## WELCOME TO STONY BROOK UNIVERSITY!

We are pleased to present you the Survival Guide for the graduate students. This guide is sponsored by the Graduate Student Organization and it is written by graduate students like you. Our goal is to use the knowledge and experience we gained during our years here to help you develop your own "survival" skill s.

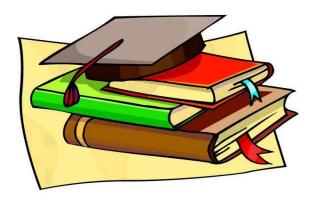
During the orientation you will have to learn several things regarding the campus administrative and academic branches of the University. As a new student (especially if you are an international student) you will find several things like paperwork and special regulations can be confusing and distracting and we will try to help you with this guide. As students we also know that you are interested in several other things as well, so this guide also includes information on things to do around Stony Brook or/and New York City for fun.

Our effort was to make this guide as comprehensive as possible but we are sure that there are several things that can be of interest that are missing from this guide. If important information is missing regarding administrative and academic issues you should consult your Department Coordinator, Department Director, Graduate School or the International Office. For non-academic issues consulting older graduate students is always a good idea and it will provide you with a more experienced insight on things.

We would like to wish you the very best in your academic career. Graduate School is the beginning of a journey that will lead you to your future career, therefore it is anticipated with great expectations. We hope this guide will be a useful tool during these first steps and it will be used as a part of your academic and social endeavors.

Good luck!

The Survival Guide Committee



#### **CONTENTS**

#### Administration

- 3 Graduate Student Organization
- 4 University Cafe
- 5 Phone System
- 6 Navigating the Administration
- 10 Administrative Offices
- 15 Academic Troubles

#### **Basic Living Resources**

- 17 On Campus Housing
- 20 Off Campus Housing
- 22 Transportation
- 27 Dining on Campus
- 31 Off Campus Dining
- 37 Shopping
- 43 Banking Facilities

#### **Health Care and Insurance**

- 45 Graduate Student Health Insurance
- 48 Care Providers
- 55 Campus Safety

### **Helpful Services**

- 57 Computing
- 59 Interfaith Center
- 60 Career Center
- 64 SOLAR System
- 65 Disability Support Services

#### **Rest and Relaxation**

- 66 Sports and Physical Fitness
- 68 Entertainment and Recreation
- 73 After Hours
- 75 Queer on LI
- 76 Guide to NYC

#### Join Us!

- 80 Get Involved
- 81 Clubs and Organizations
- 87 GSEU
- 88 NYPIRG
- 90 Area Map
- 92 Phone Directory









The Graduate Student Organization is the graduate student government on Stony Book University Campus. Its goal is to identify and protect graduate student 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. If you are a graduate student paying the activity fee, you are automatically a member of the GSO. GSO if funded primarily through the student activity fee. Graduate Students are the ones that contribute the activity fee to the Graduate Student Organization and they are the only ones that benefit from the services that the GSO provides.

#### What is the graduate student activity fee?

Graduate students pay \$22.00 a semester if they are full-time students and \$7.00 if they are part-time students. The collected money goes towards the GSO operated budget. The GSO Budget is prepared by the GSO Budget Committee and it is approved by the GSO Senate every spring.

#### What is the activity fee spend on?

- > RAP (Resource Access Project): a student can get up to \$250 per year reimbursement for expenses related to presenting his/her work at a conference.
- > Program funding: cultural/social events, speaker series, departmental allocations, club allocations.
- > Public Service: Child Care, Volunteer Ambulance Corps, New Student Orientation, New York Public Interest Group (NYPIRG), WUSB Radio.
- > University Cafe (check next page for more information)
- > Publications : Survival Guide for incoming students, online newspaper ("The Graduate").
- > GSO operating budget : (officers' stipends, office supplies) which keeps the wheels turning and represents graduate concerns to University Administrators.

#### GSO needs you!

The GSO provides you with a forum to voice your concerns as a graduate student. Here is what you can do to get involved:

- Come to the monthly senate meetings.
- Send us an email with your concerns (gso@ic.sunysb.edu) in order to receive the appropriate assistance and response from the University Administration.
- Check our website: <a href="http://www.ic.sunysb.edu/Clubs/gso">http://www.ic.sunysb.edu/Clubs/gso</a>.
- Talk to your department senator or become one.

#### **UNIVERSITY CAFE**

Dear Stony Brook Graduate Student,

If you are reading this, chances are that you are newly arrived at Stony Brook and are sitting through hour after hour of new student orientation. You will probably be told that most of your first few years at Stony Brook will be consumed taking classes. You will probably 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 that and still keep up with your studies, you ask? Simple.

Anticipating graduate student' sneed for a lively, inexpensive, and convenient place to unwind, the GSO opened the University Cafe in the summer of 2003. Located on the first floor of the Student Union, the Cafe comprises a modern Lounge area inside and a large relaxing outdoor patio. Stop in during the day to enjoy the finest cup of coffee, latte, or espresso available on campus. You not drink coffee? Then choose one of our numerous flavors of hot tea, or enjoy a soda. And while you're there, try a fresh pastry, brought in daily from a local bakery.

Every evening from Wednesday to Saturday after 5:00pm the Cafe becomes a full service Lounge, offering an extensive array of adult beverages for your enjoyment. (All patrons must be 21 and older.) It also has a variety of live entertainment on our stage and shows 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 to the Cafe where you can connect to the campus hi-speed wireless network.

The Cafe is also working towards several additions to the current services. We plan to add a small amount of food service, including a variety of sandwiches, side dishes, and ice cream. Additionally, we are in the process of extending our state licenses to the patio so that in the evenings you and your friends can enjoy your drinks outside under the trees and our new awning. Be sure to look for these and other additions this Fall, and I hope to see you very soon over at the Cafe.

Chad Bender

GSO Lounge Committee Chair cbender@mail.astro.sunysb.edu

University Cafe Hours: Mon-Fri 12pm-5pm

University Cafe Lounge Hours: Wed-Sat 5pm-12pm (or later) N.B. During Lounge hours, all patrons must be 21 or older with ID. University Cafe Manager: Godfrey Palaia (gpalaia@universitycafe.org)

Website: www.universitycafe.org

# CUniversity COLLEGE

a relaxing venue on campus for graduate students, faculty, and staff, featuring:

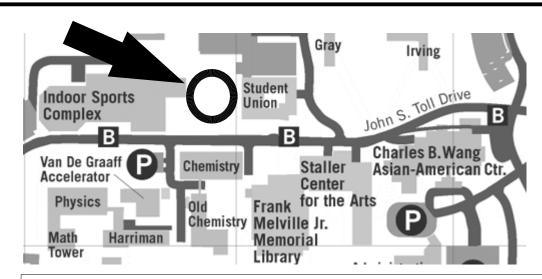
coffee, expresso, cappucino, teas
pastries and more
adult beverages
live music, comedy,

televised sporting events

outdoor patio

available for your organization' event

www.universitycafe.orpalaia@universitycafe.



Hours:

M-F 12pm-5pm W-Th 5pm-12am

Fri-Sat 5pm-2am

N.B. After 5pm all patrons must be 21 with proper ID

#### PHONE SYSTEM

Area code for Suffolk County is 631 and for neighboring Nassau county is 516. Our

campus has its own phone system and all calls between campus phones are free and can be completed by dialing the last five digits of a phone number:

Main Campus: 2-XXXX or 5-XXXX (from off

campus 632-XXXX)

**HSC/Hospital:** 4-XXXX (from off campus

444-XXXX)

**Student Residence Halls**: 6-XXXX (from off

campus 216-XXXX)

Some numbers as 4-0XXX, 5-XXXX, 2-0XXX cannot be dialed from off campus, but can be reached from Main Campus Switchboard 632-6000.

Campus Operator: dial "0" Off Campus Operator: "9-0"

To call any outside number from campus:

In **Suffolk County**: 9 + XXX-XXXX

In US: dial 9 + 1 + (area code) + XXX-XXXX

**International**: dial 9 + 011 + (country code) + (number) **Toll free** calls: dial 9 + 1 + 10-digit toll free number

#### **Emergency Numbers**

**University Police/Fire/Ambulance** 

On Campus 333 (from off campus 631-632-3333) Off Campus 911

Student Health Center 632-6740 University Counseling Center 632-6720 Walk Service 632-6337 Weather Info 632-SNOW, 444-SNOW

Physical Plant 632-6400 (West Campus), 444-2400 (Hospital)

Domestic Violence Hotline 1-800-942-6906 Alcoholic Anonymous 669-1124

Suicide and Crisis Counseling 751-7500 Narcotics Anonymous 516-827-9500

## On Campus Phone System Provider

All campus residents who wish to place direct dial outgoing calls must obtain a Personal Authorization Code (PAC) from Student Telephone Services (STS). Their office is located in the ECC Building, room 126, and their office hours are: M-W-F from 9:30am-4:00pm and Tu-Thu from 10:30-5:00pm. Account information can be obtained from the website <a href="www.campuslink.paetec.com">www.campuslink.paetec.com</a>. You can also call the Customer Service at 1-800-962-4772 or call the on campus office at 632-9050.

# NAVIGATING THE ADMINISTRATION

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.

#### **REGISTERING FOR CLASSES**

Stony Brook students will have access to online enrollment via the SOLAR System (Student On-Line Access to Records).

Students can log in to the <u>Solar System</u> with their Stony Brook ID # and password. Students can enroll in classes and drop or swap classes on the Solar System. Other registration related transactions that can be done via the Solar System include students placing themselves on a waiting list for a class and selecting the P/NC option for a class. Students can also confirm enrollment or course changes, view their schedule, receive a complete schedule summary, which includes times and locations and run an unofficial transcript on the Solar System. To use the SOLAR System online, visit <a href="https://www.stonybrook.edu/solarsystem/info">www.stonybrook.edu/solarsystem/info</a>. Once you have logged into SOLAR, choose 'For students' from the menu list on the left, followed by enrollment, and enrollment again. The main screen that appears should display your class schedule, or if you have not registered for any courses, you will see a link to add new classes. In any event, from this screen you should be able to add new classes as well as drop courses that you may have already been registered for.

#### **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 offerred a tution 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 Scholaships**

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 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-tution 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

The technical term is "domicile", and the cover sheet accompanying the New York State Residency Evaluation forms (available at http://stonybrook.edu/bursar/residency.shtml) explains it as follows: "An individual' s domicile is that place where one maintains a permanent home and to which one intends to return. Consequently, while the student may have any number of residences they may have only one domicile." Graduate students at Stony Brook are expected to establish domicile in the State of New York. However, it is not University policy that students must do so. Stony Brook policy simply 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.

Proof of domicile is based on the intention to make New York State a permanent home

and the existence of facts tending to confirm such intention. Some factors relevant to a determination of domicile are:

- a) residence of parents, spouse and children
- b) place of voter registration
- c) residence for personal income tax purposes
- d) employment, income sources or business pursuits in New York
- e) place of motor vehicle registration (and insurance)
- f) place of real and personal property (e.g., house and or real estate in New York).

Contact the Bursar's Cffice 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' sTuition 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 have not heard from either agency within eight weeks after you have 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 will not 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 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 tution scholarship and that you receive a new offer letter each year.

#### MAINTAINING FULL TIME STATUS

There are five classifications of graduate students: G-1 through G-5. G1 and G2 apply to

master's degree students. G3-G5 apply to doctoral students. G-1 and G-3 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. G-2 and G-4 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. G-5 students have advanced to candidacy (also known as ABD - All But Dissertation) and must register for 6 credits to be considered full-time. 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 a maximum of one year, with the possibility of a renewal for an additional year. The Stony Brook University policy requires that all students wishing to take a leave of absence must submit a formal written request to their Doctoral Program Director. Students that are currently registered or preregistered for classes must withdraw from (or drop) their classes as well and are subject to all applicable withdrawal fees. 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. In the semester prior to your return, you MUST inform your department in writing that you do intend to return. You should make certain that you receive a letter of renewal before the end of the last semester of your leave. Failure to receive one may indicate that all is not well with your position.

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' sgraduate 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 applying for graduation or taking care of tuition waiver problems. The Graduate School

is located on the 2nd floor of the Computer Science building in Suite 2401. Call 632-GRAD (632-4723) or go to their web site at: <a href="www.grad.sunysb.edu">www.grad.sunysb.edu</a>.

It is important to know who's who in the Graduate School.

**Dr. Lawrence Martin** is the Dean of the Graduate School.

Ms. Ignacia Ruiz is the Executive Assistant to the Dean and Office Manager of the Graduate School.

**Ms. Barbara Byrne** is Assistant Dean for Finance and administers graduate tuition scholarships as well as various graduate fellowships.

**Dr.Olufemi Vaughan** is the Associate Dean for Under-Represented Student Services. He also administers the Turner Fellowship program and advises these fellows.

**Dr. Kent Marks** is Assistant Dean of Graduate Admissions and Records.

**Dr. Elizabeth Barnum** is Assistant Dean for International Services.

**Smitha Fatima** (smitha@ece.sunysb.edu) is the Graduate Student Advocate (GSA) for the 2004-2005 academic year. See the GSA page in this guide for more information.

All administrators can be reached via email by <u>firstname.lastname@sunysb.edu</u> or go to <u>http://adam.cc.sunysb.edu/phonex.html</u> to look up staff contact information.

#### INTERNATIONAL SERVICES



International Services is located at the Graduate School, Suite 2401 Computer Science Bldg. International Services advisers provide advice to non-immigrant 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 front desk for you to take. Links to updates are also placed on the website http://www.grad.sunysb.edu/International/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 9/11and 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 accept any employment.
- Obtain a travel signature on your I-20 form before leaving the country.

• 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 F-1 students. J-1 students must report their address changes directly to International Services.

**IMPORTANT NOTE:** Those subject to "Special Registration" must also file Form AR-11SR. Information about 'Special Registration" is available at <a href="http://www.ice.gov/graphics/enforce/imm/imm sr.htm">http://www.ice.gov/graphics/enforce/imm/imm sr.htm</a>. The rules for 'Special Registration" have recently 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 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.

International Services has a web site at www.grad.sunysb.edu/International. The phone number is 632-INTL or 632-4685. The important contacts are:

**Dr. Elizabeth Barnum** (ebarnum@notes.cc.sunysb.edu) is Assistant Dean of International Services.

**Dr. Lisa Schlotterhausen**, **Mr. Tom Burns**, **Mr. Kevin Sorrentino** and **Mr. Joe Carranza** are the International Student Advisers. F-1 or J-1 students may consult with any one of these individuals concerning immigration and cross-cultural issues.

Ms. Nancy Lannak and Ms. Elsy Arieta-Padro are Advisers to International Faculty & Scholars. Students in J-1 status may also contact them.

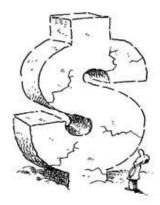
Ms. Luisa Escandon and Mr. Obio Ntia are Staff Assistants.

Ms. Emily Ntia is the Secretary for International Services.

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 Office 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.

#### **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 G-4 and

G-5 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.

#### 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.

#### WHERE TO FIND ADMINISTRATIVE HELP

- The *Graduate School* is the first place that graduate students should go to for problems with academic standing, evaluation, dismissal from a program or the University, etc.
- The 2004-2005 *Graduate Student Advocate* is Smitha Fatima (<a href="mailto:smitha@ece.sunysb.edu">smitha@ece.sunysb.edu</a>). The Graduate Student Advocate is an advanced graduate student that is hired through the Graduate School after an initial screening of candidates by the GSO Executive Board. She works out of the Graduate School and reports to Dean Lawrence Martin and the GSO.

The Advocate wears a number of hats, including mediator, ombudsperson and bureaucratic troubleshooter. The GSA handles all cases with strict confidentiality. She acts as a mediator between students, faculty and administrators whenever possible. Examples of matters that the GSA handles include (but are not limited to) problems of

academic standing evaluations, dismissal from the program of the University, problems in fulfilling financial aid requirements or making financial deadlines.

