

Graduate Student
Survival Guide
2008-2009





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The Graduate Student Organization (GSO)

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

Membership

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

Paying The Student Activity Fee

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



Benefits of The Student Activity Fee

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

Contacting the GSO

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

- Attend monthly Senate meetings (stay informed of issues and concerns that may affect you)
- Stop by the GSO office during office hours. We are conveniently located on the Second floor of the Student Activities Center (SAC).
- Email us with your concerns: gso@ic.sunysb.edu or speak with your department Senator
- Check out the website for the most up to date information, office hours, Senate meeting schedule and more: <http://www.ic.sunysb.edu/Clubs/gso>



GSO Office:

227 Student Activities Center
Stony Brook, NY 11794-2800
Phone: 631.632.6492
<http://www.sbgso.org/>

GSO Newsletter Online

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

The GSO issues a regular news letter. This is a great way to keep up-to-date with the on goings of the SB GSO. You will also find other useful information regarding graduate student life with the Newsletter.

Put Your Ideas to Work, Become a GSO Senator

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

Clubs Get Involved

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

Stony Brook offers a very large assortment of clubs and on campus activities for students. If you are interested in one of the many clubs; visit the clubs main website for more details including how to start a club.

University Café

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

This is the “hang out” for Graduate Students and Faculty. Serving alcohol (Ages 21+) and tasty snacks the University Café is a great way to kick back after (or during) a long hard day in the lab.

Current Features:

- Drink Specials - 2 House Beverages - \$2
- European Cup – Soccer/Football Tournament Viewing
- Hours - Wed- Friday 5-9pm

Welcome

Let us begin by telling you a bit about SBU. Regardless of your field of study, here you will have access to a wide range of resources and opportunities that only a great Research University can offer. Stony Brook's beautiful 1100 acre campus is set in the heart of Long Island. Our close proximity to New York City makes Stony Brook an ideal location for research and leisure.

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

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

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

Editors Note:

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

GSO
Survival Guide 2008-2009

Editors:
Eduardo Mari
Christopher Marai



Computers and Internet Access

There are several computer labs (called “SINC Sites”) around campus and near/in dormitories available for your use, these include printers. The main computer lab is in the Franklin Melville Memorial Library (MAP section D4).

Computer Labs and Accounts

To access computers or the wireless network on campus you will need a NetID and NetID password. You can obtain this from any computer in a computer lab (SINC Site) by signing in as a guest and setting up your NetID in your SOLAR account. More info below:

<http://clientsupport.stonybrook.edu/public/netid/psswd.shtml>

TIP! You have a print account that allows you about 40 pages of free printing per day,

TIP! Getting a computer account at the Main Computer Lab “SINC Site” is the first thing you should do when you have a chance!

Internet Access

- Internet access is available at the computer labs
- Wireless internet access is available around the campus at certain locations. Once you have a NetID and NetID password you can simply log on to the internet from by wireless connection.
- Details: <http://clientsupport.cc.stonybrook.edu/public/wireless/>
- Internet access is available in all the dorm rooms through wired connections. This requires registration of your computer on the network, this is to insure it meet certain requirements. These include all “Windows Updates” and Anti-Virus Software Installed. The registration will begin when you connect to the internet and open Internet Explorer in your dorm room.
- Anti-Virus software is available FREE to Stony Brook Students online at <http://clientsupport.stonybrook.edu/public/symantec/>

Free/Low Cost Software

Softweb is a campus service containing many of the latest software free for students. Additionally many other packages are available at discounted prices or free to certain departments.

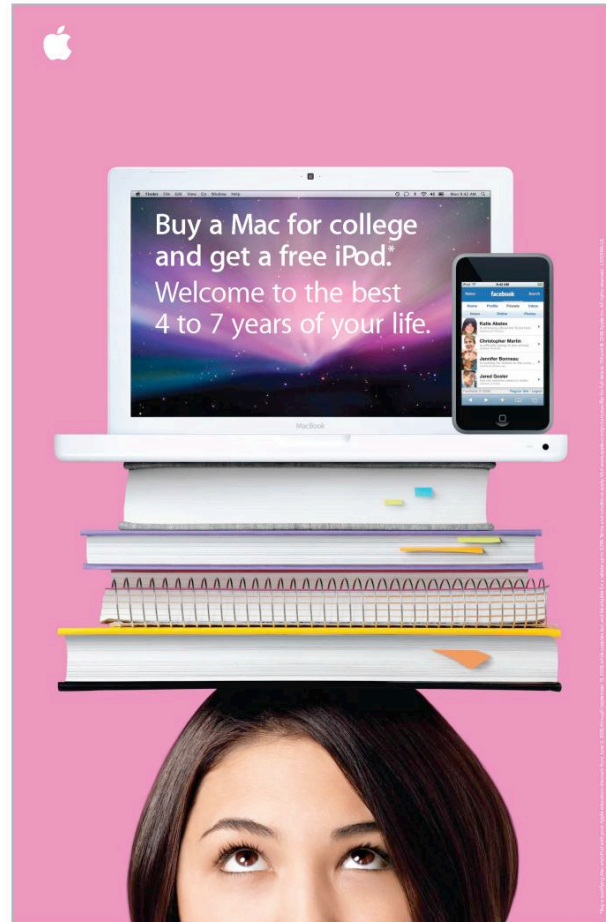
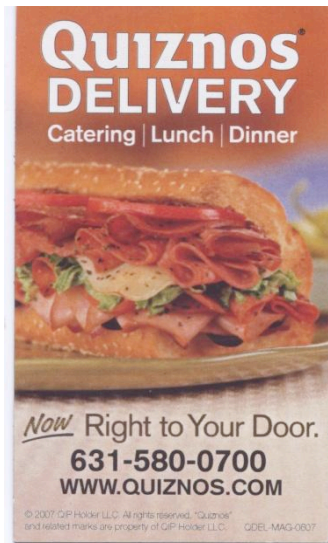
<http://softweb.cc.sunysb.edu/>

