As part of New York State's 2020 Executive Budget, Stony Brook University will receive \$4 million to build a new hatchery at its Flax Pond Marine Laboratory in East Setauket.

The hatchery will be used to grow 25 million, 15-millimeter-wide hard-shell clams per year. The goal is to eventually transplant the shellfish around Long Island, where they'll clean the water and possibly populate the area.

Clams are filter feeders — they eat bacteria and phytoplankton, or microscopic algae, and their tissues tend to absorb toxins while they're filtering the water. Once they reach 15 millimeters, the clams — owned by New York State — could be distributed to other state-owned bodies of water.

"[Flax Pond] never really reached its full potential until recently, when Governor [Andrew] Cuomo found some money to build the lab up, and see if we can



IRINI ORIHUELA / THE STATESMAN

**New York State Senate Majority Leader Andrea Stewart-Cousins speaks to students on Wednesday, April 17 in Frey Hall. Stewart-Cousins is the first woman to ever lead the Senate in New York history.**

regenerate some of the declining fisheries in New York State," Malcolm Bowman, a distinguished service professor in the School of Marine and Atmospheric Sciences (SoMAS), said. "So I think it's important that right next to a major university that has a big school in

marine and atmospheric sciences that we can finally take advantage of this free lab and build a nursery associated with it."

At his recent visit to Stony Brook on Thursday, April 11, Gov. Andrew Cuomo said the project would help to "[clean]

up the water naturally, putting the clams and the mussels back, which were Mother Nature's filtration mechanism before we got involved."

During a presentation hosted by Friends of Flax Pond in March, Larry Swanson, the as-

sociate dean at SoMAS, said that the New York State Department of Environmental Conservation (DEC) also applied for a million

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## Pilot program provides mentorship and attire for students seeking jobs

By Rebecca Liebson  
News Editor

The Department of External Scholarships and Fellowships Advising at Stony Brook University started an initiative this semester called the Red Hot Career Closet and Mentoring Program, which provides clothing and mentoring to students from low-income families for interviews, internships or their first work experience after college.

The program will be giving out donated clothes, shoes, bags, overcoats and accessories from students, faculty and community members. Mentors working in the program educate participants about professional norms to boost confidence within students to display their talents and skills.

Jennifer Green, external fellowships advisor, helps students prepare for jobs and internships, started the program.

"I look back to my personal experience, and I didn't know

the normal for professional clothing," Green said, referring to her time in college. "Then I thought, students probably don't have money to buy a suit."

The idea came about when a student approached Green because she had nothing to wear to an upcoming interview. After Green gave the student one of her own suits, she realized that other students might need professional clothing as well.

Green toyed with starting the Red Hot Career Closet for years, but winning the Presidential Mini-Grant for Departmental Diversity Initiative allowed her to finally make it happen. The grant makes it possible for the program to be piloted by External Scholarships and Fellowships Advising, the Center for Civic Justice and the Career Center.

"I got a lot of enthusiasm from both the Center for Civic Justice and the Career Center to get it off the ground," Green said.

Since the program is still in its pilot stage, it will first be offered

to a small number of students who have to go through an application process, in which they have to demonstrate financial need and explain what they'll use the clothing for.

"I feel that students will use this program because it's a very real thing happening. I've already been approached by students to know if they can use something right now," Green said.

Clothing recipients are allowed to keep the donations, but Green is worried that she won't be able to accommodate the demand. The pilot program — ending this semester — will help evaluate what Stony Brook students need and will use this information for when the program is officially launched next semester.

For students who don't qualify for financial-based aid, a program by JCPenney called "Suit Up" hosts events where students can get discounts. Green explained that she didn't want to leave out students who might

not be able to demonstrate financial need.

"In this event, the prices for their professional clothing are drastically reduced. JCPenney also works with other institutions, and it's been very successful," Green said.

Mentorship is also a popular portion of the Red Hot Career Closet, Green said.

"What's really exciting is I've had staff come forward saying they want to be involved in the mentoring portion, she said. "I've had amazing responses."

Kathleen Flint Ehm, director for graduate and postdoctoral professional development, believes the closet will be very useful for students.

"When students are headed to their first big professional interview, they want to focus on the interview and being amazing, not worrying about having the right thing to wear," she said.

Ehm explained how the Red Hot Career Closet now allows Green to focus on students

with the greatest financial need, while continuing to provide the critical mentoring that prepares students to navigate future professional situations.

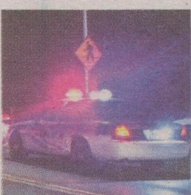
"Seeing the smiles and effortless confidence of Jen's past students, I know the Red Hot Career Closet will be a valuable resource for Stony Brook," Ehm said.

After the program finishes its pilot period this semester, it will be located permanently in the Career Center in fall 2019.

"The program is a whole package and I hope it will provide a baseline for future purchases," Green said.

The mentoring will be done by Green, her fellow interns and colleagues from the Career Center and the Graduate School. Green said she feels humbled by the responses she has gotten and that people have even approached her asking to donate money.

"The enthusiasm is heartening," Green said.



