



Stony Brook University

Graduate Student

Survival Guide



STATE UNIVERSITY OF NEW YORK

2006-2007



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Welcome



On behalf of the Graduate Student Organization we would first like to congratulate you on your acceptance to Stony Brook University. We would also like to welcome you to the campus and as a new member of the graduate student community here at Stony Brook. Stony Brook is a wonderful place to meet new colleagues, connect with world class faculty and scholars and to pursue your graduate studies.

Let us begin by telling you a bit about SBU. Regardless of your field of study, here you will have access to a wide range of resources and opportunities that only a great Research University can offer. Stony

Brook's beautiful 1100 acre campus is set in the heart of Long Island. The campus is conveniently located close to shopping, entertainment, recreation and dining establishments. Additionally, our close proximity to New York City makes Stony Brook an ideal location for research and leisure.

We would like to wish you the best as you begin your graduate career at Stony Brook University and we invite you to become an involved member of the graduate community both as active members of the graduate community in your department and active in clubs and organizations that serve the greater campus. You will find that your participation in campus life is a valuable and rewarding experience that will only further prepare you future employment.

The *Graduate Student Survival Guide* is sponsored by the Graduate Student Organization and is designed with you in mind. All the content is written by graduate students who were, not to long ago, making their transition to Stony Brook Graduate student life.

In this publication, you will find everything you need to know about becoming acclimated to Stony Brook graduate student life and "surviving" your transition to the University. This publication contains practical and useful information about getting involved in student life; how to navigate the administration and physical campus; basic living, health care and health insurance information; campus services; and lastly, recreation/leisure and travel.



Again, welcome to Stony Brook University and we look forward to meeting you and working with you throughout the course of your graduate career.

Unofficial Guide to What's Inside?

AKA: THE TOP TEN OF WHAT YOU NEED TO KNOW!!

- 1) Dead Reckoning: Where the hell am I? Why all these strange bus names? I need to go where? Some maps, bus routes, etc. Much like looking for weapons of mass destruction, except we give maps!!! PAGES: 12-23
- 2) Foraging: Must have food and water to live...maybe a cerveza! Where to eat on and off-campus, shop for groceries, etc. and, can I drink this tap water or is it coming from that nasty little pond in Roth Quad? PAGES: 18-19
& Complete list in the Directory at the end of this Guide
- 3) Shelter: Define Shelter! How to kill a cockroach, intimidate landlords, and (steal) borrow wireless internet access from loving neighbors. All the information about living on or off campus. PAGES: 26-34
- 4) Exist Virtually: Just don't tell anyone that you think you are a hologram, trust me! Registering your computer ASAP or now, logon to SOLAR (not your home planet, but the name of the site around which most of your computer problems will revolve), get your Sparky ID (not and ID tag for you doggie!) or Stony Brook email account, and Blackboard use (for TA's! and this is actually a virtual classroom tool).
Beam me up to...PAGES: 36-37
- 5) Start the Residency application immediately! REDUCE COSTS!: DO IT! Particularly important for US students who are paying out of state tuition—change that license to a NY license and get a voter ID TAP, lease/contract, utility bills, etc. For International Students—there is other important info you need to know...otherwise you will be dealing with the office of homeland security, big bad homeland security! PAGES: 38-39
- 6) The Local Savages: What can I say here that will not upset the natives?? HMMM...thinking... thinking. Okay then...moving on. Oh Yeah, and establishing residency does not have to = going native!
- 7) Please Have Fun...Someone...Anyone! Can You Hear Me?: Events on and off-campus, places to get buzzed and break up the monotony of life... PAGES: 85-91
- 8) Get Involved: The GSO, clubs, etc. Meet other sexy singles instead of the usual incest with grad students in your own department...hey do whatever you want, we are just saying...Statistic you should know: 1 million percent of single grad students end up with someone in their own department!!! Avoid years of despair now... PAGES: 72-75
- 9) Counseling & Medical Services (Insert serious dramatic score of music here): Preparing for wait at the SBU Hospital Emergency room & contemplating Universal Healthcare, police, ambulance, crisis hotlines, counseling, and other necessary phone numbers that you need... PAGES: 66-68
- 10) You Will Truly Be Tested!: Not your oral exam...Not that paper you are procrastinating writing...You patience, every shred of descent moral fiber you thought you had...in other words, Navigating the Administration. PAGES: 39-54

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Note from the Editor: Thank you to the Graduate Student Organization (GSO) for making this guide possible. A special thank you goes out to Alton Frabetti, Monicca Shanthanelson, Dan Woulfin, Andrei Antoneko, Victor Rosado and Neil Buffett for all your help, contributions and insight. I would like to wish all new graduate students the best of luck as you begin a new journey here at Stony Brook.
Jessica A. York

Introducing the Graduate Student Organization

The Graduate Student organization (GSO) is Stony Brook University's graduate student government. The goals of the GSO are to identify and protect graduate students rights, to promote graduate student participation in University affairs that affect them directly and indirectly, and to improve the quality of graduate student life on campus.

Membership

If you are a graduate student paying the activity fee, you are automatically a member of the GSO.

Graduate Student Organization

Paying The Student Activity Fee

Full-time graduate students pay a \$22.00 fee each semester and part-time students pay \$7.00. This fee is managed through the operating budget of the GSO, which is prepared by the GSO Budget committee and approved by the Senate every spring.

In addition, paying the activity fee benefits you and the campus community.

The student activity fee helps fund the (RAP) Resource Access Project. Graduate students can apply for a reimbursement for up to \$250 for expenses related to presenting his/her work at a conference. It also helps to fund campus programs such as social/cultural events, speakers series, departmental programming and graduate student club programming allocations. Lastly, the student activity helps to fund campus public service projects including campus childcare, the Stony Brook University Volunteer Ambulance Corps (SBVAC), Graduate Student Orientation, New York Public Research Interest Group (NYPIRG), WUSB Radio, and the University Café.

Contacting the GSO

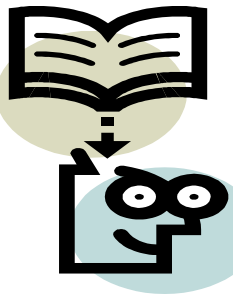
The GSO is an open forum where you can voice the concerns you have as a graduate student at Stony Brook University. There are many ways to become involved with the GSO:

Attend monthly Senate meetings (stay informed of issues and concerns that may affect you)

Stop by the GSO office during office hours. We are conveniently located on the Second floor the Student Activities Center (SAC).

Email us with your concerns: gso@ic.sunysb.edu or speak with your department Senator

Check out website for the most up to date information, office hours, Senate meeting schedule and more: <http://www.ic.sunysb.edu/Clubs/gso>



Put Your Ideas to Work, Become a GSO Senator

Why not become a Senator! The GSO Senate is comprised of graduate students from all departments. Senators must attend monthly meetings and serve as a representative for his/her department. You are the spokesperson responsible for voicing the concerns any of your peers may have. In addition, you may request any additional funding for events held by your department both academic and social. To learn more please contact the GSO.

The Graduate: GSO Newsletter

With the tagline, "Bringing the 'good news' to all graduate students," the online GSO newsletter is more than just news. Logon on today (see link on next page) and create a user account and have access to many exciting features such as forums, polls and the latest GSO news and updates (see advertisement on page 8).

GSO on the Web: <http://www.ic.sunysb.edu/Clubs/gso>

Graduate Student Organization Services

GSO Legal Clinic:



The legal clinic is free and accessible to any graduate student provided they have set up an appointment in advance. The legal clinic is run in the evening for approximately three hours once every two weeks. Legal advice covered under this program include: matrimonial, housing (land-lord/tenant issues), and traffic violations. **To schedule an appointment, please email to: sbgrad.legalclinic@gmail.com** For more information on the GSO Legal Clinic including the dates and times for the coming semesters, you should check out the graduate student online newsletter, *THE GRADUATE*, accessible on the web:

GSO Newsletter Online!!! <http://www.sbgraduate.org/>

GSELF: The Graduate Student Emergency Loan Fund

The Graduate Student Emergency Loan Fund (GSELF) was established by the Graduate Student Organization to provide short-term loans to graduate students who are in need of money on an emergency basis, and who do not have alternative means of obtaining a loan. Emergencies include but are not limited to, the death of an immediate family member or a medical emergency for the student or an immediate family member. Emergencies do not include any financial penalty for which the student had prior knowledge. Examples of excluded conditions include car repair & maintenance, tax payments, and late paychecks.



To be eligible for this loan, the applicant must be a Stony Brook University graduate student registered in the current academic session and demonstrate financial need due to an emergency. GSELF loans are interest free and are funded by contributions from graduate students of Stony Brook University. The loan must be repaid within three months. It is your responsibility to read and understand the Graduate Student Emergency Loan Fund Loan Process by laws excerpted below: For a Full-text version of the by-laws and an application, please go to the following website:

<http://www.ic.sunysb.edu/Clubs/gso/services/gself.php>

Purpose and Eligibility (Excerpted from by-laws):

Purpose – The Graduate Student Emergency Loan Fund (GSELF) was established to provide short term loans to graduate students who are in need of money, on an emergency basis, and who do not have alternative means of obtaining such a loan.

Eligibility – To be eligible for this loan, the applicant must:

- A. be a Stony Brook University graduate student registered in the academic session.
- B. demonstrate financial need due to an emergency.
 - i. The term Emergency includes, but is not limited to, the death of an immediate family member or a medical emergency for the student or an immediate family member.
 - ii. The term Emergency will under no circumstances include any financial penalty for which the student had prior knowledge. Examples include, but are not limited to, car repair & maintenance, tax payments, and late paychecks.
- C. An applicant with an existing balance with the GSELF is only eligible for additional funds if s/he is in good standing with GSELF. To be in good standing an applicant must be in compliance with the repayment procedures outlined in these guidelines.

For More information on applications procedures and how to apply, please logon to above webpage!!

For information about parking and parking permits, flip to page 21.

SBGgraduate.org

Dont want reconstituted meat grinder news?



Get fresh news for graduate students and graduate concerns.

We print all the news that any graduate student can swallow.

***Visit
<http://sbgraduate.org>***

The Graduate is the new online home of the GSO newsletter. The place for all your graduate news at Stony Brook University.





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IN
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***In this
section...***

Get Out the Map!

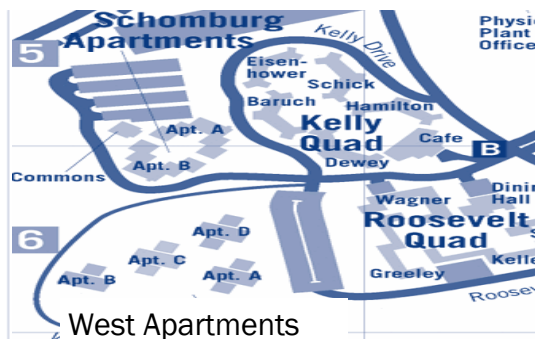
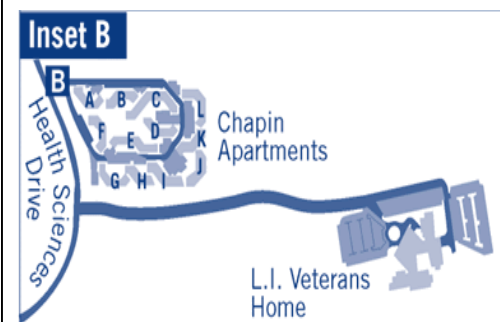
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Ed. Communications Ctr.	D5	Math Tower	C4	University Police	E8
Eisenhower College	A5	Melville Library	D4	Van de Graaff Accelerator	C4
		Mendelsohn Quad	D3	Wagner College	B6
Endeavour Hall	F8	Mount College	C6	Wang Center	E4
Engineering	C5	N.Y.S. Dept. of Env. Conservation	D2	Ward Melville Social	D5
Flax Pond Lab	Off Campus	Nassau Hall	E8	Social & Behavioral Sciences	D5
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Gershwin College	D6			Whitman College	D6

Map Index & Details

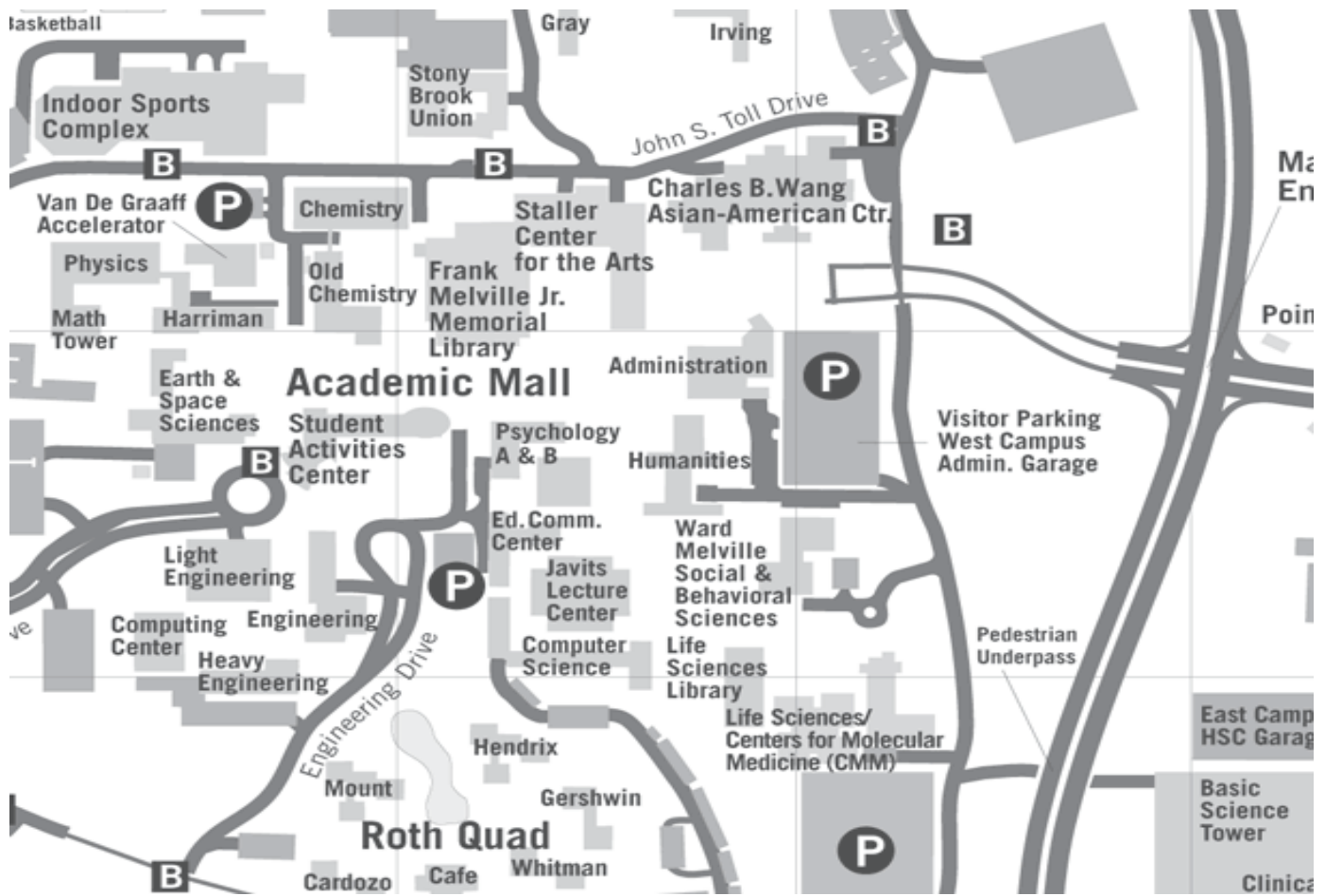
Graduate Housing Detail (Chapin, Schomburg & West)



Key for Map on Previous Page

Key	
	Buildings
	Restricted Parking
	Roads
	Visitor Parking
	Lakes & Ponds
	Bus Stop

Academic Mall Detail



Academic Mall Map



SBGradMag: Stony Brook's Graduate Student Magazine

SBGradMag, located at www.sbgradmag.org is a new online publication created by graduate students for graduate students. It aims to generate a sense of community among graduate students via a variety of articles that address graduate student interests and concerns. This magazine covers events, housing, dining, research, the arts, and just about anything else that pertains to the graduate student experience at Stony Brook. All graduate students are invited to submit articles and/or ideas to Liliana Naydan, the publication's editor for the 2006-07 academic year at lnaydan@ic.sunysb.edu. We look forward to receiving your contributions.



More about setting your campus email and computing service, go to page 38

Where is it? Banking, Campus Dining & More

Below is a quick reference guide to the maps located on pages 6-8. A map can be great if you are a cartographer, but knowing how to quickly find what you need is another story. Below is a list of shortcuts to services and locations that you may need immediately, and pages 10-12 provide an in depth guide to what is actually inside each building.

Shortcuts to banking, campus dining options and important offices.

ATM (Automatic Teller Machine): Bank of ATM is located outside the Stony Brook Union. There are also two Teacher's Federal Credit Union (TFCU) ATMs location in the Student Activities Center (SAC); one on the mail level and one in the basement.

Bookstore: Melville Library Basement/Plaza

Bursar's Office: Administration Building (main level)

Campus Dining Full Service Locations: Student Activities Center, Student Union, H-Quad – Benedict Atrium (Campus Connections , Kelly Quad (in the Dining Center), Roth Quad (Food Court)

Campus Child Care: 4 campus facilities, call (631) 632-6930 for more information

Career Center: Ground Level of the Melville Library, at the end of the Zebra Path

Express Campus Dining Carts (a la cart): Melville Library Commuter Lounge, Administration Building, Life Sciences Building, Social & Behavioral Sciences and the Dental School.



A short list of dining options and their locations:

Au Bon Pain: H-Quad/Benedict, Kelly Quad, & SAC
Bleacher Club: Student Union
Burger King: Roth Quad
Delancey Street Kosher Restaurant: Student Union
Deli: Student Union & Kelly Quad
Deng Lee's Chinese Cuisine: Roth Quad
End of the Bridge Restaurant: Student Union
Jasmine: Wang Center

Market Carvery:H-Quad/Benedict & Kelly Quad
Philly's Campus Grill: SAC
Portabella's Pizza: SAC & Kelly Quad
SBU Delivery and Takeout
Taco Bell Express: H-Quad Benedict
Toasty Subs: SAC
Vegetarian Corner: H Quad
Zona Mexicana: Kelly Quad

Faculty Student Association: 2nd Floor Student Union

Full Service Bank: Teacher's Federal Credit Union (TFCU) is located in the Basement of the Student Activities Center

Graduate School: Computer Science Building, 2nd Floor

Health Services, Campus Pharmacy, Counseling & Student Health Insurance: Infirmary Building

International Student Services: Computer Science, 2nd Floor

Post Office: Located in the Basement of the Student Activities Center. Cash only!

Registrar's Office: Administration Building (main level)

Seawolves Market:Place SAC

Stony Books: Located just north of Campus on Route 25A, directly across the street from the Stony Brook Train Station Stop

Student Accounts/Parking Services: Administration Building (main level)

Student Health Insurance Office: 1st Floor Infirmary

University Café (Graduate Lounge): Student Union (See ad page)

Shortcuts to Banking and Dining

What's Inside that Building? Guide to Campus Services

Useful Building By Building Guide to Student Services:

Administration Building (Located at the west end of the Academic Mall): Financial Aid office, Registrar's office, Bursar, Student Parking Services, Student Accounts, Human Resources, Transfer Office, Outtakes (quick self-service campus dining location)

Computer Science Building: 2nd Floor: International Student Services and The Graduate School Office

ECC Building: Disabled Student Services and Student Telephone Services

Indoor Sports Complex: Stony Brook Gymnasium and Indoor Track (open to public when games are not being played), Campus Recreation office/Intramural office, pool, racquetball and Squash courts, dance studio and basketball courts.

Melville Library: *MAIN LEVEL:* Central Reading room-periodicals and newspapers, DVD/video rentals, reference materials, Microfilms and film readers. Music Library. Engineering Library. Large lounge (open 24 hours) with vending machines. Main Sinc Site (computer lab)-passwords for SOLAR, Black-Board and Sparky (campus) email can be obtained/reset here, Lab is equipped with both PCs and Macs, scanner access, and printing access. Self Service campus dining cart (8-5 pm).
2nd Floor: Library Archives, maps, main stacks (access to stacks is from the 3rd floor only! 3rd Floor: Hispanic Languages and Literature Department (in case you have to take a foreign language exam!) and classrooms. Access to the Main Stacks, circulation and borrowing privileges office. 4th Floor: Stacks, classrooms and offices. 5th Floor: Classrooms.

Student Activities Center (SAC): *MAIN LEVEL:* Campus Dining with multiple service station including a grill, salad bar, wraps/sandwiches, pizza and a station that changes its offerings daily. Seawolves Market-full line of gourmet coffee services, snacks and drink, personal care items, gifts and of course SB gear. Just outside the Seawolves Market is a Teachers Federal Credit Union (TFCU) ATM machine. Commuter and study lounges-the main level offers several study areas and sitting area including an outdoor courtyard. Additionally the main floor is home to an art gallery, auditorium, and two ballrooms, all utilized for programming. *BASEMENT:* TFCU-Teacher's Federal Credit Union offers a full line of banking services and an ATM machine. Post Office-limited hours but a good range of services all of which must be paid for in cash (located in basement). Large Lounge with cable TV, poker table and pool table. Wellness Center classroom. *2nd FLOOR:* The 2nd floor is home to a variety of offices including: Graduate Student Organization (GSO), Commuter Student Services, and Undergraduate Student Government. *3rd FLOOR:* Wellness Center-full range of fitness equipment and locker rooms equipped with showers. Classrooms and Skylight lounge.

Student Union: *OUTSIDE:* Bank of America ATM Location and University Café-performances/entertainment, light meals, and alcohol served at this late afternoon/night spot. *MAIN LEVEL:* Off Campus Housing Office, Auditorium with shows COCA Movies (current movies for student for a buck), Bleacher Club Dining-offers changing food stations. Market with coffee, bagels, Deli, snacks and drink. *BASEMENT:* Campus Craft Center, Stony Brook Press Offices, The Statesmen Newspaper Offices, SBU TV, NYPIRG (New York Public Interest Research Group) Office. *2nd FLOOR:* Campus Ministries Office, Wo/Men's Center, and classrooms.

Student Health Center: *MAIN LEVEL:* Student Health Services (general and Gynecological services), Free Cold Clinic, Pharmacy, and Student Insurance Office. *2nd FLOOR:* Counseling Services, CHOICE Center and health educator offices.

When it comes to jobs, why settle for just the appetizer when you can have a full-course meal?

Our Menu

- Up to six pay increases a year
- Pay bonus at the end of every semester
- Automatic return-to-work base increase
- Time-and-a-half during finals
- Early return bonus/interim paid housing
- Free meals
- Referral and incentive bonuses
- Wide range of job choices
- Multiple convenient locations/schedules
- Training
- Work schedule adjusted to your needs
- Opportunity to advance to a management level position



NOW INTRODUCING OUR NEWEST ITEM!
• **Higher Starting Pay** •

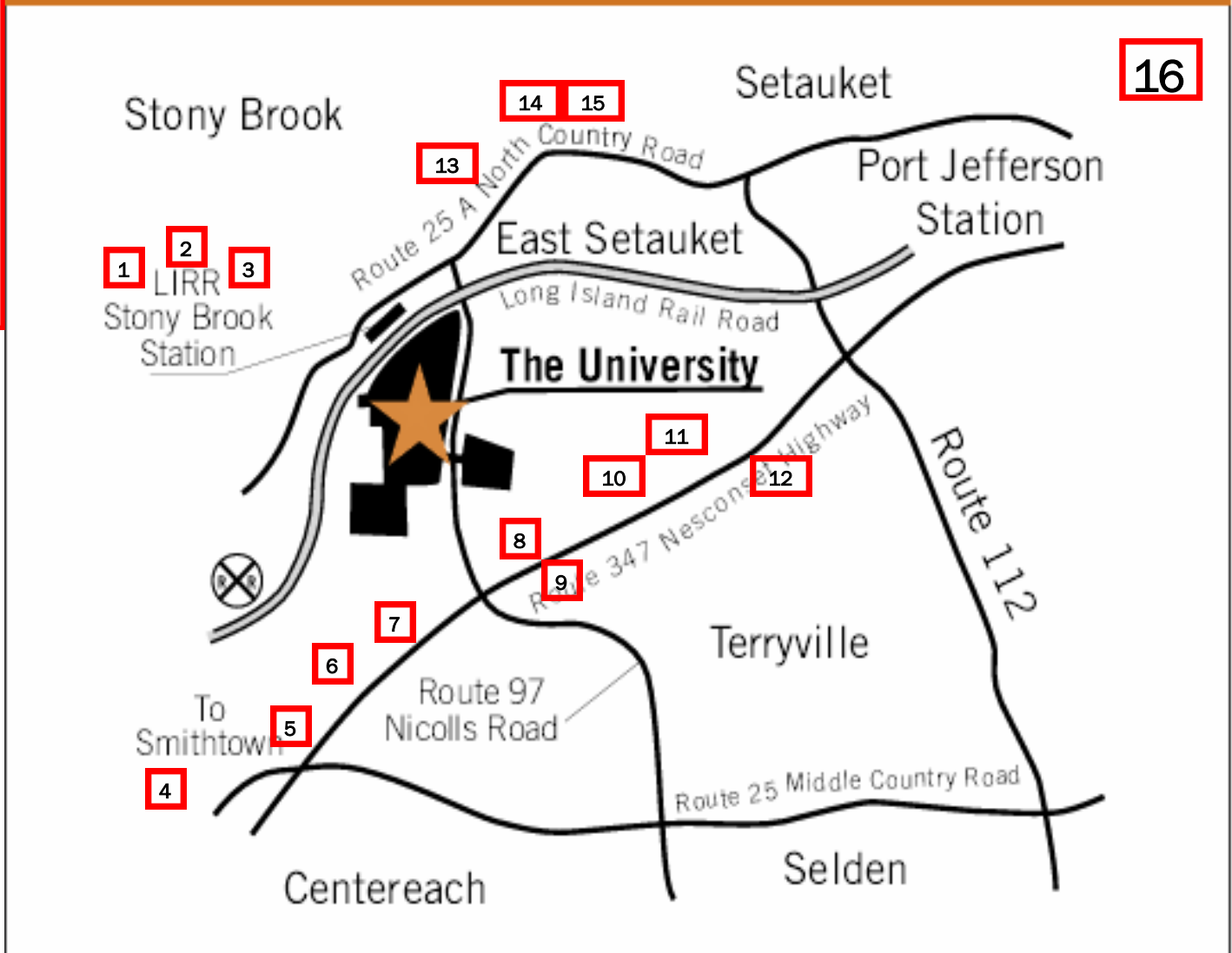
When it comes to student jobs, dare to compare!

FSA Student Staffing Resources
632-9306

www.campusdining.org

Essential Guide to University Area Shopping & Dining

University Area



In the immediate vicinity of Campus are local shopping and dining establishments: Cost for restaurants is listed using the following key: Entrees/Meals between \$5.00-10.00 = (\$), \$10.00-15.00 = (\$\$).