If you have an academic related problem you should contact the Graduate Student Advocate either through the Graduate School (632-7076) or directly by email (smitha@ece.sunysb.edu). Office hours are held at the Graduate School and she is also available by appointment. Inform her of the situation and bring all the appropriate documentation so that she can create a file for you. If a negative decision is made for you by your Department of the Graduate School she may be able to intervene on your behalf. 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 you provide in the strictest of confidence until she has your permission to disclose it.

- The *Campus Community Advocate* is Judi Segall (632-9200). 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 in 114 Humanities and is open Monday through Friday from 9:00 a.m. to 5:00 p.m.
- The *Affirmative Action Office* (632-6280), located in the Administration Building, 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, 347 Administration Building, at gmis@notes.cc.sunysb.edu or visit the website http://studentaffairs.stonybrook.edu/judiciary/conduct for more information.

#### ACADEMIC TROUBLES

Despite your best efforts, you may find yourself in academic trouble. This may be especially true in your first year, which is usually the most rigorous in terms of course-work and exams. There are many difficult situations graduate students can face, but the most common problem first year students face is low grades. A graduate student can be put on academic probation if his/her grade point average is lower than 3.0 or B.

Here is some advice on how you can handle the situation:

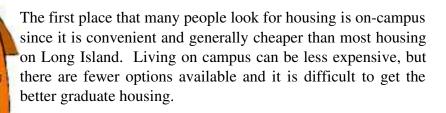
- Talk to your graduate program director or academic advisor (if you have been assigned one) and become informed about the consequences of academic probation. If the problem is not rectified by the deadline, this may lead to a loss of stipend and, in the worst-case scenario, eventual dismissal from the program. Your GPA will have to be brought up during the time frame allotted. Be sure to read the Graduate Bulletin for the policy regarding academic probation and the number of semesters you are allowed to be on probation before dismissal.
- If you have *special circumstances*, such as a physical or mental disability, a family emergency or some other extenuating situation that has led to your academic problems, obtain some type of documentation as proof and contact the Disability Support Services (please check the DSS page). This may be in the form of a letter, telegram, or fax, and can be obtained from your doctor, hospital, or any other person of authority who has knowledge of the cause of your circumstances (in the case of the death of a family member, a letter from the funeral director may suffice). Keep a copy for your own records and ask the graduate program director/departmental secretary to keep a copy in your file. If you are unable to bring up your GPA within the specified time, you may appeal the dismissal and/or other penalties. Your program director and, eventually, the Dean of Graduate School will review your appeal, and any documentation that you have will aid your defense.
- If you need to take an incomplete for a course, talk to your professors as soon as possible to see whether they will grant them. Also check the academic calendar about the date that the incompletes are due. If you will not be able to complete the coursework for an entire class or an entire semester due to special circumstances, you need to withdraw from the course(s) as soon as you are certain you cannot continue with them. If the deadline for withdrawal has passed, you will have to file an appeal with the Graduate

School. Be sure to discuss the consequences of this with your Graduate Program Director and Student Accounts (and if you are an international student, with International Services), and be sure to read the Graduate Bulletin for the proper procedures.

- Plan your future course-load very carefully. Do not be overly ambitious: avoid an above-average course load. Make sure you register for the courses you really need. Some departments have strict requirements of the courses that you will be required to take during your first year of study, while other departments may give you more choices in what courses to take. It is best to check with your Graduate Director before you register for any courses. Also talk to senior graduate students, as they may be the best source for this type of information.
- Do not forget that you may take any course over for a new grade, which will replace the old grade when calculating your GPA (be careful though: this is true whether your grade goes up or down!)
- Do not be afraid to DROP courses in which you think, after a few weeks, you may do poorly. The course can be substituted with one in which you feel more comfortable. Pay special attention to the Registrar's ADD/DROP deadlines.
- Finally, *study your hardest* so that you can pull yourself out of academic probation and do not forget to ask for help from older students, classmates and professors. Take advantage of the office hours of the class. You can also form/join a study group of fellow classmates to help you with your studying.

Note: All of 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. Seek advice from your graduate program director and/or academic advisor on what may be the best course of action for you, and 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.

# **On Campus Housing**



There are three options for graduate housing on campus:

Chapin Apartments

- Schomburg Apartments
- Undergrad Dormitories (only in exceptional cases)

There has been an increasingly high demand for on-campus housing due to the improvement in the quality of the University Apartments and increased enrollment. New students who apply by the deadline (for Fall semester it is May 15<sup>th</sup>) are guaranteed to have the space. To apply for on-campus housing, contact the Campus Residences office in the Mendelsohn Quad. Their phone number is 632-6750 and the web site is http://studentaffairs.stonybrook.edu/res/

#### Some important contacts are:

- Al Devries is in charge of housing assignments. He can be reached at 632-6750.
- <u>Qin Wang</u> (Director of the Chapin Apartments). She and staff in the Chapin office can answer questions related to the University Apartments. But, <u>they do not determine the housing assignments</u>. Chapin office phone number is **632-6755**.

<u>Linda Eastman</u> (Director of the Schomburg Apartments) and staff in Schomburg Apartments office can be reached at **632-1316.** 

The following are features of all on-campus housing:

- Phone and internet connection are guaranteed,
- Cable television including HBO,
- Furnished with at least a desk, bed, dresser, chairs, lamps and closet.
- Parking space provided
- Served by the University bus system until midnight

A few apartments with wheel chair access are also available. Shared apartments are single-sex only. Both apartment complexes feature a Community Center that can be used

for personal parties and get-togethers. The University Apartments are supervised by full-time professional and student staff who are available 24 hours a day, 7 days a week.

#### CHAPIN APARTMENTS

This is the largest and the primary graduate housing facility on East campus. It is located near the Health Sciences Center and the University Hospital. It comprises 12 separate buildings named A, B, C,..., L. The types of apartments with 2004/05 ranges (per one student living in the apartment) are:

- 72 One-bedroom (families and couples only) \$921
- 77 Two-bedroom (families and couples only) \$700 per room
- 55 Three-bedroom (two students per room) \$304-323
- 32 Four-bedroom (one student per room) \$473-497
- 5 Studios \$718

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. In addition to 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. All of the apartments have at least dial-up internet connection, high speed Ethernet installation is in the process and some of the buildings have been completed.

Chapin Apartments have an area designated for gardening where residents may grow vegetables and herbs. There is also a playground equipped with a slide, seesaws, swings, a climbing gym, a sand volleyball court and a basketball court. Laundry facilities are situated in four locations throughout Chapin (prices are \$1.25 for washer and \$1.00 for drier; if you use your university ID the prices are \$1.10 and \$0.80 respectively). Mailboxes are located in the laundry rooms. The **Chapin Office** number is **632-6755**.

#### SCHOMBURG APARTMENTS

These are the newer graduate apartments; comprised of two buildings (A and B) and a total of 72 apartments located near the academic mall on West campus. The community center, known as the 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 only:

- Four bedroom (one student per room) \$533
- One bedroom (for couples w/o children) -\$1066 Apartments with A/C pay \$16 additionally each month.

The 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 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. The **Schomburg Office** number is **632-1316.** 

#### **DORMITORIES**

The last (and very unlikely) option on campus, probably the least desirable, is a room in one of the dormitories. The rent is paid per semester and is much higher. Cooking facilities are available in some dorms, with a fee depending on what facilities are available in your dorm. A meal plan is mandatory in most dormitories (approximately \$2600/semester). This service is provided by the FSA (Meal Plan Office- 632-6517, www.campusdining.org). A last note on the dorms: many dorms close over holidays and breaks, as well as the summer, and you may have to find somewhere else to stay for those periods.

#### AMENITIES FOR ON-CAMPUS HOUSING

The Student Activities Center (SAC) and Student Union offer ATM and banking services, a post office, an arcade, a craft center, convenience stores and several dining locations. Within the Ward Melville Library are a computing center, a bookstore and Kinko' sprinting services. The Staller Center provides entertainment for everyone. Whether your interests are movies, plays, concerts, or dance recitals, you will find it here. Dining opportunities are various; for more information read the section on dining at SBU.

For the convenience of parents who work, do research or attend classes, the Stony Brook Child Care Services are located on South Drive at Stony Brook Road and are accessible by the campus bus service. For more information, call 632-6930. Many Chapin residents participate in informal child care arrangements as well. Children attend schools in the Three Village School District (474-7500, www.3villagecsd.k12.ny.us). School buses transport children back and forth between the Chapin bus stop and their respective schools.

Resident's Associations (CARA - www.sinc.sunysb.edu/Clubs/chapin or SARA) or the GSO Housing Committee. These two residents' organizations plan numerous events and activities for residents of the apartments, including movie nights in the community center, off-campus trips, and potluck dinners. Additionally, apartment staff also plan activities throughout the year, and residents are encouraged to participate in as many of these as possible. These programs include celebrations of various cultures and holidays, talent shows, movies, Broadway shows, bowling trips, safety and child care seminars, English language classes, barbecues and many other events. For more info, call 632-6755.

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. One of the initiatives implemented by RSP is the Walk Service Program, which provides escorts for students traveling between residential and academic buildings after dark. For more info, call 632-6337. To gain entrance to an apartment in Schomburg, visitors may use the intercom system located outside each entrance. Guests of Chapin residents need only to ring the doorbell. All residential areas are patrolled by University Police. In addition, the recently established Bike Patrol Program increases security and facilitates cooperation between the University Police and the community they serve.

# Off-Campus Housing

The options of off-campus housing are far more diverse, as are the prices, and the potential problems: An excellent place to start your search would be the **Off-Campus Housing Office** (632-6770, http://och.vpsa.sunysb.edu), located on the first floor of the Student

Union. The Off-Campus Housing Office provides computer printouts of rental listings (custom tailored to the type of housing you want and your price range), roommate referral services for people who want to find a room in a house, and for those who have rooms to rent.

Local papers also have listings; try **The Three Village Herald** (www.threevillages.com), **The Three Village Times** (www.antonnews.com), **The Port Jefferson Record**, and free advertising papers such as the **Pennysaver** and **The Yankee Trader**. Often there are signs posted around campus for rooms to rent and information available through the HSC.

Rental prices in the area vary widely. For a room in a private home, usually with some kitchen privileges, expect to pay \$500 - 700/month. For a room in a house that is shared with other students, the going rate is \$450 - \$650. A studio apartment, often in a separate part of a private home, usually goes for \$600 - \$800 (this is generally one large room, with a private bathroom and some kitchen facilities). Expect to pay \$900 - \$1100 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 thus include utilities, as well as additional noise. Basement apartments can be cold, damp, and dark, but they are also the most plentiful and cheapest. If 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 so that you do not waste time looking at places that you do not want. Many people choose to get together and rent an entire house. Cottages (usually with two or three bedrooms) and houses are variably priced, starting at \$1500 and go up to \$2500 or more. Housing within walking distance to campus tends to cost more. If you

have a car and are willing to commute, you can often find better prices farther away from campus, south towards Centereach and Selden, and east in Mount Sinai and Sound Beach. These neighborhoods along the shore tend to be much nicer places to live: they are more rural, and you'll have the beach nearby.

You may hear about "Illegal apartments" on Long Island. These are ones for which the landlord has no zoning approval (and, thus, probably is not paying taxes on it). Often they are add-ons to private houses, and are a source of extra income for the homeowner who has to pay Long Island's ridiculously high property taxes. 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. **The Long Island Housing Service, Inc.** (467-5111) 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. The GSO Housing Committee may also be of assistance.

#### ADVICE FOR RENTERS

**Lease**: once you have found a place that you feel you will be comfortable to live in you will have to sign a lease which is the agreement between you and the landlord. Make sure that you understand everything that is written and ask if something is not clear. When leaving, beware that you have to pay until the end of the lease (regardless whether you live in the house or not). Verbal agreements, while legally binding are difficult to prove in court so make sure you get everything in writing.

**Security Deposits**: Most landlords charge a security deposit equal to one month's rent but two months' rent is not uncommon. Make sure you know how much is required before you sign the lease and how/when you can get it back.

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

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. Electric rates on Long Island are high. Ask if the place has electric heat, as you may end up paying huge heating bills in the winter. Electric water heaters can also run up your bills. Find out what extra charges (such as water, trash removal, etc.) you'll have to pay so that you can make an educated decision.

Some useful phone numbers for getting basic utility services to your house or apartment are listed below:

Electricity: Long Island Power Authority (LIPA), 1-800-490-0025, www.lipa.state.ny.us

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

Cable: Cablevision, (516)-393-0155, www.cablevision.com

Phone: Verizon, 890-1550, <u>www.verizon.com</u>

#### **TRANSPORTATION**



#### **BUSES**

#### On Campus

Many students who live on campus walk or bike everywhere they go but the *Campus Bus service* is available for students use. Buses stop near the Chapin and Schomburg housing complexes and all major campus locations. The transportation fee is automatically included in your bill and allows you unlimited use of campus bus services. If you are a TA

or a GA your transportation fee is waived. Bus schedules can be acquired on any bus or by calling **632-6418.** Buses run at various intervals depending on the time of day, and the buses stop running at midnight. No service is provided during official University Holidays. During the summer and winter intercession the bus schedule is reduced so make sure you know the schedule otherwise you will end up walking for a long time depending on where you want to go.

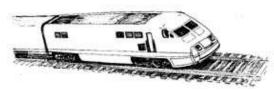
For those who choose to walk late at night there is an after-hours walk service that will escort you anywhere on campus between 8pm and 3:30am (632-6337). The Public Safety office (Campus Police) provides on campus ride service available dusk to dawn (call 333 or 2-RIDE). The 'Blue Light' emergency phone will connect you directly to Public Safety, or just dial 333 from any campus phone. Look for phone locations during the daytime to make yourself familiar with them before late night. Avoid walking alone if possible. More info about found the buses be at http://www.stonybrook.edu/facilities/tps/transportation/bus.shtml

You are also encouraged to bring a bike on campus. The Paul Simons Memorial Bicycle Path is a six-mile long path open to all campus community. In the case of bad weather you can attach your bicycle to campus buses that are equipped with bicycle racks.

#### **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. On-Campus buses will take you to Smith Haven Mall and Waldbaums Plaza on weekends. The schedule varies and can be found by contacting On Campus bus service. 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 (there is also a bus map in the local phone book). 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.



#### **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

station is another option. The train ride is shorter and the train goes more often. Train schedules can be found at the station, the Off-Campus Housing Office, and the Student Union, or call 231-5477 (231-LIRR) for more information. Schedules & train routes are also available online at www.lirr.org

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.

#### **BOATS/FERRIES**

The Bridgeport - Port Jefferson ferry and the Orient Point - New London ferry (www.longislandferry.com) are two ways to reach Connecticut/New England besides driving through the city. Only foot passengers will find this alternative a bargain, as car ferry prices are very expensive. There is a train station in Bridgeport located near the ferry dock (though the schedule rarely coincides with ferry times), and a bus and train station in New London. If you decide to take a car across, be sure to reserve a spot ahead of time, and note that passengers cost extra. The ferry is not necessarily less time consuming than driving (about 1h 20 min boat trip, plus 30-45 min waiting at the dock) but it can be less stressful. Most ferries have small beverage and snack bars on board.

During the summer one can also take a ferry to Fire Island, which has great beaches and restaurants. Go to http://www.fireislandferries.com for more info on Fire Island Ferries.

#### TAXICABS, AIRPORT SHUTTLES

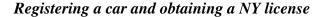
There are several companies on Long Island that offer cabs or airport shuttles or limousines. The phone numbers for cab companies are: 265-2500 (Lindy' \$\text{Taxi}\$) and 473-0707 (Call A Cab). Ask for the fare first since Long Island cabs can be fairly expensive. If living on campus call 2-RIDE instead. Companies that offer airport shuttles or limousine service are Winston Limousine Company (924-1200), Spartan (928-5454) and Classic (567-5100).

#### **CARS**

#### Buying a Car

Most graduate students buy used cars. 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)
- Local authorized used car dealerships (listed in Yellow Pages)



If you are buying a car, or already own one, be forewarned that 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 1-800-342-5368 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)

#### **Parking Permits**

To park on campus, you must register your car with the campus Traffic Office on the second floor of the Administration Building (632-AUTO). Office is open 9am to 5pm with extended hours on Tuesdays (6pm during the summer and 7pm during the year). Bring your DMV registration, proof of enrollment (a receipt from the Bursar or Registrar or a validated ID card). If you live on campus, bring a copy of your housing agreement as well. Most parking permits cost only \$5. There are some premium lots like the Stadium, Administration Garage, Life Sciences, ESS for which you have to pay more.