<http://clientsupport.stonybrook.edu/software.shtml>

Seawolves Market Place at SAC has several software packages – a list is available in the store, but includes MS Office and Windows XP/Vista - for free or a nominal fee \$5-20. You may get one copy of each per academic year with proof of student ID. Inquire within the Seawolves Marketplace.

Visit The GSO Online @ <http://www.sbgso.org/>

You will find an electronic copy of this guide @ <http://sbgsso.org/services>



Get a free iPod after mail in rebate. And save every day with your education discount. For the best prices visit **Seawolves Marketplace** on campus or shop 24/7 online at www.apple.com/edu/stonybrook.

Seawolves Marketplace
 Student Activities Center
 Stony Brook, NY 11798
 631-632-9281

Store Hours:
 Mon-Thur 8:30a-9:00p
 Fri 8:30a-5:00p
 Sat-Sun 10:00a-4:00p





Phones

Mobile Phones

If you do not already have one, mobile phones may be purchased at any local mall or phone store. Service providers offer PREPAID and MONTHLY PLANS with a certain number of monthly minutes included. If you used more than your monthly minutes you will be billed at a rate as indicated in your agreement. In the United States most mobile phone plans include calling to the entire United States including Puerto Rico. This is unlike Land based phone lines, on the other hand, will allow unlimited calling in your local area code for a monthly fee and charge additional fees for out of area code calling.

PREPAID PLANS

- Buy phone.
- Buy minutes on prepaid cards.
- No contract or deposit required. (but daily charges may apply)



MONTHLY PLANS

- Sign up for a monthly contract including a certain number of minutes. These start at \$29.99/month+ tax.
- A contract is typically required which needs a social security number and/or a security deposit usually a few hundred dollars.
- A FREE phone with contract is common on certain lower cost phones.
- Contracts are 1-2 years, if you will be moving out of state or the service area in that time your contract may be able to be canceled without penalty.
- Family plans between friends can often be most economical.
- Be aware TAXES on the phone line and other charges quickly make your monthly bill 10-20% higher than advertized.

SERVICE PROVIDERS

Several service providers exist and provide reasonable services (monthly and prepaid) in the area.

- ATT (used to be Cingular) www.wireless.att.com
- Sprint/Nextel www.sprint.com
- T-Mobile www.tmobile.com
- Verizon www.verizon.com

TIP! STUDENT DISCOUNTS

- Verizon and ATT offer discounts to students employed by the research foundation (RAs) and/or part of the employee union (TAs).
- You can often bargain with sales people for better deals or better free phones.



Calling Cards & International Calling

While you can make international calls from your cell phone most plans only include calling in the United States. The cheapest way to call internationally is often a calling card which you can find easily and cheaply online. Senior graduate students may also help you find low cost calling cards for your country.

TIP! Calling cards can be confusing and unreliable reliable providers the editors have tried include:

- <http://www.uniontelecard.com>
- <http://www.mobivox.com>

Campus Calling System



On Campus dialing

- Calls can be placed between all telephones on the campus telephone system by dialing a five-digit extension number.
- For the Main Campus the extensions are 2-XXXX or 5-XXXX, for the HSC/Hospital is 4-XXXX and for the Student Residence Halls is 6-XXXX.

Calls to off-campus numbers

- If you want to make an outside call you need to use dial 9+XXX-XXXX you can reach the Suffolk 631 area code.
- To reach NYC area codes (212,646,347,516,718,917) may be accessed toll free from the residence halls (Schomburg, Chapin and West Apartments) by dialing 9+1+XXX-XXX-XXXX where the first 3, XXX is a NYC area code.
- You can contact your department or residence halls (Schomburg, Chapin and West Apartments) to make long distance calls from campus.
- Once this service is setup, your line rates may be higher than using a calling card so many students prefer calling cards.

TIP! DO NOT use your cell phone for long distance international calls! Most cellular calling plans include calling nationwide, however international destinations normally come at a premium (10x the normal fee). Try using a calling card with a local access number that you can reach with your free evening minutes and call long distance through them!



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Banking

Among the first things you will want to get setup at Stony Brook is a bank account.

Banking services to ask your banker about:

- Free Checking Account
 - If you receive a stipend your money will be deposited into this account.
 - You will get a debit card that will work like a credit card and extracts money from this account when you buy things.
 - Do not buy more than you have in this account or you will pay high fees!
 - You can buy over-draft protection to protect you should you go over your balance!
- Money Market Savings Account
 - You will get a better savings rate on your deposits than a Checking account or a standard savings account.
 - Your money is available in typically 1-3 business days.
 - <http://www.bankrate.com/> will help you find great rates.
- Credit Cards
 - Build your credit in the USA and have access to more products and services with a credit card account.
 - Watch out for annual fees! If you are new to the US you may need to make a deposit on this account.
- Certificate Deposits (CD)
 - For long term savings a CD may offer you a better rate of return.

