

THE STATESMAN

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Students walk to end domestic violence

By Maya Brown
Contributing Writer

At least 100 students came together on Wednesday for the annual walk for domestic violence awareness, "Take a Stand/Walk With Me," organized by the Center for Prevention and Outreach (CPO).

"This means so much to this community, and it is a show of force for what we believe in," Christine Szaraz, the coordinator of sexual assault prevention and outreach programs, said.

According to the National Domestic Violence Hotline, "More than 1 in 3 women (35.6 percent) and more than 1 in 4 men (28.5 percent) in the United States have experienced rape, physical violence and/or stalking by an intimate partner in their lifetime."

The roughly 20-minute walk, led by the Spirit of Stony Brook Drum Corps and the Stony Brook Dance Team, looped around the university, as students chanted "Seawolves don't be silent, take a stand and end the violence!" and held up signs that read "Words can do as much damage as any hand ever could," "Love shouldn't hurt" and "No excuse for abuse."

"I believe this walk is important, and it's definitely something I want to support," Val Marzulli, a freshman psychology major, said. With it being 2018, Marzulli believes



ALEXANDER BAKIRDAN/THE STATESMAN

Students march outside of the Student Activities Center on Wednesday, Oct. 24 for a walk for domestic violence awareness. More than 1 in 3 women and 1 in 4 men in the United States have experienced domestic violence.

that society should have already come further towards putting an end to domestic violence.

Anna Zhang, a freshman computer science major who participated in the march, said she was inspired to attend the event after hearing stories from her friend who was once in an abusive relationship.

"I want to bring awareness of standing up for yourself when you're in an abusive relationship and knowing that you can break free," Zhang said.

Dating violence statistics show that college students are not equipped to deal with dating abuse — 57 percent say it is difficult to

identify and 58 percent say they don't know how to help someone who's experiencing it, according to Love Is Respect, a project of the National Domestic Violence Hotline, looking to empower youth to prevent and end dating abuse.

After the march, there was a brief gathering in the Student Activities Center Sidney Gelber Auditorium, which featured a performance from student improv group, "Swallow This!"

"I believe we need to be creative to have people show up and that is the key to making a difference here," Szaraz said, after the group put on a series of skits, including stories of

domestic violence and victim blaming from students at Stony Brook University.

A poster was set up for participants to write down messages of support for those impacted by all forms of interpersonal violence.

"I believe that the walk is a great opportunity for students to get connected to resources and this event allows the awareness to spread after," Samantha Winter, the survivor advocate and prevention specialist, said.

CPO's mission is to provide students and the campus community with prevention, early intervention, education and outreach services around the many

public health concerns impacting college students, including domestic violence, according to its website.

Szaraz said she believed the walk was a success, and encouraged students to get involved in the CPO's other programs including the Violence Intervention and Prevention (VIP) Active Bystander Certificate Program, which is designed to build student awareness, knowledge and skills in the area of sexual and relationship violence and bystander intervention.

Emphasizing that Stony Brook University students play a crucial role toward putting an end to domestic violence, Szaraz said, "I

Pharmaceutical Take Back Effort collects over 51 pounds of medication

By Niki Nassiri
Contributing Writer

The Division of Student Health, Wellness and Prevention Services teamed up with the Student Health Advisory Committee and Undergraduate Student Government to host the third Pharmaceutical Take Back Effort at the Student Activities Center on Wednesday, Oct. 24.

The three-hour Take Back collected over 51 pounds of pharmaceuticals from students, faculty and staff. The drugs collected will be disposed of through the Suffolk County Sheriff's Office Shed the Meds program. Shed the Meds provides a safe and convenient option for people to dispose of

pharmaceutical drugs in an environmentally friendly way. Deputy Sheriffs Amie Rodecker and Robert Paasch from the Sheriff's office helped to handle the boxes of disposed medicine.

Old or expired medicine left alone could be subject to misuse. Data from the 2016 National Survey on Drug Use and Health shows that a large number of drugs that have been improperly used came from the medicine cabinets of families and friends. The Pharmaceutical Take Back event aims to lower this statistic while not harming the environment.

"We love showcasing community partnerships with the amazing sheriff's office here," Kathleen Valerio, health educator and Peer Education

Program coordinator and advisor, who was a main organizer of the event, said. "This is their third time here supporting this environmentally supportive program, and at no cost to the students or the university."

Gina Biasetti, a staff assistant at Stony Brook University, was one of many to drop off collected drugs. "I helped a friend clean out her mom's house so we brought in all her old meds," she said. "I had all my son's EpiPens which I had to dispose of so they took everything. It was wonderful."

Biasetti also expressed happiness at knowing that these old medications would not end up in Suffolk County's water supplies.



PUBLIC DOMAIN

An airman in the United States Air Force disposes of unused medication in a medication disposal system.

Continued on page 5

News
Red Watch Band recognized with award.
CARE Team wins Community Youth Leadership Award.
MORE ON PAGE 4



Arts & Culture
Sabrina returns and is enchanting.
Everyone's favorite teenage witch spellbinds viewer.
MORE ON PAGE 8



Opinions
My life with cerebral palsy.
Student reflects on living with an incurable disease.
MORE ON PAGE 7