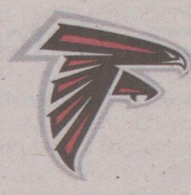
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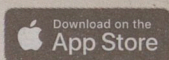
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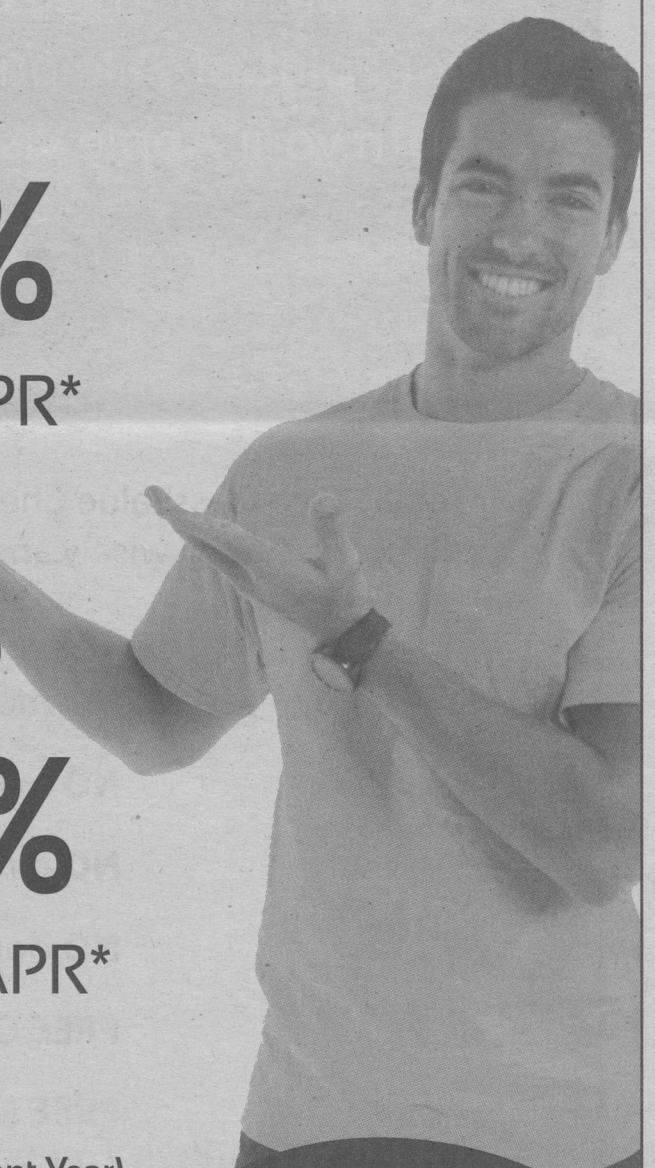
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# NEWS

## Police Blotter

Thursday, April 11 – A resident entered a suitemate's room and photographed the student's debit card and made a purchase. The burglary occurred in Hamilton College and the disposition is ongoing.

Thursday, April 11 – A student punched and damaged a bathroom mirror in the Island Federal Credit Union Arena. The student was arrested for criminal mischief.

Friday, April 12 – An individual used a fake Stony Brook email and forged the names of employees to order merchandise from an outside vendor. The forgery took place at Research and Support Services and the investigation is ongoing.

Saturday, April 13 – A patient struck a staff member at Stony Brook University Hospital; prosecution was declined.

Saturday, April 13 – Another patient struck a staff member at University hospital; prosecution was declined.

Sunday, April 14 – Police issued a referral to a student for marijuana possession in the woods around Tabler.

Sunday, April 14 – Graffiti was reported on a door in the Student Activities Center. The investigation is ongoing.

Monday, April 15 – A patient spit on another patient at University hospital; prosecution was declined.

Monday, April 15 – A bike was reported missing from the LIRR P-Lot. The investigation is ongoing.

Tuesday, April 16 – A bike was reported missing from the LIRR P-Lot. The investigation is ongoing.

Tuesday, April 16 – A patient assaulted a staff member with a piece of glass at Stony Brook University Hospital. The patient was ultimately arrested and charged with felony assault.

Wednesday, April 17 – Police received a report of damage to the convertible top of a parked, unattended vehicle next to Sullivan Hall. The criminal mischief is currently being investigated.

Compiled by Anthony Andrade

## New hatchery will grow 25 million clams

Continued from page 1

dollar grant from the Long Island Sound Study to reconfigure the inlet to Flax Pond and to repair its jetties. The reconfiguration is meant to clear out a buildup of sand and silt, which is expected to improve shellfish productivity and eliminate sediment accumulation at the entrance to the pond.

Swanson said that right now the pond is struggling.

"We're losing marsh grass in here, and that's extremely important, so I'm hoping that this will reinvigorate not only clams and such in the pond, but the entire ecological functioning of the pond," he said.

Marsh grass captures carbon and takes it out of the ocean. Maintaining a healthy ecosystem and thus healthy marsh grasses at Flax Pond will help reduce ocean acidification to some extent, Swanson said.

The hatchery will be the first major structural improvement made to the Flax Pond lab since it was built in 1969. Part of the project involves adding salt water conduits, which will bring in higher quality seawater to the laboratory.