Several large national and regional banks serve the region:

Bank of America

<https://www.bankofamerica.com/>

- Bank of America is a large national bank with branches and locations all over the country.
- They have an interesting free savings plan called “Keep the Change” ask your banker.

Citibank

<http://www.citibank.com/>

- This is a large global bank with ATMs around the world. Unfortunately they do not have ATMs on Campus.



Chase

<http://www.chase.com/>

- Chase Bank offers several options for locations in the general area all within driving distance.

eTrade Bank

<https://us.etrade.com/e/t/banking>

- This is an online bank that offers refunds on ATM fees and easy management of you money online.

Washington Mutual Bank – Wamu

<http://www.wamu.com/>

- This is a large national bank. This bank has an excellent credit card product that includes free credit score updates. This is helpful in building credit.

TFCU

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

- Teachers Federal Credit Union. This is a regional banking service provider with full service bank located in the basement of the Student Activities Center and on the other side of Campus on the 2nd level of the Health Sciences Center. ATM locations on Campus: Student Activities Center (2); Health Science Center; Administration Building; Long Island Vets Home; School of Dental Medicine and Indoor Sport complex.

“I needed great savings and loan rates without the runaround and high fees.”

Live & Learn

My friends told me to go to Teachers. I’m so glad I listened to them!

Convenient Locations
Stony Brook University
Student Activities Center
Health Sciences Center
Visit www.teachersfcu.org for hours

8 Campus ATMs

- Student Activities Center (2)
- Health Sciences Center
- Administration Building
- Long Island Vets Home
- School of Dental Medicine
- Indoor Sports Complex
- Stony Brook Southampton - Student Center

Easy Access

- FREE Checking + Dividends
- FREE Online Banking/Bill Paying
- FREE Telephone Banking
- FREE Visa® Check Card
- Visa® Credit Cards - No Annual Fee!

The Smart Choice For Loans

- New & Used Cars/Trucks
- Fixed & Adjustable Rate Mortgages
- Home Equity Loans & Lines of Credit
- Education Loans
- SBA & Other Business Loans

Plus Great Rates on Savings, Money Market & Certificate Accounts

You don't have to be a teacher to bank with TFCU and get great rates.

Teachers Federal Credit Union, Stony Brook's on-campus banking services partner, offers a complete range of financial services to Stony Brook students, faculty, staff and their families. Join now and become a member of your credit union. And, with an account at TFCU, your campus card can be an ATM/Check card.

It's easy for parents to make deposits throughout the year to student accounts via direct deposit or online banking.

Stop by and open your account today!
Call 631-698-7000 or visit www.teachersfcu.org

STONY BROOK
STATE UNIVERSITY OF NEW YORK

Teachers Federal TFCU Credit Union
Since 1952
The Educated Choice

Amityville | Bay Shore | Central Islip | Commack | Farmingville | Holbrook | Nesconset | North Babylon | Port Jefferson Station | Riverhead | Rocky Point | Selden | Smithtown | South Setauket



Banking Tips

TIP! When choosing a bank be sure to consider fees! In particular ATM fees for using ATMs other than at your own bank, a bank with more ATMs may be a better choice if you think you may need to use an ATM outside Stony Brook. You may also consider eTrade Bank and other online banks that offer refunds on ATM service fees.

TIP! You can use your banking debit card to get cash back at select stores – just ask - eliminating the need for an ATM.

TIP! You probably want more than one bank to have accounts in. Simply interest rates on Money Market savings accounts online verses at local banks vary considerably.

TIP! Unlike most countries in the world there are thousands of banks in the United States. Some are in better financial condition than others. In the RARE event of a bank failure you want to be sure your bank has FDIC insurance which means your money in the account is insured up to \$100,000.





Dining Options

All possible dining options are available between The Hamptons (The eastern end of Long Island) and Manhattan. In New York City (“The City”) locations will be open late or 24hrs, while in the local area closing time may be as early as 10PM. Call ahead to be sure the place is open and to see if there is a wait to be seated.

TIP! Restaurant Reviews can be found at:

- <http://www.yelp.com>
- <http://www.zagat.com/>

On Campus

Several great dining options exist on campus; we encourage you to explore them all! A detailed list of On Campus Dining locations and hours can be found at the following address:

<http://www.campusdining.org>

TIP! If you will be dining on campus be sure to put meal plan money on your student card! This will save you the tax on all your on campus food purchases.



Off Campus

Walking Distance

There are several dining places across from the Train Station at the north of campus on route 25A.

Driving Distance

Your best option for finding a food of your choice in the general area is using Google <http://www.google.com> . A search in Google for “restaurants Stony Brook, NY 11790” will return a variety of options in the area! Click on the MAP! Click [HERE](#) to complete that search.

TIP! If you plan to eat off campus on Friday or Saturday nights be sure to check the wait time for a seat. It is common for restaurants in the area to NOT accept reservations for Friday and Saturday night but rather take people on a first come first serve basis.



Transportation

Public Transportation

On Campus

Bus:

The campus runs a free bus service (paid for by your transportation fee) that covers most of the campus and even has regular trips to local area malls!