1. Green Cactus Mexican Grill (\$) 631- 751-0700, Soups On (\$), Station Pizza & Brew (\$) & Full Moon Café (\$\$) Quick dining options located just across the Street from the Stony Brook Train Station.
2. Stony Books Bookstore: (631) , Located across the street from the Stony Brook Train Station
3. Cosmos Café (Gyro and Pizza-Greek) & Dunkin' Donuts (\$), Strawberry Field Deli, 7-11 convenience Store: Located across the street from the Stony Brook Train Station
4. Smith Haven Mall (many stores, restaurants, and food court): Head South on Nicolls Rd, turn right onto Rte 347, continue about 2 miles and mall is on left
5. Waldbaum's Grocery, Cold Stone Creamery (\$), Loews Stony Brook Movie Theatre: Head South on Nicolls Rd and turn right onto Rte 347, Proceed 1 mile, on right

Looking for a good place to eat? Head to Port Jefferson, location # 16!

Essential Guide to University Area Shopping & Dining

6. McDonalds: Head South on Nicolls Rd and turn right onto Rte 347, Proceed 1 mile, on right
7. Duane Read, Pharmacy, Starbuck's Coffee (\$), Italian Ice, J & Rs Steakhouse (\$\$): Head South on Nicolls Rd, turn right onto Rte 347, less than 1 mile down on right (corner of Stony Brook Rd and 347
8. Target, Best Buy and Home Depot: Head South on Nicolls Rd, turn left onto Rte 347 and turn at first right onto Mark Tree Rd, on immediate left
9. Stop & Shop Grocery and Chili's Restaurant: Head South on Nicolls Rd, turn left onto Rte 347 an turn first right onto Mark Tree Rd, on immediate right
10. Walmart and BJ's Wholesale (membership req'd): Head South on Nicolls Rd, turn left onto Rte 347 and proceed about 2 miles down on left hand side
11. Waldbaum's Grocery, Kohl's Outback Steakhouse (\$\$), Game Stop, Payless Shoes, Sally's Beauty Supply, Kentucky Fried Chicken (KFC) (\$) and some smaller eating establishments (\$): Head South on Nicolls Rd, turn left onto Rte 347, proceed about 2.5 miles down on left hand side
12. 24 hour CVS Pharmacy & Store (Pharmacy is not open 24 hours): Head South on Nicolls Rd, turn left onto Rte 347, proceed about 3.5 miles down, on right hand side (corner of 347 and Old Town Road)
13. Subway (\$) and The Curry Club & Velvet Lounge (Indian Cuisine) (\$-\$\$): Head north on Nicolls Rd, at end (junction w/ 25A) make right onto 25A, on immediate right
14. CVS Pharmacy, Bank of America, Bagels: Head north on Nicolls Rd, at end (junction w/ 25A) make right onto 25A, on immediate right
15. Setauket Post Office (Full Service): Head north on Nicolls Rd, at end (junction w/ 25A) make right onto 25A, about 1 mile down on right

16. Downtown Port Jefferson Village: Cozy Tourist Spot- Quick Guide to Attractions, Shopping and Dining

Located about 6 miles east of campus on 25A.. Bring your wallet if you are going "DOWN PORT!" Great shopping and dining...

Attractions: Theatre Three, Live professional theatre productions 631-928-9100; Shopping: Many Specialty stores and art galleries, shops and boutiques as well as Ice Cream parlors, a bakery and local jewelers.

Dining Includes:

Billie's Saloon (American Cuisine) \$\$: 631-331-1890
 Costa de Espana (Spanish Cuisine) \$\$: 631-331-5363
 Dockside (Seafood) \$\$: 631-473-5656
 Elk Street Grille \$\$: 631-331-0960
 Hana (Japanese) \$\$: 631-473-4262
 Pasta Pasta (Italian) \$\$: 631-331-5335
 Portico (American) \$\$: 631-474-2233
 Printer's Devil (American) \$-\$\$: 631-928-7171
 Ruby's Steakhouse \$\$: 631-474-5678
 Salsa Salsa: A Burrito Bar \$-\$\$: 631-473-9700
 Steamroom (Seafood) \$: 631-928-6690
 Z Pita (Greek/American): \$-\$\$: 631-476-7510

Specialty Coffee Houses and Dessert "Down Port" (as the locals say):

Toast (Small menu and fondue); Tiger Lily (Coffee House, vegetarian, smoothies); Starbucks Coffee

Best ice cream ever & cheap too: Snow White & the Seven Flavors! Down Port! Chandler Sq.

Campus Parking Permits & Ticketing

Parking:

A permit is required to park on campus. As a graduate students there are several permits you may be eligible for: Resident (if living on campus)/Apartment, commuter, and Faculty/staff. To apply for a permit you can logon to the parking services online application system (you will need your ID# and date of birth): <https://www.parking.stonybrook.edu/permits/> or you can stop by their office located in the 2nd floor of the administration building.

Parking Tickets (trust me there are people who just drive around looking for these violations)!!

The University Police enforces parking with the following in mind:

- >Life safety infractions such as fire lanes, handicapped spaces, and maintaining access are paramount
- >Protection of permit holder parking privileges must be provided
- >To maintain order and equity so that our campus is accessible

Fines for specific violations are shown in the table below. A \$5.00 late fee is assessed on the 14th day after the date of issuance on tickets that are unpaid and not under appeal.

Infraction	Fine
Fire Zone	\$50.00
Handicapped Space	\$50.00
Abandoned Vehicle	\$25.00
Blocking Dumpster	\$25.00
Blocking Operations	\$25.00
No Parking Zone	\$25.00
Parked in Loading Zone	\$25.00
Parked on Grass	\$25.00
Parked on Sidewalk	\$25.00
Parked on Roadway	\$15.00
Unauthorized Parking	\$15.00
Expired Meter	\$15.00
Other	\$15.00
Warning Ticket	\$0.00
Enforcement Process	Fee
Tow/Boot (Plus ticket amount)	\$40.00

Campus Parking Permits and Ticketing

Parking Ticket Payment

Currently we do not accept online payments. You may use the [Stony Brook Parking Ticket Appeals System](#) to list any outstanding tickets that you may have.

Payments may be made in person at the Bursar's Office, 2nd floor Administration Building, on Monday, Wednesday, Thursday, Friday from 08:30AM to 04:00PM and Tuesday from 10:00AM to 06:00PM when classes are in session. You may also mail payments to the following address:

Po Box 619

STONY BROOK NY 11790-0619

Checks should be made out to "Stony Brook University Acct No. 900819". Please include the ticket numbers on the check.

Appealing your 17th Parking ticket? Do it online: <https://www.parking.stonybrook.edu/appeals/>

On and Off Campus Bus Service



INDEX Full Service Weekdays

- T** Primary Transfer Stops
- H** Hospital/Chapin Route
Start Time 5:30 a.m. End Time 11:30 p.m.
- O** Outer Loop
Start Time 7:30 a.m. End Time 11:30 p.m.
- I** Inner Loop
Start Time 7:30 a.m. End Time 10:40 p.m.
- E** Express
Start Time 7:15 a.m. End Time 10:14 p.m.
- R** Railroad
Start Time 8:00 a.m. End Time 4:30 p.m.
- O** Bus Stop

BUS ROUTES - BUS STOPS

Hospital/Chapin Route	Outer Loop	Inner Loop
South P Lot T	SAC T	SAC T
Dental School	Kelly	H Lot
Chapin	Gym Road	Sports Complex
Point of Woods	North P Lot	Union
Administration T	LIRR	Wang
Life Sciences T	H Quad	Administration T
Roth	Administration T	Life Sciences T
South Campus	Life Sciences T	Roth/Tabler
Child Care	Roth/Tabler	Tabler Steps
Express	Tabler Steps	Roosevelt
SAC T	Roosevelt	Greeley
South Campus	Circle	West A
Child Care	Railroad	West B
South P Lot T	SAC T	DH
	Kelly	
	LIRR	

For up to date Campus Bus Map check out:
<http://www.stonybrook.edu/facilities/tps/>

Our Campus Bus Service is convenient, frequent, and free.

On and Off Campus Bus Service

The Campus Bus Service currently runs two levels of service: Weekday and Weekend Routes. **Weekday Routes** follow a full service schedule while **Weekend Routes** follow a limited service schedule. Routes and Stops are color coded and pretty easy to follow. For an updated color coded downloadable bus map for each semester please logon to the transportation services website: For special accommodations and wheelchair service through our Paratransit Service, please contact the Disability Support Services by going to their website:

<http://studentaffairs.stonybrook.edu/dss/>

BUS SCHEDULES

Express bus service operates weekdays from 7:30 a.m. until 6:30 p.m. between the South P lot, South Campus, and the Student Activities Center loop on a five-minute schedule. From 6:30 p.m. to 10:15 p.m., the service operates on a 10-minute interval and becomes local service (all stops along the route are served). *Local campus bus service* (all campus bus stops) operates from 7:30 a.m. through 6:00 p.m. weekdays on a 15-minute interval, and from 6:30 p.m. to 12:00 a.m. on a 30-minute interval. There are specialized services provided for the Hospital, HSC, and Dental School, and to connect with the LIRR. For more information, call (631) 632-6418.

Weekend bus service provides local service on campus, connects with the LIRR, and has one off-campus route. For more information, call (631) 632-6418.

SUFFLOK COUNTY TRANSIT (LOCAL BUSES)

Call (631) 852 5200 for schedules, rates, and routes for commercial bus service between campus and off-campus locations. Schedules can also be obtained from the Information Desk in the Student Union.

Bus Schedules & More, Visit Suffolk County Transit on the Web: <http://www.sct-bus.org/>

Traveling to and from campus

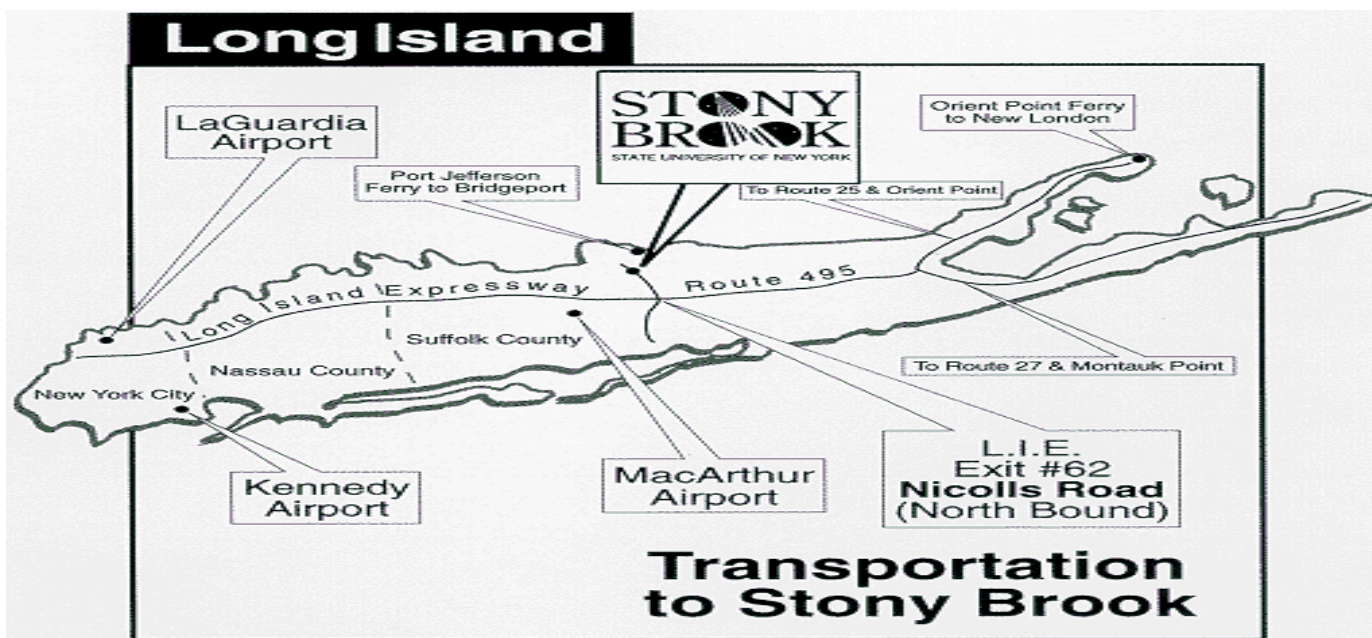


By Railroad: Take the Long Island Rail Road's, Port Jefferson line (631-231-LIRR) to and from Stony Brook. For train schedules, please logon to: www.lirr.org for the most up to date information. The Stony Brook station is located near the Sports Complex along Route 25A. The train runs from Port Jefferson Station to New York City/Penn Station. For those with cars, leaving from the Ronkonkoma is another option. The train ride is shorter and the train goes there more often. Once at Penn Station in New York, you can connect with Amtrak and New Jersey transit trains. If you are staying in the city, you can catch A, E, C (the blue) lines and 1,2,3,9 (the red) line. A block away you can catch B, D, F, N, Q, R, V, W (yellow and orange) lines. For more on the city transportation check our section on New York City.

By Bus: Call Suffolk County Transit, (631-852-5200) for schedules, rates, and routes for buses to campus from many local towns or logon for maps and updated schedules and fares: www.sct-bus.org

By Air: Land at Kennedy or LaGuardia Airport, 50 miles west of campus, or at Long Island MacArthur Airport (631-467-3210), ten miles south of campus. All airports offer limousine and taxi service to campus

Ferry Connection: Connecticut car ferries run from Bridgeport to Port Jefferson (631-473-0286) and from New London to Orient Point (631-323-2525); call for schedules and information. Ferry - Bridgeport Port Jefferson Ferry schedules and online reservations can be made by logging on to: www.bpjferry.com



Taxi and Car Service Phone Numbers & Links: Consumer Beware! Cabs/Taxis can be costly, ask for the fare when you call and have the exact destination of where you need to go handy. The driver should tell you the same price you were quoted. Call well in advance of your travels because it can take a while for the service to pick you up.

AAA First Choice Taxi - (631) 331-9600
Lake Ronkonkoma Taxi - (631) 265-2500
Spartan taxi - (631) 928-5454
Winston taxi - (631) 924-1200
Call-A-Cab / Lindy's Taxi - (631) 473-0707

Rental Car Services: Make Reservations Early!!!
A-Car Rental: 1-877-296-2277
Avis: 631-474-8446 or 631-751-9091
Enterprise: 631-474-2100 or 631-361-2100
Pam Rent-A-Car: 1-800-894-6102

Port Jefferson/Local Taxi Services:
Lindy's Taxi - (631) 473-0707
Mc Rides Taxi of LI - (631) 473-5050
Islandwide Transportation - (631) 331-5959

Traveling to and from Campus

Ask your colleagues and experienced grad students for their DO's & DON'T list on traveling!!

SBU GRAD (Graduate Resources and Advice): **Commentary from a real live graduate student**

To Get There and Back Again

If you're like me, then half of your time as a graduate student at Stony Brook will be spent planning how you can get off Long Island (aka, maintaining your sanity.) Wherever these plans will lead you, either to New York City, home for a weekend (a chore in my case), or a real vacation to some exotic beach on a tropical island (if the stipend will allow), you will need to know the various methods of escape available for you to use.

For local excursions, Long Island offers "top-notch" taxi services at relatively low cost. My suggestion: don't turn your taxi experience into an episode of Back Seat Confessional. Keep those personal stories personal, unless you feel the need to send them to your department's email distribution list instead. Phone numbers for the various taxi-cab services (Lindy's, etc) can be found online and in the phone book. In addition, the local bus service can offer transportation to local convenience stores, department stores, and downtown areas. However, be aware that the choices for drop-off and pick-up sites, as well as times, are quite limited.

If your travel plans are more ambitious, keep in mind that you have easy access to two international airports, one on Long Island (Islip International) and one in New York City (JFK. Yes, you can also choose LaGuardia, but that is a whole different story in itself.) If you don't have a car, you will find JFK to be the more accessible of the two (even though it is further away.) How does one get there? Easy. Simply board the Long Island Rail Road (LIRR) at the Stony Brook station and take it to Jamaica

Station (costs roughly \$10). Be aware, you may be asked to change trains at either Huntington or Hicksville. Once you've reached Jamaica Station, follow the signs to the Airtrain to JFK (costs \$5). This will bring you to all airport terminals.

Of course, friends who have cars could always drive you to Islip. Yet, if this is impossible and Islip is still your best bet for a cheap flight, a shuttle ride or a cab ride from Ronkonkoma's LIRR Train Station will cost you only \$5.00. The trick is getting yourself to the Ronkonkoma Station (which runs parallel to the Stony Brook LIRR line.)

If you don't like to fly, you also have easy access to the Amtrak terminal at Penn Station. Rather than exit the LIRR at Jamaica, stay on the train until its final stop at Penn Station. Upstairs you will find the Amtrak terminal, (and above that, Madison Square Garden for sports, music, and other forms of entertainment.) In addition, you can catch a Greyhound Bus at the New York Port Authority, which is only a five to ten minute walk uptown. Of course, a cab ride might be more enjoyable. Again, avoid the confessional.

So, when contemplating all the work you know you have to get done in your first semester of graduate school at Stony Brook, keep this in the back of your mind: escape is possible, and the means are close at hand. What I have listed above are not the only means for travel, but they are a start. Happy traveling and good luck this semester.

—Neil P. Buffett



***In this
section...***

Housing Guide

- Off Campus Housing
- SBU GRAD (Graduate Resources & Advice): Off Campus Housing Process
- On Campus Housing Options
- On Campus Housing Features, Maintenance, Computing in the Residence Halls & Telephone
- On Campus Housing Floor Plans

Housing Guide: Off Campus Housing

A Basic Introduction

The options of off-campus housing are far more diverse, as are the prices, and the potential problems. Rental prices in the area vary widely. For a room in a private home, usually with some kitchen privileges, expect to pay \$400 - \$700/month. For a room in a house that is shared with other students, the going rate is \$450 - \$700. A studio apartment, often in a separate part of a private home, usually goes for \$650 - \$950 (this is generally one large room, with a private bathroom and some kitchen facilities). Expect to pay \$850 - \$1200 for a one bedroom apartment, and over \$1200 for an apartment with two or more bedrooms. Studios and apartments are often in part of a private home, and sometimes include utilities, as well as additional noise. Basement apartments can be cold, damp, and dark, but they are also the most plentiful and cheapest. Cottages (usually with two or three bedrooms) and houses are variably priced, starting at \$1500 and go up to \$2500 or more. For more information about the local off campus student environment please see the 2006 Off Campus Renters Guide that was researched and written by the GSO Housing Committee and NYPIRG (link found below).

When looking for off-campus housing it is very important to look at multiple apartments, rooms or houses and whenever possible have another person read the lease. If you have specific criteria (i.e. you do not want to live in a basement, or want a full kitchen, or a bathroom with a tub), make sure that you ask about these things over the phone before going to see the apartment. While housing options farther away from campus tend to cost less than those closer to campus it is important to factor in transportation costs (gas, car insurance, repairs). Or, if you do not own a car, is the apartment within biking/walking distance, near a train station or even on a bus route. Also, while some places include utilities, some do not, and it is important to factor in those costs when looking for off campus housing. Please ask before hand exactly which utilities will be included within your rent or lease.



You may hear about “illegal apartments” on Long Island. These are apartments for which the landlord has no zoning approval. It is not illegal to live in one of these (the landlord is in violation, not the tenant), but it can be a source of instability if the landlord is caught. Below you’ll find some resources if you have problems with housing or landlords while living off campus:

The Long Island Housing Service, Inc. (631-457-5111) can answer any questions you have on this and other legal matters pertaining to housing; they also counsel on tenant’s rights and handle housing discrimination cases.

Additionally, you may find free assistance through the following:

NYPIRG houses a student staffed **Small Claims Court Action Center** (631-632-6458) which gives free non-legal procedural advice about filing a small claims suit.

Free legal advice is provided with the GSO Legal Clinic (sbgrad.legalclinic@gmail.com). The GSO Housing Committee may also be able to help (<http://www.ic.sunysb.edu/Clubs/gso/staff/housing-committee.php>).

Off Campus Housing

A full **Off Campus Renters Guide** is available at the link below. We encourage you to educate yourself, explore this guide, and wish you the best of luck on your housing search.

Important Terms from the 2006 Off Campus Renters Guide

http://www.ic.sunysb.edu/Clubs/gso/surveys/reports/off_campus_renters_guide.pdf

Lease: A lease is a contract between a landlord and a tenant which contains the terms and conditions of the rental. It cannot be changed while in effect unless both parties agree. It is important to note that a significant amount of off campus housing does not have a lease

Security Deposits: Virtually all leases require tenants to give their landlords a security deposit. The security deposit is usually one month's rent. The landlord must return the security deposit, less any lawful deduction, to the tenant at the end of the lease or within a reasonable time thereafter.

Renter's Insurance: The leases generally relieve the landlord of liability for you and your belongings so it is wise to check into renter's insurance. Policies are available from a number of companies so check the Yellow Pages (www.yellowpages.com). The cost will vary depending on the coverage and the structure you live in.

Eviction: Following appropriate notice, a landlord may bring a summary non-payment court proceeding to evict a tenant who fails to pay the agreed upon rent when due and to recover outstanding rent. You can be legally evicted only after the landlord has brought a court proceeding and obtained a judgment of possession.

Utilities: Utilities are not always included in the rent quote and may cost you a substantial amount in addition to the rent you will be paying so make sure you ask previous tenants how much they paid for utilities.

Basic Utility Services in Suffolk County:

Electricity: Long Island Power Authority (LIPA), 1-800-490-0015, www.lipa.state.ny.us

Water: Suffolk County Water Authority, 631-698-9500, www.scwa.com

Cable: Cablevision, 631-267-6900, www.cablevision.com (which offers bundled packages of cable, phone and internet)

Telephone: Verizon, 631-890-1550, www.verizon.com

CHECK IT OUT!

Stony Brook University Off-Campus Housing Webpage!

<http://och.vpsa.sunysb.edu/>

Off Campus Housing

Did you know? You can find furniture and other goods for sale on the off-campus housing webpage too!

SBU GRAD (Graduate Resources and Advice): **Commentary from a real live graduate student**

House Hunting

Searching for off campus housing can be an arduous and trying process. As previously noted, many off campus rooms, studios and apartments are parts of other private homes. It is important to keep in mind a few things when considering off campus housing:

My advice, coming from a student who has lived off campus for three years and moved four times. Renter Beware! Ask questions before you move in:

1. It is important to ask who handles routine maintenance and who might handle something larger such as plumbing/heating issues and keep these numbers in a handy location.
2. Given recent global warming and the what seems to be a much more rainy forecast over the past year, ask (if living in a basement apartment) if the apartment has ever flooded.
3. Who lives with you? Whether in a shared apartment or house, a studio, or an apartment (within or out of a private residence), find out who your neighbors are. Are they up all night? Do they have children or pets? Is it noisy or quiet? Do they care when you come home?
4. Where will I park? In non winter months, street parking is very popular on Long Island, but find out the snow plan. You will not want to be shoveling out after the plow has buried your car!
5. If you are going to be responsible for utilities or partial utilities, find out how much an average monthly bill will cost so you can plan ahead.
6. Will I have access to a washer/dryer? If not, where is the closest Laundromat?
7. Have your apartment allowed pets in the past? If you are allergic, this is a handy and practical question.
8. When will the place be available. Is it a lease or a month to month arrangement? How and who will I pay the rent to? Is there a late charge if I do not pay by a certain date? How much is the security deposit (you should take pictures of your apartment when you are moving in and note any existing damage and inform your landlord) and what must I do to receive my full security deposit back when I move out?

Its All About Compromise or Is It?:

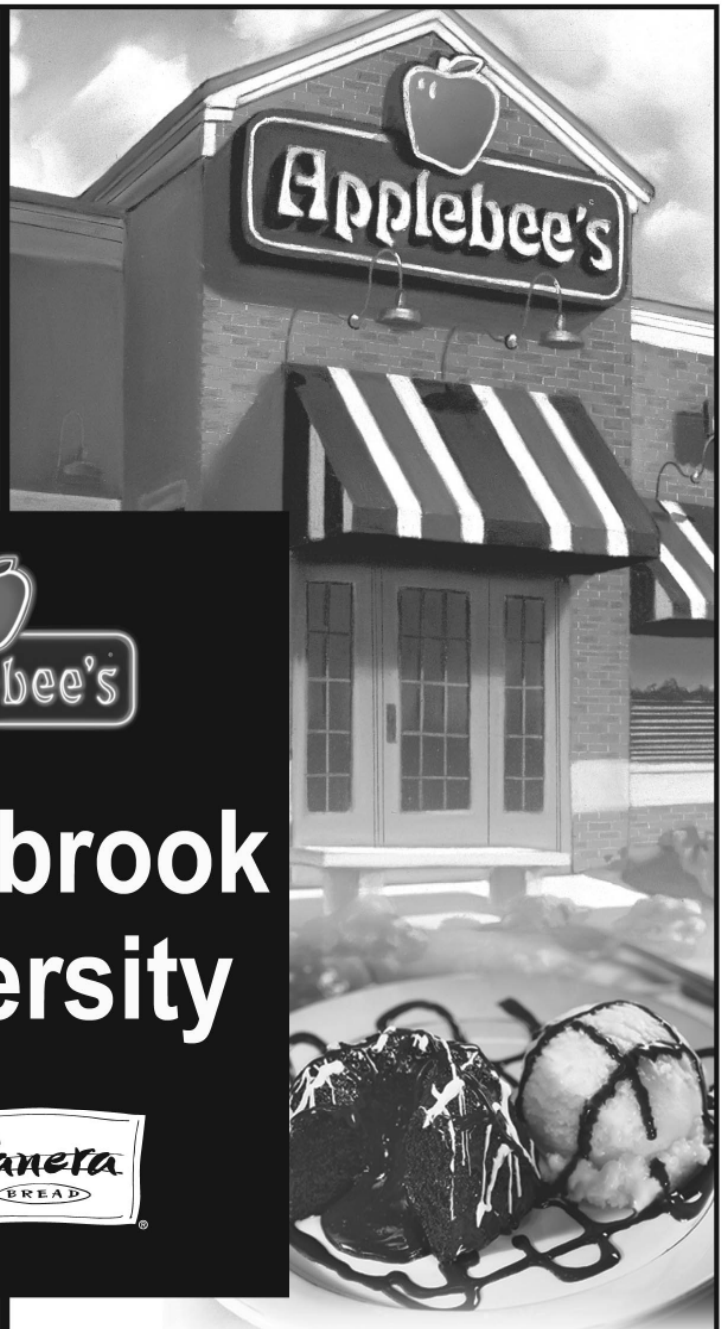
Decide what you can live with. I have experienced it all. I have lived in a place with literally no windows, to an expensive townhouse where obtaining simple maintenance took months, to living in a basement apartment that flooded every time it rained, to remembering what it was like to live somewhere with a curfew (I am serious!) and lastly, I even lived in an apartment that had several non-paying tenants (raccoons) residing in my chimney. For example, if you like to cook at home, do not settle for a microwave and hot plate. Many places will have a full service kitchen even if the appliances are economy sized.



What's the trick to finding a good place to live on Long Island?

First and foremost, patience. You cannot expect to find a place during a one day search. Many landlords will conduct credit checks, check references or a complete an online background check on you.

Look online and in the papers. I have found many great places through the Stony Brook Off Campus Housing Webpage, online through www.Craigslist.com or www.apartments.com as well as in local free papers that can be found in the entrances to grocers and convenience stores such as *The Port Times Record*, *The Village Times Herald* and the *Penny Saver*. Of course you can check more mainstream papers such as *NEWSDAY*, but I have found few places of interest in here.