"We have not had easy access to good clean water to grow in the pond for as long as I could remember," Swanson said. "It has

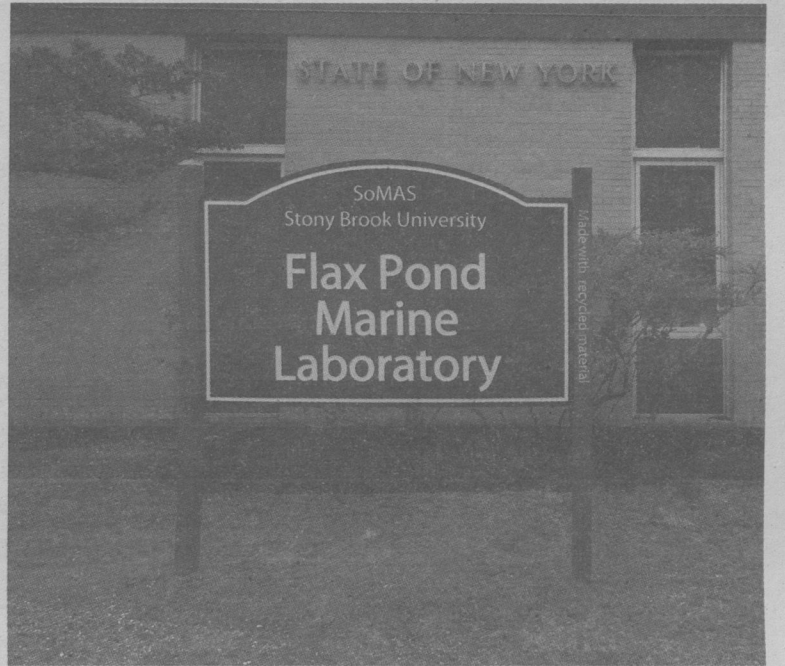
held back research. It's caused researchers to go from here, to the University of Connecticut. It's caused some of our researchers to go out to Southampton when they shouldn't have had to. So this is something that will really benefit the university and our ability to do top-notch research in the Flax Pond facility."

About 16 floating upwelling systems, or FLUPSYs, will be built and anchored in Flax Pond. FLUPSYs are used to grow shellfish in open water while protecting them from predation until they're large enough

to survive on their own, according to the Long Island Shellfish Restoration Project.

The FLUPSYs are also expected to reduce predation. One FLUPSY, Swanson said during the presentation, should produce about 750,000 clams between June and October. The 16 combined will produce 12 million during that time period.

The state is currently negotiating with a potential contractor for building modifications and hatchery construction is expected to begin this month. There is no money allocated for operational costs.



The building for Stony Brook University's Flax Pond Marine Laboratory on March 10.

# May Commencement 2019



## Congratulations, Candidates!

Degrees are conferred on those who have completed degree requirements for Fall 2018, Winter 2019, Spring 2019 and Summer 2019.

To register for all Ceremonies, Candidates are required to complete the **Application to Graduate**, available on SOLAR, by **April 17**. Registered Candidates will receive an invitation to access electronic tickets for the Main Ceremony on **May 13**.

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



# ARTS & CULTURE

## Sara Bareilles releases new music

By Melissa Azofeifa  
Assistant Arts & Culture Editor

Sara Bareilles' new album, "Amidst the Chaos," can sound monotone and certain songs almost blend into each other, but that doesn't mean it's not worth a listen. Her talent as a vocalist, songwriter, lyricist and musician, however, can still be appreciated and enjoyed throughout the album.

The songs on the album are cleverly written, with a soothing effect that feels almost medicinal. "Amidst the Chaos" is Bareilles' first album release since her stint on Broadway in the musical "Waitress."

The first and most upbeat song on the album — and without a doubt its biggest hit — is "Fire." It has a very earthy and raw sound. The first verse starts with just Bareilles' voice humming and a guitar in the background — then the chorus picks up and hits with a bang. An infectious rhythm guided by drums, guitar strums and vocals flows from Bareilles like liquid gold, guiding the rest of the song to the end.

With scathing and unapologetic lyrics such as "We were,

we were never going to catch fire, we'd have burned up in the flames" and "I know all too well that I want deeper waters," it's evident the song speaks about a relationship or a love that is missing passion for it to fully satisfy and bloom.

The elegant music video for the song features Bareilles with a large fire in the background and then cuts to two interpretive dancers who take the viewers on a journey through their relationship.

The following song, "No Such Thing," comes from a much more vulnerable place in every aspect. This ballad's writing stands out among the rest, with lyrics such as, "Tell me how to start, what comes after you?" and "I tried to get over you, over you, over you, but I think, there's no such thing."

Bareilles' vocals are poignant and sharp as ever, making it impossible not to feel what she is singing about. The song has a very light and airy sound; the piano, light percussion and heavenly harp radiates nostalgia. Listening to this song automatically cues a montage of memories with that special person that is

so commonly seen in romances and rom-coms.

The other songs on the album are slower, such as "Orpheus," "Someone Who Loves Me," "Saint Honesty" and "A Safe Place to Land." Their melodies practically blend into each other and have a medicinal effect that is soothing and comforting. "A Safe Place to Land" stands out especially because of John Legend's glorious voice being featured on the track.

Although she has many ballads, the album does have some upbeat songs, such as "Armor." This song pays honor to all the strong women that helped make things better for women today. "If I Can't Have You," "Eyes on You," "Miss Simone" and "Wicked Love" are also other upbeat songs that made it on the album, giving it a tasteful variety that is necessary for the album to not to be boring.

Music lovers and connoisseurs will have a great appreciation for Bareilles' talent and musicianship shown on "Amidst the Chaos." Bareilles will be going on a national tour to support her album starting in the fall of 2019.

## The Potluck Passover

"Passover is so important to me because it's the defining celebration of unity. The point of Passover and of the Seder, the ritual meal and ceremony, is to remind us of our shared past and what brought us together as a people — the story of the Exodus from Egypt and our becoming free to be who we are. It's the one holiday that people tend to observe, even when they otherwise aren't involved in Judaism, and I think that's why. It brings us together. And it's always done so for my family, too: one of my favorite memories of Passover is my grandfather always reading one particular passage from the Haggadah. He was never particularly religious, but the Seder is something we always celebrated as a whole family, and every time I come to that section, I still think of him," Rachel Chabin said.