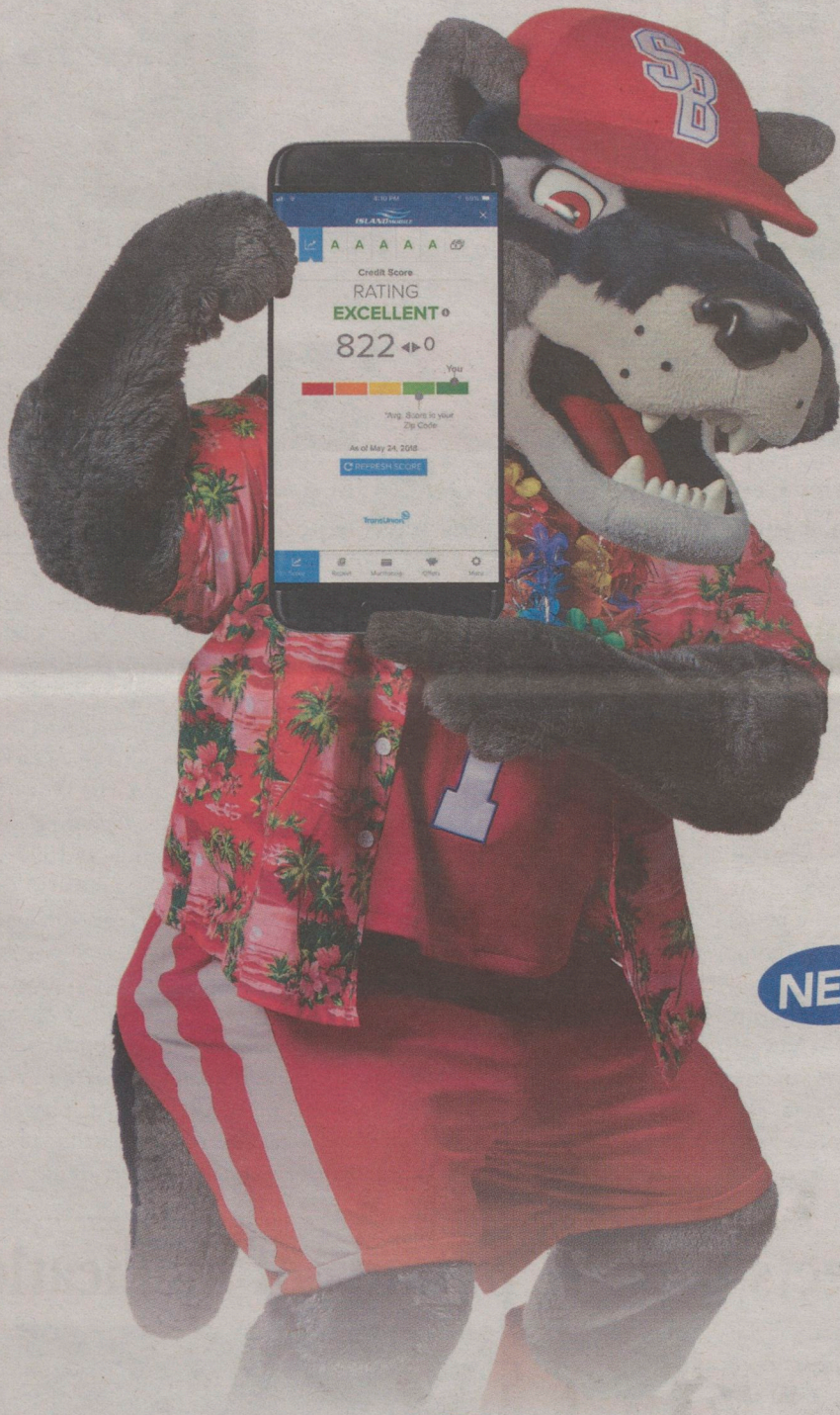


Sports
Football falls at James Madison.
Seawolves miss tying field goal with seconds left.
MORE ON PAGE 12

“Thanks, Island!



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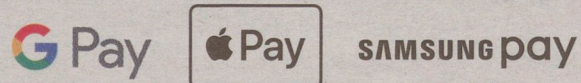


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Red Watch Band CARE Team wins Community Youth Leadership Award

By Evelin Mercedes
Contributing Writer

Stony Brook's Red Watch Band (RWB) CARE Team received the Community Youth Leadership Award last month from the Caron Foundation, an organization aimed at transforming the lives of people affected by drug or alcohol addiction. Red Watch Band is a training program for students and professionals in universities across the country, focused on spreading knowledge, skills and resources to prevent alcohol overdoses.

"Of course the best thing to do is to not have any alcohol or drugs but that's unrealistic to think that college students are never going to drink," Alcohol and Other Drug Outreach Specialist Kerri Mahoney said. "My goal is to make sure no one's dying or getting really hurt from alcohol."

After Stony Brook University Hospital Geriatrician Dr. Suzanne Fields lost her college-aged son to alcohol poisoning in 2008, she collaborated with SBU's former President Shirley Strum Kenny to develop the program. Lara Hunter, coordinator of the Alcohol and Drug Prevention and Outreach Services, built on it in 2009 by creating the CARE Team to help publicize Red Watch Band.

"Before the CARE Team got started, we were training close to 200 students a semester," Mahoney said. "Since then, every fall we train at least a thousand students. It's a really great thing to

recognize them for what they're doing because not only does that motivate them to do more in the future, but they really deserve it."

The team provides training where students can learn how to intervene in situations where someone may be experiencing an overdose. The Community Youth Leadership Award is a motivator to continue the work they're doing and helping the Stony Brook campus community.

"To me, this award means that all of our hard work is being recognized," Lazaro Rivera, CARE Team leader and junior psychology & English double major, said. "Our CARE Team members really do care a lot. We are a group of student volunteers that want to make sure our peers are always having a fun and safe time."

The Caron Foundation's Community Youth Leadership Award isn't the first recognition Red Watch Band has won. Last year, the organization won the Outstanding Peer Education Group of the year at the BACCHUS Conference, where they were recognized for consistently providing health and safety education for Stony Brook students.

"When I got trained, my facilitator did a really great job of taking in the silliness but also using it as a learning experience," Derrick Wagner, an occupational therapy graduate student who underwent Red Watch Band training, said. "They really enforced the fact that if you don't know what to do, just call because that call can save someone's life. I really like

how Red Watch Band enforces that passing out isn't funny, it's serious."

Throughout the year, Red Watch Band hosts a variety of large-scale events in collaboration with other organizations that promote alternatives to stress relief besides alcohol consumption.

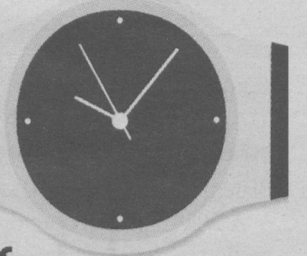
One such program, paint night, is a popular event where students can use provided paint and canvases on occasional Thursday evenings in one of the Student Activities Center ballrooms.

"The idea of paint nights is that we typically do it on Thursday nights, which is intentional because we know a lot of students like to go to The Bench on Thursday nights," Mahoney said. "If we have this from 7 to 9 p.m. or 8 to 10 p.m., it might not deter them from going to The Bench completely but maybe they get there a little later, meaning it's a few less drinks that they're going to have in the night."

Red Watch Band also has a subgroup, Red Watch Band Commuters, aimed at communicating with commuter students about alcohol. During Commuter Appreciation Week, club members stand near the Student Activities Center bus loop and distribute care packages in ziplock bags filled with a granola bar, hand sanitizer, air freshener and resource card with information on training dates, and drinking and driving.

Since commuters don't live on campus, RWB offers rush hour

RED WATCH BAND



Toxic Drinking EVERY SECOND COUNTS

PHOTO COURTESY OF STONY BROOK UNIVERSITY

Stony Brook's Red Watch Band (RWB) CARE Team received an award from the Caron Foundation.

training sessions where students can stay for an hour and a half instead of leaving and spending that time in traffic. RWB also partners with CSA to bring awareness at events such as Monster Bash and Relax-a-Thon.

"I wanted to get involved with the CARE team to make an impact on campus," Brianna Peterkin, CARE team leader and sophomore business management major, said. She was glad she could inform students about the myths surrounding alcohol overdose. "People believe that bread, water, cold showers, coffee, and other things can help someone revive from an alcohol overdose. However, only time can help someone recover from an alcohol overdose or binge drinking."

Other bystander intervention programs on campus include Green Dot, which educates students on recognizing potentially violent situations, and Question, Persuade and Refer (QPR), which teaches students to recog-

nize suicidal behavior. Students that train in all three intervention programs receive a certificate and a cord for graduation at the Upstander Gala in the spring semester.

Mahoney said there are over 7,000 students and faculty members that Red Watch Band trained. Their goal is to reach 10,000 trainees by the end of the Spring 2019 semester. The Red Watch Band CARE Team will be celebrating its win at the New York Community Service Awards Breakfast on Oct. 31 in New York City.

"I hope to see Red Watch Band grow bigger and continue to maintain this idea that even though the training is only an hour and a half, we can actually learn so much," Mahoney said. "A serious goal would be that everybody got Red Watch Band trained as a university, not in a mandatory way, but like 'this is a social norm,' this is an expectation of what we're going to do as a student."

STRIDE hosts panel on industry research in science and technology

By Henry Shi
Contributing Writer

The Science Training & Research to Inform Decisions (STRIDE) program hosted a panel on the "Many Paths to Science" on Oct. 25 to introduce graduate students to industry research in science and technology.

