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## This Week at Stony Brook Southampton

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5/10/10-∞ ; vol. 5, issue 15 FINAL EDITION



*The Office of Media Relations at Stony Brook Southampton would like to thank sophomores Jessica Adamowicz and Nicole Laible for their contributions to the office and this weekly newsletter over the years. Both of them -- like most of you -- have registered at the main campus and will do fine next academic year, as Stony Brook Southampton students have gained a certain resourcefulness that will help*

*you prosper there. Jessica really took "This Week at Stony Brook Southampton" to a new level, making it a personable communication our 500 students trusted and related to. Nicole is an expert archiver and every article, photo and newsletter has been saved by her for posterity. We all will not be forgotten. Both of them are fine writers and photographers, too. I'd also like to personally thank all of the other students, as well, many of whom I had in SBS 101 or worked with on the dozens of events we've had here the past three years. "This Week at Stony Brook Southampton" has followed you since "The First Class." I have enjoyed writing your story. As this is the last newsletter, please do continue to follow what time we have left via the Stony Brook Southampton photos page at <http://bit.ly/d0P770>. The Midnight Breakfast pics will be posted there the day after. Thanks again for making SBS such a great place, and best of luck on your final exams! -- Darren .*

### **Monday, 5/10**

#### **FINALS WEEK BEGINS**

**Beginning today through Friday, Wellness Center hours are: 12 p.m. – 9 p.m.**

**Coffeehouse, 9 p.m. – 12 midnight, Student Center Café.** This is the last Coffeehouse! Fruit Smoothies, Strawberry Milk, and a Chocolate Fountain w/ Assorted Fruits & Dipping Items should be available! Also, Entertainment is open-mic, so be sure to swing by & sing or say whatever you like.

**Residence Hall Closing Meeting, 6 p.m., Lower Level Amagansett.** These meetings are available to anyone who wants information on checking out of the residence halls. Hosted by R.A. Frank.

**Residence Hall Closing Meeting, 8 p.m., Lower Level Mattituck.** These meetings are available to anyone who wants information on checking out of the residence halls. Hosted by R.A. John.

### **Tuesday, 5/11**

**Study-Break Snacks, 8 p.m., Lower Level Amagansett .** R.A. Bryan wants to give you a break! Come munch on some healthy snacks to get your brain juices flowing again.

### **Wednesday, 5/12**

**Mindfulness Meditation, 1:15 p.m., Windmill .**

### **Thursday, 5/13**

**Mindfulness Meditation, 2:15 p.m., Windmill .**



**Dodgeball, 8 p.m., Tennis Courts** . Students, faculty and staff! Get your body up and moving! Exercise is a great way to unwind from the stresses of Finals Week.



**Midnight Breakfast, 10 p.m., Student Center Café.** Midnight munchies got you down? Need a break from studying? Head on over to the semi-annual Midnight Breakfast where familiar SBS faculty and staff will serve you delicious breakfast foods! Meals are free for SBS/SBU students, including commuters. More images from last Spring's Midnight Breakfast are available here: <http://picasaweb.google.com/SBSouthampton/MidnightBreakfastMay142009?pli=1#>.



Monday, 5/17

**LAST DAY OF FINALS**

Thursday, 5/20

**Class Day Celebration, 9 a.m. Duke Lecture Hall** . Dean Mary Pearl invites the class of 2010 to be honored and celebrate their time here before graduation.

*Did You Know?*

**NYS Safe Boating Course** will be held at the Southampton Marine Station Saturdays, May 15<sup>th</sup> and 22<sup>nd</sup> . Contact R. McIntyre at 632-5020 (email [CHARLES.MCINTYRE@SUNYSB.EDU](mailto:CHARLES.MCINTYRE@SUNYSB.EDU) ) for information.

Interested in taking classes in the **Summer Writers Conference?** Visit the website <http://www.stonybrook.edu/writers/> for information



on how to participate!

**Call to Artists: " Embracing Our Differences" Fourth Annual Outdoor Art Exhibition** Open to students, professionals and amateurs. Selected art work (up to 33) will be displayed at multiple venues and will have an enormous impact on building an inclusive society, one that rejects hatred. Submissions in JPEG format; selected works displayed 16' x 12'. Deadline is May 27, 2010. For the criteria, submission details and release form, visit our website [www.chdhu.org/EOD](http://www.chdhu.org/EOD) or call 631-451-4700. Hosted by The Suffolk Center on the Holocaust, Diversity & Human Understanding.

### How to Reduce Stress : from the Student Health & Counseling Center

Many stresses can be minimized, changed or even eliminated. Here are some of the things you can do to reduce your level of stress or to manage it more effectively (note: the more often you use the suggestions noted below, the more effective they will be! Practice and Persistence are the keys).