You can get your parking permit on line as well by going https://www.parking.sunysb.edu/permits/ or by logging in the SOLAR. Public Safety is quite zealous in handing out parking tickets and has an aggressive patrolling policy, especially in the Administrative Loop. Fines start range at \$15-\$50, depending on where you park illegally, and increase the longer you put off paying them. After 4pm, unless



marked "24 hour," the you can park at the Faculty/Staff lots regardless of the type of sticker you have.

#### Renting a car/U Haul truck

The closest place to rent a car or U Haul truck is the Avis/U-Haul 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). One student-friendly agency is Enterprise Rent-A-Car. A nearby local branch is in Centereach (588-0200). This branch offers weekend discounts. Toll free number is 1-800 RENTACAR.



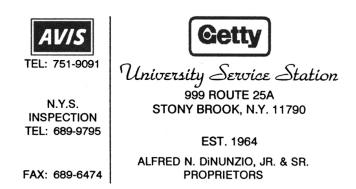
#### Car repairs

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 who have lived in the area about reliable mechanics. A local garage is the University Service Station in Stony Brook (689-9795), 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. Another student-friendly and reasonably priced mechanic is Henry's Automotive Service in Mt.Sinai (928-0834).

**NOTE**:If you need your car jump started or if you locked your keys in the car and you are on campus call University Police (632 3333).

Need some wheels to get out and have some fun? For student friendly car rentals, visit the AVIS rental center on 25A across from the train station.



Need to get your car serviced or inspected? Drop it off at the University Service Station and walk to class. It's so easy!



Darlene Petroccione, RD CDN Campus Dining Nutritionist

# FREE Nutritional Counseling

Campus Dining Offers Stony Brook Students Private, Nutritional Counseling with Our On-Staff Registered Dietitian-Nutritionist. Contact Darlene Petroccione @ (631) 632-9979

email: dpetroccione@notes.cc.sunysb.edu

# Campus Dining Cares!

Special Dietary Offerings

# **Vegan and Vegetarian Options**

In every Campus Dining Location

#### Halal

Available in Bleacher Club and End Of The Bridge Restaurant

#### **Kosher Dining**

Certified Kosher kitchen overseen by a Rabbi

#### **Nurture Our World**

Items that are low in fat, calories, sodium or cholesterol

# **Make A Difference**

With Campus Dining

### Join the Vegetarian Task Force!

- Taste possible new food items
- Assist with menu development
  - · Provide menu ideas
  - Assist with Vegetarian Awareness Week

## Join the Healthy Eating Initiative Committee!

- Learn more about Body Wise
- Assist with menu development
  - Develop marketing plan
- · Taste possible new food items

Contact Darlene to learn how you can get involved!

# For more info logon to www.campusdining.org

# **On Campus Dining**



If you are on campus and looking for something to eat, you have a wide variety of options. You can eat at one of the many campus dining locations, grab a quick bite at one of the carts, or pick up a snack in a vending machine

**Campus Connection** at H-Quad Phone (632-1001) is one of three Resident Dining locations and is located in Benedict College in H-quad. It is open for lunch from 11:00 am to 2:30 pm and for dinner from 5:30 pm to 10:00 pm;

Taco Bell is open until 11:00 pm. As for weekends, there is an all you care to eat brunch from 10:30 am to 3:00 pm.

**Kelly Dining Center** (632-6352) is another one of three Resident Dining locations on campus and is located in Kelly Quad. At Kelly you can stop by as early as 7:00 am for a hot breakfast or stop by for lunch, dinner or a early morning snack until 3:00 am. Kelly offers various cuisines that include Vegetarian, Caribbean, Asian Stir Fry, and home-style cooking. Also available are Portabella brick oven pizza, Caliente Cab Company, Kelly Market fried chicken, a full service deli, and our popular weekend brunch. The popular Kelly Coffee & Tea House is open 7 nights from 5:00 pm to 12midnight.

**Roth Food Court** (632-6520) is the third of the three Resident Dining locations and is located in Roth Quad between Cardozo and Whitman residence halls overlooking the Roth pond. Roth Food Court is home to Burger King and Deng Lee Chinese as well as Vegetarian, traditional American fare, and delicious Italian cuisine. In addition Campus Dining Services Kosher Cafeteria and SBU Delivery Service are located at Roth Food Court.

**Student Activities Center** (632-1242) offers a spacious dining room for those who want to mingle or just enjoy a quiet meal. At Harvest Moon one can personalize an Asian stir-fry with a choice of vegetables, chicken, pork, beef and tofu. SAC also features a daily freshly made au bon pain soup bar, which includes a vegetarian option. Try some of our hand-tossed and brick oven baked pizza or our daily hot "Seasons" specials, or a made to order wrap. If those don't tantalize you then stop by the grill for some burgers, mozzarella sticks, veggie burgers, and much more. A large salad bar is also available.

**Stony Brook Union** hosts three Dining Facilities. The **Union Deli** (632-6532) carries all of the essentials as well as a full service deli for soups, salads and sandwiches. In addition there are breakfast sandwiches and bagels starting at 8:00 am. The **Bleacher Club** (632-6466) is a classic cafeteria with a made to order grill, salad bar, vegetarian, and daily pasta. Stop by for classic ethnic cuisine or a Halal lunch. **The End of the Bridge** (632-6566) is a sit down style restaurant located on the second floor of the Student Union building. The menu includes classic American cuisine as well as Halal dinner specials.

**The University Club** 632-7069 open Tuesday through Friday from 12:00pm - 2:00pm. It is located on the second floor of the Chemistry Building. The University Club offers daily lunch specials. Cash, Mastercard, VISA, Discover, AMEX and FSA plan are accepted. In addition, the University Club is available for office parties and catered events. For information or

reservations please call Lana at 631-632-7069.

The **Harriman School** runs a cafe as a management laboratory on the first floor of Harriman Hall.

The **Jasmine Food Court** is operated by Café Spice Group of Restaurants. Jasmine is an Asian food court that serves the Charles B. Wang Center. Flex credits may be used.

A variety of coffees and pastry can be picked up at the Seawolves' Market in the SAC.

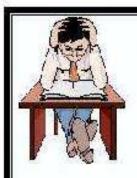
#### **MEAL PLANS**

The Commuter 500 or the Commuter 250 - These plans are tax-exempt declining balance meal plans comprised of all <u>campus points</u>. When food or beverage items are purchased, the amount is automatically withdrawn from your meal plan account. You may request a receipt from any dining cashier, which also lists the balance of your account. This plan is only available to commuter students. Unused points will carry over from the fall to the spring semester but not the following academic year. You can open a Commuter 500 (500 <u>campus points</u>) or Commuter 250 (250 <u>campus points</u>) plan and have it billed directly to your student account. You can also replenish your account in increments of \$150, \$250 or \$500 and have it billed to your student account as well. The Commuter 500 or the Commuter 250 meal plans are only available to commuter students. Smaller increases can be added by credit card on the Campus Dining Services web site at <u>www.campusdining.org</u>. **Please Note**: Your Student Account must be in good standing in order to replenish your meal plan and have it billed to your account.

The Apartment 500 or the Apartment 250 - An apartment meal plan is a tax-exempt declining balance plan, comprised of all <u>campus points</u>. When a food or beverage purchase is made, the amount is automatically deducted from your meal plan account. You may request a receipt from any dining cashier, which lists the balance of the account. These plans are only available to apartment residents. Unused points will carry over from the fall to the spring semester, but not to summer sessions or the following academic year. You can open an Apt. 250 or Apt. 500 and bill it to your student account. You can also replenish your account in increments of \$150, \$250 or \$500 and have it billed to your student account as well. The Apartment 500 and the Apartment 250 meal plans are only available to apartment residents. Smaller increases can be added by credit card on the Campus Dining Services web site at <a href="www.campusdining.org">www.campusdining.org</a>. Please Note: Your Student Account must be in good standing in order to replenish your meal plan and have it billed to your account.

**The Budget Plan** - A pre-paid tax-exempt meal plan which can be opened with a minimum of \$50. This plan may be replenished in \$25 increments. These <u>campus points</u> may be purchased by commuter students or those not required to be on a resident meal plan.

With either plan, unused points will carry over from the fall to the spring semester, but not to the following academic year. You can sign-up for either plan on-line at **www.campusdining.org**. These plans allow you to eat at any Campus Dining Service location and help you save 8.75% on every food purchase! For more information, contact the **ID/Meal Plan Office** at **632-6517**.



# Need a Study Break? Sit Back & Relax At...



Neighborhood Grill & Bar

# PROUD TO SUPPORT STONY BROOK UNIVERSITY

Middle Country Road, 1 Block East of Smithhaven Mall, (in Front at JC Penney Home (cuter) LAKE GROVE 631-447-2445

If you can't eat here, bring us to your sinner table...





Call Ahead Seating





GREEK - AMERICAN CUISINE
-INNOVATIVE PITAS
SEAFOOD SPECIALTIES
PASTA SPECIALTIES

Eat in our comfortable dining room or enjoy take-out • Private party room

Ask about our special catering packages \_\_\_\_\_ Serving Beer & Wine • Open 7 Days a Week

217 Main Street Port Jefferson, NY 11777

PHONE 476-7510 • FAX 476-7508

#### **OFF CAMPUS DINING**

### Walking distance

There are several places around campus within 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 take-out and it is open late at night.
- •Strawberry Fields (246-5600) is a local gourmet deli, 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 offer variety of soups and other foods at affordable prices.
- •Dunkin Donuts and Baskin Robbins offer a selection of doughnuts, bagels and ice cream.
- Full moon café (689-5999), features brick oven pizzas 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 Pavillion (751-1888) offers Chinese and Japanese cuisine.
- A **Subway** (**751-1444**) franchise is located next to the Curry Club. It serves sandwiches made to order (dine-in or take-out).
- 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, offers a great variety of steaks and barbeque food.
- Hoshi Sushi (689-2323), Offers eat in and take-out Japanese cuisine.
- **Zorba the Greek** (**689-2222**) offers good 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.
- Jin Jang Buffet 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 of Thailand (474-0663) is a Thai place in a shopping plaza located about 3 miles east of Nicholls Rd. on Rt.347 across the street from Citbank and Home Goods.
- El Dorado (473-8525) is a southen BBQ restaurant located approximately 3 miles from campus on Rt.347.
- The Ground Round (928-0654), is a family dining restaurant.

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 (979-3312) are both located in the Smith Haven Mall and serve bar and grill-type food.
- •John Harvard's Brew House (979-2739) offers American cuisine and it is also a microbrewery.

On Route 25A in Setauket:

- •Mama Sbarro's (689-8800) offers a selection of pizza and pasta.
- •Mario's Italian Kitchen (751-8663) offers pasta, chicken, and pizza.
- •Chung How (751-7560) is a take out Chinese restaurant.
- •Country Corner (751-2800) offers standard bar fare, pizza, as well as Armenian specialties.
- •Belli Baci (689-1071) offers Italian cuisine.

#### Pt. Jefferson Dining:

- •The Tiger Lily Cafe (www.tigerlilycafe.com, 476-7080) offers a coffee & juice bar, homemade dishes and the best selection of vegetarian cusine in town! This cozy little cafe features wonderful live music and artwork.
- •Salsa Salsa (473-9700) is a Mexican fast food place.
- •The Printer's Devil (928-7171) is an Irish pub and restaurant that offers a wide variety of cuisine from burgers to lobster.
- •Pasta Pasta offers a selection of Italian dishes.
- •Z-Pita (476-7510), offers affordable Greek and American Cuisine.
- •Pace's Restaurant (331-9200) is a steak house.
- •Dockside Restaurant (473-5656) serves seafood dishes.
- •San Remo's Coal Brick Oven Pizza (331-4646), offers delicious pizza.

#### *On Rte 25 (Middle Contry Road):*

- •Grand Buffet (451-1000) and Empire Buffet are Chinese and part-Italian all-you-can-eat places located on Rt. 25, Middle Country Rd about 1 mile from Nichols Rd.
- •Meson Ole (751-2200), a Mexican restaurant, is located on Rt. 25 about a mile east of Smithaven Mall.
- •Applebee's Neighborhood Bar and Grill (447-2445) offers burgers, grilled foods, salads and more.
- •Olive Garden (585-4027) serves Italian dishes.
- •Empire Szechuan (265-8585) serves Chinese, Japanese, and Thai cuisine.

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.

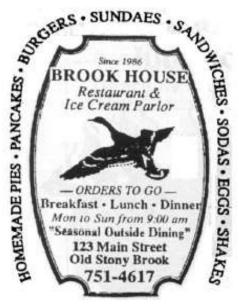
- •The Lake Grove Diner (471-5370) is the closest one to campus and is located on 347 west of Stony Brook Road.
- •**High-Lite Diner** about 4 miles east of Nicholls road on Rt. 347.
- •Millennium Dinner is located on Rt. 25 A in Smithtown.

This list is by no means all inclusive.

As you explore the area, you will find

your own particular favorite restaurants, bars, and coffee shops.

<u>**Driver's Note**</u>: Rt. 25 (a.k.a Middle Country Rd) and Rt. 25A (a.k.a. North Country Rd) are DIFFERENT roads!!





# Welcome Stony Brook Students!

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

Good food! Reasonable prices!



2211 Route 347 Lake Grove, NY 11755

Stony
Brook
Road

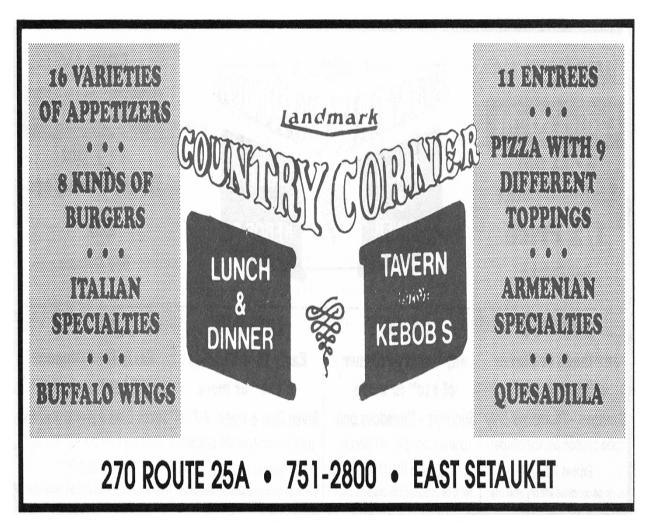
LGD

347

• OPEN 24 HOURS •

Ph.: 631-471-5370

Fax: 631-471-9474



10 Woods Corner Road (Rte. 25A & Nicolls Road) East Setauket, NY 11733 631-751-4845



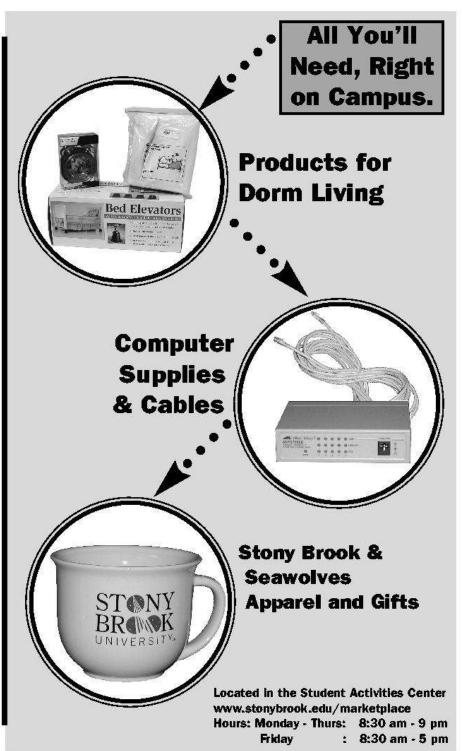
Fine Indian Cuisine

"The best of its kind East of Queens".....Zagat's 2000
\*All dishes prepared in 100% Canola oil only

Lunch: 11:30-3:pm, Dinner: Sun-Thurs 5pm-10pm, Fri-Sat 5pm-11pm
Dining, Catering, Takeout or delivery

\*

# 10 % GRADUATE STUDENT DISCOUNT @ THE CURRY CLUB with THIS coupon & SBU ID



#### ON CAMPUS SHOPPING

#### General Stores:

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

• The Seawolf MarketPlace (632-9281, www.sunysb.edu/marketplace) is a campus convenience store operated by the Faculty Student Association, and located in the Student Activities Center. It offers items for everyday living, such as laundry detergents, cleaning supplies, health/beauty aids and school supplies. The store also carries a variety of coffees and pastry, international specialty foods such as Asian snacks, plus Kosher and microwavable foods. Stony Brook and Seawolf clothing



and merchandise is also available. Hours are Mon – Thu 8:30 am – 9:00 pm, and Fri 8:30 am – 5:00 pm. For summer hours please check the website.