The panelists, who were all professionals in various STEM fields, answered questions from the audience. Many of them tried to emphasize the importance of clearly communicating one's research.

According to the panelists, industry researchers need to explain complex scientific concepts in layman's terms in order to attract funding or obtain employment. "I think the most important skill you have is how you communicate, in terms of the way you go about interfacing with [others]," Tomasz Bakowski, who earned his Ph.D. in biomedical engineering from Stony Brook University, said. He currently works at the consulting firm Acsel Health and will be starting work at Bristol-Myers Squibb next year.

Deb Aronson, who earned her Ph.D. in Biomedical Sciences, Cell Biology, and Quantitative Imaging from Albert Einstein College of Medicine and currently works at the marketing firm Intouch Solutions, used an anecdote to further prove Bakowski's point. "When

I'm interviewing people, tell me what your Ph.D. is in two to three sentences without using any jargon in complete lay terms," she said. "Can't do it, see ya. The more intimately you know your project and can explain it in lay terms, the better you're gonna be perceived by everyone else without a Ph.D."

The panelists said that researchers applying for private-sector jobs should define themselves by their personalities and skills rather than limiting themselves to their degrees.

"You're doing your Ph.D. thesis, you're working on this big project, you just think that's your skill, that that's all you have, and you forget to mention to people your most important qualities," Mehdi Namazi, a postdoctoral fellow at the Yale Quantum Institute and CEO of Qunnect, a quantum-computing research firm, said. "It's not just that you can design things, that you can do cool things, and that becomes all your CV. The most important thing is that you are all capable of learning things very fast."

Bakowski even offered advice for students who lack specialized skills. "Try to make a list or inventory of what you've done; try to identify the specific skills in there; try to figure out any specific way that you spin it," he said. "It's not about you being an expert right now but what are you capable of learning and what you have shown

to be curiosity and your openness to new ideas. A company knows that whenever they're hiring people, you haven't done that specific thing in that specific area. They hire you because they know that you can think critically and that you can learn on the job, that you can communicate effectively with the other people at the company."

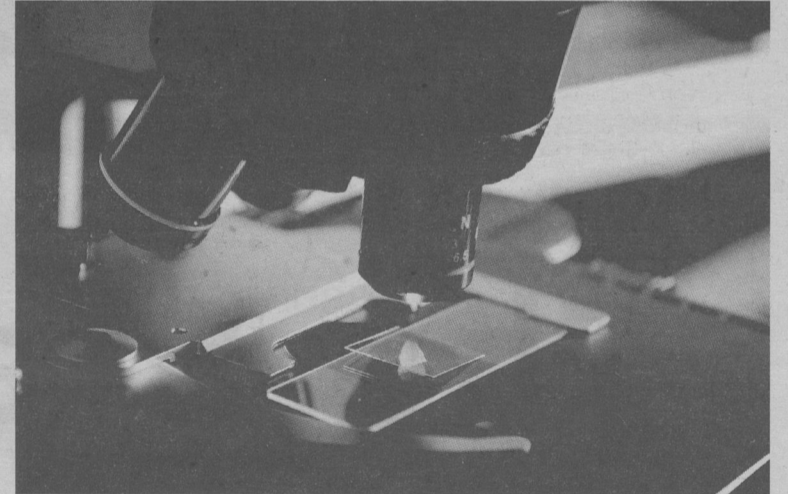
Much of the discussion was focused on applying for jobs. The panelists suggested that students form as many connections as possible with people working in their field to help open up more doors for employment opportunities.

"Get your butt on LinkedIn," Aronson said. "You should all be connected with each other on LinkedIn because then you're connected to each other's network."

Aronson also advised students to stay informed of industry developments. "Google search the companies you find interesting in the news and see what they're doing," she said.

Erez Zadok, a professor in the department of computer science at Stony Brook University, provided detailed tips on how students could increase their chances for employment, such as rotating through internships and gathering information about companies before applying for their jobs.

"I advise my Ph.D. students that if they're gonna go on summer internships that every year they have to go to a different company," Zadok said.



PUBLIC DOMAIN

The Science Training & Research to Inform Decisions program hosted a panel on industry research in science.

"They have to try something different. It's very comfortable, you get your internship at this company. Next year of course they'll want you back again. I said 'No, try something different. You won't be sorry, you'll learn something different, it's only 3 months, no harm done.'"

Zadok explained the value of this approach. "You might be pleasantly surprised," he said. "You'll learn something new and make connections that are very valuable. You want to be in a position where people want you coming back and saying 'I wanna hire you' or 'I know you declined our offer a few years ago, are you graduating soon?' Those connections are invaluable going down into the future."

Zadok also advised students to learn about each company to which

they apply, and adapt their applications accordingly.

"Adapt your resume a little bit to highlight the things that are more appropriate for the job that you are applying," he said. "Perhaps [you're] applying for a group within a company, which has a specific focus. Don't go to an interview cold; study [the company] harder than you have ever studied: What is this company? What are their products or technologies, what are the key things that they would care about? And at the end, you might actually have questions yourself to ask them that might sound very intelligent if you've studied their technology, their people. You really have to research the people that you're apply

Continued on page 5

Community disposes of meds

Continued from page 1

"It's not going to be flushed down into the water system. This is going to get incinerated," Biasseti said.

A 2014 global review of pharmaceuticals in the environment conducted by the German Environment Agency reported that one major way pharmaceuticals enter the environment is through improper disposal. Unused drugs that are flushed down the toilet or drained down a sink by the consumer end up at sewage treatment plants, which are not properly equipped to be able to remove 100 percent of all drug pollutants. After the sewage treatment plant, these drug pollutants can end up in drinking water, surface water and agricultural soil.

Reports say that the presence of medications like over-the-counter and prescription drugs in surface water bodies has increased bacterial resistance to antibiotics and in aquatic organisms.

Student Health Services Pharmacist Ed Eschmann was also present at the event to answer medication-related question from attendees.

"At expiration, a drug should be 90 percent of the dose that it's supposed to be. As it gets older, it gets less and less potent," Eschmann said, after being asked what the dangers of consuming expired drugs would be.

In previous Take Back events in April 2018 and October 2017, the team collected 47 and 41 pounds, respectively.

Besides medication disposal, CHILL interns volunteering at the Take Back booth promoted other health service events on campus as well. "There's a flu POD [point of distribution] tonight at Chavin," Nicole Levy, a CHILL intern and junior nursing major, said. "We'll have 85 available walk-in flu shots to give out. We give out flu kits, which is Purell, portable thermometers that are reusable, bags of tissues and a couple other services."

Panelists give career advice

Continued from page 4

ing for because your interview will go much better, and you will have a much better chance at getting an offer."

Bakowski expanded Zadok's point. "Ask the good questions, ask multiple good questions. You can use that to flip the script a little bit. Instead of them grilling you, you're grilling them: Why do I want to work for you?" he said.

The panel enjoyed a positive reception from the students who attended, including fifth-year Ph.D. student Megan Hahn.

"My main takeaway was more that you need to build yourself up and you need to be able to

market yourself seriously to get the job you want of the position you want as opposed to just putting forth what you've done," she said.

Hahn also said that she was surprised by the panel's diversity, and how far they diverged from academia.