- BECOME AWARE of your own personal reactions to stress (\*see Student Counseling home page for a link to “Assessing Your Tactics For Coping With Stress”)
- EAT a healthy, balanced diet full of whole grains, fruits and vegetables
- EXERCISE regularly
- RELAX: make time for relaxation. Try listening to soothing music, meditating, gardening, reading a good book, or doing whatever helps you relax
- TALK with friends or someone you trust about your worries/problems
- PRACTICE Relaxation techniques. For example, whenever you feel tense, practice deep breathing. Get in a comfortable position. Take in a slow, deep breath through your nose to the count of 5. Hold your breath for another count of 5. Then exhale through your nose, slowly to the count of 5
- USE Time Management techniques; set realistic goals and set priorities (\*see Student Counseling home page for a link to “Success Strategies For Time Management “)
- REINFORCE Positive statements (putting yourself down won't help!). Think positively and surround yourself by others who think the same. Avoid the trap of demanding too much of yourself or taking too much on. If possible, say NO to tasks that you know will be stressful for you.
- ACCEPT that you can't control every situation; learn to be flexible
- USE mistakes and setbacks as opportunities to learn
- REMEMBER, it's okay to cry

- AVOID alcohol, tobacco and other drugs. They ultimately only make things worse
- LEARN and practice gentle anti-stress stretches; make them a part of your day
- LAUGH! And HAVE FUN!

### RESIDENCE HALL CLOSING INFORMATION!

**1. 24-Hour Quiet hours** begin Friday, May 7<sup>th</sup> (the last day of classes) at 4 p.m. and will continue through the closing of the residence halls.

**2. Any violation of quiet hours** will result in a one-time only warning with documentation. If a 2<sup>nd</sup> violation occurs, you may be asked to vacate the residence halls for the rest of the semester.

**3. Attend one of the following Hall meetings:** -

Frank- AT May 5th at 7:30pm

Diana- SH May 9th at 8:30pm

Tony- SO May 6th at 7:30pm

Bryan- GT May 6th at 8:00pm

Flo- SK May 4th at 7:30pm

John- MA TBA

Whether you attend the meeting or not you are STILL held accountable for the information about closing/check-out.

**4. Speak to your RA** and inform them when you plan to leave for Summer Break. Residents must check out 24 hours after their last final or when the halls close - whichever comes first.

**5. Halls Close Wednesday May 19<sup>th</sup> at 10 a.m.** Graduating Students and those approved for extension can check out Friday May 21<sup>st</sup> , by 5 p.m.

**6. When it's time for you to check out** , make sure you have packed ALL of your belongings and removed everything from your room including trash and unwanted items.

Your room needs to be in the same condition as it was when you moved in. Make sure check-out properly, otherwise you may incur improper check-out charges or damage billing.

**7. Please be Advised: A final inspection of your room will be conducted** by a professional staff member and additional charges for damages and cleaning can be applied.

**8.** If a Residence Life staff member is not available when you're ready to checkout, members of Residence Life staff are available starting Friday, May 7<sup>th</sup> to complete your check-out.

**9. Check-Out Location:** Lower Level of Amagansett, Weekdays from 9 a.m.-7 p.m. & Weekends 11 a.m.-7 p.m. After 7 p.m., **Express Check-outs\*** are available. Give us a call at 631-632-5114 or 632-704-1305 to set up an Express Check-out.

\* An Express Check-out means that in place of going through a standard check-out with an RA, you may sign an Express Check-Out form

and turn in your keys. Residents must recognize that a room inspection will be completed in their absence, and that any right to appeal damage billing is waived and the resident will be responsible for any charges that are incurred.

**The SBS Campus Library** welcomes visitors, students, staff and faculty throughout the summer of 2010. We are happy to support your work and research with our resources and services as well as providing a comfortable and quiet setting to read, study, gather, catch up on current events and access the web.

**Our Summer Schedule is as follows:**

**Intercession I** (May 19<sup>th</sup> to May 31<sup>st</sup> ), and

**Intercession II** (August 21<sup>st</sup> to August 29<sup>th</sup> )

Monday to Friday, 9 a.m. to 5 p.m., Saturday and Sunday closed.

**Summer Session I** (Tuesday, June 1<sup>st</sup> to Monday, July 12<sup>th</sup> )

Monday to Thursday, 9 a.m. to 10 p.m.

Friday, 9 AM to 5PM and

Saturday & Sunday, 11 a.m. to 6 p.m.

**Summer Session II** (Tuesday, July 13<sup>th</sup> to Saturday July 31<sup>st</sup> )

Monday to Thursday, 9 a.m. to 10 p.m.

Friday, 9 a.m. to 5 p.m.

Saturday & Sunday, 11 a.m. to 6 p.m.

(Sunday August 1<sup>st</sup> to Friday, August 20<sup>th</sup> )

Monday to Friday, 9 a.m. to 5 p.m.; Saturday & Sunday, closed.

*In the News*

**For an up-to-date list of Stony Brook Southampton news updates, please visit:**

<http://www.google.com/news/search?pz=1&cf=all&ned=us&hl=en&q=stony+southampton&cf=all&scoring=n>

**Before the semester ends, you may want to sign up for Google Alerts to stay abreast of Stony Brook Southampton news and events all summer long. Visit:**

<http://www.google.com/alerts?pz=1&cf=all&ned=us&hl=en&q=stony+southampton&t=1&source=news&cd=2>





**SBSouthampton**

Follow Stony Brook Southamptn this summer on Twitter. Go to <http://www.twitter.com/SBSouthampton> .

**Have a great summer!**

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