"During the Seder, a series of songs are recited in remembrance of the pain and suffering the Jews experienced when coming out of bondage and traveling through the desert. One of these songs is called 'Dayenu,' which roughly translates to 'enough.' Sephardic Jews of Iranian/Persian background over the years have developed the tradition of playfully whipping family members and friends with scallions during the reciting of 'Dayenu,'" Aaron Mairzadeh said.

"Passover is such a special holiday for Jews because it brings together the whole family for a structured feast where we commemorate our liberation from slavery in Egypt. Part of the Seder, which is the structured meal, is listing the plagues that G-d brought upon the oppressive Egyptians who wouldn't release us from slavery. One of the plagues was frogs and every year as a kid my grandma would hide fake frogs throughout the house and us kids would compete to find the most," Yonatan Herzfeld said.

"Passover means to me a new beginning. A tradition that I hope I will teach my children one day is cleaning the whole house and making sure that there is no wheat products and bread. I'm not very religious, but I'm very spiritual and willing to learn. For me, this tradition is more than just simply doing a 'Mitzvah.' It's a matter of starting anew in the middle of the year. The feeling after cleaning every single drawer and shelf is priceless. It's like a fresh new start just in time for spring," Eilona Feder said.

## "Game of Thrones": Season 8 Ep. 1 review

By Alexander Bakirdan  
Contributing Writer

The beginning of the end has finally arrived for "Game of Thrones," and it did not disappoint.

Now if you haven't seen it yet, stop reading, go watch it, and come back. I'm about to spoil quite a lot.

Let's start at the beginning of the episode. Right away, we are thrilled by a beautiful new opening credits animation, this time starting from the perspective of the dreaded White Walkers, showing us their path and progress since we last left off. This intro is not only highly detailed but immediately gives us a sense of impending doom with their slow march towards Winterfell, which felt like an unstoppable iceberg sliding across the continent.

The episode begins in earnest, starting with the first of many parallels to season one: episode one. The young Ned Umber climbs hurriedly to get a better view of the approaching king and queen, just like Bran did in the very first episode. This time however, the king and queen are Jon and Daenerys instead of Robert and Cersei.

The episode continues to parallel the first in many ways, but also diverges at points. The White Walkers are now a much more serious threat, as Bran and his wonderfully disturbing deadpan mannerisms point out when he cuts introductions short, telling everyone quite

simply that they don't have time for this. (Also, I personally want to thank Bran, because I've gotten really tired of hearing someone announce every single one of Dany's 85 titles every time she enters a room).

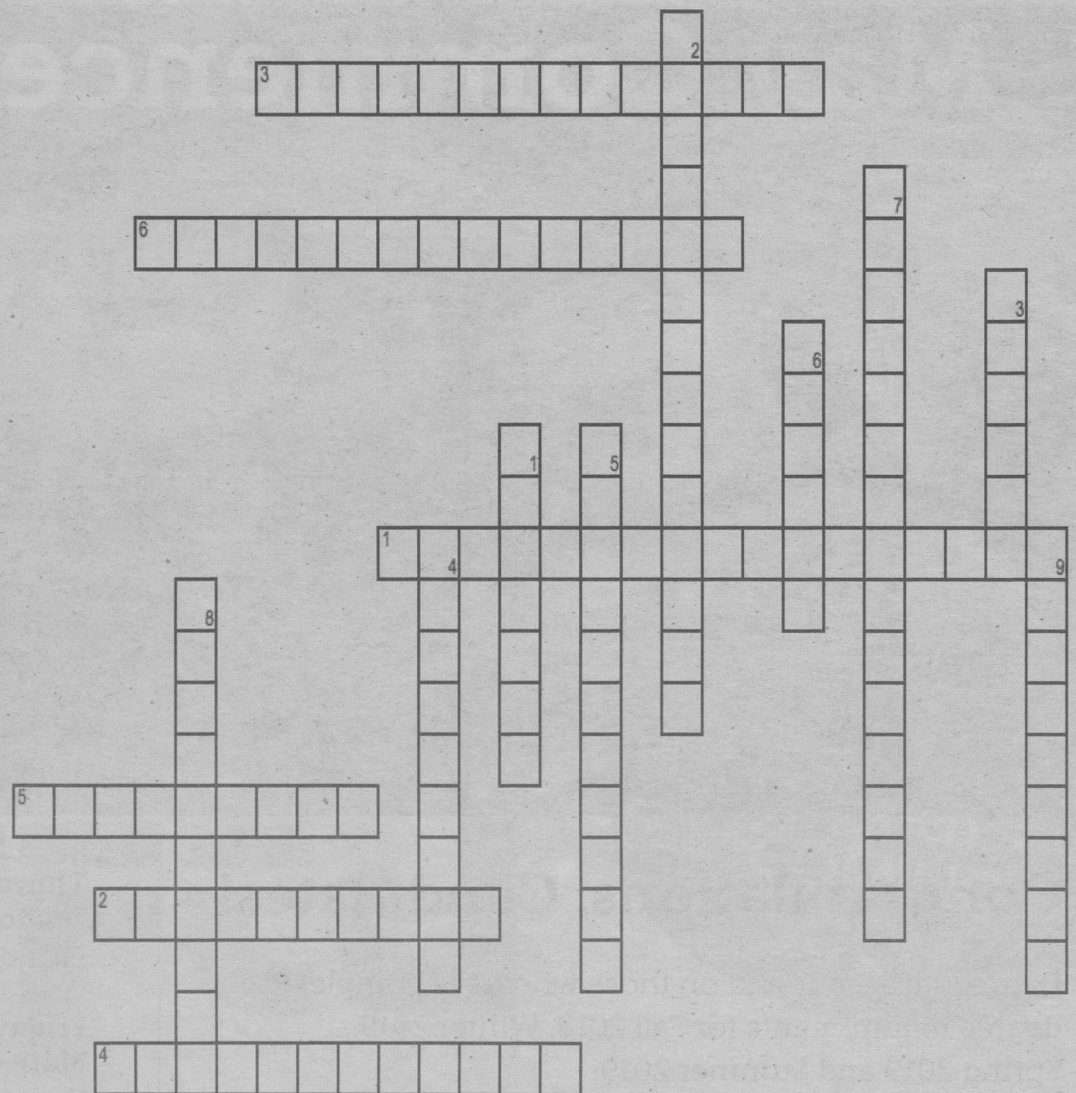
The pacing of the show has quickened considerably, and this makes sense because with only six episodes in this season they need to start tying up loose ends very quickly. Unfortunately, the quicker pace makes some moments, Jon and Dany's five-minute-long dragon ride in particular, feel like wasted screen time that could have been more useful on other scenes that better serve the plot, such as Theon's rescue of Yara which felt unusually abrupt.