"I guess I'm so stuck in academia at the moment that I didn't really visualize how much of a separation there is once you get a job outside academia or in industry, or how different of a job you can get from research, such as consulting," she said. "Even though [the panelists] were using their Ph.D. backgrounds, it's not directly related to research."

Hahn praised the panel as a source of inspiration in her future job searches.

Police Blotter

At 11:45 a.m. on Oct. 11, one student referral was issued after a domestic incident between two students was reported at the Melville Library. The case is closed.

At 3:34 p.m. on Oct. 11, a student was involved in a phone scam after giving their Social Security Number to the unknown caller at the Student Activities Center. The case is closed by investigation.

At 5:54 p.m. Oct. 11, a student referral was issued after an RA reported marijuana smoking in Langmuir College. The case is closed.

At 8:34 p.m. on Oct. 11, an arrest was made after a female student's ex-boyfriend was following and harassing her at the Melville Library. The case is closed.

At 10:56 a.m. on Oct. 12, an altercation between a driver and a pedestrian was reported at the loading zone near the Administration Building. There were no injuries reported. The case is closed as the victim refused to cooperate.

At 9:44 p.m. on Oct. 12, a student was scammed online at Hand College. The case remains open.

At 11:36 p.m. on Oct. 13, two student referrals were issued after an RA reported marijuana smoking at Benedict College. The case is closed.

At 12:04 a.m. on Oct. 15, two student referrals were issued after UPD found possession and smoking of marijuana in the parking lot near Kelly Quad. The case is closed.

At 4:30 p.m. on Oct. 17, an employee reported a missing power tool at Irving College.

At 7:44 p.m. on Oct. 18, one student referral was issued after UPD found possession of marijuana at Langmuir College. The case is closed.

At 4:37 p.m. on Oct. 19, \$850 was stolen from an individual at Dutchess Hall. The case remains open.

At 5:09 p.m. on Oct. 19, a student referral was issued after a fire alarm was activated at Chavez Hall

due to a hair dryer and a smoke detector was found covered. There was no smoke or fire. The case is closed.

At 11:01 p.m. on Oct. 19, two males were arrested after failing to maintain their lane on Circle Road and Lake Drive. They were also found in possession of marijuana. The case is closed.

At 7:39 p.m. on Oct. 20, an altercation occurred at Kenneth P. LaValle Stadium; the individuals were treated for a minor injury and released at the scene by the Stony Brook Volunteer Ambulance Corps. The case is closed.

At 11:38 p.m. on Oct. 20, a student referral was issued after the odor of marijuana was reported at Gray College. The case is closed.

At 3:45 a.m. on Oct. 21, an intoxicated student was transported to the hospital after getting into an altercation in Building I at the West Apartments. The case is closed as the victim refused to cooperate.

At 5:06 a.m. on Oct. 21, a suspicious female was arrested at Stony Brook University Hospital. The case is closed.

At 9:54 a.m. on Oct. 22, a pocketbook was reported stolen from a parked, unattended vehicle near the Charles B. Wang Center. The case remains open.

At 9:54 a.m. on Oct. 22, two student referrals were issued after being found in possession of marijuana at Toscanini College. The case is closed.

At 5:46 p.m. on Oct. 22, a patient reported two cell phones as missing at Stony Brook University Hospital. The case remains open.

At 11:15 a.m. on Oct. 23, the gate arm at Staff Lot A was found broken. The case remains open.

At 11:36 a.m. on Oct. 23, an agitated student at the Kenneth P. LaValle Stadium parking lot was transported to Emergency Room for a medical and psychological evaluation. The case is closed.

Compiled by Lisseth Aguilar



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

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In 2016, Best Colleges ranked Stony Brook University the seventh most diverse campus in the country. Stony Brook has 52 cultural groups on campus.

Stony Brook students shouldn't self-segregate

By Maya Brown
Contributing Writer

At first glance, the variety of ethnic backgrounds at Stony Brook University makes it seem like a diverse school, but I doubt if the students at SBU are actually mixing with one another.

When I was deciding what colleges to apply to last year, diversity was an important factor. Being both Mexican and African American, I wanted to be around a wide range of people — people who are all different — which was one reason I chose to come to Stony Brook.

In 2016, Best Colleges called Stony Brook the seventh most diverse campus in the United States based on data from the U.S. Department of Education. The ethnic diversity of undergraduate students can roughly be broken down to 35 percent white, 24 percent Asian, 12 percent Hispanic and 7 percent black. Although this data shows that Stony Brook University has a high rate of ethnic diversity, that doesn't mean these different ethnicities all interact with one other.

College should be full of meaningful interactions between people from various backgrounds, with different scars and ways of looking at the world. From these meaningful interactions, students can expand their knowledge base, promote creative thinking and develop socially. When schools talk about promoting diversity, they should be looking to promote cross-cultural interaction instead of just hoarding different groups of people.

In a New York Times article called "The Lie About College Diversity," columnist Frank

Bruni shares his opinion on college diversity and how he believes colleges should push interaction. The article speaks about "affinity groups," or groups formed around a shared interest, which is what I gravitate toward.

Growing up, I have usually preferred to stay in my comfort zone, but have tried to challenge myself as much as possible. I feel that today students don't step outside of their comfort zones. Instead, they stick to "similar backgrounds" and "overlapping hobbies" like Bruni noted in his column.

Stony Brook University is home to 353 clubs and organizations, of which 52 are cultural groups. I've noticed that these cultural groups often tend to interact with other groups of similar culture, instead of branching out. The Caribbean Student Organization (CSO), whose main goal is to foster unity among Caribbean students and to spread the culture across the Stony Brook campus through events, programs and general body meetings, and the Japanese Student Organization (JSO), whose main goal is to build a strong community of Japanese students and students interested in Japanese culture, are examples of large cultural groups who unite as one, but don't seem to be uniting all together to share their different cultures.

A highlight of Homecoming 2018 at Stony Brook University was the tailgate. While many different organizations and cultural groups were present, there were many divisions. "The white organizations were definitely not near the areas where people of colored organizations were," Karen Ruballos, a freshman psychology ma-

ior, said. "I would have definitely liked it if everyone was mixed together rather than being separated as I love meeting those who have different backgrounds than mine," Ruballos said.

This division doesn't allow an opportunity for students to mix and mingle.

Since college is full of students from various places around the world, I believe we should take the opportunity to learn about the different cultures and events that people have experienced. A point Bruni makes is, "A given college may be a heterogeneous archipelago. But most of its students spend the bulk of their time on one of many homogenous islands," which is saying that colleges may be diverse but students still stick together in groups of people with shared culture.

"I feel like Stony Brook University is definitely diverse, but I haven't gained a better understanding of any other culture since I got here," Ryan Korman, a freshman geology major, said. He feels that events, where you can freely talk with people from other cultures, would promote diversity and help students have a better understanding of the way different ethnicities live.

Diversity doesn't simply occur when students of different backgrounds attend the same college; it's a gradual process that involves personal interactions between all students. The human way is clannish and tribal, but humans should break these barriers and not only stick to one group. Bruni wrote that "We, [as students], should take the advantage of living in very close proximity to people who would not normally be together."

My struggles with cerebral palsy: the life behind the disability

By Joshua Blake
Contributing Writer

Where do I begin?