ASK ALL YOUR QUESTIONS FIRST & READ THE FINE PRINT LAST! When you call have a list of questions ready because if its not what you want from the start, move on to the next listing. If you do sign a lease or enter any type of agreement, read the fine print!!




**Stonybrook
University**




BOHEMIA, NY
5191 Sunrise Highway
& Johnson Ave.
Tel (631) 589-1988

Hours: Monday - Sunday • 6 a.m. - 10 p.m.



BOHEMIA, NY
Veterans Memorial Highway at
Smithtown Rd.
Across from the Holiday Inn
Tel (631) 981-5090

Housing Guide: On Campus Housing Options

The first place that many people look for housing is on-campus since it is convenient and generally cheaper than most housing on Long Island. Living on campus can be less expensive but there are fewer options available and it is difficult to obtain a single bedroom. There are three options for graduate housing on campus:

- ✦ Chapin Apartments
- ✦ Schomburg Apartments
- ✦ West Apartments

There has been an increasingly high demand for on-campus housing due to escalating costs of living and increased enrollment. **New students who apply by the deadline (for Fall semester it is May 15th) are guaranteed housing.** There are a few apartments with wheel chair access available so if you require a wheelchair accessible apartment please let Campus Residences know as soon as possible. To apply for on-campus housing, contact the **Campus Residences** office in the Mendelsohn Quad. Their phone number is **632-6966** and the web site is <http://studentaffairs.stonybrook.edu/res/>

Chapin Apartments (632-6755)

Facilities

The Chapin Apartment complex is the largest graduate housing facility at Stony Brook and the only place to live if you have children. It is located near the Health Sciences Center and the University Hospital. It comprises 12 separate buildings named unimaginatively with the letters A through L. 12 Graduate Student staff called 'Building Coordinators' (BCs) and also Graduate Resident Assistants (GRAs) supervise individual buildings while taking turns covering the Chapin Office at nights and weekends. The office is open from 8:30 AM – 5 PM. For all major problems, call the office during this time. There will be a graduate student ('BC') there from 7PM – 11PM, but the grad student is good for lockouts and other such issues. Do not call the office between 11pm and 8:30am unless it is an emergency! In general, Chapin is a quiet living area, somewhat secluded and distant from the rest of campus. If you wish to have a quiet place to study, Chapin is excellent; if you wish for a more active social life, you should go to Schomburg.

Housing Guide: Off Campus

The types of apartments with 2005/06 ranges (per one student living in the apartment) are:

- 72 One-bedroom (families and couples only) \$987
- 77 Two-bedroom (families and couples only) \$750 per room
- 55 Three bedroom (same-sex apartments with two students per room) \$325.50-346.50
- 32 Four-bedroom (same-sex apartments with one student per room) \$515-533
- 5 Studios \$769

Chapin Apartments also has a cleaning service that residents can voluntary choose to opt in to or have to opt in after failing two health and safety inspections for cleanliness issues within a six month period. If you live in a one bedroom apartment the cleaning service will cost an extra \$60 per month. Two bedroom apartments will be \$40 per family or \$20 per single resident per month. Three bedroom apartments is \$17 a month and four bedroom apartments will be \$25 per month.

Chapin studios consist of a sleeping, living, and dining area, with a small kitchenette and a bathroom. One-bedroom apartments consist of a bedroom, bathroom, living and dining areas and a kitchen equipped with a refrigerator and an electric range. Two-bedroom units are similar to one-bedroom apartments, but with two bedrooms and additional bathroom facilities. In the three-bedroom units, two residents occupy each bedroom. In the four-bedroom units, each resident occupies his/her own bedroom. They are pricier, but highly requested; most often there is a waiting list to get one of these. To go on the waiting list, access the Campus Residence web site and put your name on it. In addition to

Housing on Long Island is expensive \$\$\$\$! Just a thought, talk amongst yourselves!

Housing Guide: On Campus

the bedrooms, both three- and four-bedroom apartments consist of two bathrooms, living and dining areas, and a kitchen equipped with an electric range and refrigerators.

The **Chapin Community Center**, located in a building in the alcove closest to the road, is available for social events and general use. You must reserve it through the office; stop by between 9-5 to put in your request. Laundry facilities are situated in four locations throughout Chapin (prices are \$1.25 for washer and \$1.25 for drier; if you use your university ID the prices are \$1.15 and \$1.15 respectively). To add money to your laundry card, you may go to a machine in the Community Center. Unfortunately, the community center is closed after five, and the BC's on duty in the evening (from 7-11pm) are not required to open the Community Center for this purpose. So plan ahead! Also, there are machines in the Student Union building and Administration building. Apparently, it can be done online as well.

The Mailboxes are all located in the center of the complex in a special mini-structure. However, packages must be picked up in the mail room (in the Community Center), reliably open only during the day. The package receipt will claim that there are evening hours; however, do not count on them!

For Parents

For Chapin residents with children not yet old enough for primary education, the Stony Brook Child Care Services are located on South Drive at Stony Brook Road and are accessible by the campus bus service. You can reach them at 632-6930. Many Chapin residents participate in informal child care arrangements as well. There is also a playground equipped with a slide, seesaws, swings, climbing gym, a sand volleyball court and a basketball court

For older children, Chapin is served by the Three Village School District (474-7500, [ww.3villagecsd.k12.ny.us](http://www.3villagecsd.k12.ny.us)). School buses transport children back and forth between the Chapin bus stop and their respective schools.

Chapin Apartment Residents Association (CARA)

The Chapin Apartment Residents Association, commonly known as CARA, is the representative tenant government of the Chapin Apartments. Consisting of a President, Vice-President, Secretary and Treasurer, CARA acts as intermediaries between the Chapin community and Campus Residences and represents of all Chapin residents when negotiating rent every Spring semester. CARA also organizes regular social events, for example movie nights, programs for children and trips to Tanger Outlets. New CARA officers are elected during the first few weeks of the fall semester every year. To find out more please feel free to contact CARA at chapin@ic.sunysb.edu or by visiting their website at www.sinc.sunysb.edu/Clubs/chapin.

Schomburg (632-1316)

Facilities

Schomburg is comprised of two buildings (A and B) and a total of 72 apartments located near the academic mall on West campus. Student staff, known as Resident Advisors (RAs), supervise the apartment complex 24 hours a day, 7 days a week. The community center, known as the **Schomburg Commons** contains residents' mailboxes, a laundry room and the Schomburg office. There is also a meeting room for events, programs and activities. The complex features two kinds of apartments:

Four bedroom (same-sex apartments with one student per room) - \$582

One bedroom (for couples without children) - \$1131

(Apartments with A/C pay \$17 additionally each month.)

Four bedroom apartments consist of four single bedrooms, living and dining areas, bathroom facilities, and a kitchen equipped with a full sized refrigerator and an electric range. Each apartment

On Campus Housing

has a high speed Ethernet connection. Schomburg one-bedroom apartments are similar to Chapin one-bedroom apartments, with a living room, bathroom, bedroom and kitchen, but do not permit children.

Schomburg Apartments Residents Association

The Schomburg Apartment Residents Association, commonly known as SARA, is the representative tenant government of the Schomburg Apartments. Consisting three at-large members, SARA represents of all the Schomburg residents when negotiating rent every Spring semester. SARA also organizes regular social events, for example Around the World with Schomburg and midnight breakfasts. New SARA officers are elected during the first few weeks of the fall semester every year. To find out more please feel free to contact SARA at schomburg.sara@yahoo.com.

West Apartments (632-4728)

Facilities

The West Apartments consist of eight buildings A, B, C, D, E, F, G, H. Buildings A-D consists of four bedroom apartments, (two single bedrooms and two shared bedrooms). Each apartment is shared by six residents. Buildings E-H consist consists of six bedroom apartments, all single bedroom shared by six students. All apartments have two full bathrooms, a full kitchen and living/dining area. There is also a fitness and computer center available to residents which are located in the E building. The rate for a single bedroom in the West Apartments is \$824.50 a month.

Safety Resources for On Campus Housing Residents

Getting around campus at night:

- ✦ The **Residential Safety Program (RSP)** makes your safety their top priority. Along with the University Security Police, RSP works closely with students and staff to create a well-protected environment.
- ✦ The **Walk Services Program**, which provides escorts for students traveling between residential and academic buildings between 8 PM to 3:30 AM. For more info, call 632-6337.
- ✦ **2-RIDE** is a personal safety ride service provided by the University Police from dusk to dawn. Especially useful for Chapin residents returning to the train station after the busses stop. Call 632-7433 for the service.

Blue Light Phones are located throughout the campus. These phones, noticeable for the blue light that shines above are directly connected to university police. You can find a list of blue light phones at http://www.stonybrook.edu/police/blue_lights.shtml

Personal Safety in the Apartment:

All apartments are equipped with fire alarms, fire extinguishers and a sprinkler system. Please make certain that your alarms are in working order and nothing is hanging from the sprinkler system.

Be certain to keep all exterior doors locked and if you live on the first floor of your building all windows shut and locked when you are out. There have been break-ins in the past.

Health and Safety Inspections

Once per month, with at least a 24 hour notice in advance, Chapin and Schomburg Apartments has two staff persons inspect apartments for health and safety standards. It is essential to keep the apartments clean. Failure to pass the inspections results in disciplinary meetings, cleaning costs, letters of warning, and possible expulsion from the apartment. This guide recommends that students keep their apartments constantly clean. It is more hassle to deal with the consequences of inspection failure than to maintain a clean apartment..

Walking between campus buildings late at night, call RSP 2-6337 for an escort.

On Campus Housing Features, Maintenance & Computing

The following are features of all on-campus housing

- Phone (analog) and internet (high-speed ethernet) connection are guaranteed
- Cable television including HBO
- Furnished with at least a desk, bed, dresser, chairs, lamps and closet
- Limited Parking space provided
- ✦ Served by the University bus system until midnight

Maintenance and Repair Work

One of the big complaints by residents is that repair work is not always followed up or done on time. Follow these guidelines to insure otherwise:

- ✦ Report all repairs immediately to insure that problems get fixed as quickly as possible.
- ✦ If it is an emergency repair (plumbing, leaking pipes, no electric, no heat) please contact the Chapin or Schomburg main office. It will be fixed within two to three business days.
- ✦ Other, or routine repairs, will take approximately three to four weeks to fix.

Go to <http://vector-sigma.campres.sunysb.edu/weblink/wlmain.asp> to submit a work order.

- Remember to write down and keep your confirmation number so you can track your order. If the repair is not handled within a reasonable amount of time (approximately 3 weeks) please report it to the Chapin or Schomburg office BETWEEN 9AM – 5 PM. The night staff will not be able to follow up.
- Some repairs require that residents follow special protocols. To insure that the repair occurs as quickly as possible please follow these protocols.

Computing in the Residence Halls

Campus Network Access (ResNet)

Residents who bring computers to campus can access the Internet and e-mail from their own rooms. You must register your computer at register.resnet.stonybrook.edu. Before registering your Windows computer, be certain to have:

- 1) The latest Microsoft Critical Updates installed on your machine; and
- 2) Anti-virus software installed on your machine, with up-to-date virus definition files. If you don't have anti-virus software, you can download Symantec Anti-Virus Corporate Edition from the University's [Softweb](http://softweb.cc.sunysb.edu/) page (<http://softweb.cc.sunysb.edu/>) which requires you to enter your SBU ID # and birth date to access.

We suggest that you get yourself updated before moving onto campus. You can test your computers now, to ensure they pass, by visiting testme.resnet.stonybrook.edu.

Students wishing to access the internet from any of the public jacks (located on main campus) must also first register their computers at <https://register.resnet.stonybrook.edu>

For information on public jack locations, please visit:

<http://clientsupport.stonybrook.edu/ssc/publicjacks.shtml>

While most new computers come with network connectivity, older computers will need a 10 BaseT network interface card and a network cable. Both items can be purchased at the Seawolves MarketPlace, located on the first floor of the Student Activities Center.

Wireless Access

You can use public and wireless connections via your personal laptop from various campus locations. For more information, visit the [Client Support site](http://clientsupport.stonybrook.edu/public/wireless/campus.shtml) at the following web address:

<http://clientsupport.stonybrook.edu/public/wireless/campus.shtml>

Using the Stony Brook University Telephone System

Dialing Instructions: Intra Campus Calling and Dialing Off-campus from a Campus Phone

If you are on campus, we utilize a direct inward dialing system (DID), meaning that you may call anywhere on Main Campus, the Health Sciences Center, Hospital and student residence halls directly.

While on campus (intra-campus calls) you may use the following abbreviated exchanges to make telephone calls. From anywhere on campus you can dial to anywhere on main campus by dialing 2-XXXX, to residence halls by dialing 6-XXXX, and to the Health Science Center and to the Hospital by dialing 4-XXXX.

To call off-campus, if you calling locally (within code 631) simply dial 9 + telephone number. If calling outside area code 631, dial 9 + 1 + telephone or if making an international call, dial 9+011+ (country code)+(number). Calling from a residence hall: when you hear the intercept tone, enter your seven digit personal authorization code (PAC) which can be obtained from Student Telephone System (STS) in the ECC Building, Room 126 or check it out the web:

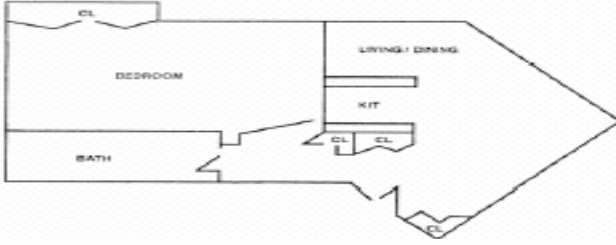
<http://www.campuslink.paetec.com>

Calling Campus if you are off Campus: To dial to campus from an office campus location the full exchanges and area codes are as follows. To call main campus, dial 631-632-XXXX, the residence halls 631-216-XXXX, Health Science Center and Hospital 631-444-XXXX.

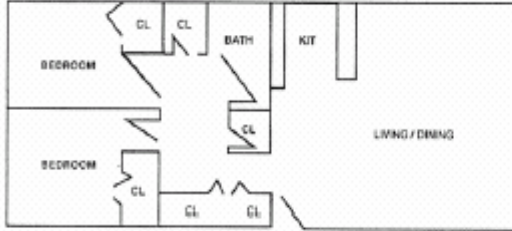
On Campus Housing Floor Plans

Chapin Apartment Floor Plans

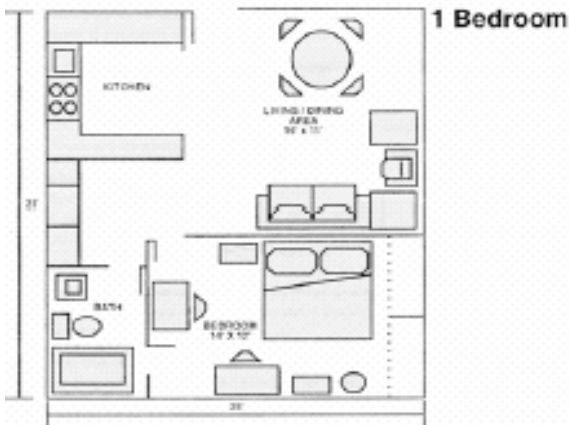
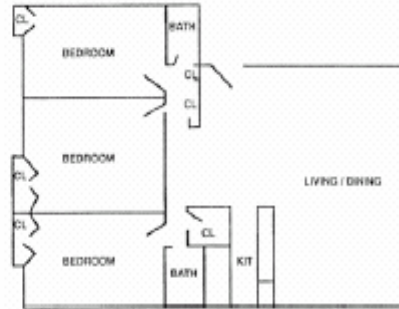
One Bedroom



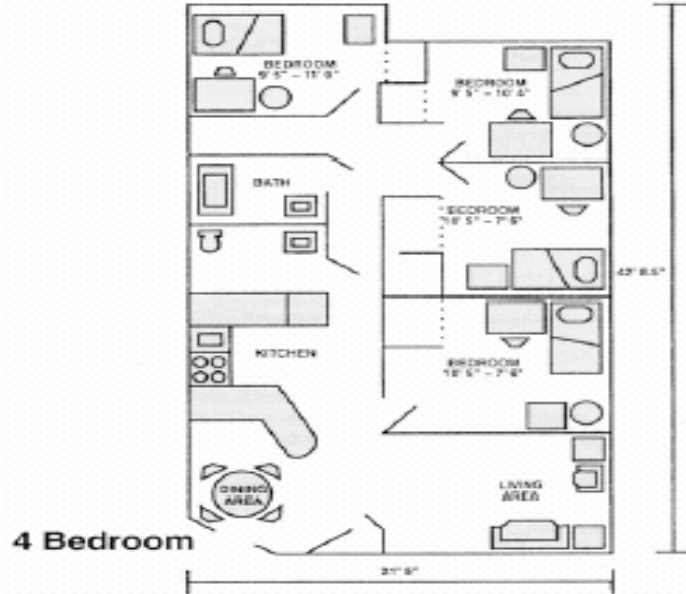
Two Bedroom



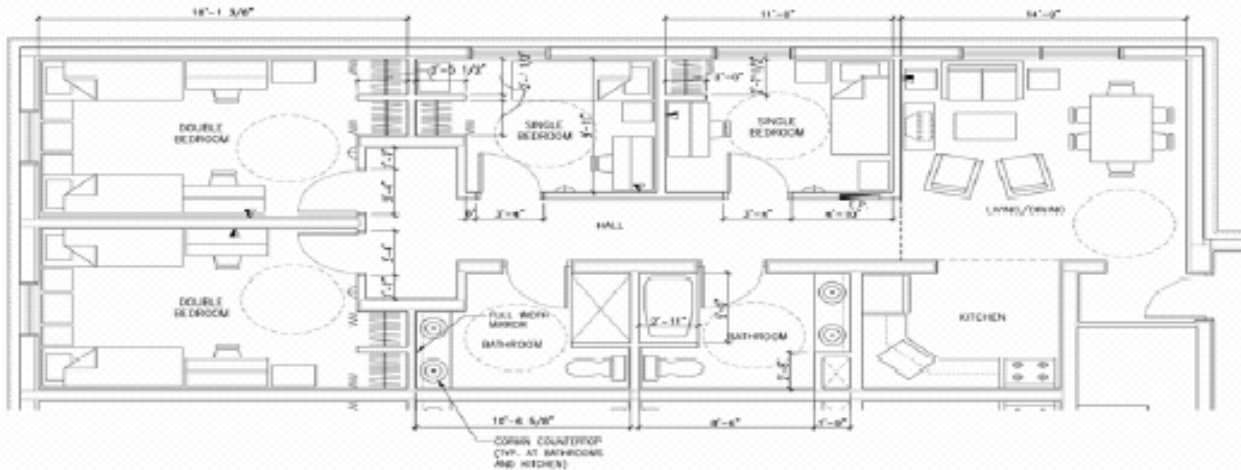
Three Bedroom



Schomburg Apartments Floor Plan



West Apartments Floor Plan



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(631)

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door



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Ph: 631-689-9010
Fax: 631-689-9004



**2211 Route 347
Lake Grove, NY 11755**

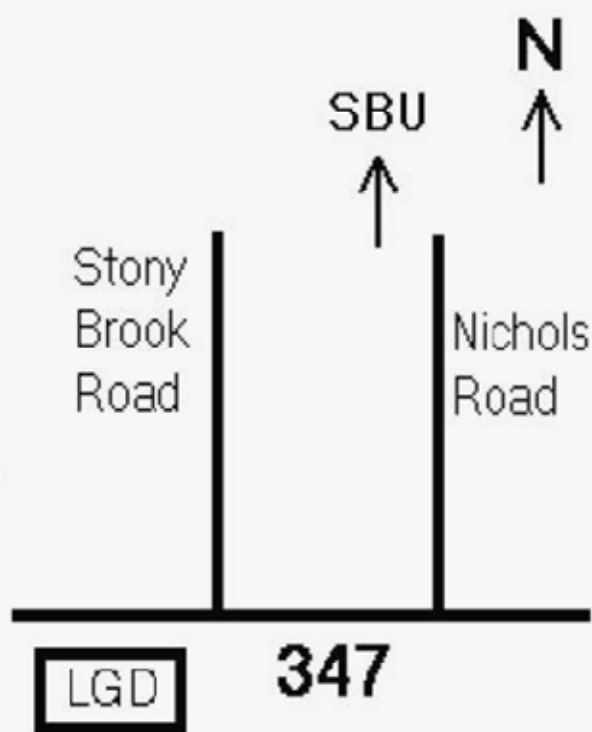
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Fax: 631-471-9474

**Welcome Stony
Brook Students!**

**Visit us for breakfast,
lunch, dinner, and
late-night snacks.**

**Good food!
Reasonable prices!**





Navigating the Administration

In this section...

- Stony Brook Email
 - Account & Free/Lowcost Software
- Bureaucracy & Red Tape (Paying your Tuition Bill & Applying for NY Residency)
- Maintaining Full Time Status & Leave of Absence
- Administrative Offices
 - The Graduate School
 - International Student Services
 - Payroll
 - Financial Aid
- Advice on Problems and Ways to Solve Them
- Registering for Classes: Step by Step
- The Career Center
- Disability Support Services
- More on Computing
- Faith
- Libraries
- Graduate Student Employees Union

Requesting a Stony Brook Email Account & Email Forwarding

REQUEST A STONY BROOK (SPARKY) EMAIL ACCOUNT

To open an account, **a student must come in person** to any of the following computer labs:

- [Main Library SINC site](#), located at Frank Melville Jr., Memorial Library, Room S-1460
- [Student Union SINC Site](#), Room 080 (basement)
- [Computing Center](#), Dispatch Room 138
- [Health Science Center Computer Room](#), HSC library 3rd floor

STONY BROOK (SPARKY) EMAIL ADDRESS

Your Sparky email address is: **userid@ic.sunysb.edu**

The userid is **usually** a student's first initial followed by the first seven letters in the last name. Students with common last names will have a slight twist to the username, in order to avoid duplication.

If you have that email address that you have been using since high school such as [hottieluvphys-ics@email.com](#) or [iliketoreadnotdate@alone.com](#) you can have your Sparky/Stony Brook email forwarded to this account and still look really professional using your college email account.

FORWARDING YOUR STONY BROOK (SPARKY) EMAIL ACCOUNT

If you have another email account that you prefer to use, you can forward your Sparky email to that account. You will have to telnet into the Sparky email server.

Instructions for a PC in a SINC Site.

1. Click the SSH Shell icon on the desktop
2. Press the space bar
3. At the prompt, type Host Name: **sparky.ic.sunysb.edu** User Name: **your Sparky username** Password: **your Sparky password** Press enter
4. At the sparky% prompt, type **forward_mail**
5. Follow the directions on the screen. After forwarding your mail, test that it works by sending a message to your sparky email address, and checking the account to which you forwarded it.
6. Need help? Come to a [SINC site](#) and speak with a student Consultant.

Instructions for your home or dorm room PC

1. Go to Start > Run and type telnet sparky.ic.sunysb.edu
2. At the prompt, type your username and password
3. Press the space bar or the enter key until you get the sparky% prompt on the screen
4. At the sparky% prompt, type forward_mail
5. Follow the directions on the screen. After forwarding your mail, test that it works by sending a message to your Sparky email address, and checking the account to which you forwarded it.

Need help? Instructional Computing Student Help Desk is located in the [Main Library SINC site](#) at the Frank Melville Jr. Memorial Library, Room S- 1464 or by Telephone: 631.632.9602 or by email: helpme@ic.sunysb.edu

Stony Brook Email Account

If you forget your Sparky password, **you must come in person** to any of the following computer labs to reset your password:

- [Main Library SINC site](#), located at Frank Melville Jr., Memorial Library, Room S-1460
- [Student Union SINC Site](#), Room 080 (basement)
- [Computing Center](#), Dispatch Room 138
- [Health Science Center Computer Room](#), HSC library 3rd floor

It will take one to two hours before you can sign in to your account. Your password will be pre-expired, and you will have to change it again, just like when you first used your account. To help remember your password, don't save it on your machine. Type it each time. It will also prevent unauthorized access to your account. Your password expires every four months. You will receive a reminder email. You can [change your password](#) at any time.

Got a question about your tuition bill? Call 631-632-BILL for answers.

Microsoft Campus Agreement for Students

AKA: (Free/Low Cost Software)

As part of Stony Brook University's technology fee, the Division of Information Technology has an agreement with Microsoft allowing ALL registered Stony Brook Students access to the following Microsoft products:

Windows XP Professional

Microsoft Office 2003 Professional/Microsoft Office Professional Mac v.X

Microsoft Office FrontPage 2003

Microsoft Visual Studio .NET2003

Frequently Asked Questions:

Who is allowed to use the software?

Students registered during the Fall and/or Spring semesters are granted the right to use the software. **If you are a new student** you will not be able to get the software until you get your ID card. Freshmen get their ID cards during Graduate Student Orientation.

When and where can I get the software? .

During the Fall and Spring semesters, after the add/drop period, all registered students will be able to obtain this software from the Seawolves Marketplace, or the HSC bookstore. To keep track of software distribution **students will be asked to swipe their valid Stony Brook IDs. By accepting the software you are accepting the terms outlined in campus contract.**

The Seawolves Marketplace in the SAC will distribute the software **only** during the following hours:

- 9a.m. - 7p.m. Mon - Thurs.
- 9.a.m. - 3 p.m. Fri.
- 10 a.m. - 4 p.m. Sat. & Sun.

HSC Bookstore is open for distribution:

- 8:30 a.m. - 6 p.m. Mon - Thurs
- 8:30 a.m. - 5 p.m. Fri
- 9:00 a.m. - 1 p.m. Sat.

How much does it cost me?

- Windows XP Professional Upgrade:(\$6.85 includes tax)
- Microsoft Office 2003 Professional **OR** Microsoft Office Professional: MAC version X (FREE)
- Microsoft Office FrontPage 2003: (\$9.20 includes tax)
- Microsoft Visual Studio .NET2003: (\$25.52 includes tax)

What happens if I lose the software and the license key?

If you lost your license key code for Windows XP upgrade, call Microsoft at (716) 871-2929.If you lost your license key code for Office XP, Front Page, and Publisher, call Microsoft at (716) 871-2919.

Lost software and licenses will not be replaced. Therefore, do not lose the software or licenses!

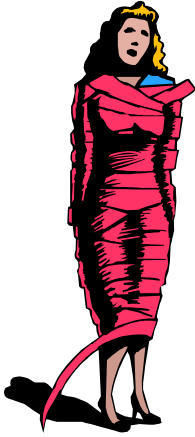
Free/Low Cost Software

Check out the COCA movie series which plays recent releases in the Student Union.

Navigating the Administration

Bureaucratic red tape!! Don't get caught up in it!

The following section provides information that may help you avoid some of the most common administrative difficulties typically faced by graduate students at Stony Brook.



PAYING YOUR TUITION BILL

If you are not receiving a tuition scholarship/waiver, you will receive a bill from the Office of Student Services. This bill will reflect tuition for the classes you have registered for as well as student fees that are collected every semester. You can pay your bill at the Bursar's office which is located in the Administration building or you can pay by credit card using SOLAR.