We do finally get the reunions we've been dying to see for almost the entire show. Arya and Jon's reunion is a particularly heartwarming one, which immediately raises a red flag, because I don't trust this show not to rip my heart out and stomp all over it.

Also, exciting news for those of us who love the ginger giant — Tormund is still alive and cracking jokes that are as funny as they are unexpected.

So far this season seems to be shaping up excitingly, and with Jaime arriving at the very end of the episode, the next is sure to be just as riveting. The White Walkers march on, passing Last Hearth, and The Battle of Winterfell is sure to come in the near future.

## Game of Thrones



### Across

1. Mother of Dragons
2. Lady of Winterfell
3. Wants to be a knight
4. Ned Stark's ward
5. Three-eyed Raven
6. Hand of the Queen

### Down

1. Aegon Targaryen
2. Kingslayer
3. Baker
4. A girl with no name
5. Ironborn warrior
6. Blacksmith
7. Protector of the Seven Kingdoms
8. The Red Woman
9. First White-Walker



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## Stony Brook University



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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.

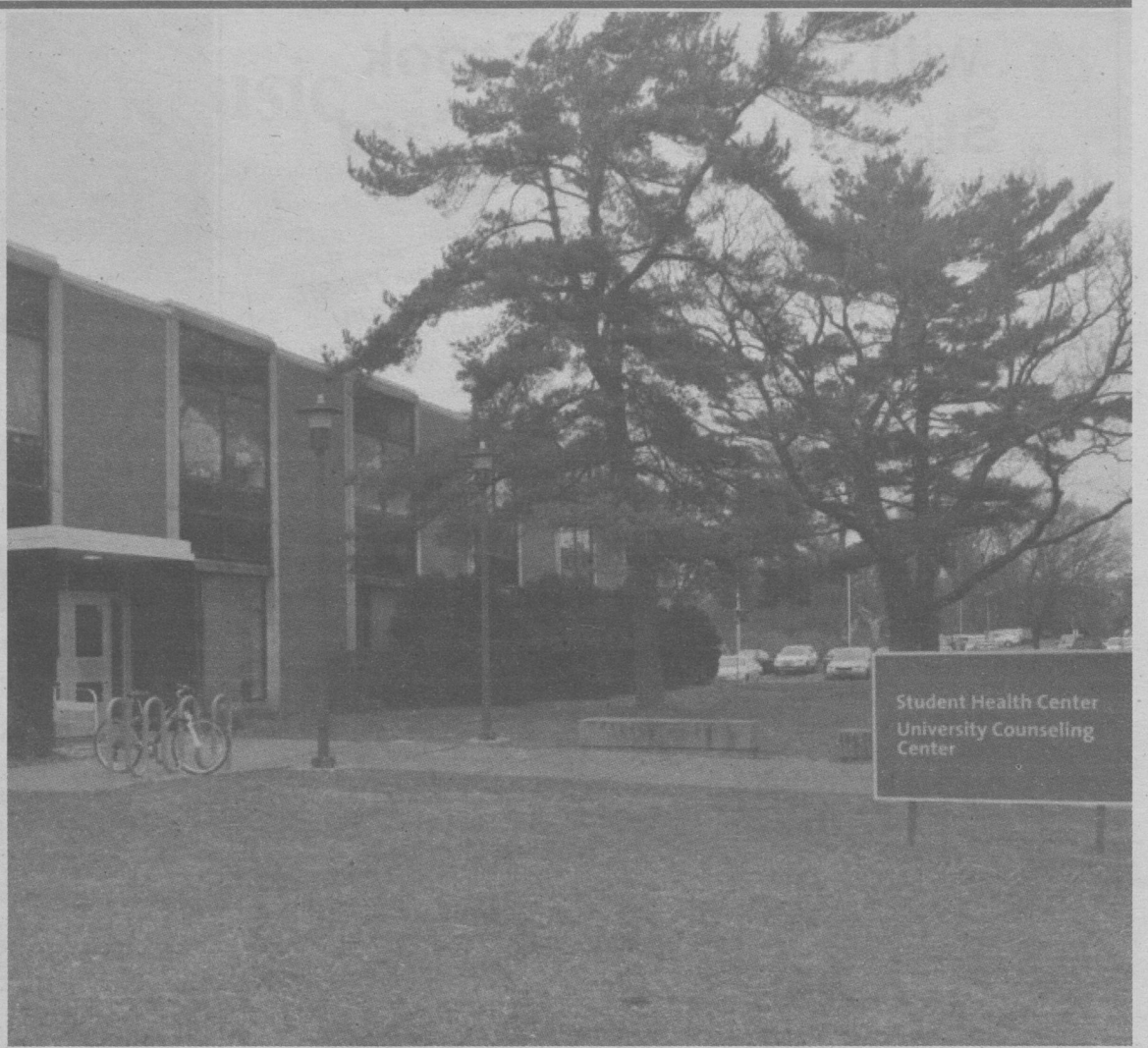
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DOROTHY MAI / THE STATESMAN