For details on routes and times see:

<http://www.sunysb.edu/transportation/campusbus/>

Train:

Take advantage of the LIRR Train Station at the North of Campus – See more under Off-Campus Transport.

Off Campus

Bus:

Suffolk County has an extensive bus system that has several stops on Stony Brook Campus. The 71, 76, 3D, 60 and 69 bus routes serve the university area.

For the latest fares, routes and times check:

<http://www.sct-bus.org>



TIP! Bikes offer a great option to exercise and move around campus fast! You'll get used to the hills eventually!

TIP! The campus bus "Mall Run" bus can get you to the local shops, but when it is not running the Suffolk County Busses have great routes.

Train:

- Known as the LIRR (L-I-Double-R) this train will take you to New York City, Penn Station in under 2hs from the Stony Brook Train Station.
- Transfers at Penn Station include the NYC Subway system and other train links to most locations on the United States East Coast.
- This train also goes to Port Jefferson Train Station.
- This train also goes to Jamaica Station which connects to AIR TRAIN and JFK Airport!

More information on fares, schedules and maps!

<http://www.mta.info/lirr/>



Train (continued):

TIP! Get an updated copy of the train schedule we are on the “Port Jefferson Line”

TIP! The drive can take as little as 1h to Penn Station and 50mins to Flushing. Free parking is available on the street, just double-check the parking rules posted on signs!

Personal Cars

While not necessary for life at Stony Brook a Car helps a lot! Many students purchase used cars.

Purchasing a Car:

- Used cars in the price range of \$10000+ can be found at many local dealers.
- Cars for less than \$10000 are generally purchased from smaller car dealers and local individuals.
- Leasing a new car can be done if you have a social security number and credit history in the United States.
- Frequently graduating students will be selling their cars and great cars can be found!
- As a general rule buyer beware when purchasing a car. If you find a deal – particularly online – that seems too good to be true it probably is!
- Car insurance is REQUIRED in NY State and may cost you as much as \$1600 a year, for basic mandatory coverage.
- Cars on campus require a parking permit available in the Administration building.

A useful site to research used car prices and reliability ratings as well as car-for-sale ads is:

<http://autos.msn.com/>


Details on car ownership and registration may be found at the New York Department of Motor Vehicles (DMV) site:

<http://www.nydmv.state.ny.us/>


TIP! If you do not know how to drive, invest in a driver training course from a New York State Certified driver’s school, it may just save your life!

TIP! Before obtaining a car think about the following. Mandatory auto insurance for first time drivers in the New York State can be as much as \$1600/year. Older cars may need repairs and local car shops can be expensive. Gas can add up to a significant expense with a lengthy daily commute.





OUR STAND

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PUT THE SPARK BACK
IN YOUR INSURANCE.**



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Allstate.
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Feature is optional and subject to terms and conditions. Available in select states now and in most states by 1/31/06 (subject to regulatory approval where required). Allstate Property and Casualty Insurance Company, Northbrook, IL. © 2007 Allstate Insurance Company

Rental Cars:

There are two local car rental locations near/on campus.

Enterprise Rent-a-Car

Located in the Student Union
<http://www.enterprise.com/>

Avis Rentals

Located at Getty Gas Station across from the Train Station on 25A.
<http://www.avis.com/>

TIP! If you are under 24 years old or have not be driving for a while extra rental charges may apply – call ahead to confirm.

TIP! VISA and other credit cards may offer free rental car insurance if you rent a car with their card – see your statement details - so you may choose to waive that option at the rental location.

TIP! Discount websites like <http://www.hotwire.com> and <http://www.priceline.com> often have better deals on rentals nearby and wherever you are on vacation – just read the fine print!.



Housing

On Campus

Graduate students have 3 options for On Campus housing at Stony Brook. These include the West Apartments, Schomburg and Chapin Apartments. More details about these residence halls can be found at the Campus Residence link

<http://studentaffairs.stonybrook.edu/res/index.shtml>

Off Campus

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

http://sbgso.org/files/u1/reports/off_campus_renters_guide.pdf

Terms from the 2006 Off Campus Renters Guide

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

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

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

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

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



Terms from the 2006 Off Campus Renters Guide (continued)

Basic Utility Services in Suffolk County:

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

Water: Suffolk County Water Authority, 631-698-9500,
<http://www.scwa.com>

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

Land Telephone: Verizon, 631-890-1550
<http://www.verizon.com>

SCC



Suffolk Christian Church

施福基督教会

18 Moriches Rd, Lake Grove, NY 11755
(631)816-3168, (917)715-7822, (631)816-6440

我们愿成为你的家

We are Chinese Christian Church,
我们是华人的教会,



Friday: Bible Study 7:00-9:30pm
Sunday: Worship God 11:00-2:00pm
Tuesday: Prayer Meeting 8:00-9:30pm

*We are willing to build up believers,
preach the Gospel and God's word,
offer assistance to students (new and old).*

to make offerings, and to glorify God

荣神益人

Check our website at www.suffolkchurch.org
It is more blessed to give than to receive. (Act 20:35)



Healthcare and Insurance

Healthcare and insurance is complicated in the United States. Basically it boils down to are you?

1) Insured

Find out what insurance you have with your department administrator. This is different for funded and unfunded students as well as for international and domestic students.

2) Uninsured

Did you let your insurance lapse? . This could be bad!