My knees crack and buckle with an ever so slight feeling that someone's stabbing them with a knife. The bones in my fingers feel like rusty gears, grinding and scraping against one another with each movement I make. My lower back always burns with a fiery pain, like there's sandpaper scratching along its underside.

It's probably early signs of arthritis, but I almost welcome the pain. At least it's something I can focus on.

I've always felt stuck in between something akin to pleasure and pain; it's a bit hard to decipher myself most days. But after years of living with cerebral palsy (CP), I've learned a thing or two about this on-the-fence mentality I've had since I was a kid.

Cerebral palsy is a motor function disability that affects walking, speech, posture and muscle movement, and has no known cure. It's the most prevalent childhood disability, with every 1.5 to 4 out of 1,000 births giving life to a child with CP, according to the Centers for Disease Control and Prevention (CDC).

I don't have any speech issues, and I enjoy freedoms many with the disability lack, but as I grew up, something happened: I realized that I still wasn't one of you — the normal ones. When I was 6, I had life-altering surgery. Every muscle in both of my legs was lengthened, loosening them enough to give me the ability to walk without assistance from my walker.

Once I turned 9, I was able to walk on my own, confidently. But

the moment I was picked on for walking like a freak, I realized I wasn't equal to the kids around me. Fifteen years later, and I still struggle with feeling like I don't belong. Does my disability count, even though I can walk? Should I feel ashamed because others with disabilities are confined to a wheelchair or other mobility aids, and they'd only dream of being able to walk like I do? Is such a thought even true, or is it just a symptom of such malicious self-loathing?

Depression and anxiety have a funny effect on all of us. For

me, sometimes it's all I'm able to understand. The flipside to my self-loathing is avoidance of the fact that my disability is something I can address, but since I can't rid myself of this disease, I don't.

I've been hospitalized for an autoimmune disease known as ulcerative colitis, in which my body's large intestine becomes inflamed, leading to cramps and bleeding, weight loss and anemia to name a few symptoms. I've been in the hospital for this condition four times. I've also dealt with blood clots over

the years, and recently missed the first month of the semester because of one.

But I can't take a pill that reduces the symptoms of cerebral palsy.

Sure, I can go to physical therapy, but, like my father said to me "It's work," to which I replied "Yeah, but does it really matter?"

That's a question I find myself pondering quite frequently. For years, I thought it mattered that I had a disability in the context of finding love. I was proven wrong. For years, I thought hav-

ing a disability would affect my ability to do well in school. I was proven wrong.

For years to come, I'll worry about whether or not my disability will matter in finding a job — especially in journalism. I don't drive because of a fender bender I caused when I failed to stop at a red light in time four years ago. Was it my disability that caused it? Should I find an internship before I leave school? But, what about that not-having-a-license thing, again?

Do I care too much, or not enough? Maybe it's both and that's why I'm terrified of where I might end up.

Maybe I wouldn't worry so much if I wasn't born with cerebral palsy at 25 weeks at a pound and 13 ounces. Maybe I'd be less afraid of myself. But then again, maybe I wouldn't be.

If I believed in the idea of wishes, I'd ask of only one: give me one day to live without having my disability, and then ask me if I'd want to go back to how I was. I've said in the past that I wouldn't change that because it makes me who I am, but that's not true.

We make ourselves what we want to be, but I can never be a man without my disability.

I am, however, a musician, a writer, a poet, a songwriter, a journalist and many other things that all of you are. I just also happen to be disabled.

My true disability is how I look at myself — with shame, pity and disrespect, and I battle those thoughts every day. It's what makes living so difficult and so rewarding at the same time — trying to find a way to walk that line.



COURTESY OF JOSHUA BLAKE

Joshua Blake is a Stony Brook student with cerebral palsy, a disease with no cure. Every 1.5 to 4 out of 1,000 births produces a child with cerebral palsy.

The Onion Bagel: Campus Adderall dealer stressed out for midterms

By Mike Adams
Opinions Editor

The Onion Bagel is a satirical column for The Statesman.

Stony Brook University's most prolific Adderall dealer hasn't been able to sleep for days ever since his clients started pestering him for pills to tackle their midterm course loads.

Francis Humberdink, a super senior political science major who started selling Adderall when he was just three years old, said midterm week has stressed him out so much he's resorting to huffing glue to calm himself down.

"I've never been half this busy my entire life," Humberdink said. "These kids just keep coming and coming and coming. Sometimes it feels like the glue is the only answer, bro."

Humberdink paused his exclusive interview with *The Onion Bagel* to reach into a tattered paper bag at his feet and pull out a near-depleted four-ounce bottle of Elmer's. He held the bottle in his trembling hands and brought it to his nostrils like a starving man might hold soup and sucked the air around it into his nose with rapacious ferocity.

"Wow, I needed that," Humberdink said. "What were we talking about again?"

Humberdink estimated that in a typical week, he sells Adderall to anywhere from five to 15 students. Since midterm exams began, however, that number has skyrocketed to approximately 5,000 students per day. The Onion Bagel was unable to verify his claims prior to publication.

He complained that Stony Brook students no longer know how to "come correct," which has left him feeling continually pestered at inopportune times.

"It's like these kids these days don't have any respect for their Adderall dealer," he said. "Like, I'll be in Harriman Hall, huffing glue, minding my own business, and suddenly some friggin' guy is like 'WHOOAAA HEY MAN, THANKS FOR THAT ADDY BRUHHH!' I'm just like dude, can't you see I'm busy?"

Humberdink's mother, Wilma Humberdink, said she just hopes her son makes it through this trying time.

"We've always been so proud of little Franky," she said. "He's always been so industrious and has such an entrepreneurial spirit. I cried the first time I caught him in his room cackling over a gallon of industrial adhesive. Only Jesus can save him now."

Humberdink himself disagreed with his mother's sentiment.

"Man, I need Jesus like I need less glue," Humberdink said. "So like basically not at all." Any Stony Brook students who wish

to reach out to Humberdink for Adderall can find him passed out in that weird circular sculpture thing in front of the Phys-

ics Building on Tuesdays from 3 to 11:22 p.m.

The Onion Bagel does not condone substance abuse.



IMAGES MONEY/Flickr VIA CC BY 2.0

It is a felony to distribute Adderall without the appropriate licenses as described by the Controlled Substances Act. Adderall can only be purchased with a prescription.

ARTS & CULTURE

Faculty Exhibit opens at Staller

By Elisabeth Magotteaux
Contributing Writer

The Faculty Exhibition at the Paul W. Zuccaire Gallery opened on Wednesday, Oct. 17 with a variety of media and works of art from faculty members who are also recognized international artists.

The exhibition includes paintings, drawings, sculptures, animated videos, installations, photographs, posters and 3D printed objects.