A sign outside Stony Brook University's Student Health Center. The school's Counseling and Psychological Services (CAPS) are located on the second floor.

## Fighting mental illness can be an ugly process

By Aaron San Jose  
Contributing Writer

Mental health is one of those taboo topics that's becoming somewhat acceptable to talk about, but I don't think we always have the right conversation. I don't want to normalize mental illness, because mental illness is not normal. It's a disease that forces its sufferers to battle with it constantly. Fighting it is nothing like Hollywood says it is, and it's important to acknowledge that too.

The battle for mental health isn't a straight-line story where effort equals rewards. Getting well, at least in my case, involved lots of failure and many steps backwards.

I have a mild case of Borderline Personality Disorder (BPD), presenting four out of the nine symptoms associated with BPD, one below the threshold for the official diagnosis. I was eventually able to find a good therapist who does dialectical behavioral therapy and a good psychiatrist who prescribes my medication. That means I'm fully functional and able to enjoy a healthy balance between school, work and my social life.

I'm one of the lucky ones. BPD is 100% treatable, but a lot of people afflicted with mental illness, especially ones as volatile as BPD, aren't as fortunate as me. Their insurance might limit their options so much that they wind up with bad therapists or professionals who just aren't a good fit for them.

I wasn't always so fortunate. I have gone through eight different therapists. Some of them were provided by my schools, others were found on my own, others were found by my parents. During these search gaps, I've had to deal

with untreated BPD, depression and anxiety for years until I found the help I have now. I've called suicide hotlines repeatedly and sought help through services at the schools I've attended.

One time I called Counseling and Psychological Services (CAPS) After Hours for help. The operator basically repeated back to me for 20 minutes everything I said almost verbatim without giving any advice. I talked about not being happy with my home life, not having people I can rely on and how I can't focus on school.

She would say, "Have you tried going to clubs and meeting people? Have you tried talking with your family? Have you tried studying harder?"

I ended up cursing the operator out and hanging up. I was on the verge of my umpteenth mental breakdown and wanted to talk to another empathizing human.

The operator called me back and left a message saying that if I don't call back in the next 20 minutes, she's sending the police to my house because she thought I was a danger to myself. I called back and was left on hold for 20 minutes.

While trying to get this person to leave me alone, I wound up having the police knocking at my door demanding that I let them in while I was still on hold. They shouted at me, demanded I keep showing them my hands, interviewed every person in my house and told me I was a danger to myself. All the while they kept shouting at me that they were only there to help.

There are multiple avenues of "help" that end up making the situation worse. There are plenty

of people who abandon us at our most vulnerable. There is generally a point where we decide if we want to keep on going or not. Far too often the outcome is not positive.