NOTE: If you are receiving a tuition scholarship/waiver, you will only be billed for the student fees each semester. If you were offered a tuition scholarship but do not see it deducted on your bill, first access SOLAR (bills are often printed 1 – 2 weeks before you receive them). If SOLAR does not show the TS then go to your Graduate Program Coordinator for assistance. Going directly to Financial Aid or the Graduate School will not help correct the problem since decisions regarding tuition scholarship awards are made by each graduate program office.

Important Information for Students with Tuition Scholarships

NOTE: This section does not apply to International students. If you are an international student, then you can skip to the section that says "Important Information for International Students with Tuition Waivers".

Graduate students with tuition waivers who are residents of New York State when they start at Stony Brook will only need to apply for a New York State Tuition Assistance Program (TAP) award. You apply for TAP as part of the annual FAFSA process.

Out-of-state US citizens receiving tuition scholarships will need to file for both New York State residency and a New York State Tuition Assistance Program (TAP) award. Both will be discussed in detail below. It is important to take care of establish residency in New York State during the first semester as your tuition waiver will only cover out-of state-tuition for ONE semester. During the second semester all tuition waivers only cover the in-state tuition.

Therefore, if you do not establish New York State residency, then you will be billed at the out of-state tuition rate, and your tuition waiver will only cover the cost of in-state tuition and you will be expected to pay the difference between an in-state tuition scholarship and an out-of-state tuition rate themselves

NOTE: Filing for New York State residency should be taken seriously, as Student Accounts will bill you for the difference during the second semester. If you wait until too late into the spring semester of your first year to establish residency, it may be difficult or impossible to remove the charge from your account. Furthermore, if the charge is not paid or otherwise removed, it will keep you from registering for the next semester.

ESTABLISHING RESIDENCY IN NEW YORK STATE

To satisfy residency requirements, the student must be a legal resident of New York State. Legal residence means that the student currently resides in New York State and intends to make the state his/her permanent home. Living in New York State solely to attend a college or other post-secondary institution does not, in itself, establish legal residence. For grant and scholarship programs such as TAP, which require award recipients to be New York State residents, the student must be a legal resi-

Navigating the Administration

dent of New York State for at least 12 months before the term for which assistance is sought. Non-residents who begin full-time study in New York State during their first year of residing in New York State are not eligible for state-sponsored student aid, even though they may have resided in New York State for 12 or more months. Stony Brook policy establishes a strong incentive that makes graduate students want to establish residency in New York. The incentives are avoiding thousands of dollars in additional tuition charges and easy facilitation through the Graduate School. Contact the Bursar's Office for assistance with this process (632-2455).

NY STATE TUITION ASSISTANCE PROGRAM (TAP)

All in-state graduate students receiving tuition waivers are required to apply for the New York State's Tuition Assistance Program (TAP) award by the beginning of the second semester of study. This is because of a SUNY policy stipulating that in-state graduate students receiving tuition waivers must apply for TAP. Starting with the second semester, a full tuition waiver covers only the full-time tuition costs at the in-state tuition rate less the award received from TAP.

APPLYING FOR TAP

Two forms are required to file for TAP: the Free Application for Federal Student Aid (FAFSA) and the New York State Tuition Assistance Program (TAP) Application. Both can be obtained at the Office of Financial Aid and Student Employment in the Administration Building. Once both forms are mailed, you will receive notice of the amount of your TAP award, or if you failed to include information you will be asked to resubmit your application. It is important to keep copies of applications and award documents as any of these documents can be lost once you turn them in.

When dealing with any state agency, it is best to submit application materials as early as possible (i.e., as soon as you've completed your federal income tax forms). In addition, if you haven't heard from either agency within eight weeks after you've sent them your FAFSA or TAP forms, you should contact them at www.fasfa.org

What happens if you don't apply?

A problem will emerge when a student does not apply for TAP. In this case a tuition waiver will cover the cost of tuition minus the maximum possible TAP award. For example, if a second year graduate student with a full tuition waiver seeks to register for the Fall semester, but has not yet applied for TAP prior to this time, the student will find that: they have been billed by Student Accounts for the maximum possible TAP award (plus student fees) they won't be allowed to register until either the entire outstanding balance is paid, or proof is offered that the student has applied for TAP. In this latter case, the best proof is an official award notice from New York Higher Education Services Corporation (NYHESC - the people who administer TAP). However, for this to happen, the student would have had to apply for TAP prior to the end of the previous Spring semester, since the time lag between posting an application and receiving an award notice can be well over a month. Graduate students who have similarly gotten a late start with TAP, and who must get registered, will find that the best remaining strategy is to post the TAP application immediately by certified mail. The return receipt (which the student should clearly mark: "TAP Application") plus a photocopy of the application (for good measure) will in most cases get you registered. Note that this strategy will not remove the TAP charge from your account. The balance will remain until an official award notice from TAP is received by Student Accounts.

What CAN happen to anyone.....

More TAP misery can occur when a student applies for TAP in a timely fashion, yet makes some error in completing the application forms. In this case, one receives a notice from NYHESC to the effect that one's forms were filled out incorrectly, that one should submit a change of information form with the correct information, that awards cannot be processed until the change of information form has been received and processed, etc. Mistakes of this sort will result in the TAP charge will remain on

Navigating the Administration

your account until the application process is completed and an official notice of award is issued by NYHESC. Outstanding charges should not keep you from getting registered, since you will have ample documentation attesting to the fact that you have applied for TAP. Important Tips for International Students with Tuition Waivers International students that are receiving Graduate Assistantships should be aware of the fact that some tuition waivers only cover the in state tuition rates even though international students are out of state. Be sure your offer of support clarifies the value of your tuition scholarship and that you receive a new offer letter each year.

MAINTAINING FULL TIME STATUS

There are five classifications of graduate students: G1 through G5. G1 and G2 apply to master's degree students. G3-G5 apply to doctoral students. G1 and G3 students have either been admitted with or completed fewer than 24 credit hours of graduate level courses. They must register for 12 credits per semester to be considered full-time. G2 and G4 students are advanced students who have completed more than 24 credit hours at the graduate level and must register for 9 credits to be considered full time. **G5 students have advanced to candidacy (also known as ABD - All But Dissertation) and must register for 9 credits to be considered full-time effective Fall 2006!!!** The number of credits that make a G5 full-time has changed periodically as Stony Brook has attempted to use the vagaries of SUNY policy to the advantage of the students. To avoid problems check occasionally with your program coordinator about the number of credits required to be full-time as a G5. If you are funded by a GA, TA, or RA line, you must register for enough credits to be considered a full-time graduate student.

LEAVES OF ABSENCE

A graduate student may take a leave of absence for one semester or year at a time, renewable upon request for a maximum of 2 years. You need to request the leave of absence prior to the beginning of the semester. To apply you can download the relevant form from www.grad.sunysb.edu and submit it to your graduate program director for approval. If your application is approved your program Director will recommend to the Dean of the Graduate School to approve it as well. If you are an international student you should also have the leave of absence approved by an international student advisor as well. You should inform your Department of your intention to return at least three months before you intend to return. To ensure that your spot and funding will be available to you when you return, it is best to get written assurance from your Department Chair indicating that your spot will indeed be reserved for you. If you fail to register as a Graduate Student without an approved leave of absence then you will not be able to return and register in a future semester without applying for readmission. The current graduate readmission fee is \$500 and is rarely waived. There is NO readmission fee if you return after an approved leave of absence. International Students must consult with an International Student Adviser before taking a leave of absence. F-1 and J-1 International Students who fail to register must be reported in SEVIS (Student and Exchange Visitor Information System), the government student tracking system. In most cases, international students who fail to register full time must depart the US immediately. There are some instances in which a 15 day grace period may be allowed, but an application is required. The best advice is to consult with an International Adviser before initiating a leave of absence or departing the US.

ADMINISTRATIVE OFFICES: THE GRADUATE SCHOOL

Graduate students most often deal with their department's graduate program office. Departmental secretaries and Graduate Program Directors usually keep track of the frequent changes in departmental and University policies and requirements. However, graduate students will need to visit the Graduate School for certain matters such as Graduate Bulletin that was given to you when you were admitted since that is the one that is valid for you until you graduate. The first person that you should talk to when you have a problem should be your advisor or your mentor (if you have one). Your advisor is the person who is the most familiar with your specific situation and should have an insight on

Navigating the Administration

how to deal with it. If you do not have an advisor or mentor (or if your problem is with the advisor) you should talk to your graduate program director. If you are not satisfied with the response of the program director if she/he is not able to attend to your problem you can talk to the Department Chair. Students usually find it easier to solve academic issues inside the department since it is usually faster and they feel more comfortable talking to someone they know. If you are unable to find a resolution inside your department there are several people outside a specific department that can help.

PEOPLE TO KNOW at THE GRAUATE SCHOOL

Lawrence B. Martin, Dean, lmartin@notes.cc.sunysb.edu

Ignacia Ruiz, Executive Assistant to the Dean, iruiz@notes.cc.sunysb.edu

Shaneen Washington, Assistant to the Dean, swashington@notes.cc.sunysb.edu

John Peter Gergen, Associate Dean, jgergen@notes.cc.sunysb.edu

Olufemi Vaughan, Associate Dean for Underrepresented Student Affairs,
ovaughan@notes.cc.sunysb.edu

Kent Marks, Assistant Dean for Admissions and Records, kmarks@notes.cc.sunysb.edu

Barbara Byrne, Assistant Dean for Finance and Budget, bbyrne@notes.cc.sunysb.edu

Marilyn Flores, Assistant to the Associate Deans, mflores@notes.cc.sunysb.edu

Nubia Andrade, Assistant for Finance and Budget, nandrade@notes.cc.sunysb.edu

Monica Gentile, Senior Assistant for Admissions and Records, mpgentil@notes.cc.sunysb.edu

Marilyn Maini, Assistant for Admissions and Records, mjmiller@notes.cc.sunysb.edu

Lauren Scavuzzo, Assistant for Admissions and Records

Cara Zavlick, File Clerk, czavlick@notes.cc.sunysb.edu

Patricia Catalano, Receptionist , pcatalano@notes.cc.sunysb.edu

INTERNATIONAL STUDENT SERVICES

International Services is located at the Graduate School, Suite 2401 Computer Science Bldg. International Services advisers provide advice to students and scholars from countries other than the United States, especially advice on obtaining, maintaining, and changing immigration status. International Services also provides handouts and a website with major changes in USCIS/ICE (United States Citizen and Customs Service and Immigration and Customs Enforcement, two new sections of Homeland Security that handle many of the functions of the legacy INS). Handouts on Immigration regulations, forms and procedures are available at the front desk for you to take. Links to updates are also placed on the website:

<http://www.grad.sunysb.edu/International-old/index.html>

It is important to check the website periodically since there have been many changes in immigration regulations, procedures and visa application procedures since 9/11 and enforcement is stricter. It is very important that each international student maintain their immigration status while in the United States. There are several things you may need to keep in mind:

- * Consult with an International Adviser before accepting any employment.
- * Obtain a travel signature on your Form I-20 before departing the United States.
- * Contact International Services to update your address within 10 days of any address change. This notification may take place by changing your address in the SOLAR system for F1 students. J1 students must report their address changes directly to International Services.

IMPORTANT NOTE: Those subject to “ Special Registration” must comply with specific regulations about students must report their address changes directly to International Services.

View your bill online. Login to SOLAR, on left click on link [What Do I Owe](#).

Navigating the Administration

IMPORTANT NOTE: Those subject to “Special Registration” must comply with specific regulations about entering and departing from the US. Information about “Special Registration” is available at

http://www.ice.gov/graphics/enforce/imm/imm_sr.htm

The rules for “Special Registration” have been revised, but are still in effect.

* Notify International Services of any proposed changes to your academic level, major or status, as well as your address and update this information on the SOLAR system. Make sure that information on SOLAR is accurate.

* Make sure that you do not work more than 20 hours per week when school is in session. Most TA, GA and RA positions are considered 15-20 hour per week positions. Campus Residence positions (RA, complex coordinators, etc.) are considered to be 20 hours per week. If you work more than 20 hours per week, you will be in violation of your immigration status.

CONTACTING THE OFFICE: phone number is 632-INTL or 632-4685 or on the web:

<http://www.grad.sunysb.edu/intern.shtml>

PEOPLE TO KNOW at INTERNATIONAL STUDENT SERVICES

Elizabeth Barnum, Assistant Dean for International Services, ebarnum@notes.cc.sunysb.edu

Elsy Arieta-Padro, International Faculty and Scholars Advisor, epadro@notes.cc.sunysb.edu

Joe Carranza, International Student and Scholar Advisor, jcarranz@notes.cc.sunysb.edu

Nancy Lannak, International Faculty and Scholars Advisor, nlannak@notes.cc.sunysb.edu

Antoinette D'Assomption, International Student and Scholar Advisor, adassomption@notes.cc.sunysb.edu

Robert Gilpin, International Student and Scholar Advisor, rgilpin@notes.cc.sunysb.edu

Chris Kalesis, International Student and Scholar Advisor, ckalesis@notes.cc.sunysb.edu

Luisa Escandon, International Services Staff Assistant, lescandon@notes.cc.sunysb.edu

Obio Ntia, International Services Staff Assistant, ontia@notes.cc.sunysb.edu

Emily Ntia, International Services Staff Assistant, entia@notes.cc.sunysb.edu

Navigating the Administration

F1 or J1 students may consult with any one of these individuals concerning immigration and cross-cultural issues.

If you have any question or need advice on immigration issues or on adjusting to the US and the US system of education, you may stop by the International Services office. Advising hours can be determined by calling 632-4685. On school holidays, the Graduate School is closed. Check the schedule for office hours when school is not in session. It is best to call in advance to verify the advising hours. In case of an emergency (i.e. problem at a port of entry to the U.S.) when school is closed, call the campus police at 911 on campus or 632-3333 off campus. They know how to reach Dr. Barnum or one of the advisers.

PAYROLL

In most cases paychecks and work-study checks will be handled by your department. One common payroll problem for grad students is that FICA (Federal Insurance Contributions Act -a.k.a. Social Security) may be erroneously deducted from your paycheck when you first start a TA, GA, or RA job. If this happens, go to the Payroll office (located on the 3rd floor of the Administration Building) with your paycheck stubs and ask to have the total amount deducted by that time refunded to you. Payroll is supposed to comply with this request. If they do not, contact the Graduate Student Advocate. Current federal tax policy dictates, however, that during the summer only G4 and G5 students are exempted from paying FICA unless you are enrolled in classes. During the Fall-Winter-Spring academic year, however, no GA, TA, or RA should have FICA deducted from his or her paycheck.

Tired of reading this guide...Head over to the University Café for some food & drink...

Navigating the Administration

FINANCIAL AID

The Office of Financial Aid and Student Employment is located on the first floor of the Administration Building. It is in charge of work-study, summer work-study (check with financial aid early for details on deadlines), and student loans. The only worthwhile strategy is to apply for loans and work-study early if eligible. The Financial Aid office can be slow, inefficient and maddeningly insistent about small details, so be prepared and make the effort to double-check on your application. It is YOUR responsibility to know when the deadlines for loans, fellowships and work-study are as the individual Department and University administrators frequently do not provide students with timely notice of deadlines.

ADVICE ON PROBLEMS

Despite your best efforts, you may find yourself in trouble. As a graduate student there is a wide range of problems that you can face from bad grades to problems with your advisor or with a fellow student. Luckily, there are several people that can help you when you have problems. We will list all the different resources that are available. Unfortunately there is no standard course of action that someone can take since the problems that someone can face are so diverse that it is hard to list a recommended course of action for any situation. Remember that your friends can be a source of support but their advice might not always be the best as there are specific rules and regulations that govern the University of which your friends might not be aware. Always make sure you are familiar with the Graduate Bulletin that was given to you when you were admitted since that is the one that is valid for you until you graduate.

The first person that you should talk to when you have a problem should be your advisor or your mentor (if you have one). Your advisor is the person who is the most familiar with your specific situation and should have an insight on how to deal with it. If you do not have an advisor or mentor (or if your problem is with the advisor) you should talk to your graduate program director. If you are not satisfied with the response of the program director if she/he is not able to attend to your problem you can talk to the Department Chair. Students usually find it easier to solve academic issues inside the department since it is usually faster and they feel more comfortable talking to someone they know. If you are unable to find a resolution inside your department there are several people outside a specific department that can help.

You can visit the Graduate School and talk to the Graduate Student Advocate. The Graduate Student Advocate is an advanced graduate student that is hired through the Graduate School after an initial screening by the GSO Executive Board. The GSA handles all cases with strict confidentiality and he acts as a mediator between students, faculty and administrators whenever possible. The GSA this year is Elena Yarrita and you can reach her at the Graduate School by calling 632-4723. The GSA holds office hours in the Graduate School but is also available by appointment. You should inform him of your situation and bring all the appropriate documentation so that he can create a file for you. It is to your advantage to inform the GSA of your special circumstances as early as possible. The GSA will hold all the information/evidence your provide in the strictest of confidence until he has your permission to disclose it.

If your problem is purely academic and you require assistance regarding academic policies and students rights you can talk to Kent Marks who is the Assistant Dean of Records and Admissions. He is the person that handles a variety of issues ranging from time-limit waiver requests, requests for a leave of absence, probation and dismissal, to questions regarding disputes between students and faculty. You can reach him in the Graduate School at 632-4723.

The Campus Community Advocate is Judi Segall (632-9200). The office is also known at the Ombuds Office. She can help with a variety of problems ranging from running the bureaucratic maze, to assisting in resolving disputes, to simply being an impartial listener. The Campus Community Advocate seeks to mediate all sides of a dispute and to arrive at a mutually satisfactory resolution for the problem at hand. This individual may direct a student to other appropriate offices, assist in locating information, or offer mediation services. Confidentiality is assured. The Campus Community Advocate's office is located at room W0505 Melville Library.

Need to get reach someone at the Graduate School, dial directly 631-632-GRAD

Navigating the Administration/Registering For Classes

The Affirmative Action Office (632-6280) is located in the Administration Building and is responsible for matters of discrimination and harassment on the basis of race, religion, gender, sexual orientation, color, national origin, age, disability, or marital status. They also promote policies and sponsor programs aimed at fostering cultural diversity and mutual understanding on campus.

The Office of Student Judiciary (632-6705) is responsible for receiving, investigating, and adjudicating allegations of student (non-academic) misconduct in violation of the University Student Conduct Code. The judiciary also informs the campus community about student rights and responsibilities under the code and provides valuable learning and community service experiences for graduate and undergraduate students who volunteer as administrative hearing board members. For more information contact the Director of Judicial Affairs at 347 Administration Building or at gmis@notes.cc.sunysb.edu or visit the website:

[http:// studentaffairs.stonybrook.edu/judiciary/conduct](http://studentaffairs.stonybrook.edu/judiciary/conduct)

COMMITTEES

All departments should have a grievances committee which is comprised of members of the faculty and students. If you have a complaint that was not resolved through discussion with different people in your department (advisor, director, chair) you are encouraged to file a complaint with your department committee. The committee should conduct a hearing and you have the right to present your case (or defend yourself) in person. Another committee that can listen to your complaint is the Graduate Council Appeals and Grievances Committee that is been comprised of two faculty members and two students appointed by the Dean of the Graduate School. It is advised to use the last committee after you have tried all the above recommendations, since it is a campus-wide committee.

NOTE: All the above is strictly informal advice from your fellow graduate students. It should not be construed as legal advice, and may not be applicable for every case. Remember that the Graduate Bulletin effective the year that you entered graduate school is the legally binding document which governs your academic career until you graduate.

Registering for Classes: Step By Step

1. Logon to SOLAR, Your Front page should look *similar* to the one below. For registration, you will use the tools listed under Enrollment.
2. Please make sure you have no new Messages, item on My To Do List or Holds listed in the center of the screen This may prevent you from registering. In order to add classes to your schedule, click on "Enroll, Add, Drop, Swap, P/NC"

The screenshot shows the Solar System website interface. At the top, there is a header with the Stony Brook logo and the text 'Solar System'. Below the header, there are navigation links for 'Home', 'Logout', and 'Help'. The main content area is divided into several sections: 'Enrollment', 'Manage Classes', 'Advisor Services', 'Student Accounts', 'Personal Portfolio', and 'Employee Services'. A large black arrow points to the 'Enroll, Add, Drop, Swap, P/NC' link in the Enrollment section. Another black arrow points to the 'Messages' section in the center of the page, which is highlighted with a red background. A text box with the words 'Click Here' is overlaid on the arrow pointing to the Messages section.

The Center of the Screen will have important messages and information for you, always read these!

Registering for Classes

3. The following screen will appear, click on “Fall 2006”

Solar System Home Logout Help

Enrollment

Select Enrollment Term

Jessica York

You are eligible to view and/or modify enrollment information for the terms listed below. Click the appropriate Term to do so.

Term	Academic Career	Institution
Spring 2005	Graduate	SUNY at Stony Brook
Fall 2004	Graduate	SUNY at Stony Brook
Summer 2004	Graduate	SUNY at Stony Brook

To Return to **HOME** select the **HOME** option at the top of this page

4. When the next screen appears, it will be blank. On the bottom of the screen click “Add Classes.” The following screen will appear.

Solar System Home Logout Help

Add Classes

Basic Class Search

Institution: USBNY SUNY at Stony Brook
 Term: 1054 Spring 2005
 *Career: UGRC Undergraduate

Select at least 2 criteria below then click Search to see the results.

Subject: [Dropdown]
 Catalog Number: [Input] Exact Match [Dropdown]
 Open Classes Only
 Description: [Input]
 Course Component: [Dropdown]
 Session: [Dropdown]
 Campus: [Dropdown]
 Location: [Dropdown]

[Search](#) [Advanced Search](#) [Return to Add Classes](#)

5. In order to register, you need to enter the 5-digit class codes for each of the classes you want to take in the space provided. If you do not know the code, click on the magnifying glass to search for a specific class by course designator/subject. When you click the magnifying glass, the Basic Class Search Engine will appear (see below). Select Grad, Medical or Dental as career and then select the subject that you wish to look for a class in by using the drop down menu.

Solar System Home Logout Help

Enrollment

Add Classes **Spring 2005**

Jessica York
 Graduate SUNY at Stony Brook

To add a class to your schedule, enter the Class Number in the Class Nbr field, or click the lookup button to view the schedule of classes. Enter one or more Class Numbers. To add more than 6 Class Numbers, click ADD ANOTHER CLASS.

After you have selected all the classes you want to add, click the SUBMIT button.

Verify your add was successful by checking the Add Status column.

[Submit](#)

Class Nbr	Subject / Catalog#	Section	Units	Grading Option	Add Status
[Input] [Magnifying Glass]			0.00		Pending Delete
[Input] [Magnifying Glass]			0.00		Pending Delete
[Input] [Magnifying Glass]			0.00		Pending Delete
[Input] [Magnifying Glass]			0.00		Pending Delete
[Input] [Magnifying Glass]			0.00		Pending Delete
[Input] [Magnifying Glass]			0.00		Pending Delete

[Add Another Class](#)

Navigating the Administration

The Career Center

Location: Ground floor of the Melville Library in Room W0550. The entrance is at the foot of the zebra path near the Grad Chemistry Building. Hours: Monday - Friday 8:30am to 5:00pm. Website: <http://www.stonybrook.edu/career>.

INDIVIDUAL COUNSELING AND ADVISEMENT

Professional career counselors are available to assist with any facet of the career decision-making process from exploring academic/industrial employment options with your degree to conducting an effective job search. Appointments are 45 minutes long and may be scheduled by calling 632-6810. Summer and intersession periods tend to be less active times when it is easier to obtain an appointment on short notice!

TESTING AND ASSESMENT

Someone looking to identify the "right" career direction may choose to take one of the following assessments:

The Strong Interest Inventory (SII) examines the relationship between a variety of interests (subjects, leisure, occupations, etc.) and potential careers that may satisfy those interests. SII costs \$10.

The Myers-Briggs Type Indicator (MBTI) assesses personality preferences that may help identify occupational settings most compatible with your personal style. Students may take the MBTI after an initial consultation with a counselor.

DISCOVER is a computerized assessment that helps users identify their strengths, make career decisions, and build a plan based on a personal profiles. Based on your responses to a series of statements, DISCOVER generates suggestions for occupations and industries for future employment. DISCOVER is available on the web.

CAREER RESOURCE LIBRARY

Our library contains a wealth of information on occupations, job market, salary levels, job hunting, employment interviewing, and many other areas. Some titles commonly used by graduate students include:

- * "How to Prepare a Research Proposal"
- * "The Ultimate Grad School Survival Guide"
- * "Curriculum Vitae Handbook"

All materials are for reference use within the office.

INTERFOLIO.COM: ONLINE CREDENTIALS SERVICE

[Interfolio.com](http://interfolio.com) allows you to create an electronic portfolio so you can manage your important credentials online. Your portfolio can include letters of recommendation, curriculum vitae, writing samples, dissertation abstracts, teaching certifications, student evaluations, and more. Once you sign up and upload your documents, the application process becomes as simple as telling Interfolio where you want to apply and when.

Benefits:

- 24hour availability - including automatic document arrival notification, and online access to your account with a complete record of your mailing history. You won't need to wait when you want to add or update documents in your file.
- Quick turnaround - Interfolio processes all delivery requests in 1 day. Multiple mailing options, including FedEx and electronic delivery, are available.
- Self managed - With Interfolio you can do everything by yourself, anytime. You are in complete control of your credentials file.
- Flexibility - In addition to confidential reference letters you may store other documents, such as writing samples, articles, test scores, and unofficial transcripts.

The Career Center

- Reasonable costs and familiar payment options - on-line credit card payments are accepted, as are checks and money orders. Fees include:

One year plan \$15. This includes 5 MB of online storage (~100 documents) for one year. Five year plan \$45. This includes 5 MB of online storage (~100 documents) for five years, and gives you three first class mailings for free. The fee for each standard mailing (up to 20 pages) is \$4 for electronic delivery and \$5 for US Mail. Overnight express mail is available at additional cost.

- Customer Service - Interfolio offers 1 business day turnaround on voicemail and all email questions to help@Interfolio.com. They also offer an online helpdesk for immediate answers to almost any question about the service.

We are confident that you will find Interfolio to be a much more convenient and efficient resource than the old paper process. Career Center staff will continue to provide the counseling and guidance we have always provided regarding how to obtain letters of reference and prepare effective applications.

WORKSHOPS & CAREER SEMINARS

Group workshops are offered on a variety of topics. Popular seminars include:

“Interviewing Skills for PhD’s” and “Job Search Strategies.” Check our website for the current schedule. Group requests for specialized career seminars are routinely accepted. Contact Alfreda James at 29783 or via email at: Alfreda.James@stonybrook.edu to invite a speaker from the Career Center.

RESUME / CV / COVER LETTER EVALUATION

Bring a draft of your written job search correspondence for review (typed please!) during our walk-in times: MF 9:00am -11:00am and 1:00pm -4:00pm. No appointment necessary!

JOB FAIRS

We offer two one-day events for employers visiting Stony Brook to share information about job openings and company culture, collect resumes and meet applicants. We strive to include a variety of organizations, including those representing life sciences, business, engineering and computer sciences, nonprofit and social services, and educational organizations. Fairs are held in October and March, and are open to Stony Brook students and alumni ONLY.