• 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: <a href="http://ws.cc.stonybrook.edu/provostliasn/bookstore/">http://ws.cc.stonybrook.edu/provostliasn/bookstore/</a>.
- 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
- **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.

# NO CASH FOR BOOKS? NO PROBLEM!

Open a Bookstore Campus Account Today



It offers you the convenience of purchasing textbooks and school supplies in the University Bookstore and Matthew's HSC Medical Bookstore using your University ID card.

- ☆ Every time you make a purchase the amount is automatically deducted from your account.
  - The Bookstore Campus Account may not be used to purchase popular literature, logo clothing, mugs, gifts or other non-school supply merchandise.

To open an account, log on to www.stonybrook.edu/bca or Visit Suite 250 in the Stony Brook Union. For more information, call 632-6517.

#### OFF CAMPUS SHOPPING

#### **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 (474-0242)

Call or check <u>www.stopandshop.com</u> 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.

#### Trader Joe's

(Offers gourmet & non-traditional 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.

#### **Produce Warehouse**

749 Hawkins Ave, Ronkonkoma (981-1289)

#### Giunta' Meat Farms

1067 Route 112, Port Jefferson Station (474-3910)

#### 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,speciality 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 Food (1-800-681-7099),246 Route 25A, Setauket

Bulk foods, organic produce, vitamins, health care

St. James Natural Food, 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**

Main Street, Port Jefferson (331 7070) Offers nice selection of wines from local wineries.

**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:**

There are too many places to shop on Long Island to list in one guide! To start:

• Smithhaven Mall, located about 2 miles from the campus on Rt. 347. Inside are stores for almost every household and personal need. The S60 bus runs hourly from to Smithhaven mall & has several stops on campus, including the Hospital and the Union. On weekends there is free University bus going to Smithhaven Mall as well as Waldbaum's, The Sports Authority, Office Max and Borders. For schedule, call 632-6418.



• 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 Smithaven Mall. It also has a huge music section, and a coffee bar. You can also buy desserts and sandwiches.
- Rock Candy (689-1249) has T-shirts, bags, stationary, gifts and novelties. Make sure you drop by, you will not be dissapointed.
- The Sports Authority (979-1080) & 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 Smithaven 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). Hundreds of discount stores sell almost everything including designer clothing. It is bit of a drive, but well worth it!

- Target, Best Buy & Home Depot are just east of campus on Rt 347 (past Nichols Rd on right-hand side).
- StonyBooks (689-9010) is located on 25A across from the train station in Stony Brook. StonyBooks is an off-campus source for textbooks (new and used) and basic school supplies.
- The Good Times Book Shop (928-2664) has second-hand, rare, and out of print books in Port Jefferson at 150 East Main Street. It's a cozy literary corner in the otherwise commercial downtown shopping area. They buy and sell used books.

#### Health and Beauty:

There are a number of nearby salons, gyms and nutrition stores. Check your local phone book or **www.yahoo.com** yellow pages. Some local places include:

- **Hair Port** (473-1215) on Main Street, Pt. Jefferson offers reasonable priced haricuts.
- Andre's Beauty Salon (360-9665) is a very good salon in Smithhaven Mall, however much more expensive.
- **Ironside Phyllis** (444-0103) for electrolysis by appointment.
- Cal-cutters (751-1112) across the street from the train station on 25A,



#### **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 \$1.00 for drying. If using student ID card's off-line stripe at resident laundry facilities the amount is \$1.10 for washing and 0.80 for drying. For answers to problems or questions, or to report a malfunctioning machine, call the C-L-E-A-N line at **632-5326**.

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.

## The Good Times Bookshop

150 East Main Street Port Jefferson
(3.5 miles east of Nicolls Road)
928-2664 Established 1972

Open: Tuesday thru Saturday 11am to 6pm Most Sundays 1 to 5pm

www.goodtimesbookshop.com

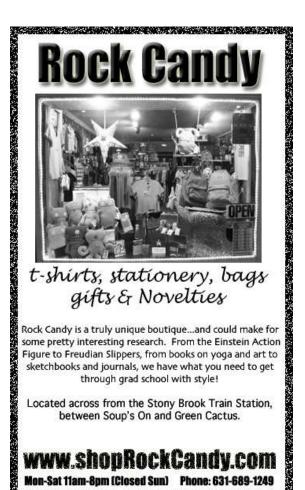
For over 30 years we have been buying and selling Scholarly, Scarce and Out-of-Print Hardcover and Paperback Books in most academic fields. (No textbooks.)

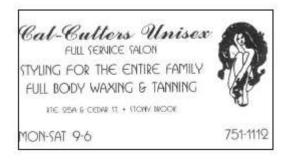
We stock more than 30,000 titles, neatly arranged for easy browsing. In-print books sell for 1/2 price, out-of-print books are priced accordingly.



Stony Brook University students have been coming to the shop from it's beginning.

In fact, one of the owners was a Stony Brook graduate student in the 1970's.







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



fax 631 689 3585 orders 800 540 7003

#### BANKING FACILITIES AND ATM MACHINES

#### BANKS

Banking services on and close to the campus are provided by:

**The Teachers Federal Credit Union** Here you'll find some of the best interest 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 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. TFCU also has branches in South Setauket (981-0500), Pt. Jefferson (642-1186), and in Farmingville (698-7000). You can also do transactions and bill-paying online **www.teachersfcu.org**.

**North Fork Bank** has branches in Stony Brook (751-1700) and Port Jefferson (1-877-694-91111). 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: <a href="http://www.northforkbank.com/northforkhome.asp">http://www.northforkbank.com/northforkhome.asp</a>

**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: <a href="http://www.astoriafederal.com">http://www.astoriafederal.com</a>

Fleet (751-6601, 800-441-4000) also has a branch close to campus on the crossing of Rt.25A and Bennetts Rd in East Setauket. You can find useful information at: http://www.fleetbank.com

**Chase (1-800-CHASE24)** across Waldbaum' son Rt.347 in Lake Grove. For more information check: <a href="http://www.chase.com">http://www.chase.com</a>

Citibank (627-3999) on Alexander Ave (and Rt. 347) next to Smithaven Mall. Visir 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.

# Banking Services for Stony Brook students, faculty, staff and their families

Stony Brook University and Teachers Federal Credit Union (TFCU) have teamed up to provide you with a variety of banking services. You'll save time and money by banking at TFCU, a not-for-profit, full-service financial institution.

- Open a free TFCU checking account (recommended) and you'll receive personalized checks, ATM and online banking access. No minimum balance and no monthly fees.
- A savings account, with a minimum balance of \$1, is required to open your TFCU membership account.
- We make it easy to transfer money to your TFCU account electronically, too.
   Ask us for details.
- Visa credit cards: no annual fee.

#### **BRANCHES:**

On campus: Student Activities Center and Health Sciences Center, plus Amityville, Bay Shore, Bohemia, Commack, Farmingville, North Babylon, Port Jefferson Station, Selden (opening Fall 2004) and South Setauket.

Open your Teachers Federal Credit Union account and your new Campus Card will also be your ATM Card.



www.teachersfcu.org



631-698-7000

#### Health Insurance

This section is intended to provide the basic useful information regarding specific health insurance plans, the Student Health Service (Infirmary), and other health services on- and off-campus. Some of these plans have changed recently and are expected to undergo further adjustments in the near future, therefore for specific details one should check the original documents or consult with the relevant offices. Also do not forget to attend the Health Insurance Orientation (dates will be announced during the orientation) where more details will be given regarding your Health Insurance.



#### GRADUATE STUDENT HEALTH INSURANCE

To discuss health insurance, graduate students can be divided into three groups:

- 1. State employees (TAs and GAs) and SUNY Research Foundation employees (RAs)
- 2. Non-funded domestic students.
- 3. Non-funded international students.

We will discuss insurance plans for teach of these groups separately. All insurance plans are housed at the Student Health Insurance Office in the West Campus Infirmary (Student Health Service).

#### 1.GRADUATE STUDENT EMPLOYEES

Those students employed by the State as teaching or graduate assistants (TAs and GAs) and 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 \$3,800, 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: <a href="https://www.gseu.org">www.gseu.org</a>.

Research Assistants (RAs) are eligible to enroll in the health plan subsidized by their employer, the Research Foundation, which is administered through Student Resources, a division of Mega Life. Information about participating providers can be found at <a href="https://www.beechstreet.com">www.beechstreet.com</a>. 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 F-1 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 must 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 J-1 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 dependants' c osts.

Specific questions may be addressed to the Benefits Advisor, Lisa Coleman, (lcoleman@notes.cc.sunysb.edu), 632-6144. 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.

#### 2.NON-FUNDED DOMESTIC STUDENTS

There is only one University insurance plan available to non-funded domestic students; it is offered by the Faculty Student Association (called the Maxon Plan). The plan covers part time as well as full-time students. The cost (annual 2004-2005 is \$847) is much higher than the TA, GA and RA plans, but lower than that of outside insurance policies; the coverage is more limited than the subsidized TA, GA or RA plans. Enrollments are made at the Insurance Office or at the Bursar in the Administration Building, and only at the beginning of each semester. No enrollments are permitted after the enrollment cut-off date. The Insurance Office can provide full information about the plan, and assist with enrollments, claims and problems. Claims are usually handled via a reimbursement scheme. Claim forms should be picked up at the insurance office before a student visits a

physician, or has lab tests or X-rays. The plan does not cover dental work, eyeglasses, or hearing aids.

Specific questions may be addressed to Leta Edelson (<u>ledelson@notes.cc.sunysb.edu</u>), 632-6054.

#### 3.NON-FUNDED INTERNATIONAL STUDENTS

As described above, all non-immigrant full and part time students who are in F-1 or J-1 status are automatically charged for the SUNY-wide international health insurance. 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 may 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 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 inexpensive (annual 2004-2005 is \$687) considering the coverage it offers, as compared to most other U.S. insurance policies. The plan does not cover well-care, dental work, or vision, however. Coverage for dependants is available separately, at the insurance office, and is rather expensive. Insurance coverage is also required for spouses in F-2 and J-2 visa status. Dependants must be enrolled for insurance either within 30 days of: entrance to the country, or their birth, or the start of a new academic year. It should be noted that hospital costs for care of a healthy newborn infant are limited to \$1,000 under this plan.

Visiting scholars (usually in J-1 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.

#### **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 CARE PROVIDERS

#### **Infirmary Services**

Mandatory Health Fee: All full time graduate students currently must pay a health fee of \$95 per semester; or \$9.50 per credit for part-timers. Waivers are granted in special cases, noted below. In addition, there is a summer health fee for all students, including those registered for zero credit 800 level courses, i.e. students receiving summer support. Students who will return in the fall but are not taking summer classes and not receiving summer support may elect to pay the summer fee in order to use Infirmary providers. However, non-student spouses and dependents are not eligible to use the infirmary at any time.

*Waivers*: If you are a part-time student with only evening or weekend classes, or are pursuing your studies out-of-state or far away from campus you may request a health fee waiver by submitting documentation of your status to: Student Accounts; Health Fee Waiver, SUNY Stony Brook, Stony Brook, NY 11790.

Student Health Center: (632-6740). The Student Health Service (Infirmary) is open weekdays only, from 8:00 AM to 12:00 noon and from 1:00 PM to 5:30 PM during the semester when classes are in session. It closes at 4:00 PM during the summer and semester breaks. When the infirmary is closed, students in need of medical help must go either to the University Hospital or to an outside physician or clinic. The health fee only pays for services obtained at the Infirmary (for information on paying for outside medical care, see the previous regarding health insurance). In case of emergency during times when the



infirmary is closed, you may contact Public Safety on the campus (632-3333).

Services offered at the Infirmary include visits with physicians, physician assistants, nurses or nurse practitioners, laboratory tests and pharmacy medications. There are fees for certain medications and laboratory tests. The cost of immunizations for Measles/Mumps/Rubella, Diphtheria/Tetanus, Chicken Pox, Hepatitis A and Hepatitis B may not be covered by your insurance plan, but are available at reduced charges at the Infirmary. In addition, the Infirmary 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 Infirmary pharmacy.

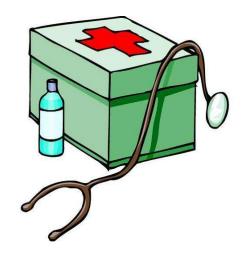
**Required Immunizations:** Public Health Law 2165 requires students attending classes in New York State who were born after January 1, 1957 to have signed proof of immunity against Measles, Mumps and Rubella. Accepted forms of proof are:

1) 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/diptheria (Td) toxoid within the last 10 years, and a Tuberculin test within the past year.

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 smears and certain other tests, which are often covered by your insurance plan. The Women' Health center is open weekdays from 8:00 AM to 11:30 AM for appointments, and 1:00 PM to 3:30 PM for walk-ins.

Pharmacy and Self-Care Center: The Infirmary Pharmacy offers prescriptions at substantial savings. Only prescriptions written at the Infirmary 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 non-prescription decongestants, throat lozenges, sore throat spray, aspirin, acetaminophen, and cough syrups.



Laboratory Services: The lab can perform routine tests, including cultures (throat, gonorrhea, fungal and

urine), smears (Tzanck, Scabies and Urethral), CBC, hematocrit, pregnancy, glucose level and wet mounts. Students can have blood drawn for outside testing. Students are charged by the outside laboratory for tests performed by them. Many of these tests are covered by your insurance plan. You may need to send the lab bill to your insurance company with a proper claim form. Ask at the Insurance Office for more information on that.

Reproductive Health: Information on contraception, STDs and safer sex is available through the Women' sHealth Center and also through the Infirmary Health Education Office, open Monday through Friday (632-9338). The CHOICE (Choosing Healthy Options in the College Environment) Health and Wellness Resource Room, located in Room 213 of the Infirmary, provides a wide selection of brochures, fact sheets, video and audio tapes, and resource books on health issues relating to students. Latex condoms and contraceptives can be purchased at the Infirmary Pharmacy. Laboratory services provide testing for sexually transmitted diseases including syphilis, gonorrhea, chlamydia and herpes. For other agencies providing testing and treatment for AIDS and other STDs, see below.

**Social Work and Counseling:** The Infirmary employs a social worker (632-6740) 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 offers help to students dealing with a broad spectrum of problems ranging from academic stress, to family and marital difficulties, and depression. The Counseling Center (632-6720) is located on the second floor of the Infirmary building and is open 8am to 5pm weekdays except Tuesday when it is open from 8 am to 7pm. During both intersession and summer and spring breaks it is open from 8.00am to 4.00pm.

Students are encouraged to visit the Counseling Center to discuss problems even if they are not sure that counseling is necessary. It is generally better to deal with problems in their early stages rather than waiting until they reach the crisis stage. Surviving the rigors of academic life can depend on effectively dealing with emotional and social issues. A word of advice: take time to find the counselor who' sright for you. Shopping for a therapist can seem crazy when you are desperate or distraught, but it helps to ask around. Other graduate students can help give you an idea of how various counselors approach therapy and who might best suit your needs.

Services provided at the Counseling Center include crisis intervention, individual, family and group therapy as well as psychiatric consultation. The Group Shop, administered by the Counseling Center, offers free workshops and groups designed to promote personal growth and skill development. Frequent topics are stress management, weight reduction, time management and assertiveness training. Full-time students are offered counseling free of charge if they have paid the health fee.