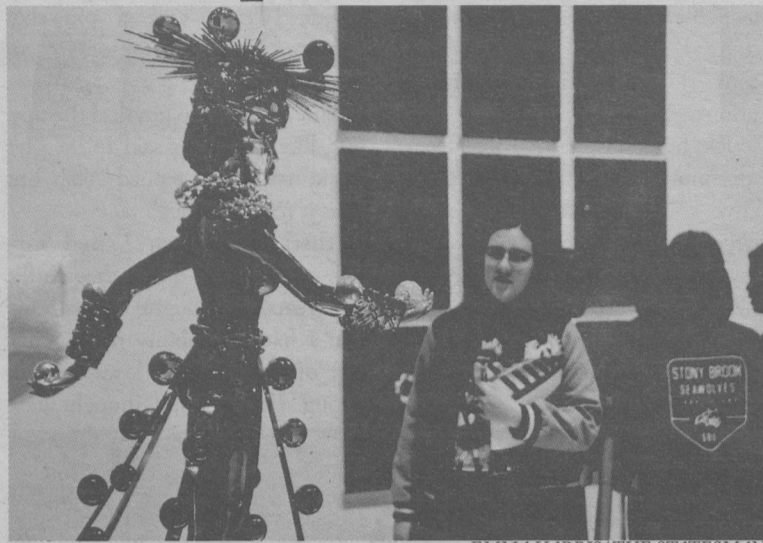
"Most of the artists chose themselves what artwork they wanted," Karen Levitov, director and curator of the Zuccaire Gallery, said. "Sometimes they talked to me about it asking, 'What do you think?'"

The first piece that you discover while walking in the gallery is Maya Schindler's installation titled "REVOLUTION." Its size and blue color immediately catches your eye. Schindler printed posters with the word "revolution" on them and visitors are invited to take one — thus becoming "part of the artwork and part of this revolution," Levitov said, and are incited "to create whatever revolution that [they] see fit."

Mariah Magee, a sophomore art history and criticism major, was amazed by Stephanie Dinkins' 3D-printed sculpture and AI chatbot titled "Not the Only One — Alpha Release 2." When she realized the sculpture answered if you talked to it, Mariah enthusiastically said, "Now I like it even more."

Dan Richholt's bronze sculpture, which demonstrates political issues, is called "Swampsnake." The catalog says it's inspired by a particular presidential debate, and a notion that the "blind are leading the blind."

Bruce Lieberman's oil painting, titled "A painting in search of a ti-



EMMA HARRIS / THE STATESMAN

The Faculty Exhibit at the Paul W. Zuccaire Gallery is open on weekdays from 12 p.m. to 4 p.m. until Dec. 16.

tle," is about the battle between good and evil, not religion. "It is about a sense of an existential threat, real or imagined, caused by our chaotic political climate," Lieberman wrote in the catalog.

Jeong-A Seong created a 45-second hand-drawn animation video called "Metamorphosis; secret dialogue," with themes of transformation and metamorphosis. As the title suggests, the video shows an eye turning into a mouth that turns into a fish that then turns into a woman.

Lorraine Walsh also combines video and animation in "Forest of Manifolds" with her 40 drawings on wooden panels titled "Untitled" on a Debussy soundtrack. Her creation falls at the crossroads of art and science since she uses geometrical and mathematical forms.

Yulong Hu, a junior art history major, found the exhibition superb and liked Qin Han's piece "Pillow Talk." The visitors are in-

vited to put their heads on the pillow where they can listen to the recording of a monologue.

"It gives you a sense of intimacy in this huge gallery," Hu said. "You can be close to the piece and interact with it."

Other artworks showcase the passing of time such as Jason Paradis' "Lexington Kaleidoscope (Windows)" and Nobuho Nagasawa's moon model titled "Luminescence." Paradis created his piece after camping in the north Canadian wilderness and Nagasawa's creation is about how the phases of the moon were a way to measure time for many early civilizations.

The show reveals only the tip of the iceberg of the artists' oeuvre; each of the faculty members has at least one piece shown in the wide gallery.

All of the faculty members will give Salon Talks in the next few weeks. The gallery is open on weekdays from 12 p.m. to 4 p.m. until Dec. 16.

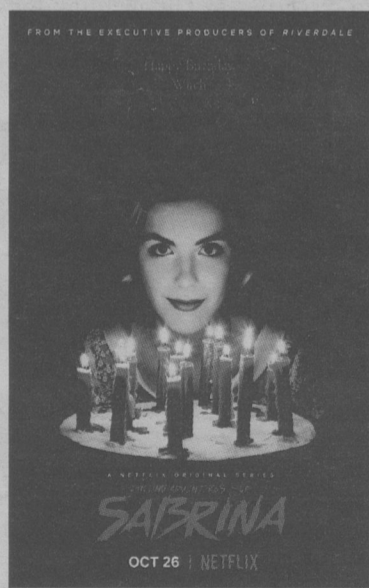
Sabrina returns & is enchanting

By Melissa Azoifeifa
and Karina Gerry
Assistant Arts and Culture Editors

As someone who grew up in the 90s and was an avid "Sabrina the Teenage Witch" viewer, I was wary of the "Chilling Adventures of Sabrina" from the start.

First off, no Melissa Joan Hart? Count me out. But my curiosity and love for the show got the best of me, and I eventually caved in. The show, which premiered on Netflix on Friday, Oct. 26, was a mix of "Riverdale" and "American Horror Story" and for the most part, strayed away from the original series. Don't let that fact keep you from watching though — the new show is binge-worthy in its own right and deliciously spooky just in time for Halloween.

The "Chilling Adventures of Sabrina" is a dark and twisted take on the beloved Archie Comics. Though many characters, like Harvey, Hilda, Zelda and Salem do appear in the new series, the only similarities the characters share are their names. If you are looking for the happy-go-lucky "Sabrina the Teenage Witch," this version is not for you. This Sabrina should not be dismissed because of these differences, but applauded. While the



PUBLIC DOMAIN

The "Chilling Adventures of Sabrina," a Netflix original series, premiered on Oct. 26, 2018.

series is essentially about satanic witchcraft, it also is a show with a strong female lead who never doubts herself or her power. In the era of #MeToo, this Sabrina Spellman stands up and fights for herself and women from the very first episode. At her school she creates a girl powered group, called the WICCA's where they support other women, in a patriarchal school and town.

The show begins by introducing us to Sabrina Spellman's life in Greendale. Rosalind Walker (Ros for short), Susie Putnam and Harvey Kinkle are Sabrina's closest friends at Greendale High. She seems to be enjoying life as a half-witch but is torn about the Dark Baptism looming over her 16th birthday. The date coincidentally lands on Halloween, or Samhain, as the Wiccans call the holiday, as well as the blood moon.

The Dark Baptism inducts Sabrina into the Church of Night, turning her into a full witch after signing the book of the beast. In the show, the ceremony is compared to other coming of age rituals, like a quinceanera or bat mitzvah. She would embrace "the path of night," renouncing any connections to the mortal world, including her friends and life in Greendale. She would also be transferred to "The Academy of Unseen Arts," where she would learn things like demonology and conjuring. It's no wonder Sabrina was torn between her mortal life and powers. But her spunk and confidence ends up helping Sabrina keep in contact with her beloved mortal friends and become a full witch.

The Potluck

The whimsical world of Wicca: Samhain

Jessica Berino, a junior coastal environmental studies major, says: Wicca is a religion that many people have heard of, yet so few outside it understand. Most people hear the term and a green figure with a pointy hat comes to mind, flying across the moon on a broomstick. However, you will find no Wiccan turning people into frogs and casting curses on their ex-boyfriends.

Wiccans use the resources of the Earth and the power of their intentions that reside within them to work magic in the world and live their daily lives as anyone else. In its purest sense, Wicca is simply a celebration of nature, of attuning one's self to the cycles of the moon and the changing of the seasons. During the fall season, we acknowledge the darker days of the year and honor our departed loved ones during Samhain (pronounced Sow-en), also known as Halloween.