- Your medical insurance pays for UPTO 100% of your visit to the health professional depending on your plan, most typically require a co-pay meaning you pay a little they pay the rest.
- Most insurance will only cover certain procedures at certain locations.
- It is your responsibility to find out what and where they cover, which can be accessed by calling their customer service number or visiting their web site.
- Make sure your coverage stays consistent particularly if you are switching between RA and TA. If you have any change in your pay or position you should ask about health insurance.

TIP! Keep your insurance card on you. In an emergency they will ask for any information regarding insurance. Typically this is done in the emergency room, they will assess options for your care based on what you and your insurance are willing to pay. If your emergency involved a car accident the car insurance will cover the bills up to a certain limit.

TIP! If your pay check stops or changes amounts or you change positions (RA/TA etc) ALWAYS check what happens to your insurance coverage!!!





Medical Care Providers

- On campus there are 3 health service options; student health services “the infirmary”, the hospital and the dental school.
- Generally we use the infirmary when it is open and the hospital emergency room for emergencies or when the infirmary is closed or the situation requires it.
- The dental school offers lower-cost dental services to students.
- Off campus there are many options for health services, consult the guide provided by your insurer to find participating medical locations.

The Student Health Services: “The Infirmary”

<http://studentaffairs.stonybrook.edu/shs/index.shtml>

Student Health Services offers TONES of valuable health services that you pay for in your fees. Visit the Student Health Services building for more information!

These include:

- Medical Care
- Women’s Health
- Dermatology Clinic
- Nutrition
- Pharmacy
- Reproductive Health
- Counseling Center

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

TIP! The infirmary on campus is GREAT they know all about the insurance that students have at Stony Brook and tailor treatments to that. You often do not have to pay a co-pay at the infirmary. There is also less paperwork involved!

TIP! Take advantage of the **FREE** HIV-tests offered by the health services department at Stony Brook and New York State. They also confidentially offer sexually transmitted disease “STD” tests typically covered by insurance at the infirmary. **REMEMBER** you can not afford not to know.





Broadway on Main Street!
THEATRE THREE
at Athena Hall

Our 2008-2009 Mainstage Season!

1968: Rock the World July 12-Aug. 16, 2008

La Cage aux Folles Sept. 13-Oct. 25, 2008

A Christmas Carol Nov. 14-Dec. 27, 2008

Larry Shue's The Nerd January 10-31, 2009

Ring of Fire: The Johnny Cash Musical Show Feb. 14-Mar. 21, 2009

I Am My Own Wife April 4-26, 2009

Disney's Aida May 16-June 20, 2009

OUR 2008-2009 CHILDREN'S THEATRE SEASON...

THE HOUSE THAT JACK BUILT July 11-August 2, 2008

ALICE'S MOST DECIDEDLY UNUSUAL ADVENTURES IN WONDERLAND
August 8-16, 2008

THE ELVES AND THE SHOEMAKER October 11-25, 2008

Barnaby Saves CHRISTMAS Nov. 29-Dec. 27, 2008

LITTLE BO-PEEP & THE GREAT LOST SHEEP CAPER Jan. 16-31, 2009

THE HOUSE THAT JACK BUILT (REVIVAL) February 18-21, 2009

RAGGEDY ANN & ANDY February 27-March 14, 2009

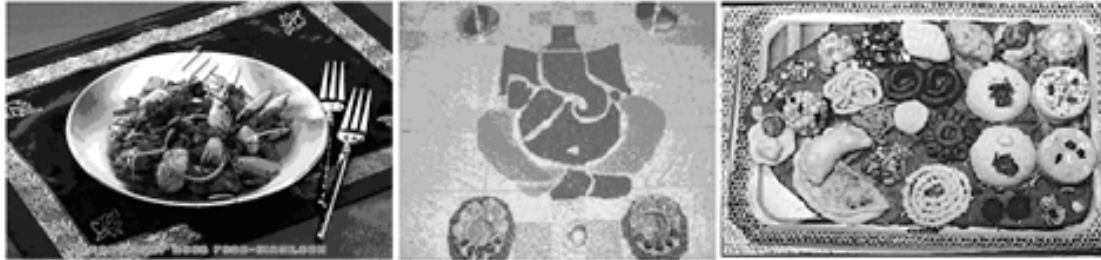
THE ADVENTURES OF PETER RABBIT April 8-11, 2009

CINDERELLA May 22-June 6, 2009

Group Sales: Call Doug, Group Sales Coordinator (631) 928-1130 (Tues. - Fri. 10am - 3pm)

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www.theatretthree.com



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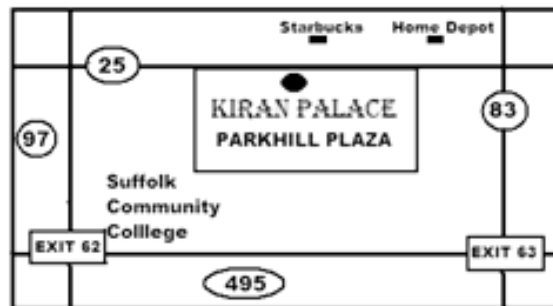
Location:
1230 Middle Country Road
Rte#25, Selden, NY 11784

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(631) 716 - 1400

Fax: (631) 716 -1300
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Stores and Malls

Grocery Stores:

General supermarkets here you can find, produce, meat, breads and almost anything else here including pharmacies. Follow the links to find directions and store hours.