Appointments for initial visit are made on a same-day or next-day basis by calling 632-6720. In emergency situations, students will be seen right away without appointment. All information shared in counseling is confidential and, by law, may not be released without the student' sinformed written consent (except in cases of imminent threat to life). For mental health emergencies after hours and on weekends, students should call campus Public Safety (632-3333) or go to the University Hospital. You can get more information at their website: <a href="http://www.sunysb.edu/stuaff/counsel">http://www.sunysb.edu/stuaff/counsel</a>.

**Wo/Men's Center:** The Center welcomes both women and men in need of support. Its goal is to promote equal rights for women and men. They provide counseling on several topics like (but not limited to): relationships, emotional and physical abuse, eating, body image and health concers, gender identity and sexual orientation, single parenthood and others. Counseling is available Monday to Friday during the afternoon and evening. Call 632-9666 for more information. Visit http://studentaffairs.stonybrook.edu/wom/counseling for more details.

#### University Hospital

The University Hospital offers comprehensive medical services to the Long Island community. The hospital offers a number of out-patient 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 closest. 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.

#### 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. If you are treated by a graduate dental student, the cost is roughly 40% of that charged by off campus dentists. Students must call the Center for a screening and evaluation prior to being treated. Dentists are very expensive in Long Island and many students prefer this low cost alternative.

### What to do if you get sick

#### GO TO THE STUDENT HEALTH SERVICE (INFIRMARY):

It is located on the West Campus, behind the old Student Union, across from Mendelsohn Quad. The 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 infirmary first if your condition is not life- threatening. Your insurance plan will 'ki ck-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.

Note that TAs and GAs, covered by NYSHIP, are no longer required to obtain a referral from a primary care provider before visiting a specialist. You may still use the Infirmary as your first stop, but your insurance plan does not require this.

#### 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.). In cases of true medical emergencies, you will not be charged a deductible by any of these insurance plans.

For those students on either the Maxon or international plans, visit the Infirmary as soon as you are better, so that a record of your emergency room treatment can be placed on your medical chart.

#### Off Campus Health Services

Students with one of the University insurance plans should go to the Infirmary before visiting off-campus physicians, as stated in the previou 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 Nicolls 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 and anonymous 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. The Long Island Association for AIDS Care (385-AIDS) recommends that you elect to be tested anonymously. Due to the discrimination and ignorance associated with this disease, anonymous testing provides the only safeguard you may have against loss of basic human rights. Contact the Suffolk County Human Rights Commission at 853-5480 to file a complaint of discrimination.

#### **AIDS Information And Support Services:**

The Stony Brook AIDS Education and Resource Center, Basic Science Tower, L-2, Health Sciences Center, (444-3209) provides HIV education and training for health care providers, educators, and 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.

#### Counseling and Crisis Intervention:

Your local Yellow Pages also lists help services under "Social and Human Services"; some are listed below.

- Health House, A Women's Resource Center, Inc. is located at 190 Blydenburgh Road in Islandia (342-9401).
- Town of Brookhaven Women' sServices is an information and resource center providing services free of charge to Town of Brookhaven residents. Located at 3233 Rt. 112, Bldg 10 in Medford (451-6146).
- Victims Information Bureau of Suffolk (VIBES) provides free counseling and client

advocacy services for Suffolk county residents (360-3730). VIBES has an emergency hotline (360-3606) available for crisis intervention. VIBES offers assistance to victims of family violence, sexual assault, and emotional abuse through a number of services. It offers individual counseling, group workshops, a rehabilitation program for men involved in domestic violence, and an emergency-room companion program. The companion service is available 24 hours a day, seven days a week through VIBES.

- Response is a 24-hour crisis intervention hotline (751-7500) staffed by volunteers who provide free, confidential telephone counseling for individuals in time of crisis. Response is staffed by trained community volunteers who offer counseling for bereavement, drug abuse, human sexuality and suicide prevention. Response also maintains an extensive file of community resources and referrals.
- The Long Island Women' sCoalition runs a 24-hour hotline (666-8833) and an emergency shelter for victims of domestic violence. They provide free court advocacy for orders of protection against abusive spouses.
- **FEGS** (724-6300) is a family mental health agency that offers counseling. Fees are arranged on a sliding scale according to income. The New York State Domestic Violence Hotline (800-942-6906; Spanish: 800-942-6908) offers advice and information concerning family violence 24 hours a day.
- **Alcoholics Anonymous** (AA) of Suffolk County has a 24 hour hotline (669-1124) staffed by volunteers. AA meetings are held on campus, for more information call the main office at 654-1150. **Narcotics Anonymous** (NA) meetings are also held on campus. Call the NA hotline for more information (516-827-9500).

# **Campus Safety**

The key to preventing and surviving a disaster is to know your environment. Safety and security is everybody's business. Be aware of any suspicious persons and packages. Know what belongs in your area and protect it. Be familiar with your building. Always survey a new area, know where exits are.

#### **CAMPUS INFORMATION NUMBERS**

333 or 911 Public Safety & all emergencies (The "Blue Light" emergency phone will connect you directly to Public Safety, or just dial 333 from any campus phone or 632-3333 from off campus phone. Look for phone locations during the daytime so you will be familiar with them on a late night).

632-6740 Counselor/Social Worker (Student Health Service)

**632-SNOW** Emergency Weather Information Main Campus

**444-SNOW** Emergency Weather Information HSC/Medical Center

**632-INFO** Campus Service Interruption Information

63-ALERT to report a safety hazard

632-NEWS news & events

#### PERSONAL SAFETY SERVICES

**Student Walk Service**, administered by the Residential Security Program (RSP), provides free escorts to and from libraries, academic buildings, parking lots, the field house, and residence halls between the hours of 8:00 p.m. and 3:30 a.m. You can reach them at 2-6337 from oncampus.

The "*Blue Light*" phones located throughout the campus will, with the push of a button, connect you to the Police Department.

Access to campus after midnight is restricted to one gate staffed by a security service assistant whose duty is to screen persons wishing to enter campus. Make sure if you return on campus after midnight you have a student ID with you.

**Operation ID** provides free engraving of personal property, such as bicycles, stereos, televisions, and furniture, and aids in their recovery in the event of theft or loss. Call (631) 632-9317 for more information.

**Crimestoppers** is a program that allows members of the University community to report any criminal activity anonymously at 631-TIPS. For more information about this program call 632-7786.

Stony Brook University has created an *Emergency Operations Center* as well as an *Emergency* Management Response Team. The team has been trained to evaluate and act ensuring the protection of our community in the event of a severe emergency concern. If you have any questions regarding the Emergency Management Plan or the Center, please contact the Emergency Operation Coordinators: Gary Kaczmarczk, Assistant Director of Environmental Health and Safety, at (631) 632-9670 or Douglas F. Little, Deputy Chief of Police, at (631) 632-7786. In case of emergency, information will be communicated to the campus commity with several ways (fire alarm systems, Stony Brook Website, Campus Cable Channel 8, WUSB 90.1 and external media). An email listsery has been set up to send emergency notifications to Stony Brook students, faculty and staff who choose to be notified via through email. For more information on how you can receive these messages please visit: http://www.stonybrook.edu/sb/emergency/comm.shtml

You can use the **University Police Personal Safety Ride Program**, which is available from dusk to dawn. Call 632-RIDE (7433).

For personal safety tips visit the campus website: http://ws.cc.stonybrook.edu/police/safety.htm

#### **EMERGENCY PREPAREDNESS**

In the event of an emergency evacuation has to be done immediately. The safe prompt evacuation of the building is dependent on having the safety features in operating condition as well as having an emergency evacuation plan. When you are in a building you need to preplan your escape and know two ways out in case one of the exits is blocked or can not be reached. Know the location of fire alarm pull box locations and do not use the elevators in an emergency. Evacuation is required as soon as the fire alarm sounds. If you discover a fire or smoke condition sound the building alarm by activating the nearest pull station and call University Police at 911 or 2-3333 fron on campus. In the case of fire do not try to use a fire extinguisher if you do not know how to use it, instead vacate the building immediately and notify campus police immediately. Fire drills are used to train building occupants about safe evacuation of a building. Everyone is expected to participate and evacuate the building whenever the fire alarm is sounded.



#### 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)**

You can use the computer sites listed for free. Call the listed phone numbers to check the hours or view the schedules on-line at: <a href="http://www.sinc.sunysb.edu/Sinc/">http://www.sinc.sunysb.edu/Sinc/</a>

#### SINC Site Locations and Phone Numbers

Sirve Site Educations with I mone reminders	
Main Library, S1460	632-0684
Chemistry, Rooms 432, 433, 429	632-1019
Computing Center, Room 138	632-8039
Computer Science, S2131	632-9279
Engineering, Room 106 632-1017	
Fine Arts, Room 1301	632-1219
Harriman, Room 318	632-1356
HSC Library (3 <sup>rd</sup> floor)	444-3502
Life Sciences Room 022	632-1363
Main Library Language Center, Room N5004	632-7013
Math/Physics, Room S235	632-1021
Social and Behavioral Sciences, N-620	632-0677
Stony Brook Union SINC Site, Room 080	632-1673



#### Software and Hardware

Software that is available at the SINC Sites includes the following: Microsoft Office XP, ESRI, Maple, Mathematica, Mathworks, Minitab, Noron Anti-Virus, Oracle, SAS, SPSS, SSH Secure Shell, X-Windows and others. All labs have Internet access and applications such as FTP and Telnet. There are printers in all labs and most labs have scanners. The Library & Union sites have both PC's and Macintoshes. Quark is available on the Macintoshes in the Student Union. In addition, the Fine Arts lab has multimedia software equipment such as music keyboards, mixers, and scanners. Each lab may have specialized software for the disciplines it serves. You can also get free software at the University website. Log on to <a href="https://www.ic.sunysb.edu">www.ic.sunysb.edu</a> and click 'Software available" and then follow the instructions on how to acquire the software.

#### How Do I get an E-Mail Account?

All Stony Brook students are eligible for an e-mail account. Some departments provide e-mail accounts for their graduate students. However, for dial-up or network access, you must have an Instructional Computing e-mail account. If you need an e-mail account, please go to one of the following locations (and bring your student ID card!):

Main Library SINC Site, Room S1460, Student Union SINC Site Room 080, Computing Center, Room 138 and HSC Library (3<sup>rd</sup> Floor). Once you receive an e-mail account, it is valid as long as you remain a registered student at the University. For more information about how to use your e-mail (including directions for forwarding), look at: <a href="http://www.ic.sunysb.edu/Help/email.html">http://www.ic.sunysb.edu/Help/email.html</a>. You can also get your own individual Lotus Notes Account by filling out an application at the Main SINC Site. This email account is much larger than sparky, it gives you 60MB of disk space for your emails.

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

All Stony Brook students are eligible for an e-mail 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 apartment that does not have a direct connection will need to have your own modem and use the procided 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.

#### **Dial-up Phone Numbers**

• On-Campus 77-1000

• Western Suffolk (631) 762-1000

• Eastern Suffolk (631) 603-1000

• Nassau (516) 417-1000

• New York City (718) 807-1000

Any student who is having trouble connecting to the

**Internet** from his/her room, should call **Client Support at 2-9800.** The Main Library SINC Site (Room S1460) and the Computing Center (Room 138) can supply you with detailed documentation for setting up the Internet in your home. On-line documentation is available on Client Support's website at: <a href="http://clientsupport.cc.sunysb.edu/dialup.shtml">http://clientsupport.cc.sunysb.edu/dialup.shtml</a>. 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, (or if you are not in a SINC Site), you can send e-mail to: helpme@ic.sunysb.edu or call: (631) 632-9602. You can also access information online at: http://www.sinc.sunysb.edu/helpdesk/.

#### **Resources for Graduate Teaching Assistants (TAs)**

If you are a graduate TA and would like to set up a class e-mail account, class web site, or use our on-line courseware system, Blackboard, please contact us at 631-632-8050 or <a href="mailto:bboard@notes.cc.sunysb.edu">bboard@notes.cc.sunysb.edu</a>. More information about Blackboard can also be found at: <a href="http://www.learnteach.sunysb.edu/blackboard.htm">http://www.learnteach.sunysb.edu/blackboard.htm</a>. To learn more about the services the University provides for teaching with technology, you can view our web site at: <a href="http://www.learnteach.sunysb.edu/">http://www.learnteach.sunysb.edu/</a>.

#### INTERFAITH CENTER

**The Interfaith Center**, located in the second floor of the Stony Brook Union, is the representative organization for chaplains and campus ministers who represent various religious denominations. These staff of the center cooperate with the administration, faculty, staff, and students to plan programs that contribute to the human quality of SBU and to the integrity of its academic purpose. These groups hold worship services and also provide opportunities for learning about and appreciating 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: <a href="http://naples.cc.sunysb.edu/OSA/interfaith.nsf">http://naples.cc.sunysb.edu/OSA/interfaith.nsf</a>

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 <a href="mailto:bcm@ic.sunysb.edu">bcm@ic.sunysb.edu</a> 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, visit the Snyder Hillel Center, call at 632-6565, or try <a href="http://naples.cc.sunysb.edu/OSA/interfaith.nsf/pages/hillel">bcm.educational</a>, religious, and social program, and also oversees the Kosher meal plan. For more information, visit the Snyder Hillel Center, call at 632-6565, or try <a href="http://naples.cc.sunysb.edu/OSA/interfaith.nsf/pages/hillel">http://naples.cc.sunysb.edu/OSA/interfaith.nsf/pages/hillel</a>

**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 e-mail cberge@notes.cc.sunysb.edu.

**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 <a href="http://www.sinc.sunysb.edu/Clubs/buddhism/">http://www.sinc.sunysb.edu/Clubs/buddhism/</a> for more information.

#### THE CAREER CENTER

<u>Location</u>: Ground floor of the Melville Library in Room W-0550 -entrance is at the foot of the zebra path near the Grad Chemistry Building. <u>Hours</u>: Monday - Friday 8:30am to 5:00pm. Website: <a href="http://www.stonybrook.edu/career">http://www.stonybrook.edu/career</a>

#### 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 2-6810. 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 <u>Strong Interest Inventory</u> (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 <u>Myers-Briggs Type Indicator (MBTI)</u> 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.

<u>DISCOVER</u> 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 will soon be 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: ON-LINE CREDENTIALS SERVICE

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:

- 24-hour availability including automatic document arrival notification, and on-line access to account with a complete record of your mailing history. You won' 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.
- 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 <a href="mailto:help@Interfolio.com">help@Interfolio.com</a>. 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 2-9783 or via email at: <u>Alfreda.James@stonybrook.edu</u> 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: M-F 9:00am - 10:30am 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, non-profit, 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 on-line job listings through MonsterTrak and many other job listing websites. Graduate students might find the following web resources especially helpful for job searches:

The Academic Position Network (<u>www.apnjobs.com</u>) worldwide positions available including faculty, administrative, professional, and post-doctorate.

**Academic360.com** (<u>www.academic360.com)l</u> 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 include: Careers in Engineering, Careers in the Business Management in the Service Industry, Careers in Government, Career Paths for Foreign Language Majors. Specific details are listed on our website.



# Holidays and Birthdays come but once a year. Now increase your occasions to celebrate!

Work for dining services and you increase your reasons to celebrate by six or seven fold because you can receive six or more pay increases in one year, plus a whole series of bonuses - return to work, early return, end-of-semester, referrals, to name just a few. How? Through the...



It's called the Excellerated Pay Program because you accelerate your opportunities to increase your income. Come and get your reasons to celebrate more frequently. Because who couldn't use more of those?

For Information: FSA Student Staffing Resources Room 250 of the Stony Brook Union Warren Wartell (631) 632-9306 Email: Warren.Wartell@stonybrook.edu



#### **SOLAR SYSTEM**



One of the first things you will need to learn here at Stony Brook is the SOLAR SYSTEM. Here is a list of the things you can do through SOLAR:

- Register for courses online (no waiting in line!)
- ✓ View a timetable of all courses offered which will help you plan your course load.
- View your course schedule.
- ✓ View your financial accounts, including tuition and student fees, apartment rent,parking fines, etc.
- ✓ View your grades at the end of the semester and your unofficial transcipt. You can also order an official transcript.
- ✓ Check for messages, such as holds on enrollment transactions, permission to enroll, financial aid requirements, etc.
- ✓ Apply for jobs online by going to the student->student employment .
- ✓ Enter your time sheets if you have an on campus job as a student assistant/federal work study student.
- Fill out an on-line application to request parking permit.