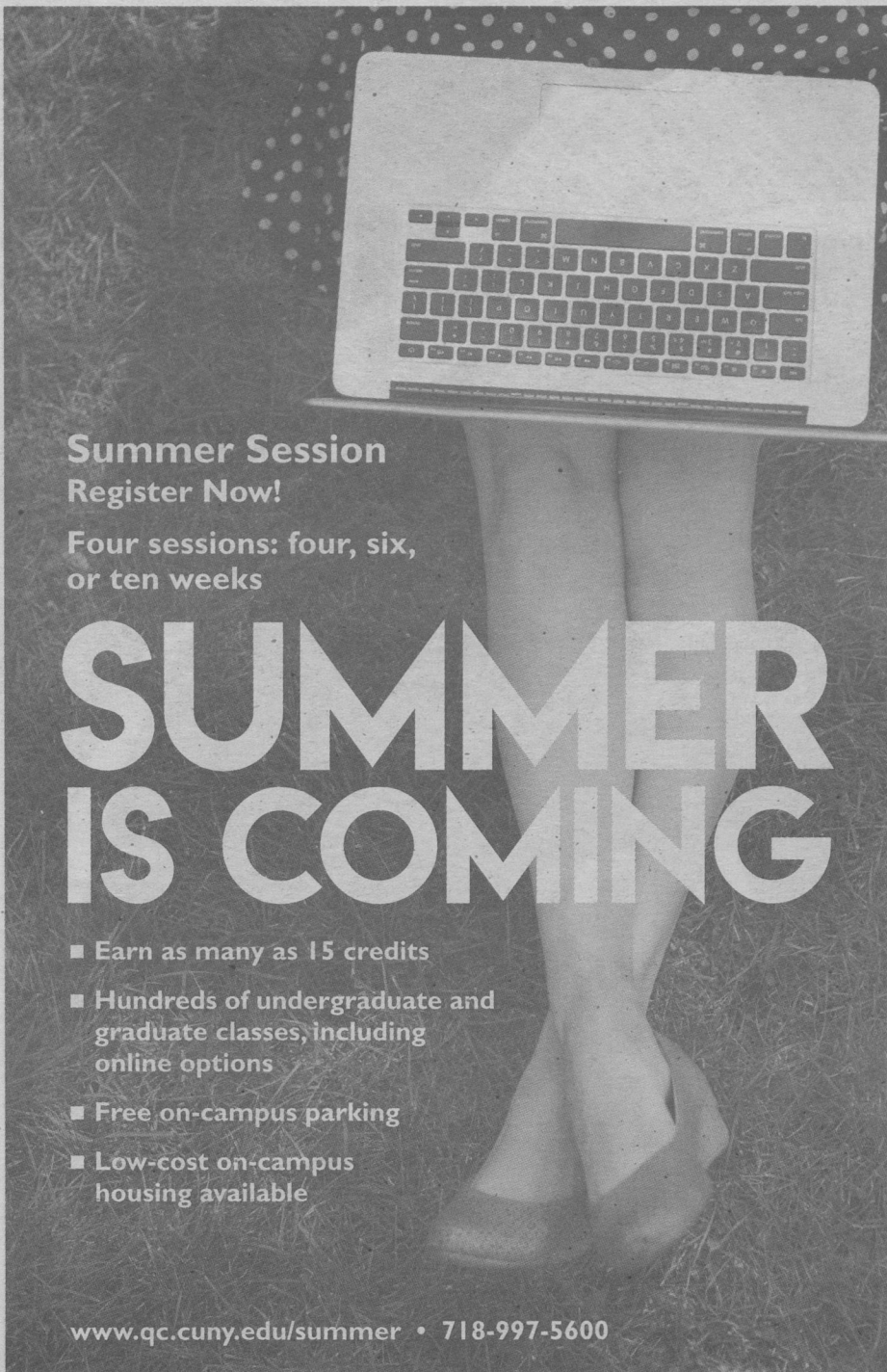
That's the reality of mental illness. The battle for wellness is a battle of attrition, there's a lot of pain and false hope along the way. Surviving to find the proper treatment takes incredible perseverance, but it absolutely does happen.

It took a lot of hard work, but I am where I want to be, doing the things I want to do and that makes me happy. I would not have been able to do this if I kept listening to the people who demonize mental illness and discourage me from getting help. I would not be here if I let the failures in the system discourage me from getting help. I would not be here if I gave in to my inner demons and gave up on myself.

At this point, if you talked to me in a normal conversation, you would not know I have BPD — which is the point. Therapy and properly-dosed medication are supposed to help you be yourself, and give you the tools to deal with your illness.

All I want to do is encourage people to accept that they need help, that there is nothing wrong with getting help and that they are never "too much." You're a human being and you deserve to be happy. If other people who have suffered far worse circumstances than me can come back and heal from their disease, so can you. You just need to be willing to try, and I and anyone who truly cares about you will be all the more proud of you for doing it.





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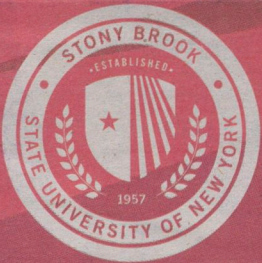
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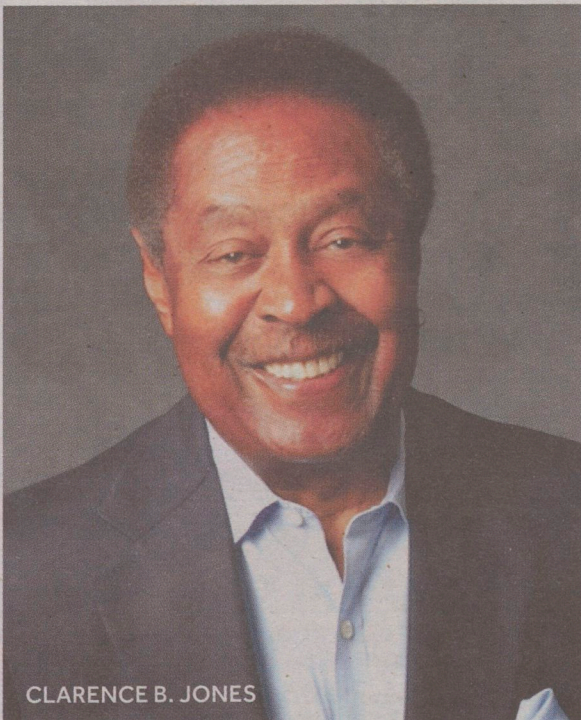
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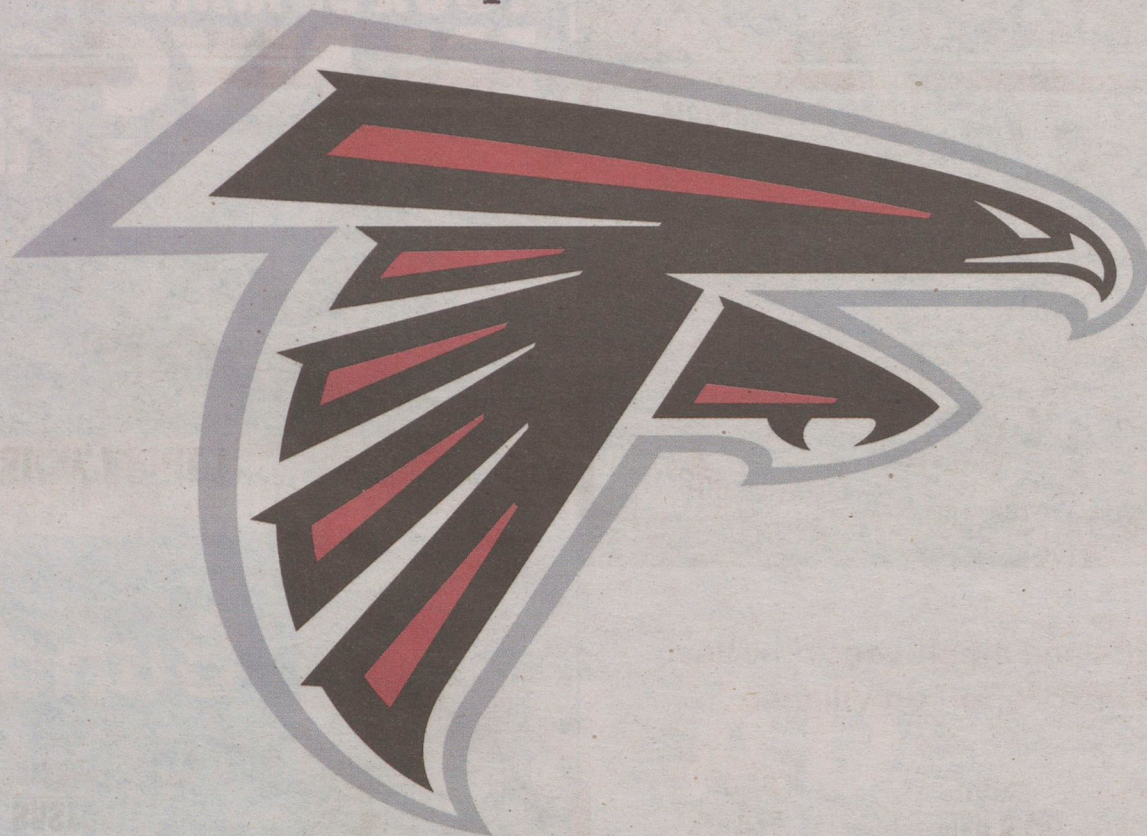
## Football Alumnus Chris Cooper inks deal with Atlanta Falcons