Unlike today's traditions which involve dressing in elaborate costumes and going door to door for treats, the sabbath of Samhain is celebrated by honoring deceased loved ones. The veil between our world and the spirit realm is at its thinnest, and it is the perfect time for forms of divination such as tarot cards and crystal scrying, as well as connecting with spirits from your ancestral line.

Emily Clute, a senior astronomy major, says:

To me, the most essential part of Samhain is honoring your ancestors. The veil between the living and the dead is the thinnest on Samhain, so the night is spent honoring those who have passed before you, and inviting them back to the world of the living in order to celebrate the balance between life and death.

The biggest part of this is building your ancestral altar: photos of passed loved ones, items they owned, family heirlooms, even a family tree, as well as things like candles, bones, crystals and other tools you'd put on your year-round altar.

Another major component is the "dumb" dinner. Sometimes done in complete silence, an extra place is set at the dinner table. The plate is filled with a portion of dinner and the glass is filled (typically with some kind of alcohol) to welcome your family back with you for the evening.

THE COMMUNITY GARDEN

Acts of anti-Semitism today

"I've experienced a lot of anti-Semitism that ranges from vitriol online to near physical danger. I wear a kippah everyday which is an external signal of my Jewish identity. In California, as I [was] watching street performers doing their act I mentioned to my friend: "They're killing it," and a man next to me said "like you're killing the Palestinians?" When I was touring in Poland in the city of Krakow, a man, who was visibly drunk saw my kippah, rose in ire with fists balled and shouted at me "gyd" which means Jew in Polish."

-Neil Dasgupta, junior applied mathematics & statistics and philosophy double major

"This summer, I went on an educational trip to Poland with a Jewish group to learn about the Holocaust. We saw a group of Polish teenagers drinking, smoking and partying in the middle of the Plaszow labor camp. We sang a song in Hebrew to remember the victims of Plaszow, and a few of the teenagers walked closer to us, pretended to conduct us and even did the chicken dance. It was heartbreaking to see such clear anti-Semitism and their lack of understanding or concern for the horrors that occurred only 75 years ago."

-Samantha Novotny, senior biology major

"I think that in today's world, anti-Semitism is less societally accepted, and so it manifests itself in subtler ways, often hiding behind the idea of anti-zionism. I don't feel the threat of anti-Semitism because I live in a really great neighborhood, but I've experienced anti-Semitism firsthand in Poland, while on a Jewish heritage trip."

-Miki Pokryvailo, senior computer science and applied mathematics & statistics double major

"I just think that it's like this that being Jewish people closer together, but it shouldn't take a tragedy to bring us all together."

- Ester Chikvashvili, senior biology major

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Men's Soccer remains on top of AE, rolls through Hartford in 6-0 victory

By Ryan Pavich
Staff Writer

In the 10th minute, with Stony Brook Men's Soccer's offense pressuring the goal, Hartford made its first mistake of the night by booting the ball into its own net, giving the Seawolves a 1-0 lead. The blunder energized the Seawolves toward a 6-0 blow-out victory against the Hawks on Friday, Oct. 26.

The six goals scored by the Seawolves are the most the team has ever produced under head coach Ryan Anatol, and their most since 1995, where the team scored 13 in a game against Old Westbury on Sept. 13. The victory continued the Seawolves' climb to the top of the America East conference, improving their record to 5-1 with just one game remaining. The Seawolves have clinched at least a share of the regular season title and can secure sole possession for themselves via a victory or losses by UMBC, UMass Lowell and Vermont.

"Wonderful performance tonight," Anatol said in a press release. "The guys showed a real determination to get the result and were really sharp right from the start of the game. We moved

the ball well and created some good opportunities and finished our chances. Also very pleased we were able to keep our concentration throughout the game and keep a shutout."

Stony Brook began to capitalize on goals from its own players

in the 14th minute. Senior midfielder Serge Gamwanya took a shot straight away from 22 yards in front of the goal, and sunk it in right over the hand of Hartford junior goalkeeper Jimmy Slayton. Fifteen minutes later, junior striker Jarred Dass deflect-

ed a shot in front of the goal and in for the third goal of the game.

The Fernandes brothers combined to close out the half. Gamwanya placed a corner kick in the 33rd minute and found junior defender Gustavo Fernandes in front of the net, who headed it

in for the fourth goal. Then red-shirt-sophomore midfielder Gabriel Fernandes found a bouncing ball in the 37th minute and punched it in to make it 5-0. The Seawolves outshot the Hawks 11-3 in the period, and didn't face a single shot on goal.

On the other side of the field, freshman goalkeeper Christian Miesch had a light night of work. Hartford didn't put a shot on goal until sophomore defender Aitor Elena found an opportunity in the 61st minute, but Miesch converted it for his only save of the night. Junior goalkeeper Jacob Braham subbed in for Miesch in the 72nd minute and did not face a shot.

Stony Brook closed out the offensive scoring with a late game opportunity. Redshirt-freshman defender Matias Prando earned a free kick in the 87th minute, and drilled it into the far post for his first career goal.

The Seawolves will return to Kenneth P. LaValle Stadium to close out the regular season against UMBC on Wednesday, Oct. 31 at 7 p.m. The team will also honor its three seniors that night: Gamwanya, midfielder Martieon Watson and defender Steven Ghitis.



ARACELY JIMENEZ/STATESMAN FILE

Junior striker Jarred Dass dribbles the ball in a matchup from the 2017 season. Dass scored his fifth goal of the year in the team's victory over Hartford on Friday, Oct. 26.

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SPORTS

Men's and Women's Cross Country places second in AE Championships

By Ryan Magill
Contributing Writer

The Stony Brook men's and women's cross country teams both placed second at the America East Championships on Saturday, Oct. 27 in New Hampshire.

The leading runners for the men's team were juniors Cameron Avery and Vann Moffett, who finished in third and fifth place with times of 24:43.01 and 24:48.69, respectively in the 8,000 meter race. Seniors Michael Watts and Darian Sorouri, junior Greg Mangarelli and senior Kevin Vinolas all finished together, coming in 11th through 14th with times of 25:02.88, 25:05.64, 25:20.59 and 20:20.96, respectively.

Avery and Moffett were both named to the All-Conference First Team, and Avery also won the Elite 18 award, given to event medalists with the highest GPAs. Watts, Sorouri, Mangarelli and Vinolas were also named to the All-Conference Second Team. The team, however, finished with 44 points to UMass Lowell's 45.

"We knew that UMass Lowell would be ready to compete hard today, even though their season to this point had not gone as they hoped. Over the last three

years we have been involved in close finishes, we came out on the right side in two, this time UMass Lowell finished the job better than we did," head coach Andy Ronan in a press release after the races. "Cameron and Vann ran well up front for us and Darian had a great race, but a couple of the guys were just a bit of pace today and that cost us."

For the women's team, seniors Annika Sisson and Tiana Guevara finished in second and sixth place respectively with times of 17:17.62 and 17:34.18 over 5,000 meters. Junior Alexandria Ortega finished in 14th place with a time of 17:55.31. Senior Talia Guevara, juniors Clodagh O'Reilly and Holly Manning and freshman Klaire Klemens finished 18th through 21st with times of 18:03.64, 18:07.78, 18:08.79 and 18:09.96 respectively.