You the solar directy can access system http://naples.cc.sunysb.edu/DoIT/solarsystem2.nsf or the main go to http://www.stonybrook.edu and then go to "SOLAR SYSTEM". You will need your student ID and a password to log in. If it is the first time you are logging on there will be directions on which password to use (usually some combination of your date of birth as outline by the directions).

#### **TIPS**

Make sure all holds are resolved before enrolling because they can prevent you from enrolling for the courses of your choice. Make sure you watch out for the registration deadlines and register as soon as possible. If you are an international student make sure you have the correct home address in the US and abroad so that you will not have a problem with the SEVIS system and that you watch out for messages from the International services. Make sure you update your time sheets in time to avoid delays in been paid. Update your emergency information, so that if there is a problem your closest friends/family will be notified.

Make sure you always LOG OUT of the SOLAR SYSTEM to avoid having your information used by someone else!



#### **DISABILITY SUPPORT SERVICES**

128 Educational Communications Center Phone/TTY (631) 632-6748

The 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 oncampus transportation. DSS can assist with University procedures and requirements; test accommodations; and counseling as well as the recruitment of readers, interpreters and note-takers.

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.

Web site: <a href="http://studentaffairs.stonybrook.edu/dss/">http://studentaffairs.stonybrook.edu/dss/</a>

The DSS office is located in the ECC building and has a student lounge for students, along with locker facilities available on a semester basis for a reimbursable \$10 deposit. 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.

# **Sports And Physical Fitness**

Our campus has two main facilities where you can exercise in your free time. Both are

located in the main campus!

Sports Complex Facilities: It is located on the Main Drive across from the Physics Building. Access is free to all graduate students but you need to bring your University ID in order to gain access to the building. You are welcome to bring a guest with you at a cost of \$5 per guest. The Sports Complex includes both indoors and outdoors facilities. The indoor facilities include courts for basketball, volleyball, racquetball, squash, badminton, a running track, a dance studio, an exercise room, a weight room, lockers, and a pool. The outdoor facilities include tennis courts, outdoor basketball courts, baseball, softball, and soccer fields, multipurpose fields for intramural competition, beach volleyball courts, and a new football/lacrosse stadium. For reservations for the racquetball and squash courts call (631)







Wellness Center: The Wellness Center, located in Room 307 of the Student Activities Center aims to "offer opportunities for students to practice positive lifestyle activities". The Wellness Center includes state of the art fitness equipment, locker rooms and shower facilities. The fitness equipment consists of treadmills, elliptical cross trainers, Cybex bikes, CONCEPT-II Rowing Machines, Selectorized Weight Training Machines and Free Weight Equipment.

The Wellness Center also includes 2 multi-purpose rooms located in located in the basement of the SAC (next to the bank and the post office) that are utilized for fitness classes, spinning program, seminars and as a

training space for student clubs. Throughout the year free seminars are offered on meditation, time management, nutrition, stress management, and other topics. There will be classes in yoga, kickboxing, body sculpting, step aerobics, Latin jam, etc. Stop by at the Wellness Center and sign up for a class or check out their exercise equipment. The time schedule is different every semester so check out

http://www.studentaffairs.stonybrook.edu/rec/ or call 632-7209 for updated information.

#### **Sports Clubs**

Both the Wellness Center and the Sports Complex host various clubs that support a variety of activities on and off-campus. You will find Badminton, Ballroom Dance, Boston Style Tae Kwon Do, Capoeria, Crew, Equestrian, Ice Hockey, Kumdo, Martial Arts, Men's Rugby, NY Aikido, Russian Hustle Club, Scuba, Ski & Snowboard, Squash, SB Soccer, Tennis, Women's Rugby, Wrestling Club, and SBU Cycling Club. Every club has a contact that you can email and ask information on their activities. If you are expert in a sport that is not in the list you can make your own club!! For more information go to

http://www.studentaffairs.stonybrook.edu/recreation/sportsclubs

#### Athletic Department

The Athletic Department became a member of the America East Conference starting with the Fall 2001 season. Also the Kenneth P Lavalle Stadium formally opened on September 14, 2002. It is the new home to Stony Brook's football, men's and women's soccer and men and women's lacrosse teams. It is the largest outdoor facility in Suffolk County, and seats 8136 people. Athletics sponsors intercollegiate competition in the following sports: baseball, basketball, cross country, football, indoor and outdoor track, lacrosse, soccer, softball, swimming, tennis, and volleyball. Unfortunately graduate students in general are not allowed to compete in the teams-the only exception are graduate students who completed their undergraduate work at Stony Brook. But you can participate by attending the games and cheering for our team!

**Intramural Sports**: Intramural sports offer opportunities for students, faculty, and staff to participate in team and individual sport competitions. *These include: flag football, basketball, volleyball, indoor and outdoor soccer, floor hockey, softball, beach volleyball, and bowling*. Individuals as well as teams are encouraged to participate in intramurals. Usually departments form various teams and play against each other. If your department does not have a team you can create one! You can find more information on the website: www.recreation.sunysb.edu



Most athletics facilities may be used for recreational purposes when they are not scheduled for classes, intercollegiate, intramural or special events. Membership is required for use of the Sports Complex by all non-Stony Brook ID holders. Information pertaining to all physical education and athletic offerings, and facility usage, may be obtained in the complex main office or by calling 631-632-9271.

# On Campus Entertainment and Recreation

If you want to take a break and do not know what to do check out these ideas. For more ideas see Long Island's web engine <a href="https://www.longisland.com">www.longisland.com</a> and local papers. Have fun!



#### The Staller Center for the Arts

The Staller Center presents movies on Thursday nights. Student tickets are \$5 per movie or \$20 Season Ticket to see all the movies for the fall semester. Individual tickets as well as Season tickets can be purchased at the Box Office just do

not forget to bring your student ID. You can also purchase passes at http://www.stallercenter.com where you can also see the schedule for all events. Besides movies, the Staller Center offers a variety of first-rate programming. Theater, dance, and music groups from around the country perform every season. Again as a student with Stony Brook ID, you're eligible for discounts on many of the offerings. From the first day of each month all USB students with valid ID' smay purchase a ticket to any Staller Center professional presentation that month at half the price. Also, \$7 student tickets are offered on the night of the performance, 15 minutes before the performance starts, when available (ruch tickets). The Staller Center Theatre One, Two and Three present University's own Theater department productions. Tickets for all Staller Center performances and movies can be bought over the phone (632-ARTS) or in person at the Box Office located on the first floor of the Center. If you plan to stay in Stony Brook during the summer do not miss Stony Brook Film Festival at Staller Center, which brings many independent and foreign films you may not be able to see elsewhere. This is a unique experience that you do not want to miss.

#### **Cabaret Theatre Club**

The Cabaret is a theatre company run by the second year MFA Dramaturgy students. The productions are currently held in the Fanny Brice Theatre (Roosevelt Quad) and promote experimental and new theatre on campus. For more info go to

http://www.ic.sunysb.edu/clubs/cabaret/ or email cabaret@ic.sunysb.edu.

#### Music Department

Stony Brook's Music department also has an extensive list of events. Orchestral, Choral, and Chamber Music concerts can be heard nearly every weekend, and graduate music student recitals are ongoing throughout the year. In part because of its proximity to New York City, Stony Brook's graduate music department attracts students from Juilliard, Eastman, and other major conservatories, many of them have professional careers well underway. You can expect to hear some excellent performances for not very much money. Indeed, many of the concerts are free, including recitals. Check with the music department (632-7330 or at http://naples.cc.stonybrook.edu/CAS/Music.nsf/) or the

Staller Center box office (632-ARTS) for details.

#### **Visual Arts**

Check Melville Gallery in the library for monthly shows of MFA student work as well as the University Art Gallery in the Staller Center for rotating exhibits of contemporary artists from around the world. The Union Gallery has exhibitions of undergraduate artists. To view an online gallery check out the art department web site at www.art.sunysb.edu. Exhibitions are free.

#### Arts, Crafts, & More

The Union Crafts Center in the lower level of the Student Union Building Room 049. It is an excellent resource for people who want to expand their skills without taking on the burden of a credit course. The center charges a fee for attendance and the enrollment is limited so you need to register early.

Arts and crafts classes include: photography, pottery, weaving, basketry, paper making, book binding, drawing, painting, and a special class on building wooden instruments. Leisure classes include kayaking, bartending, vegetarian cooking, dance, wine appreciation and defensive driving. Check the website <a href="http://studentaffairs.stonybrook.edu/sac/craftscenter/craftscenter">http://studentaffairs.stonybrook.edu/sac/craftscenter/craftscenter</a> for a brochure and the upcoming schedule.

#### University Café, Graduate Bar Lounge

Enjoy a venue with a comfortable social environment for Stony Brook graduate and professional students. Featuring live original musical performances, karaoke, drama readings, poetry, spoken word, stand-up comedy, wine and beer tastings. Desserts, pastries, panini, espresso, cappuccino, tea service and other adult beverages are served. The venue is available for your organization's special events. Located on the 1<sup>st</sup> floor of the Stony Brook Union. Hours: Monday-Friday 12 noon – 5 pm Café, 5 pm – 1am Lounge. For more information, contact Godfrey Palaia at 631-632-1463 or gpalaia@notes.cc.sunysb.edu or check out the website: http://www.universitycafe.org

#### Open nights

During the academic year the Department of Physics and Astronomy, the Department of Ecology and Evolution and the Department of Geosciences offer a series of 'Open nights' which are open to all the campus community. The talks are free and are targeted for the wider audience as long as people from the community. The *Astronomy Open Nigh*t is held on the first Friday of every month (while school is in session) at 7:30pm at the Earth and Space Sciences Building (ESS), room 001. After



every lecture, weather permitting, there is a viewing using the University telescopes on the roof of ESS. The 'Worlds of Physics' 'The Living World' and the 'Geology Open Night' take place every second, third and fourth Friday of the month (respectively) at room 001 in the ESS Building at 7:30pm. For a schedule of all the open nights visit: http://www.astro.sunysb.edu/openight/opennite.html

#### STONY BROOK UNIVERSITY



# CENTER FOR THE ARTS

Box Office: 12 noon to 6pm, Mon-Sat & one hour before performances

(631) 632-ARTS [2787] www.stallercenter.com

There's so much to do at Staller Center. With dozens of professional performances including David Sanborn and his band, Ballet Hispanico, Tosca and Alda, and the Emerson String Quartet, to name a few, as well as concerts from the Department of Music and plays by the Theatre Department, you'll be entertained and enriched while you're at Stony Brook. For a full schedule visit our web site or call the Staller Center Box Office.

Movies at Staller Center screen throughout the semester, and a film pass for all films is only \$15 with a valid student ID presented at the Staller Box Office.

Take advantage of Stony Brook student discounts. Half Prize and Student Rush Tickets (\$7) are available with a valid student ID for many performances. Call the Box Office for details.



DESKTOF - LAFTOF SYSTEMS - PARTS - ACCESSORIES NETWORKING - REPAIRS - CONSULTING - TRAINING

CELLULAR PHONES & ACCESSORIES
NEXTEL ATAT T-MOBILE SPRINT

631-751-4480 - FAX 631,751,4479 1085 RTE 25A - STONY BROOK NY 11790

#### OFF CAMPUS LOCAL ENTERTAINMENT AND RECREATION

#### Movies

For local movie theaters and their listings, the best place to check is movies.yahoo.com for ZIP code 11790. The movie theatres closest to campus are the Loews Stony Brook Theatre (941-0124) and the Port Jefferson Cinemas (928-3456). Theater Three (928-9100) in downtown Port Jefferson often has film series during the week, many of them co-sponsored by the Humanities Institute on campus. A little further away is the new Island 16 Cinema De Lux (758-4300) in Holtsville. Another source of film fun is the Cinema Arts Center (423-FILM) in Huntington, which shows some great independent films that you would otherwise have to go into the city to see. For more info check http://www.cinemaartscentre.org/

#### **Amusement Parks**

There are two amusement parks close to our campus. The Sports Plus (www.sportsplusny.com) is located at Lake Grove on Rt.347. There are a lot of fun things to do there like bowling,skating in the ice ring, play LaserTron, climb on their 33-foot rock wall or practice your karaoke skills. Boomers (www.boomersparks.com) is a little furher away in Medford and it includes miniature golf, rock wall, go-carts and batting cages. If you are interested in paintball visit Paintball Long Island in Medford (2900 Rt.112)

#### **Visual Arts**

The Museums at Stony Brook rotates art exhibits plus major collections of carriages from the turn of the century. Gallery North (751 2676) in Setauket shows work from good local talent and beyond, as does Mills Pond House (862 6575) in St. James.

#### **Theatre**

More plays and musicals can be found off campus at Theatre Three in Port Jefferson (928 9100).

#### Museums

There are several museums around Stony Brook. Call 751-0066 for times and schedules of the exhibits. Another insteresting museum is the Long Island Museum. Visit <a href="http://www.longislandmuseum.org/">http://www.longislandmuseum.org/</a> for more information.

# Pick your own fruit

Interested in picking your own strawberries, peaches, apples? Lewin Farms will let you pick your own fruit. They are located at Wading River and you can check <a href="https://www.lewinfarms.com">www.lewinfarms.com</a> for a list of the optimal season to pick specific produce.

## **Beaches**

Two local beaches are open to all Brookhaven Town residents West Meadow in Stony Brook and Cedar Beach in Mt. Sinai. For Smithtown residents, there are town beaches at Long Beach and Short Beach in Nissequogue. Plenty of other more quiet spots lie in between, just be careful as many beaches are restricted to local village residents. All these village beaches are also just a healthy bike ride away from campus (which would solve any parking problems), and free. You can also drive across the Island to Robert Moses Park beach or Jones Beach that also has several concerts during the summer (check out <a href="http://www.jonesbeach.com/">http://www.jonesbeach.com/</a> for listings of the events).

# Take A Hike

Good short trails through the pine barrens begin in Rocky Point off Rte. 25A; and south of there in Ridge off Rte. 25 where you'll find the headwaters of the Peconic River. There's an old cranberry bog outside of Riverhead, good for a short walk and more trails further east on the South Fork and at the Nature Conservancy on Shelter Island.

# Can You Canoe?

If so, the Peconic River and the Carmans River in Yaphank are both popular spots, and canoe rentals are available for both rivers. Southaven County Park (where the Carmans run through to the south shore) may have restrictions on what day canoing is allowed.

# TRY A TASTE OF LONG ISLAND



Take a drive out east. Fall is harvest time for the vineyards and is one of the most interesting times to visit the wineries on the North and South Forks. At some places you can sip for free; others have a minimal charge for tasting. You'll also find farm stands and pumpkin picking in late October. Out in the Hamptons, you'll find more beaches, hiking, horseback riding. Checkout: <a href="https://www.hamptons.com">www.hamptons.com</a>

# After Hours Fun

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.

# Walking distance

University Café-is your on Campus graduate student bar located in the Student Union Building. Look at the relevant section for details. Another walking distance option is **Full Moon Cafe** 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.

#### Drive or bus

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'll need is a few bucks for the round trip fare. (Make sure you bring cab fare, just in case!).

If you stay on the bus...you' ll 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 Starbuck's on Main Street. They feature a number of local bands and musicians, although drinks are not cheap there! Check out their website <a href="https://www.portjazz.com">www.portjazz.com</a> for a schedule of events.

Up next on Main Street is a neat Irish pub and restaurant known as **The Printer's Devil**. Food and drink specials abound from 4pm-7pm during the week. The atmosphere is usually quiet and mellow, considered a retreat for the locals during tourist season.