ON CAMPUS RECRUITMENT (OCR)

This program brings employers to Stony Brook to meet individually with candidates in an interview setting. To participate in On Campus Recruitment, you must attend a 30 minute workshop, “On Campus Recruitment Orientation,” and register with the Career Center online using our web partner, MonsterTRAK. You will learn to post and submit resumes for prescreened interviews. The system is user friendly and students with no prior computer experience will find it simple to use. Stop by the Career Center and ask one of our peer advisors to show you how to register.

EMPLOYMENT LEADS

Aside from Job Fairs and OCR, students may access online job listings through MonsterTrak and many other job listing websites. Graduate students might find the following web resources especially helpful for job searches:

The Chronicle of Higher Education (www.chronicle.com) worldwide positions available including faculty, administrative, professional, and post doctorate.

Academic360.com (www.academic360.com) job announcements from nearly 1,800 colleges in the US, Canada, Australia, and UK.

CAREERLINE (www.aacc.nche.edu) job listings through the American Association of Community Colleges. We also keep paper copies of listings in the Center, for those who still want to browse by hand. Our library contains periodicals and trade publications which list jobs as well, such as The Chronicle of Higher Education, the Entertainment Employment Journal and Environmental Career Opportunities. Throughout the year we also offer opportunities for students to meet alumni from Stony Brook, who return to campus to share their experiences and recommendations for those who wish to follow their path. Career panels typically take place in November and April. Fall 2004 topics included: Careers in Engineering, Careers in Business Management, Careers in Homeland Security, and Career Paths for History and Political Science Majors. Specific details are listed on our website.

The Career Center & More on Computing

DISABILITY SUPPORT SERVICES

128 Educational Communications Center Phone/TTY (631) 632-6748. Disability Support Services coordinates advocacy and support services for students with disabilities. These services assist in integrating students' needs with the resources available at the University to eliminate physical or programmatic barriers, and to ensure an accessible academic environment. All information and documentation of student disabilities is confidential.

Students are responsible for identifying and documenting their disabilities through the DSS office. Students receive assistance with special modified housing and on campus transportation. DSS can assist with University procedures and requirements; test accommodations; and counseling as well as the recruitment of readers, interpreters and notetakers. A Learning Disabilities Specialist is available for referral for diagnostic testing and to meet accommodation needs. A Supported Education Program offering individual counseling and group sessions is available for students with psychological disabilities. All DSS counselors are available to provide in-service training to the University community. Students who anticipate requiring assistance should contact Disability Support Services as early as possible to allow for implementing recommended services; VOICE/TTY is available.

The DSS office is located in the ECC building and has a student lounge .If you are a student with a disability and need specific accommodations, you may speak to one of the counselors at the office and get registered with the DSS. Please go to the website for more detailed information.

<http://studentaffairs.stonybrook.edu/dss/>

COMPUTING

The Division of Information Technology provides computer support through its several departments. Instructional Computing provides public computing lab access to all students. Networking Services supports on campus network access and dial up access from on and off campus. The Technology fee that you are charged every semester goes towards these services so make use of them! Public Computing Labs on Campus (SINC Sites).

The following is a list of all the SINC sites locations:

Biology Room 022

Chemistry Rooms 432, 433, and Library 215

Computing Center Room 138

Computer Science Room 2116

Engineering Room 106

Fine Arts - eMedia Room 1301

Harriman Hall Room 318

Language Learning and Research Center (LLRC) Room N-5004

Library Room S1460

Mathlab Room S235

Social and Behavioral Sciences Room N-620

Union Room 080

You can use the computer sites listed for free. You can find more information about the SINC sites and the equipment they have in the website: <http://moya.ic.sunysb.edu/>

Resources for Graduate Teaching Assistants (TAs)

If you are a graduate TA and would like to set up a class email account, class web site, or use our online courseware system, Blackboard, please call 631-632-8050 or email

bboard@notes.cc.sunysb.edu. More information about Blackboard can also be found at: <http://blackboard.stonybrook.edu/>

Computing

MORE ON COMPUTING

How do I access the Internet from my home/dorm room?

All Stony Brook students are eligible for an email account, a personal web page, and Internet access from their dorm and/or home. Some rooms have direct network connections that require the computer to have a network card. Schomburg apartments have ethernet access but not all Chapin apartments have ethernet access yet. If you will be living in an apartment that does not have a direct connection will need to have your own modem and use the provided analog adapter on the telephone. The adapter will allow you to use the telephone while maintaining your connections to the internet. Information regarding network access should be included with the room assignments that you will receive in the mail.

Dialup Phone Numbers

Western Suffolk 631-762-1000
Nassau 516-417-1000

Eastern Suffolk 631-603-1000
New York City 718-807-1000

If you have trouble connecting to the Internet from your room, call Client Support at 632-9800. The Main Library SINC Site and the Computing Center can supply you with detailed documentation for setting up the Internet in your home. Online documentation is available on client Support's web-site at: <http://clientsupport.cc.stonybrook.edu/>. You will need to have a working Instructional Computing account in order to dial into the University.

What should I do if I need help?

There are Student Computer Consultants who are available to assist you in most of the labs. If there is no one available to help you, you can send email to: helpme@ic.sunysb.edu or call: (631) 6329602. You can also access information online at: <http://www.sinc.sunysb.edu/helpdesk/>

Also CHECK OUT the Local Intellectual's Pub:

Landmark
COUNTRY CORNER

16 VARIETIES OF APPETIZERS
...
8 KINDS OF BURGERS
...
ITALIAN SPECIALTIES
...
BUFFALO WINGS

LUNCH & DINNER

TAVERN
...
KEBOB S

11 ENTREES
...
PIZZA WITH 9 DIFFERENT TOPPINGS
...
ARMENIAN SPECIALTIES
...
QUESADILLA

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Now featuring a **BEER GARDEN & OYSTER BAR** out back!

Call for details about the **NEW catering annex** available for seminars & private parties!

More on Computing

Faith

The Interfaith Center, located in the second floor of the Stony Brook Union, is the representative organization for chaplains and Campus ministry persons who are officially selected representatives of religious denominations and have a major concern for and a working relationship with the University. Members cooperate with administration, faculty, students and staff in programs that contribute to the human quality of the University and to the integrity of its academic purpose. Worship services are held and opportunities are provided to learn about and appreciate diverse religious traditions. They also provide counseling and guidance.

Students are invited to visit any of the Interfaith Offices, ask questions, and participate. For general information, go to:

<http://naples.cc.sunysb.edu/OSA/interfaith.nsf>

The following is a list of some of the diverse Interfaith Center offices in the Stony Brook Union: The Baptist Campus Ministry (Room 278) is an Organization of the Southern Baptist Convention. Weekly meetings of the Chinese Christian, the Korean Christian, the Graduate Student, and the Young Professional Fellowships are held. The office is staffed daily and students are more than welcome to drop by , call 632-6564 or email at bcm@ic.sunysb.edu

The Hillel Foundation for Jewish Life (Room 201) serves the needs and concerns of Jewish students on Campus. It offers cultural, educational, religious, and social program, and also oversees the Kosher meal plan. For more information, call the Snyder Hillel Center at 632-6565, or try <http://naples.cc.sunysb.edu/OSA/interfaith.nsf/pages/hillel>

The Protestant Campus Ministry (Room 275) provides worship, social gatherings, study, counseling, and retreats. For transportation to local churches and program information, call 632-6563 or email cberge@notes.cc.sunysb.edu. For office hours visit <http://naples.cc.sunysb.edu/OSA/interfaith.nsf/pages/pcm1>

Faith

The Roman Catholic Campus Ministry (Room 265) offers weekly liturgies, retreats, sacraments, and opportunities for Christian living and service, as well as social and educational programs. Call 632-6562 or visit <http://www.ic.sunysb.edu/Clubs/ccm/> for more information.

The Islamic Society of North America (Room 271) addresses the social needs and spiritual development of Muslim students. For more information, call 632-9769 or go to <http://www.stonybrookmsa.com/>

The Unitarian Universalist Campus Ministry, sponsored by the Long Island Area Council of UU Societies, offers programs and activities on campus, as well as transportation to the local Fellowship for worship services and activities. The Stony Brook UU fellowship is located on Nicolls Road. For more information and a schedule of events call 751-0297.

The Buddhism Study and Practice Group is a student club that was founded in 1998 to serve those interested in practicing and/or learning about Buddhism. The club holds weekly meetings and offers activities ranging from sitting and walking meditation, reading and discussing Dharma articles, and visiting temples. Visit <http://www.sinc.sunysb.edu/Clubs/buddhism/> for more information. The club is not part of the Interfaith Center.

Libraries

Probably one of the first things you will want to find is the location of the library. You might be lucky enough to be in a Department that has its own library but you will also need to know of the other libraries on campus, especially the Main Library. The webpage for the libraries is:

<http://www.sunysb.edu/library/>

You can find many useful information for all the libraries, especially the hours of operation which is important. From that link you can also access 'STARS' which is the search engine for the books that are available on campus, in all the libraries. You can easily locate where on campus is the book you are looking for as long as you know the author or the title or at least the subject area. The program lets you do search using any of the above criteria. You can also renew your books from the same function as long as you create an account without having to actually go to the library you borrowed the book from .

Interlibrary loan

What happens when you need a book but our library does not own it? Do not worry. Thanks to the Interlibrary Loan people you can request a book that you need and they will find it and bring it on campus so that you can use it. The length of the time that you can keep a book depends on the book but it is usually from 3 weeks to a couple of months (you can renew it by using the above webpage). In order to start using the service (it is a free service) you need to create a login and a password. Their webpage is <http://hermes.lib.sunysb.edu/illiad/default.htm> The service applies to articles as well as books. A small tip that will help getting the book faster is to know the ISBN of the book in advance. If you do not know it go to www.amazon.com (or any online bookseller), type in the title of the book you want and it will give you the ISBN. Knowing the ISBN is not required but it helps processing the requests faster. The service also works for papers as well, you can request a paper that you can not find on campus and they will find it and photocopy it for you.

The Stony Brook Campus has a number of libraries spread around campus. The Main Library (or Melville Library or Science and Engineering Library) is located on the West Campus (across the fountain). The Melville Library house collections serving the fine arts, humanities, music, social sciences, engineering, biology and geosciences. In the same Library you will find access to current periodicals, government documents and legal materials, maps and microforms. You will also find a Music Library and Audio Center, individualized study carrels and a student lounge.

Departmental libraries on campus are:

- * Chemistry located in the Chemistry building
- * Computer Science in the C.S building
- * Marine and Atmospheric Sciences in the Marine Sciences building
- * Mathematics, Physics and Astronomy located in the Physics Building (C-level)
- * Health Sciences Library is located in the Health Sciences Center on the East Campus and is administered separately.

CWA 1104 / Graduate Student Employees Union at Stony Brook

Brothers and Sisters,

On behalf of the Graduate Student Employees Union, I would like to welcome all new graduate students to the Stony Brook community, especially all new TAs and GAs.

Below you will find some essential information about our union. Feel free to check out our website or contact us directly if you need more information or would like to get more involved with our union. The 2006-2007 academic year is a crucial one, as we need to prepare for upcoming contract negotiations with our employer, the State of New York. Our collective bargaining agreement expires July 2007! A pro-active membership and campus community for negotiations and mobilizations committees will be key to winning a strong contract, so please come to our monthly meetings (consult our website for meeting dates) or send a representative from your department or work area to voice your concerns. Everyone is welcome, so please come join us in our struggle for justice and workers' rights!

In solidarity,
Victor Rosado
Business Agent, Stony Brook GSEU

GSEU STONY BROOK FAQs

What is the GSEU/CWA?: The Graduate Student Employees Union (GSEU) at Stony Brook is part of the Communication Workers of America (CWA) Local 1104, which is the exclusive bargaining agent of all the graduate student teachers assistant (TA) and graduate assistant (GA) employees in the State University of New York (SUNY) system.

Who does the GSEU represent?: Founded officially in 1993 after a 13 year struggle to gain recognition, GSEU represents 5,000 grad student employees in SUNY and nearly 1,000 TAs and GAs at Stony Brook University.

Because of New York State labor laws (know as agency shop regulations), all TAs and GAs pay CWA 1104 dues, which are set at 2%. However, in order to run for office, vote in elections and contract agreements, a TA or GA must fill out a membership form, available at the official GSEU website <http://www.gseu.org>.

If your religion (or other similar belief) forbids you from paying union dues, contact CWA Local 1104 headquarters at 516-420-1104 to fill out an Agency Objector form.

What about Research Assistants?: Research Assistants (RAs) are officially employed by the "private" Research Foundation of the State of New York and are not members of the GSEU, a public sector union. Although RAs are not in our bargaining unit, we welcome all RAs to our meetings and would like to establish an RA Workers Committee to fight for RA labor/management issues and build a working group to organize a union for the RAs at Stony Brook.

Who are Stony Brook GSEU's Officers?:

Victor Rosado (Business Agent , Stony Brook): A PHD candidate in Hispanic Languages and Literature. Union cell phone: 631-512-0587; Email: vrosado@cwa1104.com

Mike Murphy (Chief Steward, Stony Brook): Department of History, PHD candidate. Email: mur-ph8nyr@yahoo.com

Where can I get more information?: Always check our website for the latest news, meeting times and information about GSEU Stony Brook. The link is: <http://www.geocities.com/gseurankandfile>

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Health Benefits **& Medical Information**

- Graduate Student Health Insurance
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 - University Counseling Services
 - Wo/Men's Center
 - Dental Care Center

Illness, STD/HIV Testing

Telephone Directory of Medical Services,
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Graduate Student Benefits (Health Insurance)

Enrollment and Eligibility Requirements

Graduate students can be divided into three major groups with regards to benefits: **State Employees (TAs or GAs) and Suny Research Foundation Employees (RAs); Non-Funded Domestic Students; and Non-Funded International Students.**

State Employee Graduate Student Benefits

Enrollment:

There are only TWO opportunities to enroll in the health insurance plan.

1. **Within 30 days of your appointment** date (deductions will be taken retroactively to cover you from the first day of employment).
2. During the annual open enrollment period in August of each year.

Please note: Late enrollments will be subjected to a 30 day waiting period from the date the enrollment form is received in the Student Health Insurance Office

Enrollment Application

Please go to the Student Health Center (Infirmary)- Benefits section for the enrollment application or go to our web page (Form PS-404G).

To process your health insurance enrollment application you must submit a **COPY** of the following items for yourself and each person you wish to cover. Your enrollment application **WILL NOT** be processed if the following items are not attached.

Birth Certificate or Passport, Social Security Card, Marriage Certificate (copies will not be made in our office)

Employee Eligibility:

You are eligible to enroll in the health insurance plan if ALL of the following conditions are met:

1. You are appointed as a Graduate Assistant or Teaching Assistant.
2. You work at least a one-half assistantship
3. You are employed at an annualized stipend of 4,122 or more.
4. You are in an active pay status.

Dependent Eligibility:

You may enroll the following dependents in your health insurance plan:

1. Your legal spouse.
2. Your unmarried children under age 19.
3. Your Domestic Partner (call the Human Resource Services, Benefits section at 2-6144 for details on required qualifying criteria).

Coverage

Coverage begins **on the first day of eligible employment** and will end 28 days from the issue date of your last paycheck. At this time, COBRA benefits information will be mailed to you from the Cobra Unit in Albany. To ensure that this information reaches you, you must notify Human Resource Services of address changes.

F Visas – Eligible Graduate Student Employees

If you are the holder of an F visa, you are required under the GSEU collective bargaining agreement with the State to enroll in the Student Employee Health Plan (SEHP), unless you can show proof of comparable coverage to the Foreign Student Services Office.

Additionally, under University policy, holders of F visas must be covered by Medical Evacuation/Repatriation insurance, and will be billed for this coverage by the Student Services Office.

J Visas – Eligible Graduate Student Employees

As a J visa holder, For details of this program you should contact the Assistant Foreign Student Advisor in the Graduate School at 632-7040. Please note that if you meet eligibility requirements, SUNY will make a substantial contribution on your behalf, and on behalf of your eligible dependents, towards the premium cost of the International Students and Scholars Health Insurance Plan.

Graduate Student Benefits (Health Insurance)

Enrollment and Eligibility Requirements

International Student Health Insurance Information

Your student accounts bill includes a mandatory charge for International Student Health Insurance. If you are a new Graduate Assistant, Teaching Assistant or Research Assistant, you must sign up for employee health insurance at Student Insurance Office within 30 days of your appointment date. Once you enroll in the employee health insurance and payroll deductions begin, the mandatory health insurance fee will be removed from your student bill.

Failure to have or sign up for employee health insurance within 30 days of your appointment date will make you liable for full payment of the mandatory international student health insurance charge. If you are continuing your employment as a Graduate Assistant, Teaching Assistant or Research Assistant, and you have health insurance deductions, this charge will be removed from your student accounts bill.

If your employment status changes from State to Research Foundation (GA/TA to RA) or from Research Foundation to State (RA to GA/TA), as indicated by the change in color and format of your paycheck and pay date, you **MUST** sign up **AGAIN** for employee health insurance within 30 days of your appointment date for the mandatory international health insurance charge to be removed from your student bill.

Medical Evacuation and Repatriation

Graduate Assistant, Teaching Assistant or Research Assistant payroll deductions for health insurance do not include the mandatory insurance component of **Medical Evacuation and Repatriation**, which must be purchased separately.

Please note that you are responsible for having full medical coverage at all times during your stay in this country. If your medical insurance coverage lapses due to a termination in employment, you will be charged for the international student health insurance at the monthly rate of \$51.75 a month, starting from the 15th day of the previous month.

INSURANCE WAIVERS

If you are covered under comparable insurance, or think you might be eligible for a "waiver" of this insurance charge, you must submit the appropriate written waiver request to **International Services** by the deadline in order to be considered (please call Leta Edelson 632-6054 for deadline dates). **Waivers submitted after the deadline will be denied, even if you have comparable insurance.**

INSURANCE WAIVERS FOR DEPENDENTS

If a international student who is enrolled in the TA/GA or RA health insurance plan adds his spouse to his health insurance as a dependent and the dependent is also a student at Stony Brook the dependent will be automatically billed and enrolled in the mandatory International Health insurance plan. If the dependent would like the fee removed from there student accounts bill they must submit a waiver to Leta Edelson by the end of the second week of classes for the Fall and Spring semester of each year. If you have any questions about the waiver deadline please have them contact Leta Edelson 632-6054.

YOU ARE RESPONSIBLE FOR: Knowing which health insurance plan you are covered by (your employer's or the university's international student plan), **submitting waiver requests by the deadline,** **paying all fees and charges on your student account on time,** and **maintaining a current record of address with the Records Office.**

For information about your Student Bill, Medical Evacuation and Repatriation, or International Health Insurance, please contact Leta Edelson @ 632-6054 (e-mail: ledelson@notes.cc.sunysb.edu)
For information about student employee insurance (payroll deductions for medical coverage), please contact Lisa Coleman @ 632-6144 (e-mail: lcoleman@notes.cc.sunysb.edu)

Graduate Student Benefits (Health Insurance)

Enrollment and Eligibility Requirements

Domestic Partnership/Party to a Civil Union

You may cover your same or opposite sex domestic partner as your dependent. A domestic partnership, for eligibility under the plan, is one in which you and your partner are 18 years of age or older, unmarried and not related in a way that would bar marriage.

- **You must be living together**
- **Involved in a lifetime relationship**
- **Financially interdependent**

At the time of application, you must have been in the partnership for **one year**. Agency Health Benefits Administrators have complete information on eligibility, enrollment procedures and coverage dates.

You must submit a total of 3 separate proofs. One (1) proof of Cohabitation Duration and Two (2) proofs of Financial Interdependence.

You must submit proof that you and your partner have resided together for at least one year. The proof may be one document with both names or two separate documents that show the residence of each partner. The following are some of the item that can be used.

Proof of One Year Cohabitation

Auto registration, bank statement, driver's license, mailed insurance benefits statement, mailed joint membership statement with address, lease agreement listing both parties, mortgage agreement listing both parties, passport, pay check stub, tax return, telephone bill, utility bill.

Proof of Financial Interdependence

You must **submit two (2)** copies of clearly unaltered original documents as proof of financial interdependence of at least one year duration. Below is a list of acceptable proofs(at least one of the two items must be from List A):

List A

Joint obligation on a loan, Joint ownership of your residence, Joint renter's or home owners' insurance policy, Joint responsibility for child care, Joint ownership of lease or motor vehicle, Joint ownership or holding of investments, Mutually granted durable power of attorney, both listed as tenants on the lease of shared residence, Mutually granted authority to make health care decisions-ex) health care power of attorney, shared a household budget for the purpose of receiving government benefits.

List B

Joint bank account, joint credit or charge card (s), status as authorized on the partner's bank account, credit card or charge card, other proof establishing economics interdependence.

The application will need to be signed by a Notary (services are available on campus!)

Research Foundation Graduate Student Benefits

Students Paid from Research Foundation Funds

The Research Foundation of SUNY is pleased to offer eligible Research Project Assistants and Project Instructional Assistants a comprehensive health insurance plan. Under the plan, the Research Foundation pays 90% of the cost of individual coverage and 75% of the additional premium cost for dependents. Specific information for employees holding F and J visas is also provided in Enrollment and Eligibility Requirements. If you are interested and would like to sign up for health insurance coverage, please read the information found in the links below and contact Human Resource Services, Benefits section at 632-6144 for an enrollment application.

Graduate Student Benefits (Health Insurance) *Continuing Enrollment*

Health Insurance after the First Year: *Research Foundation & State Graduate Student Employees*

CONTINUATION OF BENEFITS DURING THE SUMMER

The following information explains the procedure for continuing your Graduate Student Employee Health Insurance during the summer months. If you are interested in continuing your health insurance coverage please read this memo and complete the Continuation of Health Insurance form.

Remember the deadline for this form is usually in April, preceding the summer, so you need to be careful to get this in on time!!

By submitting and completing the Continuation of Health Form you are authorizing health insurance premiums to be deducted (pre-paid) from your payroll checks during the months of April, May and June to cover you for the summer months, providing the eligibility criteria stated below is met. The cost for the health insurance coverage during the summer months remains at your current bi-weekly rate.

YOU ARE ELIGIBLE TO CONTINUE YOUR HEALTH INSURANCE DURING THE SUMMER IF;

- You are currently enrolled in the GA/TA or RA health insurance AND
- You will be a graduate student employee in the Fall AND
- Your department expects to reappoint you as an eligible graduate student employee for the fall semester in the same title as this semester, example: you are a TA/GA now (spring) and you will be a TA/GA in (fall) or you are an RA now (spring) and you will be an RA in the (fall).

We understand that the EARLY APRIL deadline may pose a problem where decisions on FALL appointments may not have been made yet, we ask that you and your department make “a good faith effort” in confirming you will be re-employed in the same title in the Fall semester. If eligible, you and your Project Director (or an Authorized Signatory) must complete the Continuation of Health Insurance form.

INTERNATIONAL GRADUATE STUDENTS F1 Visa

International students who are eligible for this continuation of health insurance during the summer months, who have not submitted a completed the form will be charged for the Mandatory International Student Health Insurance for the summer months.

CHANGING TITLES

If you have elected to continue your health insurance over the summer but your department decided to appoint you to a new graduate title in the fall, you **MUST** complete and submit a new health insurance enrollment form for the fall semester.

FAILURE TO COMPLETE FORM

If you are eligible but fail to complete and return this form by **the specified due date** or you will NOT be covered during the summer. Your health insurance coverage will end when your appointment ends.

COBRA Consolidated Omnibus Budget Reconciliation Act

For students who will be graduating or are ineligible to continue health insurance, you may apply for COBRA. Call 632-6144 for COBRA information.

FELLOWS

If you are enrolled in the health insurance as a Research Foundation Fellow with a stipend end date that does not cover the summer months, your health insurance will end when your stipend ends, unless your department extends your fellowship appointment or appoints you to a Research Assistant title with a bi-weekly of at least \$153.92.

Graduate Student Employee Summer Continuation enrollment form can be found online:

http://naples.cc.sunysb.edu/Admin/HRS.nsf/pages/Benefits_Grad_RF_SummerCoverage

Health Coverage Information and Important Numbers

Benefits Coordinator

Danielle Bray

631-632-6144

danielle.bray@stonybrook.edu

**State Graduate Students can conduct a participating
Provider Directory Search on the web:**

<http://www.provider.uhc.com/empire/>

Coverage and Important Numbers

Other Important Phone Numbers

Hospital Benefits Program insured and administered by
Empire Blue Cross and Blue Shield
877-7-NYSHIP (877-769-7447)

Medical/Surgical Benefits Program insured and administered
by United HealthCare
877-7-NYSHIP (877-769-7447)

Managed Mental Health and Substance Abuse Program insured
by GHI and administered by ValueOption
877-7-NYSHIP (877-769-7447)

Prescription Drug Program insured by CIGNA and administered
by Express Scripts
877-7-NYSHIP (877-769-7447)

Dental Care Plan administered by GHI
800-947-0101

Vision Care Plan administered by Davis Vision
800-999-5431

Please note: All the information in the Medical Services and Health Benefits Sections are subject to change without notice, please refer to your documentation and provider directory/information for the most up to date news on changes to your coverage or why waste time doing that just call the Benefits Coordinator or the various Insurance offices at the above numbers with your questions! Sorry we cannot take any responsibility for phone trees that are completely ridiculous, long hold times and the almost certain truth that you may not get to talk to an actual human.

New Graduate Student Employee Health Insurance Orientation

Teaching Assistants/Graduate Assistants

September 7, 2006

1:00pm to 2:00pm Or 4:00pm to 5:00pm

SAC AUDITORIUM

Research Assistants and Fellows

September 7, 2006

2:30pm-3:30pm Or 5:30pm to 6:30pm

Both sessions are the same

SAC AUDITORIUM

All Graduate Student Employees MUST bring a **COPY** of the following items for yourself and each person you wish to cover. Your enrollment application WILL NOT be accepted if the following items are not attached.

**Birth Certificate or Passport, Social Security Card,
Marriage Certificate**

***You will not be able to make photocopies at the Student Health
Center***

Please bring your proofs to orientation

The following questions will be answered at the
Graduate Student Employee Health Insurance Orientation

Am I eligible for the employee health insurance?

Can I enroll my dependents?

Is dental and vision offered with this plan?

Is prescription covered?

Is there an additional dental, vision and prescription plan offered?

How much does it cost?

What type of doctors can I use?

What happens during the school break?

What happens if I am an International Student?

What if I do not have a social security number or card?

Simplified Health Insurance Information

1. GRADUATE STUDENT EMPLOYEES

These are students employed by the State as teaching or graduate assistants (TAs and GAs), or by the SUNY Research Foundation as research assistants (RAs), for a period of at least one semester, with a projected annual salary of at least **\$4,122**, are eligible for employer subsidized insurance. Spouse and dependents are also eligible for coverage. The employer pays 90% of the insurance cost and 75% of the cost of dependents. The rest is deducted from the student employee paycheck. It is important to remember that in both cases the graduate student must sign an enrollment form at the beginning of the semester to receive plan benefits. TAs and GAs are eligible to enroll in the New York State Health Insurance Program (NYSHIP), which is administered by the (State) Department of Civil Service. The plan is negotiated as part of the collective bargaining agreement between the State of New York and the Graduate Student Employees Union (GSEU) and it provides basic coverage including some minimal dental and optical benefits. The ultimate reference for benefits is the contract itself, which can be found at the GSEU web pages at: www.gseu.org.