TIP! Check each store's website for latest sales and offers! Shop around many stores offer certain products at lower prices!

Waldbaums

<http://www.waldbaums.com/>

Stop and Shop

<http://www.stopandshop.com/>

Meat Farms

<http://www.meatfarms.com/>

Pathmark

<http://www.pathmark.com/>

Home Goods Stores:

Target *Similar to Walmart but a bit more upscale and closer.*

<http://www.target.com>

Home Depot

<http://www.homedepot.com>

Walmart

<http://www.walmart.com>

Sears

<http://www.sears.com>

Lowe's

<http://www.lowes.com>

Kohl's

<http://www.kohls.com>



Malls and Outlet Malls

Malls

Smith Haven Mall

http://www.simon.com/mall/mall_info.aspx?ID=103

Roosevelt Field Mall

<http://www.simon.com/mall/default.aspx?ID=102>

Outlet Malls

An outlet store or factory outlet is a retail store in which manufacturers sell their stock directly to the public through their own branded stores. The stores can be brick and mortar or online.

Tanger Outlet – Riverhead, NY

<http://www.tangeroutlet.com/riverhead>

Woodbury Common Premium Outlets – Central Valley, NY

<http://www.premiumoutlets.com/outlets/outlet.asp?id=7>

Century 21 – Manhattan and other Locations, NY

<http://www.c21stores.com/>

Clinton Crossing Premium Outlets – Clinton, CT

<http://www.premiumoutlets.com/outlets/outlet.asp?id=12>

Tanger Outlets - Westbrook, CT

<http://www.tangeroutlet.com/westbrook>

Liberty Village Premium Outlets – Flemington, NY

<http://www.premiumoutlets.com/outlets/outlet.asp?id=13>

Franklin Mills – Philadelphia Area, PA

<http://www.simon.com/mall/default.aspx?ID=1245>

Online Shops

Overstock.com

<http://www.overstock.com>

Buy.com

<http://www.buy.com>



Online Shops (continued)

eBay.com
<http://www.ebay.com>

Amazon.com
<http://www.amazon.com>

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(Rte. 25A & Nicolls Road)
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Lunch: 11:30-3:pm, Dinner: Sun-Thurs 5pm- 10pm, Fri- Sat 5pm -11 pm
Dining, Catering/Takeout or delivery



TIP! Curry Club offers 10% discount to Stony Brook Students and a great lunchtime buffet!

TIP! Velvet Lounge is a place to hang out, drink something and meet people. It has a bar and a stage where different performances and karaoke is presented depending on the day of the week. Thursday Night Karaoke is the Editors favorite, check it out at: <http://www.velvetlounge.com/Home.html>



Campus Services

Libraries

<http://www.stonybrook.edu/sb/libraries.shtml>

It is likely one of the first things you will want to find is the location of the library. Libraries on campus provide additional services including lessons on software and resources. They are also a great location to study in a quiet environment! Details about location hours and services are at the website:

Departmental libraries on campus are:

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

TIP! Explore the great off-campus libraries in the area. The local Emma Clark Library <http://www.emmaclark.org> is particularly great, featuring free DVD rentals and will often purchase the latest books for their collection at your request!

Faith Services

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

The Interfaith Center, located in the second floor of the Stony Brook Union, is the representative organization for chaplains and campus ministry persons who are officially selected representatives of various religious denominations and have a major concern for and a working relationship with the University.

The following web site has a complete list of some the diverse Interfaith Services offered at Stony Brook:

Additional faith services can be found in the region by searching online for a faith of your choice, and their meeting location.





Career Center

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

Eventually you may be seeking employment. The best place to get your CV or Resume read, improved and make some important networking contacts is at the Campus Career Center!

TIP! You can't start too early! Visit the career center this week! More details of their extensive services is at their site.

On Campus Employment

<http://www.stonybrook.edu/jobs/>

Looking for a job on campus? This is the place for you!

TIP! Many on campus jobs allow you time to study while you are working!

TIP! Many international students obtain campus jobs solely for the purpose of gaining a Social Security Number – helpful for many other things. See what they offer!

Gym and Fitness Center

http://studentaffairs.stonybrook.edu/rec/wellness_info.shtml

Looking to get fit or stay fit? There are several gym and fitness centers on campus for you use. Some small fees may apply, but these are largely cheaper than off campus fitness locations.

Among the many amenities include:

- Running Track
- Pool
- Basket Ball Courts
- Tennis Courts
- Baseball Courts
- Weight Room
- Training Room
- Volleyball Courts





Faculty Student Association

The Faculty Student Association is governed by a 12 member Board of Directors that are appointed by the student, faculty, staff, and administrative constituencies of the campus. The FSA provides many services to enhance the well being of students, faculty and staff; for a full list of services see the FSA website.