A little further away, just up on the hill in Port Jefferson Station are **Tara's Inn** and **The Village Pub**. They're 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'll 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 you 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 Smithaven Mall (**TGI Friday's, Applebee's, John Harvard's, Ruby Tuesday's, Hoolihan's**) are open very late for dinner 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' sin Setauket a local spot that features live New Orleans-style jazz,atmosphere and cuisine (<a href="www.paulajeans.com">www.paulajeans.com</a>)

For dance clubs check www.liclubs.com. A club that's relatively close is **Wall Street** on 347 West (toward the city). For more on night life check out <a href="http://nightlife.longisland.com/nightspots/">http://nightlife.longisland.com/nightspots/</a>

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



Need some wheels to get out and have some fun? For student friendly car rentals, visit the AVIS rental center on 25A across from the train station.



N.Y.S. INSPECTION TEL: 689-9795

FAX: 689-6474



University Service Station 999 ROUTE 25A STONY BROOK, N.Y. 11790

EST. 1964

ALFRED N. DINUNZIO, JR. & SR. PROPRIETORS

Need to get your car serviced or inspected? Drop it off at the University Service Station and walk to class. It's so easy!

# How To Survive Grad School And Long Island the Queer Way!

There is Queer life on Long Island!! Here's some info on where to start looking:

## **Resources:**

**Stony Brook Queer Alliance**. An all-inclusive social and political issues group for grads, undergrads, faculty, and staff. Check the forthcoming 'Meetings and Events' page at the QA website: <a href="http://ic.sunysb.edu/Clubs/queer/">http://ic.sunysb.edu/Clubs/queer/</a>. Queer Alliance needs volunteers to help keep the organization going this year! To volunteer, please email: <a href="mailto:sbgrad\_pride@yahoo.com">sbgrad\_pride@yahoo.com</a>

Stony Brook LGBTA-Undergraduate group: www.sinc.sunysb.edu/Clubs/pride

Long Island info and events: www.gayli.org.

Daily news and local personals: www.planetout.com

# **Events & Hangouts:**

The Long Island Pride Parade-www.liprideparade.com . June is Gay Pride Month and New York celebrates in style! The Long Island Pride Parade takes place in Huntington along Main Street and culminates with a concert and party in Heckscher Park.

# 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 Cherrys (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 \$12 (ferry schedules and rates: www.sayvilleferry.com). For more information on the area: www.cherrygrove.com

# **Queer Bar & Club Directory**

See www.gayli.org for local, Nassau, and NYC venues. In Suffolk County:

- **~The Bunkhouse:** 192 Montauk Highway, Sayville, NY. Mixed crowd, Fire Island crowd in summer, dance floor. Just 12 miles from Stony Brook. (631) 567-BUNK
- **~Thunders:** 1017 East Jericho Turnpike, Huntington Station, NY. Mixed crowd but more men than women, two floors, two DJ's, outdoor patio and pool tables. 23 miles from Stony Brook. (631)423-5241
- **~Honey' s** 667 Montauk Hwy., Bayport, NY. Mixed crowd but more women than men, DJ, dance floor, outdoor patio and pool table. Take Nichols Road south, to the very end, make a right onto Montauk Hwy. Honey's is on the right (North) side of the road about 1-2 miles from Nichols Rd. (631)472-3243
- **Forever Green**, 841 Broome Avenue, Lindenhurst, NY Mostly women, dance floor, live music. 27 miles from Stony Brook. (631) 226-8280.

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.

# **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. And the best part is, it is only 60 miles away.

It is impossible to summarize the city in a few pages but we give you some helpful hints before you decide to go. A good tour guide (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 a round trip ticket at the train station before boarding the train. This will save you a few money since the ticket costs more when purchased on the train. If you plan to visit city often get a 10 tickets pass at the Penn Station. Bying 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: <a href="http://www.lirr.org/nyct/maps/submap.htm">http://www.lirr.org/nyct/maps/submap.htm</a> 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 for parking.

# 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 <a href="http://mta.info">http://mta.info</a> before you go. If you go off-peak (anytime other than the traditional weekday



morning and evening rush hours) your round-trip ticket to the major train station of NYC, Pennsylvania Station, will cost you \$16.50. 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 Central Parkway Grand and then Tri-Borough 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 down town 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. Parking Lots usually will charge you minimum \$12 per hour in daytime. Another option is parking in Queens along the Queens Blvd. and taking a subway from there.

# 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 <a href="http://mta.info/metrocard/mcgtreng.htm">http://mta.info/metrocard/mcgtreng.htm</a> 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.

# City During in the Daylight

The Empire State Building is a good place for the first time visit. It is located at  $34^{th}$  St. and  $5^{th}$  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 (<a href="www.nywaterway.com">www.nywaterway.com</a>) 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 5<sup>th</sup> Avenue may sound familiar to you. You may take subway to 47<sup>th</sup> St. and 6<sup>th</sup> 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 47<sup>th</sup> St. to 59<sup>th</sup> St. along 5<sup>th</sup> Avenue will showcase the finest stores of the world. You will find stores with famous names such as Gucci, Fendi, Rolex, and Tiffany Co., et cetera. It may not fit in the purchasing power of graduate students but window shopping might be fun sometimes.

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.

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. Guggenheim is at the corner of the 5<sup>th</sup> Ave and 89<sup>th</sup> 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.

**Museum of Modern Art** (**M.O.M.A.**) is temporarily located in Queens. (33<sup>rd</sup> Street at Queens Boulevard Long Island City, Queens 212.708.9400). M.O.M.A. has various exhibitions. To find out what's on showing at the time check out at <u>www.moma.org</u>. Suggested donation is \$8.50 with student ID.

**The American Museum of National History** is located at Central Park West at 79<sup>th</sup> Street. You can find information on the different exhibits at <a href="www.amnh.org">www.amnh.org</a> and make sure you take some time to visit the Rose Center or catch a space show when you visit the museum.

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 1<sup>st</sup> and 3<sup>rd</sup> Avenue and 8<sup>th</sup> and 1<sup>st</sup> 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 59<sup>th</sup> St. way up into the 100<sup>th</sup> 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 <a href="https://www.summerstage.org">www.summerstage.org</a>.

Once you know Manhattan pretty well, start venturing into other boroughs. Some neighborhoods in Queens and Brooklyn are quite colorfol and fun to walk through. 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 42<sup>nd</sup> 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 62<sup>nd</sup> St and 9<sup>th</sup> 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 1-2 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 <a href="www.newyork.citysearch.com">www.newyork.citysearch.com</a> 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 amuzing 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 and www.ny.com.



# **Get Involved!**

Now that you are here as a graduate student, and are likely to be spending the next several years of your life at this university, why not try and make it a more gradfriendly place? Often graduate students can be heard griping about this and that, while taking on the attitude that such circumstances are beyond their control. The fact of the matter is that many of these circumstances ARE within your control, and yours to change if you are willing to make the effort. There are several example in the past years of GSO achieving several accomplishments by participating actively in several university committees from establishing a new Graduate Student Lounge, to decreasing proposed fees and overturning several policies that affected the graduate students in a negative way. Depending on your interest and your time limitations you can find several committees that you can join. Upset about the health fee? Why not volunteer for the SHAC (Student Health Advisory Committee), which has a mandate to review such fees, and make your voice heard? Do not like the way the GSO spends your activity fees? Come join the GSO Budget Committee, and redirect funds where you feel there is a greater need. There are many such committees, which practically encompass every aspect of graduate life you can think of. Unfortunately they often go unfilled due to lack of student participation. Crucial decisions that directly effect you, the graduate student, are being made without your input! Get involved and make a difference! All of the following committees are open to graduate students. If you want more information, just email gso@ic.sunysb.edu.

University Senate Committees: Administrative Review Committee, Student Life Committee, Computing and Communications Committee, Committee on Academic Planning and Resource Allocation, Graduate Council, Library Services Committee, Research Committee, SPD Council, University Affairs Committee, President's Committee on Diversity, Campus Safety Committee, Concerts Committee, Student Health Advisory Committee, Chancellor/President's Committee on Excellence in Teaching, SAC/Student Union Advisory Board, Honorary Degrees, University Senate Exec Council.

**Arts & Sciences Committees**: Arts & Sciences Executive Council, Academic Judiciary, Academic Standing and Appeal, Curriculum

**Faculty Student Association Committees**: FSA Board of Directors, Budget Committee, Retail Service Committee, Dining Services Committee

**GSO Internal Committees**: Budget Committee, Board of Appeals, Lounge Committee, Election Committee, Rules and Constitution, Housing, Social Concerns.

# Why not become a GSO Senator?

As a Senator, you will represent your department at our monthly meetings, acting as spokesperson for any problems or concerns your fellow students may have. In addition, you will be able to obtain department allocation funding for any academic or social events the graduate students in your department wish to have. More information can be provided by the GSO Secretary, at gso@ic.sunysb.edu

# STUDENT CLUBS AND ORGANIZATIONS

Graduate students actively involve in many student clubs and organizations at Stony Brook. The existence and well being of these student clubs and organizations make our graduate community more tangible and dynamic. You may easily make friends bearing same interests or find people from your own culture in various student clubs. You may even establish a new club yourself to let others relish the identity and friendship that you would bring forward.

Graduate clubs or organizations organize various events year round. Student activity fees through the allocation of GSO fund many events. Most clubs and organizations have web sites linked to www.sinc.sunysb.edu/Clubs. Upcoming events and membership information are usually available on-line.

To get a feeling of what graduate clubs or organizations we currently have, just glimpse through the following list. We would extend our gratitude to those club or organization officers who provide us with the up-to-date introductory information. Although we tried our best, this list may not be exhaustive.

# Behavioral Ecology Group

The Behavioral Ecology Group (BEG) was originally formed in 1990 by Professors P. Wright and C. Janson, under the name 'Primate Interest Group". The original group, consisting of faculty and students from the Ecology & Evolution and Anthropology departments, met to discuss current topics in primate behavioral ecology. After a few years, the group's focus broadened to include not just primate studies but all of the animal kingdom (mostly vertebrates, but we have been known to read the odd paper on spiders). Currently, about half of the papers we discuss consider primates while the other half are studies of other animals.

We meet on a weekly basis to discuss new and forthcoming articles published in the many peer-reviewed journals we monitor (e.g. Animal Behavior, Behavioural Ecology, Behavioral Ecology and Sociobiology, Oecologia, American Journal of Primatology, and International Journal of Primatology). Each BEG member usually chooses one article to present or co-present each semester.

In addition to our weekly discussions, we also invite prominent behavioral ecologists from other Universities to give lectures at Stony Brook (attendance is made open to the campus community). In the past 3 years our speakers have included Dr. Robin Dunbar of the University of Liverpool, and Dr. Susan Boinski of the University of Florida at Gainesville.

Website: <a href="http://life.bio.sunysb.edu/ee/beg/">http://life.bio.sunysb.edu/ee/beg/</a> Contact: Mitch Irwin (mirwin@ic.sunysb.edu)

# 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. The activities of the club include weekly sitting and walking meditation, reading and discussing Dharma articles, visiting temples and monasteries, and putting Buddhist teachings in English translation online. We also conduct annual meditation workshops with meditation teachers from Long Island and NYC as well has inviting guest speakers to lecture once a month on various topics of interest. The BSPG embraces all Buddhist traditions and caters to the needs of people with varying degrees of interest, backgrounds and practices. We hope that the course of BSPG will continue to be shaped by the purpose of serving as a bridge for those who are interested in Buddhism and cordially invite all who are interested to get involved. May all beings be well and happy!

Club website:http://www.ic.sunysb.edu/clubs/buddhism

Club email: buddhism@ic.sunysb.edu

Contact:Rob Padilla (rpadilla@ic.sunysb.edu)

# **European Club**

Club website:http://www.ic.sunysb.edu/clubs/euroclub

Club email: euroclub@ic.sunysb.edu

Contact:Marlies Rossmann (marlies\_rossmann@hotmail.com)

## 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. In the past IFG has supported the operation of three schools in the Rangareddy District of Andhra Pradesh, India, that are targeted towards victims of child labour. Currently, we are actively working with the National Association for the Blind in their literacy programs for the

visually impaired. We have invited guest speakers like Magsaysay award winner Shanta Sinha to the Stony Brook campus to impart their first hand experience of social work in an Indian context. IFG is a "zero-overhead" group ie IFG does not have any organizational expenses. For moreinformation about IFG' sactivities please contact ragarwal@cs.sunysb.edu

## Indian Graduate Student Association (IGSA)

IGSA, a graduate student group working under the umbrella of the Graduate Students Organization (GSO), was originally founded in 1999 as an organization

devoted to promoting 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. To students both old and new, IGSA has been a family away from family. From picking them up from the airport, moving them into their new homes and then mentoring them in their initial months to organizing movie shows, picnics, parties and competitions to relieve some of the stress of graduate life, IGSA plays a strong positive role in the overall Stony Brook experience of graduate students. IGSA has also endeavored to bring to the campus a taste of India's rich cultural heritage by organizing each year a musical concert showcasing some of the best musical talents from India ["Swarmala" (a South Indian Classical Music Concert in the academic year 2000-01), Confluence (in 2001-02, an Indian Classical - Jazz fusion concert which featured guitarist maestro Larry Coryell), Rhythms (in 2002-03, an Indian classical percussion ensemble) and Harmony (in 2003-04, an Indian classical percussion ensemble, featuring flute maestro Shashank)] . For more information about IGSA' sactivities or to become a member of IGSA (open to all) please email us at igsa@ic.sunysb.edu.

Web site: www.sinc.sunysb.edu/Clubs/igsa

#### Italian Club

Club website:http://www.ic.sunysb.edu/clubs/gsic Contact:Yvonne Mettevi (italianclubsuny@yahoo.com)

# Korean Graduate Student Association (KGSA)

Korean Graduate Student Association (KGSA) KGSA is a nonprofitable organization consisting of Korean graduate students, faculties, staffs 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, we hold several big events every year.

E-mail: kgsa@ic.sunysb.edu

Website: www.sinc.sunysb.edu/clubs/kgsa

## Latin American Student Organization (LASO)

The Latin American Student Organization educates the Latin community by promoting the upliftment and advancement of our culture. They aspire to strengthen their fellow Latinos through unity, wisdom, and pride. L.A.S.O. was established to help support their community and to develop lifelong bonds filled with laughter, cultural awareness and a sense of leadership, which they can take back to the real world.

Web site: www.ic.sunysb.edu/Clubs/laso

#### Outdoors Club

Our aim and purpose 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.

Website: http://www.ic.sunysb.edu/Clubs/sboc/

Contact:gajdaram@yahoo.com

# Photo Club

Website: <a href="http://www.ic.sunysb.edu/Clubs/photo/">http://www.ic.sunysb.edu/Clubs/photo/</a>

Contact: Liu Yang (<u>yliu@cs.sunysb.edu</u>)

## 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. Come join us in organizing campus teach-ins, lecture series, and political rallies, as well as lobbying our local and national representatives. Or join our writers' collective or reading groups. In addition to our graduate student chapter, SJA has recently expanded with undergraduate and faculty/staff chapters. For more information, including meeting times and the history of our events, see our website.

Email: justice@ic.sunysb.edu

Web site: http://www.ic.sunysb.edu/Clubs/justice

# The Stony Brook Ballroom Dance Club

All students, faculty and staff are welcome to regular meetings where various dances such as: the Cha Cha, the Salsa, the Merengue, the Tango, Swing, the Hustle, the Rumba, and the Waltz are practiced.

Email: ballroom@ic.sunysb.edu

Web site: www.sinc.sunysb.edu/Clubs/ballroom

## 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. It will also strive to provide opportunities and benefits for its members by facilitating the exchange of information with various groups and organizations, by providing help on the adaptation to American culture, and by defending the rights of its members on campus as well as in the United States.

SBCSSA organizes parties on traditional Chinese holidays, such as Spring Festival and Moon Festival. Trips to surrounding areas, Chinese movie shows, and seminar series are scheduled throughout the year. SBCSSA also co-organizes events such soccer games, parties, and trips with Chinese student organizations at other local universities. Those events are well attended by its more than 500 registered members as well others attracted. SBCSSA has a BBS frequently visited by many. It is a good place to seek help and share funny things with the community.