Research Assistants (RAs) are eligible to enroll in the health plan subsidized by their employer, the Research Foundation, which is administered through POMCO. Information about participating providers can be found at www.beechstreet.com. The prescription drug program is through Medco Health Solutions, dental coverage is through Delta Dental and Davis Vision is the vision care provider.

ENROLLMENT: Enrollment in these plans is voluntary for domestic TAs, GAs and RAs. Graduate employees should enroll within 30 days of starting their employment. If they miss this period, they will be subject to a 30 day waiting period. Students who have F1 visa status, who are employed as TAs or RAs, are first automatically charged for the international health insurance. These students must enroll in the proper employee subsidized plan as described above, once they know they are eligible. The international health insurance charges are then removed from their University accounts by the end of October / middle of April. Those who fail to enroll in the subsidized insurance plan will remain on the mandatory international health insurance plan for that semester. All international students must pay for the medical evacuation and repatriation policy that is charged on their accounts. International student employees who are in J1 visa status are an exception to the above. They are also automatically enrolled in the international health insurance, but are not eligible for either of the subsidized insurance plans. The Research Foundation or SUNY will, however, contribute up to 90% to their insurance costs and up to 75% of their dependents' costs. Early each semester a number of orientations are held to discuss the subsidized plan. One can enroll for the insurance plans at the end of these meetings. Check with the Graduate School or your department graduate secretary for the schedule. Specific questions may be addressed to the Benefits Advisor, Danielle Bray (Danielle.Bray@stonybrook.edu); 631-632-6144. The Insurance Office is located in the west campus Student Health Service.

Simplified health Insurance Info

2. NON-FUNDED DOMESTIC STUDENTS

The University now has a required insurance plan (SHIP) for all full time students who have no other insurance coverage. Annual cost is \$1001, and the fall rate is \$421. Cost for dependents is higher- see the advisors in the Student Health Insurance Office for further information. If you wish to have SHIP, you do not need to take any action. You will be automatically billed for the insurance premium. If you have TA, GA or RA insurance coverage you must complete a waiver on your solar account by September 29, 2006. If you are insured either by your own private or governmental plan, by a relative's plan, or by Medicaid or 'Healthy New York', these qualify as waivable insurance plans for SHIP, and you must complete a waiver on your SOLAR account by September 29, 2006.

Do not delay asking questions about health questions! Call 631-632-6144 for answers.

Simplified Health Insurance Information

Part time students with 9 or more credits, who wish to enroll in SHIP must complete an enrollment form at the Student Health Insurance Office in the west campus Student Health Service.

For complete information about the insurance plan, what the benefits are, the waiver process, etc., please go to: <http://.studentaffairs.stonvbrook.edu/shs/insurance>

Specific questions may be addresses to: SHO-RSHIP@notes.cc.sunvsb.edu or call 631 632-6331.

3. NONFUNDED INTERNATIONAL STUDENTS

As described above, all nonimmigrant full and part time students who are in F1 or J1 status are automatically charged for the SUNY-wide international health insurance plan. Those international students who do not receive a stipend via a graduate, teaching, or research assistantship, will remain on the international insurance plan. If an international student has insurance from another source that is as comprehensive as the SUNY-wide plan, he or she must apply for a waiver at the insurance office. A completed and signed waiver form, AND proof of the other insurance plan benefits must all be submitted by the end of the second week of classes, to the insurance office. The criteria for comparing other insurance to the SUNY-wide plan are very specific. Many waivers are denied. The SUNY-wide plan is very good and very reasonable (annual 2006-2007 cost is \$849), considering the coverage it offers, as compared to most other U.S. insurance policies. The plan does not cover routine check-ups, dental work, or vision testing, however. Coverage for dependants is available separately, at the insurance office, and costs additional fees. Insurance coverage is required for spouses in F2 and J2 visa status. Dependants must be enrolled for insurance within 30 days of either: entry in the U.S., or their birth, or the start of a new academic year, or of termination of other insurance. It should be noted that hospital costs for care of a healthy newborn infant are limited to \$1,500 under this plan. Otherwise, benefits for sickness or injury are limited to \$55,000 per condition per year.

Simplified Health Insurance Info.

Visiting scholars (usually in J1 status) are required to have the international insurance plan as well. These scholars, and students with H visa status, complete an enrollment form either in the Office of International Services or in the Insurance Office, and present it when paying for health insurance at the Bursar's Office. When the receipt is brought back to the Insurance Office, an insurance identification card will be prepared. Specific questions may be addressed to 631-632-6054 in the Health Insurance Office in the west campus Student Health Service.

MOST COMMON PROBLEMS: The current system for notifying students to re-enroll in one of the subsidized health insurance plans and for notifying them of deadlines has been a problem for a long time. Loss of insurance coverage frequently occurs when a graduate student either switches between State and Research lines, or misses the open enrollment deadline, or does not receive payroll checks, even on a temporary basis. Please be aware that all these things can lead to financial and health coverage problems. Notification to students of insurance termination by Human Resource Services (HRS) is slow due to academic departments not providing timely information to HRS regarding ending dates of assistantships. Remember that in most cases when switching between Research and State or vice versa, an automatic cancellation of your health insurance will occur and you must enroll in the new plan as soon as possible.

It is up to you to remember to do this!

Medical Services and Local Providers

Infirmiry Services

Mandatory Health Fee: The mandatory Infirmiry Fee is included in the graduate student comprehensive fee for all fulltime and part-time day students, which funds the Student Health Center. Part-time evening students may use the Health Center on a fee-for-service basis. A summer fee is charged for those registering for summer classes. Non-student spouses and dependents are not eligible to use the infirmiry at any time.

Student Health Center (632-6740)

The Student Health Service (Infirmiry) is open weekdays only, from 8:00 AM to 12:00 noon and from 1:00 PM to 5:30 PM, Tuesdays 8 a.m. to 7:30 p.m. while classes are in session. The Student Health Service closes at 4:00 PM during the summer and semester breaks. When the Student Health Service is closed, students in need of medical help must go either to the University Hospital, or to an outside physician / clinic. The health fee only pays for services obtained at the Student Health Service (for information on paying for outside medical care, see the previous regarding health insurance). In case of emergency during times when the Student Health Service is closed, you may contact University Police on the campus (911/ 632-3333). Services offered by the Student Health Service include visits with physicians, physician assistants, nurses or nurse practitioners, laboratory tests and pharmacy services. There are fees for certain medications and laboratory tests. The cost of immunizations for Measles/Mumps/Rubella, Diphtherial, Tetanus, Chicken Pox, Hepatitis A and Hepatitis B may not be covered by your insurance plan, but are available at reduced charges at the Student Health Service. In addition, the Student Health Service does not offer x-rays, allergy shots, physical therapy, dental care or medical specialty consultations. Students or their insurance plan must pay for outside consultations, tests performed by outside agencies, and medications not available at the Student Health Service pharmacy.

Required Immunizations: Public Health Law 2165 requires all students attending classes in New York State who were born after January 1, 1957 to have signed proof of immunity against Measles, Mumps and Rubella. Accepted forms of proof are:

Vaccination (two vaccines after 1/68 (30 days apart) for Measles, one vaccine after 1/69 for Mumps and Rubella), or 2) blood titer showing immunity, or 3) physician documented history of the disease (for Measles and Mumps, but not Rubella). In addition, the University requires administration of Tetanus or Tetanus/diphtheria (Td) toxoid within the last 10 years, and a Tuberculin test within the past year.

Meningitis Information: Stony Brook University requires ALL students to read the medical information related to meningitis at our web site <http://studentaffairs.stonybrook.edu/shs/forms>, and complete a response form.

Women's Health Center: offers annual GYN exams, PAP tests, breast and pelvic examinations, pregnancy testing, vaginal infection checks, and testing for other sexually transmitted diseases (STDs), as well as treatment and counseling. There are fees for PAP tests and certain other tests, which are often covered by your insurance plan. The Women's Health center is open weekdays from 8:00 AM to 11:30 AM and 1:00 PM to 3:30 PM. Tuesdays 8 a.m. to 7:30 p.m. when classes are in session. The Student Health Service Women's Center closes at 3:30 PM during the summer and semester breaks. Please call 6326740 for an appointment.

Pharmacy and Self-Care Center: The Student Health Service Pharmacy offers prescriptions at substantial savings. Only prescriptions written at the Student Health Service are filled by the pharmacy. For minor cold symptoms, students may use the Self-Care Center in which they follow a set of self examination instructions and may fill orders for nonprescription decongestants, throat lozenges, sore throat spray, aspirin, acetaminophen, and cough syrups.

Medical Services and Local Providers

Laboratory Services: The lab can perform routine tests, including cultures (throat, gonorrhea, fungal and urine), CBCs, hematocrit, pregnancy, glucose tests, and wet mounts. Students can have blood drawn for outside testing. Students are charged by the outside laboratory for tests performed by them. These tests may be covered by your insurance plan.

Reproductive Health: Information on contraception, STDs and safer sex is available through the Women's Health Center and also through the Infirmary Health Education Office, open Monday through Friday (632-9338). Latex condoms and contraceptives can be purchased at the Student Health Service Pharmacy

Health Education: The health education and prevention arm of the Student Health Services is housed within the Student Health Center and offers the following services and programs:

- Student health awareness programs
- Information and referral
- Individual and group health education services
- Student and professional staff training and consultation

Social Work and Counseling: The Student Health Service has a social worker who is available by appointment for counseling, crisis intervention, and for help in obtaining assistance such as Medicaid and Social Services. Group and individual counseling in matters relating to drug and alcohol abuse and other addictive or compulsive behavior is available by appointment with the Substance Abuse and Addictions Counselor (632-6450). Confidentiality is assured.

University Counseling Center: The University Counseling Center is located on the second floor of the Student Health Center. The center offers a variety of services, including individual and group therapy, psychiatric assessment and treatment, stress management, meditation, and referrals to on and off campus resources. You can usually get an appointment for your initial session within 24 hours. Simply call 631-632-6720 and ask to a counselor. The phone is staffed from 8:00 am to 5:00 pm., Monday and Friday, and also 5:00 - 7:00pm on Tuesdays. (During the summer, intersession, and spring break, hours are Monday through Friday 8:00 am - 4:00 pm). For more information, visit the Counseling Center website: <http://studentaffairs.stonybrook.edu/counsel>

Wo/Men's Center

The Wo/Men's Center is located in a suite of offices in the Student Union, room 216. The Wo/Men's Center library is located next door to the main office, in room 221, and houses a collection of books and journals pertaining to women and gender. Counseling available Monday-Friday during the afternoon and evening. Please call 2-WOMN (632-9666) for an appointment. Your contact with the Wo/Men's Center is confidential and is not part of your academic record. The Wo/Men's Center operates within professional guidelines and laws designed to protect the privacy of your records. The Center provides counseling on several topics such as : women's voices and visibility men and masculinity, relationships (with self and others), acquaintance rape, sexual assault, incest, choice: reproductive rights, emotional and physical abuse, eating, body image and health concerns, gender identity and sexual orientation, single parenthood. University Hospital The University Hospital offers comprehensive medical services to the Long Island community. The hospital offers a number of outpatient clinics which are readily accessible to Stony Brook students. However, these outpatient services are expensive. For more information, call 444-6000. Students who become ill while on our campus will be taken to the emergency room of the hospital, since it is the closest to campus. The hospital accepts all of the University health insurance plans. However, not all plans pay one hundred percent of the bill. All uncovered balances remain the responsibility of the student. Students who are hospitalized may be eligible for financial assistance. They should contact the hospital billing office at 444-4151 for financial aid information and assistance forms.

Medical Services and Local Providers

Dental Care Center: The School of Dental Medicine, located in Sullivan Hall on South Campus, runs a Dental Care Center (632-8989). The Dental Care Center provides less expensive dental services to students and their families. Most procedures are carried out by dental students supervised by faculty. Students must call the Center for a screening and evaluation prior to being treated.

What if I am sick?

GO TO THE STUDENT HEALTH SERVICE (INFIRMARY):

It is located on the West Campus, behind the old Student Union, across from Mendelsohn Quad. University Hospital is not the Infirmary. The phone number is 632-6740. If you do not go to the Infirmary first, you may be charged a deductible according to the rules of the insurance plan you are on. Even if your plan does not have a deductible, it is wise to visit the Student Health Service first if your condition is not life threatening. Your insurance plan will "kick-in" if you then visit a specialist or need X-rays or laboratory tests. You should discuss any questions about your health insurance plan with the staff at the Insurance Office, who will assist you.

IF YOU HAVE A LIFE THREATENING EMERGENCY:

Go to the Emergency room of the nearest hospital, or to any other close health facility (clinic, private doctor, etc). Off Campus Health Services Students with one of the University insurance plans should go to the Student Health Service before visiting off campus physicians, as stated in the previous section. Also, the Insurance Office can provide a list of participating network medical providers for TAs, GAs and RAs. Planned Parenthood of Suffolk County, Inc., provides low cost health care for women and runs a number of clinics throughout Long Island. The clinic nearest to Stony Brook is in Patchogue Plaza, 450 Waverly Avenue near Nichols Road and Route 27 (475-5705). They offer a complete gynecological service, including birth control, counseling and pregnancy testing. Planned Parenthood also screens for sexually transmitted diseases. They offer confidential AIDS testing, as well as breast and cervical cancer tests. Fees are arranged on a sliding scale and laboratory testing is relatively inexpensive. Consultation in Spanish is also available. The North Brookhaven Social Services and Health Center is recommended by the University Student Health Service (854-2301 located at 3600 Rte. 112, Coram). Available services include a medical clinic, a WIC clinic (for women, infants and children), and a family planning clinic. Fees are arranged on a sliding scale based on income.

Sexually Transmitted Diseases: Testing and free confidential treatment are available at hospitals and several clinics in the area: North Brookhaven Social Services and Health Center, 854-2301; Mather Memorial Hospital, 473-1320; and St. Charles Hospital, 474-6000. For referrals, information, and pamphlets, contact the National CDC, STD and AIDS Hotline: 1-800-227-8922.

HIV and AIDS Testing:

You can not afford not to know. Free AIDS testing and counseling are available in the area through the New York State Department of Health. Its Regional HIV Counseling and Testing Program provides free counseling and FREE anonymous HIV and AIDS testing at several locations in Suffolk County. In Suffolk call 1-800-462-6786 for appointments. Statewide call 1-800-541-AIDS. AIDS community organizations will provide you with referrals for legal protection and emotional support. Anonymous testing centers are required to provide counseling to individuals prior to and following the HIV test. It is important that you speak to a counselor if you are planning to be tested. Policies of hospitals and clinics vary in their approach to recording HIV antibody tests and it is important to inquire about the policy before you are tested.

AIDS Information And Support Services:

The Stony Brook AIDS Education and Resource Center, Basic Science Tower, L2, Health Sciences Center, (444-3209) provides HIV education and training for health care providers, educators, and

Medical Services and Local Providers

others. They design workshops dealing with specific topics to meet the needs of various groups, and are a local clearinghouse for information on AIDS. The University Hospital acts as a regional AIDS treatment center, providing clinical drug trials. Call the University Hospital AIDS Outpatient Treatment Center at (444-1667). The hospital accepts Medicaid coverage. The Long Island Association for AIDS Care (LIAAC), Box 2859, Huntington Station, NY 11746 runs a hotline (385-AIDS) and provides counseling services. Additional support services include case management, legal assistance, and pastoral care. All services are free of charge.

Emergency Telephone Numbers:

If you have an emergency and the Student Health Center is closed, please contact University Police at 632-3333 or 911

Student Health Service (Infirmary) - Front Desk 632-6740

Ambulance:

On-campus 632-8888

Off-campus (police) 911

On-campus (police) 333

Off-campus (Stony Brook Fire Dept.) 751-3434

Off-campus (Setauket Fire Dept.) 941-444

Emergency Rooms:

University Hospital 444-2465

Community Hospital, Smithtown 361-4090

Mather Hospital, Port Jefferson 473-1320

St. Charles Hospital, Port Jefferson 474-6156

St. Catherine's of Sienna, Smithtown 862-3111

Poison Control:

Poison Control 542-2323

Police:

University Police 333

Off-campus 911

Walk-in Clinics:

Community Medical Care (Centereach) 588-0550

North Shore Immediate Medical Care (Port Jeff. Sta) 331-1100

Walk-In Medical Care (Miller Place) 821-0505

Long Island Family Medical Group/ Urgent Care (St. James) 862-6060

Counseling:

Reponse Hotline (Crisis counseling) 751-7500

University Counseling Center 632-6720

Victims Information Center 360-3606

Health Center:

North Brookhaven Health (Coram) 854-2301

Dental Clinics:

Dental Clinic 632-8989

Self Help Hotlines:

Alcoholics Anonymous 669-1124

Narcotics Anonymous 937-6262

Nicotine Anonymous 665-0527

A1-Anon 669-2827

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**In this
section...**

Getting Involved & Night Life

- Campus Recreation
- Getting Involved
 - Graduate Student Clubs and Organizations
 - NYPIRG (New York Public Interest Research Group)
- Shopping Directory
- Dining Directory
- Escaping SBU: A Guide to City and Nightlife
 - New York City Guide
 - LGBT/Queer life on Long Island
 - > LGBT/Queer Resources Directory



CAMPUS RECREATION

With the many programs and activities offered by the Department of Campus Recreation, it shouldn't be too hard to find and participate in your favorite sport or fitness activity, whether in an intramural league or just whenever you feel like dropping by. If you want to try something new, there are plenty of classes for you as well.

Informal Recreation, commonly referred to as "Open Rec," gives you the opportunity to play pick-up games in a variety of sports. Held in the Pritchard Gymnasium of the Sports Complex, Open Rec is a great opportunity to relieve stress while playing a game and meeting people. Sports include badminton, basketball, indoor soccer, racquetball, squash, swimming, and volleyball. Don't forget to make advance reservations for the racquetball or squash courts. Schedules are available weekly on the Department of Campus Recreation's website.

Through the intramural program, you can play on competitive teams with other students, faculty, and staff. Most games during the regular season take place between 3:00pm and 11:00pm. Although teams are usually made up of groups from residence hall floors and Greek organization, you can join with a group of friends or just as an individual. Sports typically include flag football, basketball, volleyball, indoor and outdoor soccer, wiffleball, dodgeball, and bowling. If you want to play tennis, racquetball or badminton there are one day tournaments scheduled. Campus Recreation also sponsors many campus activities, including (3) 5K Run/Walks, Texas Hold'em, Whitewater Rafting Trips, Ski/Snowboard Trips, Wellness Expo, and the Stony Brook's Strongest Competition.

The Wellness Center is located on the third floor of the Student Activity Center. Amenities include locker rooms and showers, cardiovascular equipment, strength training, machines and free weights. Two dance studios are located in the basement of the Student Activity Center. Non-credit fitness classes are scheduled in the dance studios for step aerobics, yoga, body sculpting, kickboxing, spinning and low-impact aerobics. Special Wellness workshops feature informative sessions on health, fitness and group activities for students, faculty and staff. These activities include sport demonstrations, fitness training sessions and classes designed around a specific activity. Take a few minutes to stop by the Wellness Center and sign up for a class or check out their exercise equipment.

Among the wide range of activities and happenings on the Stony Brook campus are the student sport clubs. Sponsored by the Department of Campus Recreation and funded by the Undergraduate and Graduate Student Activity Fees, these clubs run the gamut from the nationally competitive Ice Hockey Club to the campus-based clubs of the mind/body are forms Tai chi and Kumdo. All of the clubs are student-organized and run, so you are sure to meet people with similar interests in whichever club you choose. If you don't find one you like, you can start your own. The student sport clubs are a great place to start the student experience.

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Getting Involved: Student Clubs and Organizations

Graduate Students are actively involved in many clubs and organizations on campus. Clubs vary from interest based and culturally based to various campus media outlets and recreational clubs. Below is a small description of some of the clubs and organizations that may be of interest. You are encouraged to check out the list of active clubs and organizations by logging on the following:

<http://www.sinc.sunysb.edu/clubs/>

If there is not a club that meets your interests, then you can start your own!!!

Asian American E-Zine

The Asian American E-zine is the only Asian American geared media organization on campus. The main purpose of the Asian American E-zine is to focus on news events clubs and other information that interests Asian Americans and the Stony Brook Community at large often unreported by other campus media outlets. For more info. please visit the group's website:

<http://www.sinc.sunysb.edu/Clubs/educasia/> or email aaezine@yahoo.com

Ballroom Dance Club

The purpose of the Ballroom Dance Club is to spread appreciation for ballroom dance to the Stony Brook community. We do this by offering free dance classes in all styles: Smooth/Standard, Latin/Rhythm, Hustle, Merengue, and occasionally ethnic dances. We also host dance parties and events with other clubs on campus throughout the semester. For more info. please visit the group's website: www.sinc.sunysbedu/Clubs/ballroom or email ballroom@ic.sunysb.edu

Behavioral Ecology Group

The purpose of BEG is to advance the interests provide a forum for public debate and promote graduate and undergraduate student awareness of trends in behavioral ecology. The group meets weekly to discuss new and forthcoming articles published in peer reviewed journals they monitor. For more info. please visit the group's website: <http://life.bio.sunysb.edu/ee/beg/>

Buddhism Study and Practice Group (BSPG)

The Buddhism Study and Practice Group (BSPG) was founded in 1998 and was established to serve as a conduit for those who are interested in practicing Buddhism and those who want to know more about Buddhism. For more info. please visit the group's website:

<http://www.ic.sunysb.edu/Clubs/buddhism> or email Buddhism@ic.sunysb.edu

Catholic Campus Ministry

Catholic Campus Ministry promotes continued learning in the Roman Catholic religious tradition, as well as understanding of and appreciation for other religious traditions. We seek to understand social issues while instilling a feeling of community in the campus parish of the University at Stony Brook and also the wider campus community. Stop by the office located at The Interfaith Center, Union Room 265.

Chapin Apartments Residents' Association

CARA represents the residents in the Chapin apartments. The aim of CARA is to improve the residents' quality of life. For more info. please visit the group's website: <http://www.sinc.sunysb.edu/Clubs/chapin/>

India Focus Group (IFG)

IFG is a graduate student group which aims to financially support educational projects and provide a forum for discussion of social issues relevant to India. IFG was founded on the belief that social consciousness is a vital part of the graduate student experience and that we, as graduate students have a responsibility of passing on the fruits of our education to those who are less privileged. That is why the focus of IFG has been on supporting basic education and literacy projects in India. For more information about IFG's activities please contact pnawani@ic.sunysb.edu

Indian Graduate Student Association (IGSA)

IGSA, fosters the social and cultural interaction among Indian graduate students in Stony Brook. It has since evolved into one of the most active graduate student organizations on campus. The aims of IGSA have been mainly two fold: providing incoming students assistance in adjusting to a new environment and promoting awareness of India in the campus community. For more information about out IGSA's activities or to become a member of IGSA email them at igsa@ic.sunysb.edu or visit their website: www.sinc.sunysb.edu/Clubs/igsa

Italian Club

The Graduate Student Italian Club aims to promote Italian culture and language at Stony Brook University. The club officers are interested in organizing activities and meetings that will enable Italian and non-Italian students the possibility to practice the language, get in touch with the contemporary culture through cinema,

Getting Involved: Student Clubs and Organizations

music, theatre and literature and to have fun in a friendly atmosphere. For more information, visit <http://www.ic.sunysb.edu/clubs/gsic> or email italianclubsuny@yahoo.com

Karaoke Club

The Club organizes events and contests that promote Karaoke.

Korean Graduate Student Association (KGSA)

KGSA is a non-profitable organization consisting of Korean graduate students, faculty and staff of SUNY at Stony Brook, and their family members. To promote better understanding and friendship between not only members but also all the graduate students in Stony Brook, they hold several big events every year. You can visit www.sinc.sunysb.edu/Clubs/kgsa for more information or email kgsa@ic.sunysb.edu

Latin American Graduate Students Association (LAGSA)

The purpose of this new Club is to motivate the friendship among Latin American graduate students and to introduce the Latin American culture to the SBU community. Contact lagsaclub@yahoo.com on information on how to join the club.

Outdoors Club

The aim and purpose of this club is to create a place for outdoor-oriented students, faculty and staff, and their family and friends to get together for fun, recreation and adventure, to share experiences, skills and good company in outdoor environments, and to help build a community aware of its surroundings. For information on how to attend the events visit <http://www.ic.sunysb.edu/Clubs/sboc/> or email dflickin@ic.sunysb.edu

Photo Club

The Club is for people interested in photography from beginners to experts. They have a very useful website for those you want to learn more about photography and they organize several events. Visit <http://www.ic.sunysb.edu/Clubs/photo/> for more information.

Russian Hustle Club

The Russian Hustle Club is a graduate student organization for the enthusiasts of the Russian style Hustle. The members will learn Russian Hustle as well as the elements of ballroom dancing. The Club will provide its members with opportunities for relaxation, exercise, and social dancing. For more information contact the secretary of the Club at: eugene_borodin@yahoo.com

Social Justice Alliance (SJA)

The Social Justice Alliance (SJA), founded in 2001, is part of a global social movement committed to the struggle for democracy and social justice. They organize campus teach-ins, lecture series, and political rallies, as well as lobbying our local and national representatives. SJA has recently expanded with undergraduate and faculty/staff chapters. For more information, including meeting times and the history of our events, see their website: <http://www.ic.sunysb.edu/Clubs/justice> or email at justice@ic.sunysb.edu

Stony Brook Chinese Students and Scholars Association (SBCSSA)

The major aim of the SBCSSA is to promote cultural, intellectual, and social activities for Chinese students and scholars at Stony Brook and for other interested members of the Stony Brook community. These activities shall enhance communication, understanding, and friendship between its members and with other groups of the Stony Brook community. Email sbcssa@ic.sunysb.edu or visit www.sinc.sunysb.edu/Clubs/sbcssa for more information.

Tango Dance

This dance group generally meets at the sports complex every early Friday night. For more information please send an email to eunalee@ic.sunysb.edu

Taiko Tides

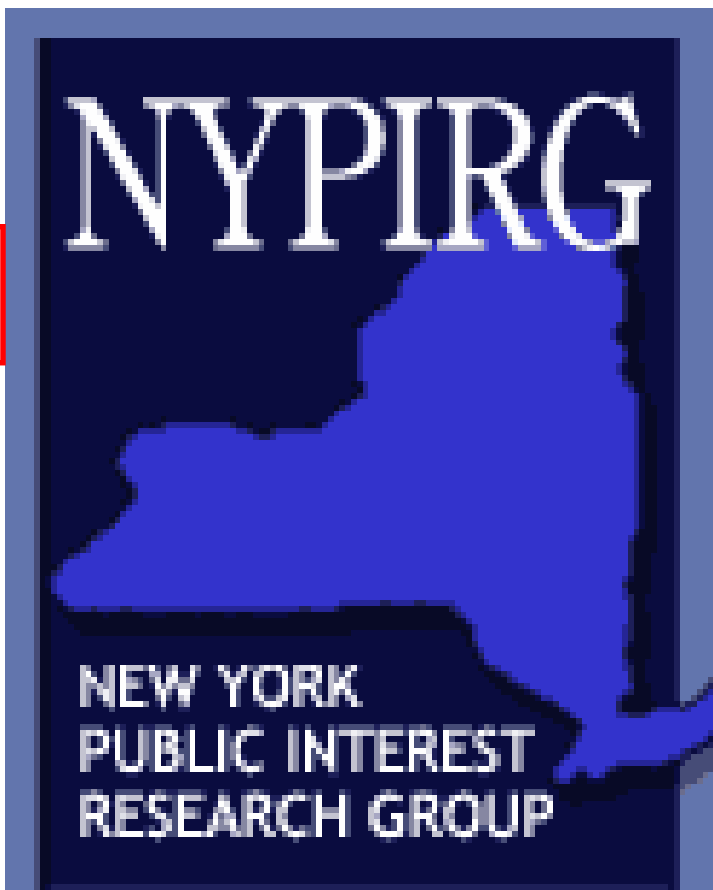
Taiko Tides is the name of Stony Brook's Taiko group. It is a graduate student club but it is open to everyone. Taiko Tides tries to maintain an international atmosphere where students from different cultures come together and enjoy the universal nature of music. Contact shuwu@ams.sunysb.edu or visit <http://www.ic.sunysb.edu/Clubs/taiko/> for more information.