<http://www.stonybrook.edu/fsa/>

Contact the FSA:

FSA, 250 Stony Brook Union
SUNY at Stony Brook, Stony Brook, NY
11794-3209
Tel: 631.632.6510 - Fax: 631.632.6573 -
dvillacci@notes.cc.sunysb.edu



FACULTY STUDENT ASSOCIATION

University Auxiliary Services

Seawolves MarketPlace

<http://www.sunysb.edu/fsa/seawolves-main.htm?color=green>

Seawolves MarketPlace - is located adjacent to the main lobby in the Student Activities Center. It offers everything you need to get your computer connected to the internet and television hooked up, plus software for Maple, Mini Tab, Mathematica, SPSS, and distribution CDs for campus licensed programs including: Lotus Notes, Norton's Anti-Virus, Internet Explorer, and Netscape. The MarketPlace carries Stony Brook and Seawolves clothing and merchandise, ipods, Macbooks, laundry detergents, cleaning supplies, health/beauty aids, linens, computer cables and accessories, school supplies, stationery and gifts. It features Green Mountain Coffee, assorted fresh bakery items, espresso and cappuccino, grab-and-go food and beverages, Asian snack foods, plus an abundance of items used for everyday campus living. For your convenience, the Seawolves MarketPlace accepts the Bookstore Campus Account, the Faculty/Staff Debit Plan (Bonus Points) as well as cash, checks and major credit cards. Phone: 632-9281

Fall 2008 - Opening Weekend Hours of Operation

Saturday, August 30 10:00 a.m. - 5:00 p.m.
Sunday, August 31 10:00 a.m. - 5:00 p.m.
Monday, September 1 10:00 a.m. - 5:00 p.m

Fall 2008 Semester Hours of Operation

September 2, 2008 - December 15, 2008
Monday - Thursday 8:30 a.m. - 9:00 p.m.
Friday 8:30 a.m. - 5:00 p.m.
Saturday - Sunday 10:00 a.m. - 4:00 p.m.



* Exceptions to regular hours on 9/29, 10/1, 10/8-9, 11/26, 12/16-23 * Closed on 11/27-30, 12/24/08-1/1/09



GRADUATE STUDENT LOUNGE — LIVE MUSIC
OPEN TO THE CAMPUS COMMUNITY

University *café*

Phone: 2-6027

Web: universitycafe.org

Hours: Wednesday-Friday 5:00pm-9:00pm

Located on the first floor of the Stony Brook Union

Enter by the outdoor patio opposite the Sports Complex

Patrons must be 21 or older with proper identification ONLY!



Campus Dining & Meal Plans

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

The Meal Plan Office Counter is located in the FSA Office Suite, 250 Student Union Bldg. Telephone: 631-632-6517

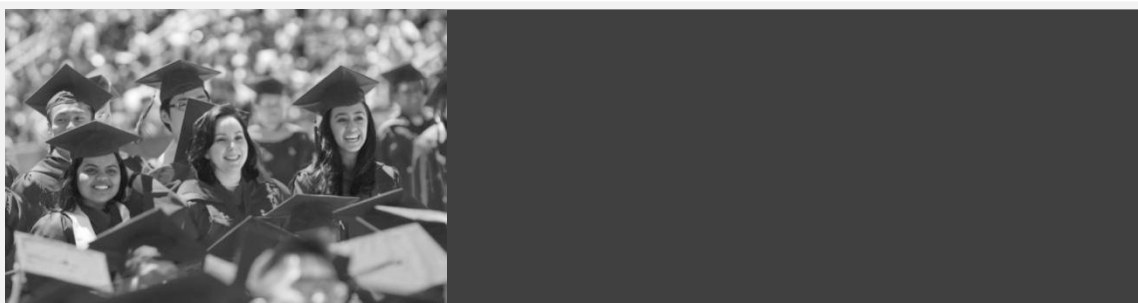
Campus Bookstore

<http://www.stonybrook.edu/bookstore>

University Bookstore is located on the ground level of the Melville Library across from the Stony Brook Union. It stocks course required textbooks both new and used. Always shop early for the best selection of used books or reserve your textbooks online at: www.stonybrook.edu/bookstore. In addition to course related textbooks, the bookstore also offers magazines, general books, study aids, reference books, and course required supplies, such as art supply items and laboratory materials. It also has a large selection of school supplies, residence hall living supplies, electronics, computer supplies, stationery, backpacks and seasonal accessories. The clothing and gift department of the bookstore offers a large variety of Stony Brook and Seawolves merchandise. The University Bookstore buys back textbooks year-round at wholesale prices. To get the best price for your unwanted textbooks, sell them back to the bookstore as soon as finals week begins.

Phone: 632-6550

| OPENING WEEKEND | | FIRST WEEK OF CLASSES | | SECOND WEEK OF CLASSES | |
|------------------------|------------|------------------------------|--------------|-------------------------------|--------------|
| Saturday | 10am – 6pm | Tuesday | 8:15am – 9pm | Monday | 8:15am – 8pm |
| Sunday | 10am – 6pm | Wednesday | 8:15am – 9pm | Tuesday | 8:15am – 8pm |
| Monday | 10am – 6pm | Thursday | 8:15am – 9pm | Wednesday | 8:15am – 8pm |
| | | Friday | 8:15am – 6pm | Thursday | 8:15am – 8pm |
| | | Saturday | 10am – 4pm | Friday | 8:15am – 5pm |
| | | Sunday | Closed | Saturday | 12pm – 4pm |
| | | | | Sunday | Closed |





Off Campus Housing

<http://www.sunysb.edu/fsa/offcampushousing.htm>

The Off Campus Housing Service is provided by the Faculty Student Association as a listing service for landlords, tenants, and persons looking to share houses and apartments.