Sisson and Guevara were both named to the All-Conference First Team and Ortega was named to the All-Conference Second Team. The team fell 13 points short of Albany's 72 points with 59 of their own.

"We really wanted to take this title today but we came up against a strong Albany team. The ladies battled hard the whole way, but



ERIC SCHMID/STATESMAN FILE

Both cross country teams placed second in the America East Championships on Saturday, Oct. 27. The men's team ended the contest one point behind UMass Lowell.

just could not break up Albany's pack, plus Vermont women also had a good day and they fought hard to over take us in the last mile, but we did come on the right side of that battle. Annika put up a very good challenge for the individual title and I thought Tiana competed very well considering she entered the meet with a very sore heel," Ronan said in a

press release. "Like the guys and the girls did not win the battle in the middle positions, partly because the other teams competed hard but also because one or two athletes fell short of their best performances today."

Ronan, along with assistant coaches Jason Headman and Howard Powell, won America East Coaching Staff of the Year

for their efforts on the women's cross country team.

Ronan finished off by saying, "We are disappointed, but can't feel sorry for ourselves too long as we have the regional championships in less than two weeks."

The Seawolves return to action when they travel to the NCAA Regional Championships in Buffalo on Friday, Nov. 9.

Volleyball shuts down New Hampshire, UMass Lowell to clinch playoff spot

By Kenneth Fermin
Staff Writer

Stony Brook Volleyball secured an America East postseason spot after defeating the New Hampshire Wildcats on Friday, Oct. 26. The Seawolves earned their 12th consecutive victory by sweeping the UMass Lowell River Hawks in three sets on Sun-

day, Oct. 28, tying a team record set in 2007.

The Seawolves comfortably swept the River Hawks 25-20, 25-11 and 25-9, without surrendering the lead. The junior frontcourt of middle blocker Kendra Harlow and outside hitters Maria Poole and Liz Pulver controlled the offensive tempo, combining for 33 of the 53 total points.

Graduate outside hitter Emily Costello, senior middle blocker McKyla Brooks and senior setter Carla Souffront were honored with flowers and plaques prior to their final regular season contest. Brooks and Costello were staples to the team's attack over the last couple of seasons, while Souffront motivated her teammates to play to the best of

their ability on the sidelines. Costello glimmered with pride at another impressive performance by the junior trio.

"It definitely helped with relief knowing that even when we leave, [Stony Brook] will still be a successful team without the seniors," Costello said.

The seniors kept Stony Brook involved in a tightly-contested battle against New Hampshire Friday night after a rough first set. Junior outside hitter Kennedy Smith led the Wildcats frontcourt with a vicious kill in the first set, giving them a lead they would not surrender. New Hampshire pushed back against a late Stony Brook comeback attempt, winning 25-18.

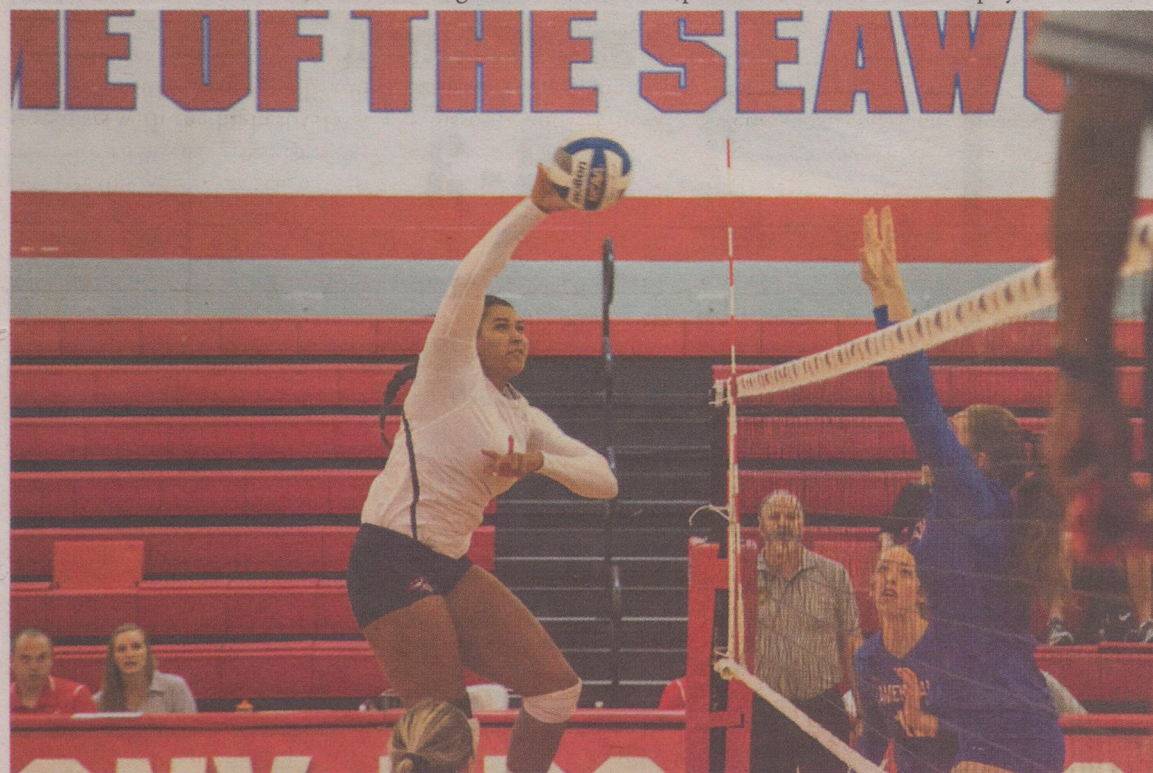
An attack error by New Hampshire freshman middle blocker Maddie Wiedenfeld set the tempo for the team in the second set. The Wildcats surrendered eight errors in the set and finished with a .163 hitting percentage. The Seawolves capitalized by moving the ball around more freely on the attack, with Costello scoring the kill for the 25-21 second set win.

New Hampshire entered the third set motivated for the victory and scored eight consecutive points to take a 12-6 lead. Stony Brook trailed by eight points but

refused to surrender the set and countered with a strong defensive presence. Sophomore libero/defensive specialist Kiani Kerstetter led the backcourt with impressive saves and strong digs to keep the Seawolves in the matchup. Her effort helped the frontcourt erase the eight point deficit and concluded the set on a 6-1 run, winning 25-23.

Both teams started off the fourth set strongly as each scored 10 points before surrendering an error, but New Hampshire led throughout it. America East Setter of the Week junior LeAnne Sakowicz contributed to Stony Brook's constant persistence by recording a kill, block, assist and service ace in the set. Sakowicz assisted Harlow for a kill to complete the comeback, winning 25-23 and taking the game three sets to one.

Stony Brook will finish the regular season on the road, versing the UAlbany Great Danes on Sunday, Nov. 4 at 2 p.m. The rivalry has brewed for a long time — with UAlbany defeating Stony Brook to end its nearly perfect season in 2007 — but has only amplified after the Seawolves' semi finals sweep last postseason. While the Seawolves already hold a victory over them this season, Belzung stressed the importance of maintaining a "serve-pass-play" performance.



ERIC SCHMID/STATESMAN FILE

Senior middle blocker McKyla Brooks during a 2016 game. Brooks finished the Seawolves' matchup against New Hampshire with a total of 11 kills and six blocks.

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