The Queer Alliance

The Queer Alliance is in need of people to get it up and running again!!! Please contact Jenny Huang if you would like to help.

NYPIRG: New York Public Interest Research Group

NYPIRG



The New York Public Interest Research Group, commonly known as NYPIRG, has had a chapter at Stony Brook since 1980. Formed in 1973, it is the largest and most effective student directed non-partisan environmental, consumer and student advocacy group in New York State. They have chapters on 21 campuses statewide. There are five main issues that the organization focuses on; Voter Mobilization and Empowerment, Higher Education, Environmental Protection, Hunger & Homelessness and Consumer Action. Stony Brook NYPIRG also houses a Small Claims Court Action Center. This center is student staffed and gives free procedural non-legal advice for members of the community who want to learn more about filing a small claims suit. You can reach the Small Claims Court Action Center at 631-632-6458.

Stony Brook NYPIRG also offers internships for all students. Previous interns have organized forums on energy use on Long Island, led voter registration campaigns, attended lobby days to protect higher education, and organized food drives and benefit concerts for the homeless.

The NYPIRG chapter also coauthored the Off Campus Housing Survey that led to the 2006 Off Campus Renters Guide that can be found at http://www.ic.sunysb.edu/Clubs/gso/surveys/reports/off_campus_renters_guide.pdf.

Internships and volunteer opportunities are available in various forms. Students who intern for credit are expected to volunteer for 100 hours per 3 credits, attend one statewide event, be a project leader for a campaign, and organize their own special project. Responsibilities for those who intern for no credits are on a strictly volunteer basis. Previous non-credited interns have also organized and moderated public events or run campaigns. NYPIRG also offers statewide internships, a competitive Legislative Internship in Albany where students learn to research, track, and even write legislation, conduct research and publish reports, and directly lobby Assembly members and Senators in Albany, and internships in New York City, both under the direction of professional issue staff.

If you want to get involved or learn more about NYPIRG, please feel free to contact them during the academic year for more information. You can contact them in their office in Student Union 079 (next to the SINC site), at 631-632-6457, or at stonybrook@nypirg.org.

To find out what is happening in NYPIRG you can also go to their webpage at:

<http://www.nypirg.org/>

or

<http://www.ic.sunysb.edu/Clubs/nypirg/>.

Shopping Directory: On and Off Campus

ON CAMPUS SHOPPING AND SERVICES

General Stores:

On campus shopping is limited to basic necessities at two locations:

The Seawolves MarketPlace (632-9281, www.sunysb.edu/marketplace) is a campus convenience store operated by the Faculty Student Association and is adjacent to the main lobby in the Student Activities Center. It offers items for everyday living, such as laundry detergents, cleaning supplies, health/beauty aids, school supplies and film processing. It offers everything you need to get your computer connected to the internet, plus software and several campus licensed programs. The store also carries a variety of coffees and pastries, international specialty foods such as Asian snacks, plus Kosher and microwavable foods. Stony Brook and Seawolves clothing and merchandise is also available. Check website for hours of operation. The Union Deli in the Student Union has a more limited inventory than the Seawolves Market, but it is open late at night. You can find a wide variety of fresh sandwiches prepared in front of you and several items for everyday living.

Bookstores:

The University Bookstore, (632-6550) located on the lower level of the Melville Library (opposite the Stony Brook Union), carries required course texts and related materials, other books, calculators, University logo merchandise, office supplies, dorm supplies and more. In addition, the University Bookstore buys back textbooks year round. You can also open a Bookstore Campus Account. For information on this account and hours check their website: www.stonybrook.edu/bookstore

Health Science Center Medical Bookstore (444-3685) on the east campus offers the largest selection of medical/health science books in the region, in addition to a range of college merchandise, daily necessities and medical equipment for practitioners. Honoring of special book requests is a specialty. The HSC Medical Bookstore is located on Level 2, Room 310, of the Health Sciences Center. Check their website for hours and more information: http://www.hsc.stonybrook.edu/medical_bookstore.cfm

Other services:

Kinko's (632-1831) is located on the lower level of the Melville Library. They can cover all your printing needs. They also make signs, banners and posters and they offer a wide variety of finishing services. You can also place your order online at : <https://psg.kinkos.com/sunysb> University Post Office is located in the basement of the Student Activity Center. The post office is open from 9am-3pm from Monday to Friday during the Spring and Fall Semesters and the same hours from Tuesday to Thursday during the Summer Sessions and the Winter Intersession. Beauty in Brains is the new on-campus salon that is located in the basement of the Melville Library. It provides everything from simple trims and hair braiding to stylish prom-like up-dos to nail services. Call 632-6432 for more information about specific services.

OFF CAMPUS SHOPPING AND DINING

Grocery Stores

Stop and Shop Supermarket: 158 Route 25A-Setauket (751-1526), 260 Pond Path- South Setauket (585-4585), 60 Loehmann Plaza (471-8600), 1108 Route 112-Port Jefferson Station (4740242). Call or check www.stopandshop.com for hours.

Waldbaum's: 2162 Nesconset Highway-Stony Brook (751-9014), 4054 Nesconset Highway-E. Setauket (476- 3664), 1934 Middle Country Road-Centereach (737-1686). Call or check www.waldbaums.com for hours.

Pathmark: 2150 Middle Country Road, Centereach (737-3203). Call or check www.pathmark.com for hours.

Shopping Directory: On and Off Campus

Trader Joe's: (Offers gourmet & nontraditional vegetarian and vegan selections, and a wide variety of grains, nuts and organic items.) 137 Alexander Avenue, Lake Grove (863-2477). Open daily 9am-9pm.

King Kullen: 2799 Route 112- Medford (758-8504), Boyle Road & Route 25- Selden (698-8055), 1375 Route 25A- East Setauket (751-3024). Check www.kingkullen.com for hours of operation

Giunta's Meat Farms: 1067 Route 112, Port Jefferson Station (474-3910). Check www.meatfarms.com for hours of operation.

Walmart: 3990 Nesconset Highway- South Setauket (474-3287), 161 Centereach Mall-Centereach (467- 4825). Check www.walmart.com for hours of operation

Specialty and Ethnic Food Stores

Wild by Nature (246-5500), 218 Rte. 25A, Setauket: Specializes in organic produce, fresh baked goods, prepared food. Hours: 9a.m. to 9p.m.everyday

St. James Oriental Groceries & Crafts (689-8787), 2460 Route 347 and Stony Brook Road: Asian, specialty Chinese, Korean and Indian spices, produce, bulk foods and prepared foods.

Selden House of Spices (1-800-577-6495), 1228 Middle Country Road, Selden: Middle Eastern and Indian foods and spices.

Village Natural Foods (751-3161), 246 Route 25A, Setauket: Bulk foods, organic produce, vitamins, health care.

St. James Natural Food (862-6076), 296 Lake Avenue, St. James: Bulk foods, organic produce, vitamins, health care.

Port Hellas (928-6122), 562 Jefferson Plaza, Port Jefferson Station offers a variety of Greek and Italian foods.

Pindar Wines (331-7070), 117 Main Street, Port Jefferson offers a nice selection of wines from local wineries.

Beauty/Salons/Hairdressing/Haircuts

There are a number of nearby salons, gyms and nutrition stores. Check your local phone book or www.yahoo.com yellow pages for more locations.

Some local places include:

Hair Port (473-1215) on Main Street, Pt. Jefferson offers reasonable priced haircuts.

Andre's Beauty Salon (360-9665) is a very good salon in Smith Haven Mall, however much more expensive. In Smith Haven mall you can also find several beauty shops like Bath and Body Works and Body Shop.

Calcutters (751-1112) across the street from the train station on Rt. 25A.

Beach Bum Tanning (246-TAN1) offers affordable tanning close to campus.

PRODUCE MARKETS are around in the summer and the fall. Most have a combination of local and trucked-in goods. For fresh peaches, cauliflower, potatoes, and more fresh from the orchard try Davis Peach Farm on Route 25A in Wading River, 6 miles east of Nichols road on Rt. 347. Call 929-1115 for more information.

General Stores (general needs)

There are too many places to shop on Long Island to list in one guide! Here are a few:

Smith Haven Mall, located about 2 miles from the campus on Rt. 347. Inside the mall there are stores for almost every household and personal need. The S60 bus runs hourly from to Smith Haven mall and has several stops on campus, including the Hospital and the Union. On weekends there is

Shopping Directory: On and Off Campus

General Stores (general needs)

There are too many places to shop on Long Island to list in one guide! Here are a few:

Smith Haven Mall, located about 2 miles from the campus on Rt. 347. Inside the mall there are stores for almost every household and personal need. The S60 bus runs hourly from to Smith Haven mall and has several stops on campus, including the Hospital and the Union. On weekends there is free University bus going to Smith Haven Mall as well as Waldbaum's, the Sports Authority, Office Max and Borders. Check the transportation section for more information.

ACE Hardware (751-9500) on Rt.25A in East Setauket has everything from electric supplies to sewing needs. They also copy keys.

Border's (979-0500) is certainly the best bookstore in the area. It is located on Rt. 347 in Lake Grove across from the Smith Haven Mall. It also has a huge music section, and a coffee bar. You can also buy desserts, soups and sandwiches while your browse different books and magazines.

Rock Candy (689-1249) has T-shirts, bags, stationary, gifts and novelties.

The Sports Authority (979-1080) and Office Max (360-0590) are located in the same complex as Border's bookstore. Continue west on Rt. 347 to reach Staples.

DSW (580-1973), offers designer shoes an accessories in discounted prices (located at 3190 Middle Country Road, behind Smith Haven Mall), Michaels (on the same mall as DSW) has arts, crafts and leisure products.

Tanger Outlet Stores are located in Riverhead at the end of the LIE (Rt. 495). Many discount stores sell almost everything including designer clothing. It is bit of a drive, but well worth it!

Target, Best Buy and Home Depot are just east of campus on Rt 347 (past Nichols Rd on right hand side).

Stony Books (689-9010) is located on 25A across from the train station in Stony Brook. Stony Books is an off campus source for textbooks (new and used) and basic school supplies.

The Good Times Book Shop (928-2664) has secondhand, rare, and out of print books in Port Jefferson at 150 East Main Street. It is a cozy literary corner in the otherwise commercial downtown shopping area. They buy and sell used books.

New Horizons (698-9669) is located on 53 Middle Country Road in Coram. It is the closest store to the campus that sells Christian books, CDs, tapes and other supplies.

Campus Bicycle and Fitness (689-1200) sells bicycles and it is located within walking distance just opposite the train station.

LAUNDROMATS

For on campus residents, the FSA provides laundry facilities at very reasonable rates. Laundry Services consisting of coin and debit card operated washers and dryers are on the premises of all campus residence locations. Regular prices are \$1.25 for washing and \$1.25 for drying. If using student ID card's offline stripe at resident laundry facilities the amount is \$1.15 for washing and \$1.15 for drying. You can add money to your card either at www.stonybrook.edu/ FSA or the Meal Plan Office (Student Union, Room 250) or the Cash-to-Account Machines. For off-campus residents, you might want to try the 24hr. one in Port Jefferson Station right next to the train tracks. Most towns and villages have some facilities. Usually (but not always) laundromats have machines that will make quarters for you.

BANKING FACILITIES AND ATM MACHINES

BANKS

Banking services on and close to the campus are provided by (the branches listed are the ones who are closer to campus, visit the bank's website for a more extensive list of branches): The Teachers Federal Credit Union has some of the best rates around. It has two branches on campus: on the second level of the Health Sciences Center (444-3400) and in the basement of SAC (632-4600). To join the credit union and open up a Young Professional's Account, you need to deposit \$1 into a savings account. Once you join, your checking account is free, and with a minimum balance of \$500 or more

Shopping Directory: On and Off Campus

you can even earn 1% interest on your checking account. Once you have your school ID you can become a member of TFCU and your new card can be used as both an ATM/debit card... Visit www.teachersfcu.org for online transactions and for more branch locations. Many students prefer to be members in TFCU because of the low balance they require.

North Fork Bank has branches in Stony Brook (751-1700) and Port Jefferson (1-877-694-9111). In addition to performing regular banking operations, they also handle American Express traveler's checks, gift checks, Western Union money transfers, and money orders. You can find more information at : <http://www.northforkbank.com/northforkhome.asp>

Astoria Federal Bank (689-9000) has a branch close to campus, just across from the Stony Brook train station on Route 25A. For more information go to:<http://www.astoriafederal.com>

Fleet (751-6601,1-800-441-4000) has also a branch close to campus in East Setauket. You can find useful information at : <http://www.fleetbank.com>

Chase (1800CHASE24) has a branch across Waldbaum's on Rt.347 in Lake Grove. For more information check : <http://www.chase.com>

Citibank (627-3999) on Alexander Av next to Smith Haven Mall. Visit <http://www.citibank.com>

Most local banks will handle checks in foreign currency drawn on foreign banks. However, many have to send the checks through another agency, and it can take weeks to process them. The cost for this service varies from bank to bank.

ATM machines

ATM machines can be found at the following locations on campus:

- In the front of the Student Union (Fleet bank)
- In the lobby and in the basement of the Student Activities Center (TFCU bank)
- In the lobby of the Administration Building (TFCU)
- In the HSC level 5 near the cafeterias
- In the HSC level 2 next to TFCU bank.

Note that access fees may apply if you are not using your bank's ATM.

Off Campus

Off-campus bus service on Long Island is limited, and most people who live in the Stony Brook area find that it's difficult to get by without a car. Grocery shopping and evening outings can be especially difficult. Suffolk County Transit runs buses locally through campus to such places as Smith Haven Mall and along Route 25A to Port Jefferson. Schedules are available in the Off-Campus Housing Office and in the Student Union. Call 852-5200 for schedule and fare information or visit www.sct-bus.org. Service may be limited or non-existent on weekends and holidays, so make sure to check current schedules. The S60 (S69 at night) bus goes from campus to the Smith Haven Mall and to Port Jefferson. The 3-D comes through SBU and goes to Ronkonkoma and Brentwood. During the weekends scheduled on-campus buses visit the local mall and grocery stores. During the editing of this guide the schedule was as follows: Saturday (from the South P-lot to Pathmark, Walmart and Target) leaving every hour on the half hour from 10:30AM to 5:30PM Sunday (from the South P-lot to Coventry Mall, Waldbaums, Borders, Sports Authority and Sears at the Smith Haven Mall) , same hours as Saturday. Please check with Transportation Services as this schedule might change during the fall semester.

TRAINS

The Long Island Rail Road (LIRR) Stony Brook station is located near the Sports Complex along Route 25A. The train runs from Port Jefferson Station to New York City/Penn Station. For those with cars, leaving from the Ronkonkoma is another option. The train ride is shorter and the train goes there more often. Train schedules can be found at the station, the Off-Campus Housing Office, and the

Shopping Directory: On and Off Campus

CARS

Buying a Car

The lack of good public transportation forces many students to buy a car. Most graduate students buy used cars which are cheaper but they also have the danger that they might have problems that show up when it is too late (i.e. after you have purchased it). To avoid that make sure you have your car checked in a garage before you buy it. It will cost some time and money but at least you will have your peace of mind that your car does not have anything serious. If the prospective seller does not agree with you taking the car to a garage you should think twice before you purchase the car. Places to look for a used car are:

- Campus postings in various departments, bus stops and at the HSC
- Local newspapers
- The internet (www.autoweb.com, www.newsday.com, www.craigslist.com)
- Local authorized used car dealerships (listed in Yellow Pages)

Registering a car and obtaining a NY license

Owning a car in NY is very expensive because it is costly to register, insure and maintain a car on Long Island. To find out more about registering a car or getting a driver's license call the Department of Motor Vehicles (DMV) at 1-800-3425368 or look online at www.nydmv.state.ny.us

DMV offices are located at:

- * Port Jeff Station (1055 Rte 112 – 3 Roads Plaza)
- * Hauppauge (1055 Rte 347, a mile west of Veteran' s Highway, within State Buildings)
- * Medford (2799 Rte 112, in the shopping center, just north of the Long Island Expressway)

Renting a car/U Haul truck

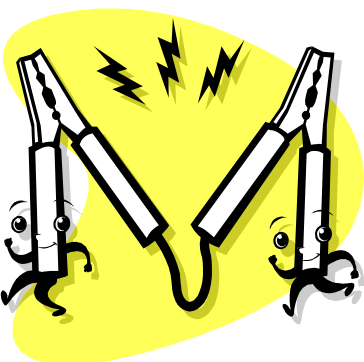
The closest place to rent a car or U Haul truck is the Avis/UHaul office at the University service station (751-9091), located across from the Stony Brook train station. Be advised that different rental agencies may have different restrictions about minimum age requirements and types of drivers licenses (i.e. international vs domestic). The same place also offers car rentals, so check this guide for their discount coupons.

Car repairs

Finding a good place to have your car repaired can be a real challenge. Labor rates on Long Island are quite high, ranging from \$60-\$80 per hour. It is advisable to shop around and ask students, professors and colleagues who have lived in the area about reliable mechanics.

A local garage (within walking distance) is the University Service Station in Stony Brook (689-9795) and one in Port Jefferson near the Train Station is Dano's Auto (928-5418 (he is the nicest, most straight forward guy around...he is fair and a great mechanic...and a great guy—so says this grad student who has broken down too many times and Dano has come to my rescue!!!)

Others include: Village Automotive in Setauket (751-3200) or Maximum Automotive in Port Jeff Station (928-9548). Mams Auto Service (979-4379) is one of the most price-friendly mechanics that also sells used cars in very low prices. The shop is located in St. James and is only 3 miles away from the University.



**Did you leave your light on
again??!!**

Lock your keys in your car??!!

If you need your car jump started
or if you locked your keys in the car
and you are on campus call Univer-
sity Police (632- 3333 or just 333
from a campus phone).



Dining Directory: On and Off Campus

If you are tired of the dining options on campus there are several places that you can visit. Most of them will require the use of a car but there are a few options close to campus that you can walk to. If you are planning to have a drink do not forget to bring your ID with you to prove that you are over 21 and a designated driver to bring you home!

Walking distance

On Rt.25A, across the street from the Sony Brook Train Station:

Cosmos Cafe (246-8000) provides Greek and Italian cuisine for dining in or takeout and it is open late at night.

Strawberry Fields (246-5600) is a local gourmet deli and provides breakfast and lunch.

Green Cactus Grill (751-0700) is a local Tex/Mex fast food restaurant.

Station Pizza (751-5543) next to the Green Cactus provides a heartier alternative to franchise fare. Vegetarians will find a lot to choose from. They deliver on campus and in the immediate area.

Soups On (751-8500) offers a variety of soups and other foods at affordable prices.

Dunkin Donuts (689-0350) and Baskin Robbins offer a selection of doughnuts, bagels and ice cream.

Full Moon Café (689-5999), features brick oven pizzas and Italian specialties and is open for lunch and dinner.

On Rt.25A East of Nichols Road:

The Curry Club (751-4845), is an Indian Restaurant, located at the corner of Nichols and 25A. They offer a lunch buffet from 11am to 3pm, bar, and a full dinner menu. They also have a bar called the Velvet Lounge.

Eastern Pavilion (751-1888) offers Chinese and Japanese cuisine.

Subway (751-1444) is located next to the Curry Club. It serves sandwiches made to order (dine-in or takeout).

Sushi Ichi (689-3111) offers sushi prepared by authentic Japanese chefs.

Downtown Pizza (751-0330) offers take out or delivery for pizza.

Short driving distance If you or your friends have a car you have more dining options. Here is a list of several places broken up by area:

Stony Brook Village

The Golden Pear (751-7695) is located in the Village Center. It offers fresh baked goods, coffees, sandwiches, and salads.

The Brook House (751-4617) offers homemade American fare and a fine selection of ice cream as well.

Robinson's Tea Room (751-1232) offers an authentic British tearoom with fine drinks and light sandwiches.

Pentimento Restaurant (689-7755) offers Italian cuisine but is a little pricey.

347 & Stony Brook Road:

J&R Steakhouse (689-5920), offers a great variety of steaks and barbeque food.

Hoshi Sushi (689-2323), offers eat in and takeout Japanese cuisine.

Zorba the Greek (689-2222) offers Greek food at a reasonable price. In the same plaza there is also a Pizza place, a deli and a Chinese Grocery.

Ralph's Italian Ices (941-4750) has frozen ice treats.

Yin Yang Buffet (689-8585) offers a lunch and dinner Chinese food buffet.

347 East of Stony Brook Road:

Chili's (580-2842) is a chain restaurant which offers Tex-Mex food and a full bar.

Outback Steakhouse (474-8700) offers steaks and other grilled dishes.

Thai Gourmet Food of Thailand (474-0663) is a Thai place in a shopping plaza located about 3 miles east of Nicholls Rd. on Rt.347.

Eldorado (473-8525) is a southern BBQ restaurant located approximately 3 miles from campus on Rt.347.

The Ground Round (928-0654), is a family dining restaurant.

Starbucks (689-1762) offers a variety of coffee, pastries and light sandwiches.

Dining Directory: On and Off Campus

347 East of Nichols Road:

Friendly's Restaurant (751-3150) offers standard American fare and it is famous for its ice-cream.

Red Lobster Restaurant (689-9060) features fish and seafood entrees.

TGI Friday's (366-6289) and Ruby Tuesday (979- 1470) are both located in the Smith Haven Mall and contemporary American food.

A B Silversteins (724-3000) is located in the Smith Haven Mall and is kosher deli.

John Harvard's Brew House (979-2739) offers American cuisine and it is also a microbrewery.

On Route 25A in Setauket:

Sbarro Italian Eatery (689-8800), Mario's Italian Kitchen (751-8840) and Luigi's (751-3400) offer a selection of pizza and pasta

Chung How (751-7560) is a take out Chinese restaurant.

Country Corner (751-2800) offers standard bar fare, pizza, as well as Armenian specialties.

316 East Main (689-0644) offers continental fare with Italian flare.

Pt. Jefferson Dining:

The Tiger Lily Cafe (476-7080) offers a coffee & juice bar, homemade dishes and the best selection of vegetarian cuisine in town!

Salsa Salsa (473-9700) is a Mexican fast food place.

Pasta Pasta (331-5335) offers a selection of Italian dishes but is a little pricey.

Z Pita (476-7510), offers affordable Greek and American Cuisine.

Elk Street Grille (331-0960) is a steakhouse.

Dockside Restaurant (473-5656) serves seafood dishes.

The Pie Pizzeria Napoletana (331-4646) offers authentic Napoletana-style pizza.

On Rte 25 (Middle Country Road):

Grand Buffet (451-1000) and Cheungs Empire Buffet (736-0888) are all you can eat places that offer Chinese and Italian food.

Meson Ole (737-3346) is a Mexican restaurant and is located on Rt. 25 about a mile east of Smith Haven Mall.

Applebee's Neighborhood Bar and Grill (467-2445) offers burgers, grilled foods, salads and more.

Kiran Palace (716-2400), offers North and South Indian cuisine.

House of India (580-0550) is an Indian restaurant.

Olive Garden (585-4027) serves Italian dishes.

Empire Szechuan (265-8585) serves Chinese, Japanese, and Thai cuisine.

Diners

Diners are open late and serve breakfast anytime as well as lunch and dinner. Diners can be recognized by their flashy exterior and interior décor.

The Lake Grove Diner (471-5370) is the closest one to campus and is located on 347 west of Stony Brook Road.

Hi Lite Diner (928-8695) is located about 4 miles east of Nicholls Road on Rt.347

Saint James Diner (360-7768) is located on 527 Middle Country Road in St. James.

Millennium Dinner (724-5556) is located on Rt. 25 A in Smithtown.

Neal Passoff
631 589 1200

1077 Route 25A
Stony Brook, NY 11790
opposite train station



fax 631 689 3585
orders 800 540 7003

Dining Directory: On and Off Campus

If you are willing to drive further there are much more options. This list is by no means inclusive and it contains dining options in a restricted area around campus. As you explore the area you will find your own particular favorite restaurants, bars and coffee shops. You can consult with your friends or visit the internet for more options.

Free GPS Navigator Advice, aka a Driver's note: Rt.25 (or Middle Country Road) and Rt.25A (or Middle Country Road) are different roads. To confuse you even more these two roads run parallel and they also meet at some point, so make sure you double check the address if it includes any of these two roads.

President's Picks

Well not President Bush or President Shirley Strum Kenny, but our very own GSO President Andrei Antoneko:

Genghis Khan

71 E Main St, Smithtown, NY
(631) 724-3131
Cheap Korean food -- very popular among local Korean students, good take out
(~\$5-\$10/person)
Downtown Smithtown (intersection on 25, 25A, 111)

Sil La Joung

1087 Jericho Tpke
Commack, NY 11725
(631) 543-6790
More fancy restaurant with Korean food
(~\$15-\$20/person)
West by 25, after Smithtown, ~20 min drive from Campus

Kotobuki Japanese Restaurant

377 Smithtown Byp, Hauppauge, NY
(631) 360-3969
Best sushi on Long Island, as many Japanese people claim
(expensive but worth it!)
On 347, west from SB, on CompUSA plaza

Minado Japanese Seafood Buffet

219 Glen Cove Rd, Carle Place, NY
(516) 294-9541
Japanese buffet -- all varieties of Japanese food, seafood, sushi, sashimi
(from ~\$15/lunch upto \$30/dinner on weekends)
Far, but well worth it for a good Japanese food

Sushi Park

6137 Jericho Tpke, Commack, NY
(631) 499-1465
Japanese Seafood buffet, wide choice of seafood and sushi
(from ~\$13/lunch upto \$25/dinner on weekends)
About 25 min drive from campus, on 25 West

Pumpnickels Restaurant

640 Main St, Northport, NY
(631) 757-7959
The closest German restaurant providing authentic German cuisine.
Serves large portions.
(~\$20/person)
On 25A West, about 25 min drive from campus

Carnival Restaurant

4900 Nesconset Hwy, Port Jeffrsn Sta, NY
(631) 473-9772
Pasta Monday nights -- enormous pasta dinner for \$15/person
On 347, in Port Jefferson Station, accross the road from Thai Gourmet

Green Fields

2377 Broadhollow Rd, Farmingdale, NY
(631) 845-4555
Brazilian BBQ -- more than 10 varieties of grilled meat Brazilian style, all you can eat.
(From ~\$14/lunch upto ~\$30/dinner on weekends)
From Northern State Pkwy, Exit 40S to route 110 South

Escaping SBU: A Guide to City and Nightlife

THE BIG APPLE....NEW YORK CITY

New York City may be one of the reasons why you chose Stony Brook. It is one of the greatest cities and it provides a wide variety of places for entertainment and education. It is only 60 miles away and it will take you 1.5-2 hours to get there depending the type of transportation you decide to use. Obviously we can not summarize what you can find in the city in a few pages we can only give you a taste of what is available and some helpful hints. A good guidebook (you can pick up one in every bookstore) is always helpful when deciding on what to see. It will also tell you stories behind the scene to make you fully appreciate the core of the City.