By Ethan Tam  
Staff Writer

On Friday, April 12, the Atlanta Falcons announced that they had signed former Stony Brook Football safety Chris Cooper to a two-year contract. Cooper, 25, will look to make his NFL debut after bouncing around organizations throughout 2018.

Cooper, from Mount Vernon, New York, made began his Seawolves career as a sophomore in 2015 after transferring from ASA College. In his sophomore season, he played in nine games, recording nine tackles and two interceptions. Cooper took a step forward in 2016, earning the starting safety job for all 11 games. He finished fifth on the team with 52 tackles, including at least five in nine games.

As a senior, Cooper was one of the key players on a Stony Brook team that finished 10-3 and advanced to the second round of the NCAA FCS Playoffs. He made his name known amongst scouts after recording nine tackles in the Seawolves' Week 1 matchup against the FBS South Florida Bulls. His 88 tackles on the season were the fourth-most for the team, 9.5 of which were for a loss, and he set a career-high



PROPERTY OF THE ATLANTA FALCONS

The logo of the Atlanta Falcons. The team announced that they had signed former Stony Brook Football safety Chris Cooper to a two-year contract.

when he recorded 12 tackles in a Nov. 18, 2017 game against Maine. Cooper finished his Seawolves career with 147 tackles, 12 for loss, nine pass defenses and four interceptions.

Despite participating in the Tropical Bowl and running a 4.43-second 40-yard dash on Pro Day, Cooper only drew interest in the sixth and seventh rounds of the 2018 NFL Draft, and ultimately went undrafted. He signed with the Indianapolis Colts, but after suffering a concussion during the preseason, was placed on injured reserve and ultimately waived on the final day of cuts.

He signed with the Indianapolis Colts, but after suffering a concussion during the preseason, was placed on injured reserve and ultimately waived on the final day of cuts.

On Dec. 18, Cooper was signed to the Cincinnati Bengals' practice squad only to be released before the month ended. He then signed to the Kansas City Chiefs' practice squad on Jan. 8 for the postseason but did not end up playing in an NFL game.

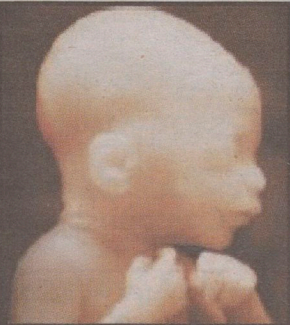
Cooper faced a long road to get to where he currently is. Playing high school football for Iona Prep, he was recognized as one of the best players in New York, earning All-State awards. However, in the summer of 2013, Cooper was struck by a falling iron water pipe, suffering two broken leg bones and a back injury. Following months of rehab that prevented him from playing the sport in the fall, Cooper attended ASA College, a junior college in Brooklyn, and returned to the field in 2014.

Still yet to make his NFL debut, Cooper hopes to suit up for the Falcons and provide value for a position that was decimated by injuries in 2018. He would be the fourth Stony Brook alumni to play at the highest level of football, following Will Tye, Victor Ochi and Timon Parris. The Falcons play their first preseason game on August 1 against the Denver Broncos.

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