Email: sbcssa@ic.sunysb.edu

Web site: www.sinc.sunysb.edu/Clubs/sbcssa

#### Taiko Tides

The name of our Taiko group is Taiko Tides. It is a graduate student club but it is open to everyone. There are currently 10 active members who perform regularly. We usually hold practices on Monday nights around 8:00pm at the Biology learning lobby (BLL) which by the new CMM building. The new schedule will be discussed at the end of August any suggestions are accepted. At our practice sessions we practice different Japanese drumming styles with different kinds of drums. John Ko, who is a professional Taiko player from Manhattan, teaches us form, style and rhythms. Also Joan Miyazaki, our academic advisor, holds drum making workshops. This will be a good chance for anyone who is not very interested in playing but likes woodworks and building items to join our group. Lastly, Taiko Tides tries to maintain an international atmosphere where students from different cultures come together and enjoy the universal nature of music. Our group will be very interested in interacting with new coming students. Students can contact either one of the following Efe Sezgin e\_sezgin@life.bio.sunysb.edu, Joan Miyazaki at jmiyazaki@notes.cc.sunsb.edu, Sue Wu at <a href="mailto:shuwu@ams.sunysb.edu">shuwu@ams.sunysb.edu</a>

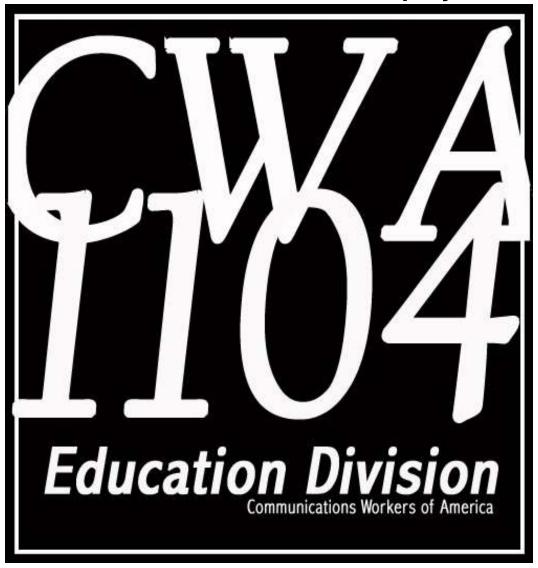
# The Queer Alliance

Email: jdunaway@wesleyan.edu

Web site: www.ic.sunysb.edu/clubs/queer

# The Union

For Graduate Student Employees



Call 516.420.1104

# **Graduate Student Employees Union/CWA Local 1104**

The more than 5,000 members of the SUNY-wide Graduate Student Employees Union (GSEU) extend our warmest greetings to you, our new fellow graduate students. Our union is committed to maintaining Stony Brook as a first class research institution through the improvement of the working conditions of its Teaching Assistants and Graduate Assistants. Since its formation in the late 1980's, the GSEU has represented a unified graduate student voice on issues ranging from salary levels to justice in our workplace. Though the pursuit of an advanced degree can often be a lonely and alienating experience, the GSEU is currently seeking to build solidarity around three areas of collective action – political action, contract negotiations/worksite grievances, and democratic trade unionism.

#### **Political Action**

Over the past year, the GSEU has endorsed and participated in the mass mobilizations against the war in Iraq. Our members continue to participate in the politics of peace and justice with our endorsement of the August 29th mobilization against the Republican National Convention meetings in New York City. In addition to these national actions, the GSEU has formed important alliances with other campus trade unions to demonstrate against the attempt to privatize the university hospital and in a successful defense of essential library services such as Inter-Library Loan program. Participation in your union is essential to building both a strong Stony Brook community and a more peaceful world.

# **Contract Negotiations/Worksite Grievances**

Contract negotiations and worksite grievances occupy a large part of union In the last year, GSEU representatives successfully contested the improper termination of a teaching assistance in the Writing Program. GSEU members have also organized meetings with fellow graduate students in departments throughout the campus. These discussions have centered on problems on the worksite such as violations of the 20-hour a week maximum, unsafe working conditions and compensation for materials used while teaching. In each case, GSEU activists have stressed the dual origins of our rights as workers. Grievances can be filed to address violations of both issues stipulated in our contract and customary practices in the department (past-practice). These meetings have also focused on developing issues for our current contract negotiations. We are working with a contract that expired in July 2003. GSEU negotiators have rejected the demands of New York State to radically increase the cost of our healthcare plan, deny our right to grieve all aspects of our contract and their offer of a wage increase that amounts to only 0.25% per year after inflation. In response to these regressive demands, hundreds of GSEU members participated in demonstrations at each SUNY campus. The GSEU will continue our fight for a just contract and all graduate students are encouraged to participate in the next round of demonstrations. In stead of regression, we will fight to improve our substandard wages, defend and expand our healthcare coverage and improve work conditions.

#### **Democratic Trade Unionism**

The GSEU is committed to principles of democratic trade unionism. This philosophy of trade unionism seeks to involve rank-and-file members at every level of the union. For example, rank and file members from Stony Brook have participated and won rights in meetings of the SUNY-wide GSEU Decision Making Body. We believe that a union that advocates participatory democracy, opens decision-making structures and guarantees membership rights is in all of our best interests and is the greatest threat to our employers.

We encourage our newest graduate student employees to make participation in the life of your union a part of your graduate experience. This could include as much as taking on the responsibility of a union officer or organizing a meeting to discuss worksite conditions in your department. In addition to departmental work, the GSEU holds monthly membership meetings on the second Wednesday of each month at 1:00pm in SBS Room-N110. All graduate students are welcome at these meetings. These meetings are a great place to meet union activists from other departments and coordinate plans to improve our work conditions.

For more information about the GSEU or to report a violation, please contact us: Hernan Pruden (Business Agent) <a href="mailto:hpruden@cwa1104.com">hpruden@cwa1104.com</a>, SBS-N 306, (646) 425-3288.

William Wharton (Chief Steward) wwharton@ic.sunysb.edu, SBS N-312

# NYPIRG:

# **New York Public Interest Research Group**

Thanks to all the graduate students who supported NYPIRG last semester!

The New York Public Interest Research Group (NYPIRG) is the largest consumer, environmental and government reform organization of New York. NYPIRG is a non-partisan, non-profit group established to affect real policy reforms while training students to be advocates. Since 1973, NYPIRG has played a key role in fighting for more than 150 pieces of public interest legislation and executive orders. Last year NYPIRG worked with the Graduate Student Organization (GSO) to improve on campus housing for graduate students. We also supported the Graduate Student Employees Union (GSEU) in their attempt to secure a more equitable contract from the state.

This year we are looking to expand our internship program for graduate students. NYPIRG offers 3 credit internships. Graduate students in all schools may apply and will get hands on experience in organizing and implementing the following campaigns both on campus and on Long Island:

# **Voter Registration:**

Last year NYPIRG registered 1300 students on campus to vote. This year NYPIRG will register over 2000 resident and commuter students. NYPIRG battled for years to get a polling site on campus and we are committed to having the voice of Stony Brook students heard at the polls. You can be part of this exciting campaign to educate voters and potential voters of their rights at the polls. This is a critical year for voters in New York State. In addition to the Presidential race, all Congressional, State Assembly and Senate seats are up for re-election. Get involved now!

# **Environmental Protection:**

NYPIRG, in coalition with groups statewide, will continue to push to expand the Bottle Bill to include 5 cent deposits on non-carbonated beverages such as bottled water, sports drinks and iced tea. In addition, this legislation would require beverage manufacturers to return unclaimed deposits to the state to fund local recycling and waste prevention programs. NYPIRG will be looking for graduate students to assist in coordinating lobbying efforts Albany to get this important legislation passed.

NYPIRG is also looking for graduate students in the Marine and Life Sciences to work on our Clean Air campaign. NYPIRG is working to reduce the amount of mercury and harmful greenhouse gasses in our air. Interns and graduate students can take their research and apply it to real legislative initiatives to reverse the negative environmental trends such as global warming and increased mercury contamination in marine life in New York's waters. NYPIRG will also be organizing panel discussions and other events around these issues in the upcoming academic year.

# **Consumer Protection:**

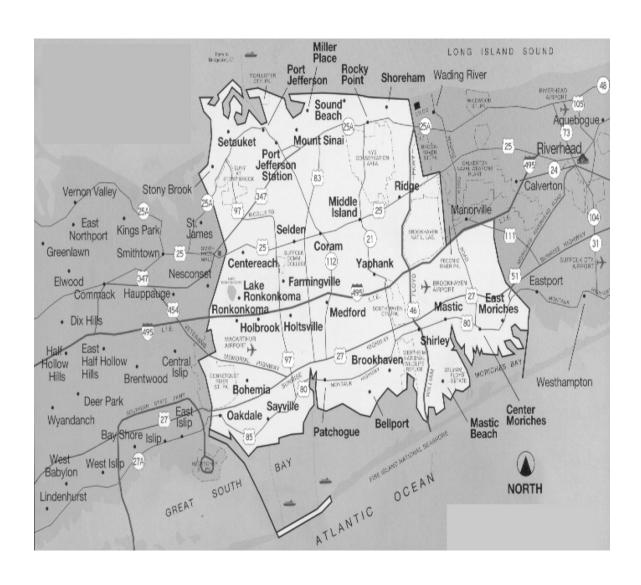
NYPIRG's Small Claims Court Action Center (SCCAC), run by students, offers free advice to fellow students and local residents who have been ripped off by people or businesses (including landlords and discriminating storeowners). If you need help with finding a local Small Claims Court, filing a claim (of monetary value, up to \$5000), or have other Small Claims Court questions, please call 632-6458 and we'll help you through the small claims process to recover your losses.

# **Higher Education:**

NYPIRG has played a key role in and is committed to protecting quality, affordable and accessible public higher education for undergraduate students and graduates by fighting increased tuition, financial aid cuts, and cuts to SUNY's operation budget. Interns or interested graduate students from any discipline can get involved in this campaign.

Stop by the NYPIRG office located in the Student Union basement room 079 (next to the SINC site) or call 632-6457 to get involved. You can also email us at: stonybrook@nypirg.org.

# Area Map



GSO
QUESTIONS?
COMMENTS?
SUGGESTIONS?
COMPLAINTS?
LET US KNOW!

Visit our office:

# 227 STUDENT ACTIVITIES CENTER (SAC)

Call us:

632-6492

Fax us:

632-8965

**Email us:** 

gso@ic.sunysb.edu

Visit our website:

http://www.sinc.sunysb.edu/Clubs/gso

SURVIVAL GUIDE 2004-2005 Editor Angeliki Field-Pollatou

Ad solicitors: Angeliki Field- Pollatou, Umesh Kumar, Prasanna Thoguluva

Special thanks to: Bryan Field, Chad Bender, Barbara Byrne, Elizabeth Barnum, Masha Prodanovic, Warren Wartell, Ken Johnson, Angela Agnello, Lisa Coleman, Leta Edelson, Marianna Savoca, Alfreda James, Judy Dunaway, Susan Dimonda, Billy Wharton, Eric Bruzaitis, Monicca Shanthanelson

Cover by Bryan Field

# PHONE DIRECTORY

Main switchboard: 689-6000

Administrative Offices		Academic Departments		(note:
Academic Advising	2-7082	_	graduate offices are listed second)	
Admissions	2-6868	Africana Studies		7470
Affirmative Action Office	2-6280	Anthropology	2-7620/2-7606	
Alumni Affairs	2-6330	Applied Math and Stat		
Ambulance (emergency)	333	Art	2-8370/2-8360	
Audio Visual services	2-9400	Biochemistry/Cell Bio	2-7250/2-7270 2-8550/2-8533	
Bookstore (west campus)	2-6550	Chemistry	2-7880/2-1702	
Bursar	2-6116	Comparative Literature	2-7460	
Bus Service	2-6424	Computer Science	2-8470/2-8462	
Campus Community Advocate	2-9200	Dental Medicine	2-8980	
Campus Residences	2-6750	Ecology and Evolution	2-8600	
Career Center	2-6810	Economics	2-7530	
Child Care	2-6930	Education	2-7696	
Communications	2-6335	Electrical Engineering	2-8400	
Computing Services	2-8010	English	2-7400/2-7373	
Conferences and Special Events	2-6320	European Languages	2-7440	
Counseling Center	2-6720	Harriman School	2-7180	
Disability Student Services	2-6748	Hispanic Languages	2-6950	
Environmental Health and Safety	2-6410	History	2-7490	
EOP/AIM	2-7090	Humanities Institute	2-7765	
Financial aid/Student Empl.	2-6840	Korean Studies	2-7314	
Graduate School	2-4723	Linguistics	2-7777/2-7782	
GSO	2-6492	Marine Sci Res Center	2-8701/2-8681	
Heating Plant	2-6390	Materials Science	2-8484/2-4986	
Infirmary	2-6740	Mathematics	2-8250/2-8282	
Interfaith Center	2-6565	Mechanical Engineering	2-8310/2-8340	
Judiciary	2-6705	Medicine	444-2058	
Lock Shop	2-6407	Microbiology	2-8800/8810/8812	
Meal Plan	2-6517	Music	2-7330/7352	
Orientation	2-6710	Nursing	444-3200	
Off Campus Housing	2-6770	Philosophy	2-7570/2-7580	
Undergraduate Government	2-6460	Physical Education	2-7200	
Office of the President	2-6265	Physical Therapy	444-3250	
Office of the Provist	2-7000	Physics	2-8100/2-8080	
Registrar 2-6175/		Political Science	2-7633/76	50
	2-7050	Portugese	2	-6950
Sports Information	2-WOLF	Psychology	2-7800/2-7814	
Sports Complex	2-7200	Religious Studies	2-7310	
Staller Center for the Arts	2-7235	Russian	2-7360	
SB Volunteer Ambulance Corps	2-6737	School of Social Welfare		
Student Affairs	2-6700	Sociology	2-7700/7730	
Student Health Insurance	2-6054	Technology & Society	2-8765/8770	
Student Union and Activities	2-9392	Theatre Arts	2-7300/2-7279	
Telephone Repair	2-7762			
TFCU	2-4600	University Food Service		
Wellness Center	2-6850	Campus Dining Services 2-6530		-6530
		Food Hotline (24 hours a day) 2-MEAL		
		Bleacher Club Cafeteria	•	-6526

Catering	2-6529
End of the Bridge	2-6528
H Cafeteria	2-6522
	2-6519
Kelly Dining Hall Roth Quad Dining	2-6520
Union Station Deli	
	2-6532
University Club	2-7069
SAC Food Court	2-9538
Libraries	
General Information	2-7110
	2-7110
Library Hours	2-7100
Biology	2-7152
Chemistry Computer Science	2-7130
Computer Science	
Earth & Space Science	2-7146
Engineering	2-7148
Health Science	444-2512
Math – Physics	2-7145
Audio Visual	2-7104
Circulation	2-7115
Computer Library	2-8012
Reference	2-7110
Reserve Room	2-7151
University Media	
University Media Blackworld	2-6494
	2-0494 2-9116
Currents GSO ' The Caduate'	2-9110 2-6492
	2-6492 2-6480
Statesmam Stany Brook Brook	2-6451
Stony Brook Press University News Service	2-6310
WUSB-FM	2-6500
W USB-FM	2-6300
Residence Halls	
Chapin Apt. Complex	2-6755
Schomburg Apts.	2-1316
Mendelsohn Quad.	2-6760
H Quad.	2-6775
Kelly Quad	2-6790
Roth Quad	2-6785
Roosevelt Quad	2-6800
Keller College	2-6796
Stimson College	2-6801
Tabler Quad	2-6780
Tablet Quad	2-0780
Stony Brook Union	
Union Administrative Offices	2-6823
Commuter College	2-6455
Union Crafts Center	2-6822
End of Bridge Restaurant	2-6528
Faculty Student Association	2-6510
Check Cashing	2-6510
Chock Cushing	2 0510

Food Hotline (24 hours a day)	2-MEAL
Meal Plan Office	2-6517
Lesbian, Gay and Bisexual All	2-6469
Information Desk	2-6830
NYPIRG	2-6457
Polity Print Shop	2-6461
Polity Ticket Office	2-6464
SAB – Concerts	2-6454
SCOOP	2-6465
Student Polity Association	2-6460
Union Advisory Board	2-6820
University Cafe	2-1463
University Food Service	2-6530
Wo/Men's Center	2-WOMN
WUSB-FM Office	2-6500