What to Bring

If you are traveling to the city on a train, purchase your tickets at the train station before boarding the train. This will save you a few dollars since the ticket costs more when purchased on the train. If you plan to visit New York City often get a 10 tickets pass at the Penn Station.

Buying a pass will also save you some money and the trouble of purchasing tickets every time you travel. If you do not have a city map, you may ask for a free subway or bus map at most of the subway stations when you get there into Penn Station. Another option is to check out the subway map at: <http://www.lirr.org/nyct/maps/submap.htm> before you start your trip. A cell phone or quarters to use at pay phones will

help in case you get lost. If you plan to drive in bring a fair amount of quarters or dollar coins for parking. If you decide to park make sure you read the parking signs very carefully, the tickets for illegal parking are really steep. There are also many parking garages but most of them are quite pricey and their price ranges depending on the day and the time, so if you plan to choose that option bring a credit card with you if you do not feel comfortable with a lot of cash on you.

How to Get to New York City

Most new students go to New York City by train. The LIRR Stony Brook train station is at the north end of the campus, near the Sports Complex. Once there, obtain a copy of the Port Jefferson line timetable or you can check the schedule at <http://mta.info> before you go. If you go off-peak (anytime other than the traditional weekday morning and evening rush hours) your one way ticket to the major train station of NYC, Pennsylvania Station, will cost you \$9.50. The trip takes a little bit under 2 hours each way and you will need to listen to the announcements where to switch trains (usually Huntington or Jamaica, but things get more complicated late at night). If you decide to drive, take Nicolls Road south to either the LIE (495) West or 347 (Nesconset Highway), which becomes Northern State Parkway west. LIE will take you directly to Midtown Tunnel. 347 West will merge with the Northern State Parkway West, which will connect with to Grand Central Parkway and then Triborough Bridge. Check <http://www.mta.nyc.ny.us/bandt/traffic/btmain.htm> for prices of tolls for most bridges or tunnels from Long Island to Manhattan. Queensborough Bridge is free but it is not connected to major highways. If you take the Queens Boulevard (Rt. 25), it will lead you to this bridge. Another free bridge that will bring you downtown is Williamsburg Bridge. To get to this bridge, take the LIE to BQE (Brooklyn Queens Expressway), and then follow signs to Brooklyn and then Manhattan, to get to the bridge. Street parking is available but is extremely difficult to find. Make sure to check the signs since the city police will not spare tickets or towing if they catch you in a no parking zone. Another option is parking in Queens along the Queens Blvd. and taking a subway from there.



Escaping SBU: A Guide to City and Nightlife

Once You Get To Penn Station

The street system at Manhattan is fairly simple. Avenues go north and south, whereas streets go east and west. Avenues and streets both have numbers but do sometimes have names as well. South is also referred as Downtown and North as Uptown. Keep your eyes open for signs that direct you to the subway lines. Subway entrances are painted in red and dark green and located mostly at road intersections. Subway/bus maps are FREE at ticket booth. If you are just sightseeing taking a bus might be very interesting. This way you see more of the city. The prices for the subway change often so check <http://mta.info/metrocard/mcgtreng.htm> for price info and schedules. Walking in the city can be fun, too. It takes about a minute per block at the average walking speed. While walking in Manhattan is fairly safe if walking late at night and not sure of the area you are in, taking a public transportation might be a better choice. A cell phone will also be useful in the case you are lost or you need help.

City During in the Day

The Empire State Building is a good place for the first time visit. It is located at 34th St. and 5th Ave and can be reached by subway.

NY Waterways at Pier 78 or 83 can offer you a great scene of Manhattan from the river. You have several choices for a cruise. The 90 minutes cruise going around Manhattan will get you both a feeling of New York skylines and a close look at the Statue of Liberty. The cruises start from \$20.00. You may need to check the web site www.nywaterway.com to purchase a ticket in advance during the summer peak season. At the web site you can also learn more about other cruises offered.

Rockfeller Center and 5th Avenue may sound familiar to you. You may take subway to 47th St. and 6th Ave. to get to Rockfeller Center. There are many famous sculptures around. The tallest Christmas tree will be displayed there during the winter holidays. The area from 47th St. to 59th St. along 5th Avenue will showcase the finest stores of the world. You will find stores with famous names such as Gucci, Fendi, Rolex, and Tiffany Co., etc. It may not fit in the purchasing power of graduate students but window shopping might be fun sometimes.

Museums and art galleries

New York is also famous for its museums. Most museums have an enormous collection of items and it will take you many trips to see them all. Your student ID entitles you to discounts at all the major museums in the city so do not forget to bring your ID with you. Museums offer discounts for groups so if you are planning to visit the museum with a big group of people make sure you inquire about group discounts. Also, if there is a museum that you are planning to visit very often it might be heaper for you to purchase a museum membership which will make you eligible for discount admission or free admission (depending on the museum rules). You can inquire at the Information Desk of the museum for more information. If you are taking your car with you call ahead to ask whether the museum has a parking garage. Most of the museums charge extra for parking. The museums that do not have parking garages usually give you discount for specific garages as long as you validate your parking ticket.

The Metropolitan Museum of Art (Met) and the Solomon R. Guggenheim Gallery (S.G.) are very close to each other. Take the 4/5 from Grand Central Station uptown to 86 St., head west a few blocks to the 5th Ave and proceed to 82 St. The Met is closed on Monday. A student recommended donation is \$7, but you can get in for free if you feel that \$7 is out of your budget. For more information go to www.metmuseum.org or call (212) 535-7710 for more hours of operation. Guggenheim is at the corner of the 5th Ave and 89th Street. You will not be able to miss its beehive shape. Suggested donation is \$10 with valid student ID. The museum is closed on Thursday. For details go to www.guggenheim.org or call (212) 423-3500.

Escaping SBU: A Guide to City and Nightlife

The Museum of Modern Art (M.O.M.A.) reopened in NYC on 11 West 53 St. You can take the subway to Fifth Avenue/53 Street. The museum is closed on Tuesdays. Students with valid ID pay \$12 to enter and you can find more information on the exhibitions at www.moma.org

The American Museum of National History is located at Central Park West at 79th Street. You can find information on the different exhibits at www.amnh.org and make sure you take some time to visit the Rose Center, catch a space show or an IMAX show.

Many art galleries and stores can be found in Soho. Soho is an acronym for “South of Houston Street.” Take the subway to Canal or Prince St. Stores and galleries are mostly along Prince Street. Fashion boutiques in iron casted lofts are typical outlook of Soho. East Village is another fun area to visit. Take a 6 train to Astor Place and just look around. If you walk around between 1st and 3rd Avenue and 8th and 1st street you will find many little shops and restaurants that feature cuisine from all over the world. Just feel like relaxing? Central Park is huge: it runs from 59th St. way up into the 100th street! You are guaranteed to find something interesting to do here. Among other things, they have free concerts and plays, a skating rink, a canoeing area, dozens of bike and jogging paths, and a zoo. Check out schedule of free summer performances at www.summerstage.org. Once you know Manhattan pretty well, start venturing into other boroughs. Some neighborhoods in Queens and Brooklyn are quite colorful and fun to walkthrough. Check out the famous Steinway Street in Astoria (QN) as well as Bedford Avenue in Williamsburg (BK).

City at Night

Times Square presents quite a site at night. It is located at Broadway and 42nd Street. From there, you have access to dozens of Broadway theaters, which are pricy and usually sold out so you should plan on getting tickets ahead of time. Lincoln Center, home of the Metropolitan Opera, is located at 62nd St and 9th Ave. Less commercial theatre can be found Off-Broadway and Off-Off-Broadway. East Village area hosts a variety of small theatres that could be fun. In Times Square, the TKTS booth sells show tickets for the day at a 25% and 50% discount for a variety of Broadway shows. It opens around 2 PM. Shows usually starts at 8PM and last for about 2 hours. If you do not want to risk not finding tickets you can purchase them online from www.ticketmaster.com or www.telecharge.com. You can find all types of bars, clubs, cabarets, live shows depending on you taste and the amount of money you are willing to spend. You can search www.newyork.citysearch.com to find price and locations of different venues.

A Word of Caution

The City is a reasonably safe place; however, you still need to be cautious when walking at night. It is generally a good idea not to stare at people no matter how amazing they seem (except if they are one of many street/subway performers who want you to look at them).

To Find Out More

Great websites to visit to find out what is happening in the city:

www.ci.nyc.ny.us

www.nysidewalk.com

www.nycvisit.com

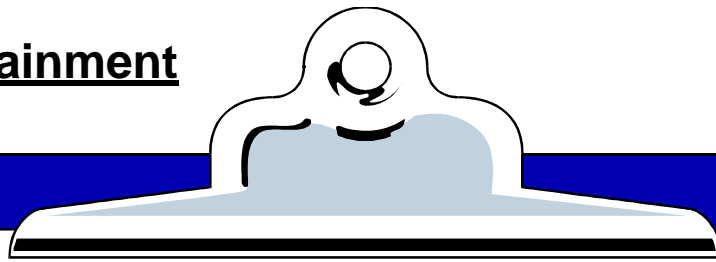
www.ny.com

Night Life & Entertainment



Escaping SBU: Guide to City & Night Life

After Hours



MEMO

The University Cafe

Dear Stony Brook Graduate Student,

If you are reading this, then chances are good that you are newly arrived at Stony Brook and are sitting through hour after hour of mind numbing orientation. You might be told that most of your first few years at Stony Brook will be consumed taking classes. You probably will be told that after your classes are completed, every waking hour will be spent working on your thesis. What you may not be told is that Stony Brook graduate students do still find some time to relax and enjoy life. How exactly are you going to manage this and still graduate? Simple – utilize The University Cafe.

The University Cafe is a cafe and lounge operated by the GSO for the benefit of the entire campus community. We are located on the first floor of the Student Union and consist of a modern indoor lounge area and a large outdoor patio with covered seating. Each weekday afternoon we offer a wide selection of fresh panini sandwiches, homemade soup or chili, baked desserts, ice cream, and more. Additionally, we serve Lavazza coffee and espresso, the best available on campus. Not a coffee drinker? Then choose from our large selection of Harney & Sons hot teas or enjoy a variety of soft drinks and juices. To accompany our lunch fare is a selection of bottled beers and our Enoteca (wine bar).

Every evening from Wednesday through Saturday, the Cafe becomes a full service lounge offering an extensive wine, beer, and spirits list. To complement our Enoteca we offer a selection of light food including bruschette, pizza, and salad. If the weather is warm, take your drink outside and enjoy it under our awning. We have nightly live entertainment on our stage, including jazz, folk, and rock musicians, and show sporting events and other cable and satellite programming on our big screen television. Too busy to take a night off? Bring your work with you and utilize our hi-speed wireless network.

If you are interested in learning more about the Cafe's day to day operations, please contact me about joining the GSO Lounge Committee. The committee oversees the Cafe and sets the policies for entertainment, food, and beverage service.

Now that you know all about us, I hope to see you very soon over at the Cafe!

Miranda Moore
GSO Lounge Committee Chair

Lounge Hours: Wednesday – Saturday, 5pm - 1am
(N.B. During Lounge hours, all patrons must be 21 or older with ID.)

<http://www.universitycafe.org>

Tired of studying? You want to try something new but do not want to go all the way to NYC? Try some local entertainment options. Night Life on Long Island and surrounding areas is what you make of it. Depending on what type after hours fun you seek...there are a great number of things you can do. From bars and clubs, to Indie movie theatres, playhouses and live music—everyone can certainly be entertained!

Walking Distance

University Café is your on Campus graduate student bar located in the Student Union Building. Another walking distance option is Full Moon Café located across from the LIRR train station, on the north end of the campus. There you can get plenty of great food and drinks. Mondays are open mike nights. Velvet Lounge is in the same building as the Curry Club at the end of the Nicolls Road on Route 25A. You can enjoy Karaoke nights and listen to local bands as you enjoy your drink. Checkmate Inn: N. Country Rd. off 25A (from campus go east on Rt. 25A, on left corner of first traffic light), Setauket: Bar, music (graduate students hang-out spot).

Short bus or car ride

If you are willing to catch a bus you could visit some other places as well. Check out our transportation section for the bus information. Head east, away from the Smith Haven Mall. Make sure to check the bus schedule before leaving because the last bus leaves before 10 PM, or you can plan to catch the train back (last one back from Port Jefferson is around 3 AM). All you will need is a few dollars for the round trip fare. (Make sure you bring cab fare, just in case!). If you stay on the bus you will shortly end up in the Village of Port Jefferson. There are various choices there.

If you wander down Main Street you will see Billie's 1890 just on your right a few blocks down. **Billie's** is known for its burgers and snacks. It's usually not too crowded during the week unless it's time for Monday night football. For a bit of the high life, try **Port Jazz** above the Starbucks on Main Street. They feature a number of local bands and musicians, although drinks are not cheap there! Check out their website www.portjazz.com for a schedule of events. A little further away, just up on the hill in Port Jefferson Station are **Tara's Inn, The Village Pub, Harleys and Honey, and Bada Bings**. They are a walking distance from the Port Jefferson LIRR train station, so either place is ideal if you find yourself out too late to catch the last bus back to the campus. Tara's Inn is just past the stop light at the top of the hill on the left. They have the best \$1 burgers in town and a Happy Hour that will ease your pain. There are several TVs for the sport enthusiast as well as billiards and a video assortment. Be prepared to wait for a while for your food when it gets busy. Right before Tara's Inn is The Village Pub which has various bands playing especially in the summer. Check their schedule at www.thevillagepub.com for details. You can also wander over the LIRR tracks and check out 104 Main Street. \$1 Budweisers and nachos await you there along with some of the best billiards, darts and trivia around.

Driving distance

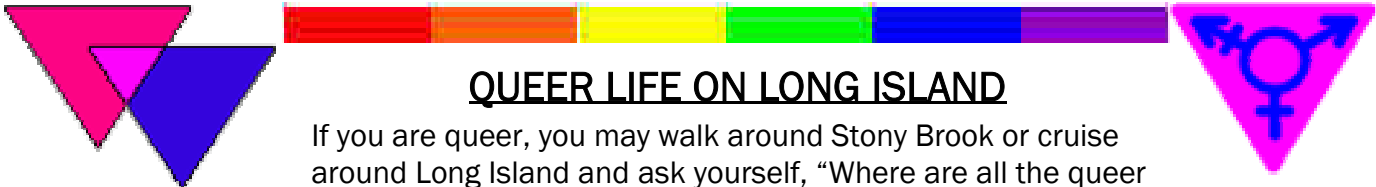
If you are with a car you have a several more options. The restaurants located around Smith Haven Mall (**TGI Friday's, Applebee's, John Harvard's, Ruby Tuesday's, Hoolihan's**) are open very late for food and drinks. If you take Route 25A to Smithtown you will find a several bars. Some of them have dance floors as well. Lake Grove Diner is open 24 hours every day if you need a late night snack after dancing. If you want something different visit **Paula Jean's** in Setauket a local spot that features live New Orleans style jazz, atmosphere and cuisine (www.paulajeans.com)

For dance clubs check www.liclubs.com.

For more on night life check out <http://nightlife.longisland.com/nightspots/>

If you are looking for the complete package of entertainment, dining and drinking all rolled into one Check out **Dave and Buster's**! If you like gaming, bowling, playing pool you should also check out **Dave and Buster's** in Farmingdale. Call 631-249-0708 or www.daveandbusters.com for more information.

Remember if you are driving make sure you have a designated driver (person who will not drink that night). Drinking and driving can cost you your license, a lot of money, and a night in jail. The laws about drinking and driving are very strict in NY state, but more importantly a few drinks are not worth losing your life. Please be careful and choose to be a designated driver for yourself and friends!



QUEER LIFE ON LONG ISLAND

If you are queer, you may walk around Stony Brook or cruise around Long Island and ask yourself, "Where are all the queer people?" No point in looking under benches or behind large trees...queer life does exist on Long Island if you know where to find it. Don't get your hopes up too high. Although Long Island is situated in a fairly liberal part of the country, queer life on the Island does seem somewhat closeted (pun intended) Queer life on the island does boast a number clubs and groups to become involved with that span a number of interests. The nightlife (barhopping and clubbing) for the queer population on Long Island is not the best. No point in sugar coating the truth— Gay/Queer clubs and dance nights start up and close down or fizzle out quickly here on the Island.

Here is what is going on now...of course, it is subject to change....

Queer Life on Campus: At the moment queer life in campus is reflected through the workings of the Undergraduate Lesbian, Gay, Bisexual, Transgender Alliance (LGBTA). The graduate organization, the Queer Alliance is in need of some restructuring and a little life support. If interested in getting this going again please contact Jessica York, yorkie8shu@aol.com Additionally, there is an LGBT Social Work Caucus. Of course for any further information you are also encouraged to contact the Office of Diversity and Affirmative Action.

Advice: Campus life is what you make of it, so get involved...!!!!

On Campus Resources
Office of Diversity and Affirmative Action 294, Administration Building SUNY at Stony Brook Stony Brook, NY 11794 632 - 6280
Lesbian, Gay, Bisexual, Transgender Alliance Room 045B, Stony Brook Union Stony Brook, NY 11790 632 - 6469
Lesbian, Gay, Bisexual, and Transgender Faculty/Staff Network For more information please contact Marylou Stewart at
Lesbian, Gay, Bisexual Social Work Caucus School of Social Welfare Health Sciences Center, Level 2 444-3165

Night Life & LGBT/Queer Life on Long Island

History of An Island off the Island

Location: Fire Island

For nearly a hundred years, Fire Island has been the location of the oldest gay and lesbian community in America - Cherry Grove, and more recently, The Pines. For bars and clubs check out The Ice Palace (631-597-6600) and Cherry's (631- 597-6820) in Cherry Grove and The Pavilion in The Pines. The ferry dock is in Sayville and ferries run from the beginning of April to the end of October. A round trip currently costs approx. \$12 (ferry schedules and rates: <http://www.pagelinx.com/sayvferry/>). For more information on the area visit www.cherrygrove.com

Queer Bar & Club Directory

We will give a small list of several clubs and bars in Suffolk County. For a more extensive list check <http://newyork.citysearch.com/>

Please call ahead to find out what is going on at each bar, some are queer/straight bars depending on the night!

NAME	ADDRESS	TOWN	PHONE #
Beenzy's Bar & Grill	2955 Merrick Rd.	Wantagh	(516) 679-5456
Blanche	47-2 Boundary Ave.	South Farmingdale	(516) 694-6906
Bunkhouse	192 N. Main St	Sayville	(631) 567-BUNK
Club 608	608 Sunrise Hwy.	West Babylon	(631) 661-9580
Long Island Eagle	94 N. Clinton Ave.	Bay Shore	(631) 968-2750
One More Shot (formerly Forevergreen)	841 N. Broome St.	Lindenhurst	(631) 226-6690
Simple Pleasures	706 Main St.	Farmingdale	(516) 249-6977
Tracks	33 Railroad Avenue	Ronkonkoma	(631)585-0105
Zen Lounge (formerly Shi Bar)	121 Woodfield Rd.	West Hempstead	(516) 489-1976

Escaping SBU: Guide to City & Night Life

MYSTchievous Saturdays

@ MYST in SMITHTOWN

LI's Hottest Gay Dance Party Returns,
If you haven't seen it yet check us out...

DOORS OPEN @ 10PM

<http://www.myspace.com/liqhuboxpromotions>

For the best information about all things Queer in New York City drop by The Lesbian, Gay, Bisexual and Transgender Community Center, better known as "The Center," (www.gaycenter.org) at 208 West 13th Street (near the corner of 7th Avenue) for free queer magazines and club discount flyers (2nd floor), free condoms (in front of information desk), free public restrooms (rare in NYC!) and to find out about their multitude of free or affordable services, support groups, workshops and events.

Additional resources can found here:

<http://www.gayli.com/links.html>

Continued on page 94



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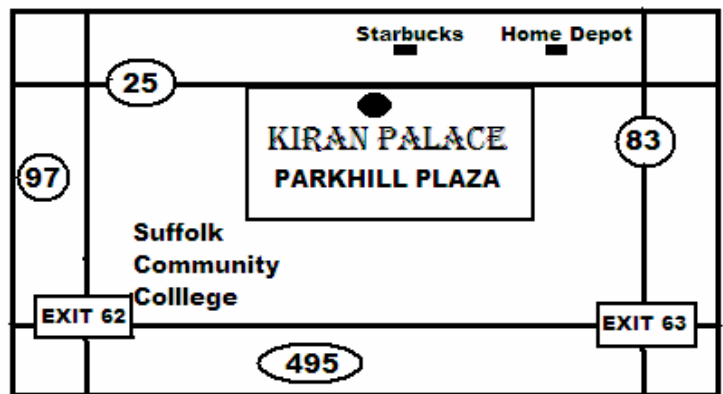
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North & South Indian
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Full Bar

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(631) 716 - 1400

Fax: (631) 716 -1300
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www.kiranpalace.com



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MAKE YOUR DORM A VIRTUAL MOVIE THEATER AND GAME ROOM

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NEED THE HOTTEST VIDEO AND VIRTUAL GAMING THIS SIDE OF THE MATRIX? CHECK THIS OUT:

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OFFICE: 631-246-9800



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Terms and Conditions: Coupon valid at participating Avis locations on an Intermediate (Group C) through a Full Size four-door (Group E) car. Dollars off applies to the time and mileage charges only for the entire rental with a minimum three-day weekend rental. Taxes, concession recovery fees, customer facility charges, optional items and other surcharges may apply and are extra. Coupon must be surrendered at time of rental; one coupon per rental. May not be used in conjunction with any other coupon, promotion, discount or offer. Weekend rental period begins Thursday and car must be returned by Monday 11:59 p.m. or higher rate may apply. Offer subject to vehicle availability at the time of rental, and may not be available on some rates and at some times. An advance reservation is required. Renter must meet Avis age, driver and credit requirements. Minimum age is 25, but may vary by location. Rental must begin by 7/31/06.

Rental Sales Agent Instructions
At checkout:
• In CPN, enter MUFA465
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RA #: _____
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LGBT/Queer Resources Directory
Suffolk County Human Rights Commission Department of Law, Building 158 North County Center Hauppauge, NY 11788 853 - 5480
Parents and Friends of Lesbians and Gays of Long Island P.O. Box 105 Syosset, NY 11791 938-8913
Long Island Center P.O. Box 136 Merrick, NY 11566 - 0138
LIGALY (Long Island Gay and Lesbian Youth), Inc. www.ligaly.com
Gay Men's Book Club Email: gaybooks@optonline.net On the web: members.aol.com/gaybooksli/html
SILK: Sharing in Lesbian Kinship More information: www.silkeast.org
Empire State Pride Agenda www.empireagenda.org
Out in Long Island On the web: www.outinli.org
LITE: Long Island Trans Experience http://www.litransexperience.org/
LIFE: Long Island Femme Expression http://www.lifemme.org/
Gay Long Island (links) www.gayli.com
Long Island Gay Friends http://groups.yahoo.com/group/ligayfriends/
Long Island Pride Parade http://www.liprideparade.com/index2.html
Long Island Pride Chorus http://www.denmarc.com/LIPC/

The New Festival: The New York Lesbian & Gay Film Festival

Founded in 1988, The New Festival, Inc. is a non-profit media arts organization that presents the annual New York Lesbian & Gay Film Festival, one of the most comprehensive forums of international lesbian, gay, bisexual, and transgender film/video in the world.

www.newfest.org

MIX NYC: The New York Lesbian and Gay Experimental Film/Video Festival

MIX NYC: seeks to integrate the lesbian, gay and experimental film communities by creating an innovative festival that serves as a home for both established and emerging makers while promoting and encouraging the awareness, making, and preservation of work that challenges and expands our vision of media and the world.

www.mixnyc.org

Lesbian Film Festival (NYC)

Lesbian Film Festival provides a community-based setting for the presentation of innovative and challenging work that reflects the broad range of practice and ideas found in contemporary media. Lesbian Film Festival will be an exciting opportunity for independent film makers to showcase new productions.

http://www.gaycenter.org/events_index

The Long Island Gay and Lesbian Film Festival

The Long Island Gay and Lesbian Film Festival, Inc., is a nonprofit arts organization providing Long Islanders access to gay cinema, a forum for the exchange of ideas, and a venue for gay filmmakers to show their work. We serve our diverse communities by producing the Long Island Gay and Lesbian Film Festival, in association with the Cinema Arts Centre of Long Island.

[Www.liglff.org](http://www.liglff.org)

STONY BROOK UNIVERSITY POLICY ON SEXUAL ORIENTATION

Stony Brook University has a zero tolerance rule with regards to harassment and discrimination against LGBT individuals.

The following is excerpted from Regulations Governing Sexual Orientation

(<http://www.stonybrook.edu/diversity/sexualorientation.html>)

"Discrimination against or harassment of individuals due to sexual orientation will not be tolerated. Our mandate not only requires that people of various sexual orientations remain free from discrimination, but that we create workplaces and classrooms where all persons feel welcomed and valued in an atmosphere of solidarity and security. Therefore, the examples we use in the classroom, our language in the workplace, and even our personal demeanor should send the powerful message that people of all sexual orientations are vital to our educational mission. We must make use of the full range of human resources in our community if we are to enable students, faculty and staff to work and grow to their full potential."

University *café*

*Graduate Student Lounge - Live Music
Open to the Campus Community*

*Café now offering light food
(pizza, bruschetta salads, and desserts)
to accompany our evening Enoteca!*

Hours of Operation:

Café:

*Monday - Friday
12:00noon - 5:00pm*

Lounge:

*Wednesday - Saturday
5:00pm - 1:00am*

Location:

*1st Floor Student Union Building
Enter by outdoor patio opposite the Sports Complex*

N.B. During Lounge hours-Patrons must be 21 or older with proper ID

Quick Reference: Important Phone Numbers

Bookstore (Main)	632-6550
Bookstore (HSC)	632-3685
Bursar's Office	632-BILL
Campus Card	632-2737
Campus Residences	632-6750
Graduate School	632-GRAD
Graduate Student Organization	632-6492
Graduate Student Health Insurance Office	632-6144
Library (Melville)-Hours	632-7160
Library (Melville)-Billing	632-9762
Library (Melville)-Interlibrary Loan	632-7134
Main Entrance (after midnight)	632-9615
News and Events	632-NEWS
Parking Services	632-AUTO
Report a safety hazard	632ALERT
Report broken Blue Lights	632-7762
Residential Safety Program	632-6337
SB Volunteer Ambulance Corps	632-6899
Student Health Services	632-6740
University Counseling Center	632-6720
University Hospital ER	444-2465
University Police	632-3333
University Police Ride Program	632-RIDE
Weather Info (East Campus/HSC)	444-SNOW
Weather Info (West Campus)	632-SNOW
SWITCHBOARD/OPERATOR	632-6000