Campus Cash

<http://www.sunysb.edu/fsa/campuscash.htm>

Need a locker on campus? Campus Cash is a debit card program that allows you to use your ID card to make food purchases from off campus merchants, wash and dry your laundry, make purchases from vending machines and utilize printing services. Campus Cash is not part of the Meal Plan.

Locker Rentals

<http://www.stonybrook.edu/fsa/resources-lockers.htm>

Locker assignments are for one academic year or part thereof. Costs includes a \$15.00 key deposit which is required for new locker rentals, but will be refunded when the key is returned by no later than May 31st. Locker assignments are non-transferable and all property left in lockers that are not renewed will be disposed of after May 31st.

Lockers can be rented at the FSA Suite located in:
Room 250 of the Stony Brook Union.

Hours: Mon-Fri 9am-4:30pm

Phone: (631) 632-6517

University Café

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

Hours: Wed-Fri 5:00PM to 9:00PM,

Sat-Tue Closed Café also open for special events.

Located in the Student Union.

During Café hours, 21 and older with proper identification only. (631) 632-6027

University *café*

Laundromats

<http://www.stonybrook.edu/fsa/resources-laundry.htm>

For on campus residents, the FSA provides laundry facilities at very reasonable rates. Laundry Services consisting of coin and student id card operated washers and dryers are on the premises of all campus residence locations.



Located on the 2nd Floor of the Stony Brook Union
For information on hours go to www.campusdining.org

Brought to you by the Faculty Student Association

www.campusdining.org

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stonybrook.edu/sb/jasmine
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Monday - Friday 12:30pm-7:30pm
Saturday - Sunday 2:30pm-7:30pm

JASMINE
Hours of Operation:
Monday - Friday 11:30am-8pm • Saturday - Sunday 2pm-8pm
Located in the Charles B. Wang Center on the Main Level

NEW! \$2 VALUE MENU
AVAILABLE ALL DAY EVERYDAY!



University Administration

At Stony Brook you will be interacting with the Administration for the following reasons:

- Paying Student Fees
(At the Administration Building or Online “SOLAR”)
<http://www.stonybrook.edu/it/newsolar.html>
- Maintaining/Changes of Status
(for International Students – at the International Office)
<http://www.grad.stonybrook.edu/international/>
- Maintaining Academic Good Standing/Graduating
(The Graduate School)
<http://www.grad.sunysb.edu/intern.shtml>

TIP! You may need to work with these people for a parking ticket on campus or problems with your transcript so treat them with EXTRA respect!

The best resource for University Administration is:

- 1) The Stony Brook University website
- 2) Your department administrator
- 3) Your initial orientation sessions!





Fun

New York City

New York City – called “The City” - may be one of the reasons why you chose Stony Brook. It is the greatest city of our time (maybe of all time) and it provides a wide variety of places for entertainment and education. It is less than 60 miles away and it will take you 50min-2hours to get there depending the type of transportation you decide to use.

Obviously we cannot summarize what you can find in the city in a few pages, but we can only give you a taste of what is available and some helpful hints. Numerous great guides to the city exist online and in book form they are always helpful when deciding on what to see.



Helpful Links:

<http://www.timeout.com/newyork/>

<http://www.villagevoice.com>

<http://nymag.com>

<http://www.ci.nyc.ny.us>

<http://www.nysidewalk.com>

<http://www.nycvisit.com>

<http://www.ny.com>

TIP! If Stony Brook students are guilty of anything it is NOT going to the city enough or complaining about its location.

TIP! Driving to NYC saves you time and if you are entering Manhattan in the evening it will be not too difficult too find a FREE street parking spot. Just double check the parking rules posted on the signs! You may never need to pay for Manhattan parking! Take the bridges in to the city because they are free – the 495 Mid-Town Tunnel will cost you!

TIP! Parking in New York City, outside Manhattan is really easy just double check the rules.

TIP! The City is pretty safe but that does depend on the neighborhood. The vast majority of Manhattan is safe. It is easy to tell if you are in a good or bad part of town just look around you and like in all major tourist places watch out for the usual bad guys!

TIP! Sign-up for events with One-To-World an organization for international and domestic students! <http://www.one-to-world.org/>



Night Life

Nightlife around Stony Brook offers many options for Straight/Gay individuals alike!



NYC: Basically the best nightlife is found in The City. Some areas that have locations to explore:

- East Village with students from NYU and Pace
- Experience the Greenwich Village
- Meat Packing District
- Chelsea and the Gay Scene

<http://www.timeout.com/newyork/>
<http://www.villagevoice.com/>
<http://nymag.com/>

THE HAMPTONS: This exclusive region at the eastern end of Long Island offers many exciting opportunities for both nightlife and great (top 10 in America Beaches!)

- Great food
- Famous people
- Awesome beaches

<http://www.hamptons.com/>
<http://www.hamptonstravelguide.com/>

LONG ISLAND: If you dare, you can find out what locals from Long Island do in the night; be prepared to be shocked. Your best bets:

- The Curry Club/Velvet Lounge
- Port Jefferson
- Fire Island (Gay Community)

<http://www.liclubs.com>
<http://nightlife.longisland.com/nightspots/>
<http://www.gayli.com>





Campus Map

Main Campus Map:

Located online and in the center fold of this Survival Guide.
<http://ws.cc.stonybrook.edu/ugadmissions/visiting/map/>

Other Maps that Help:

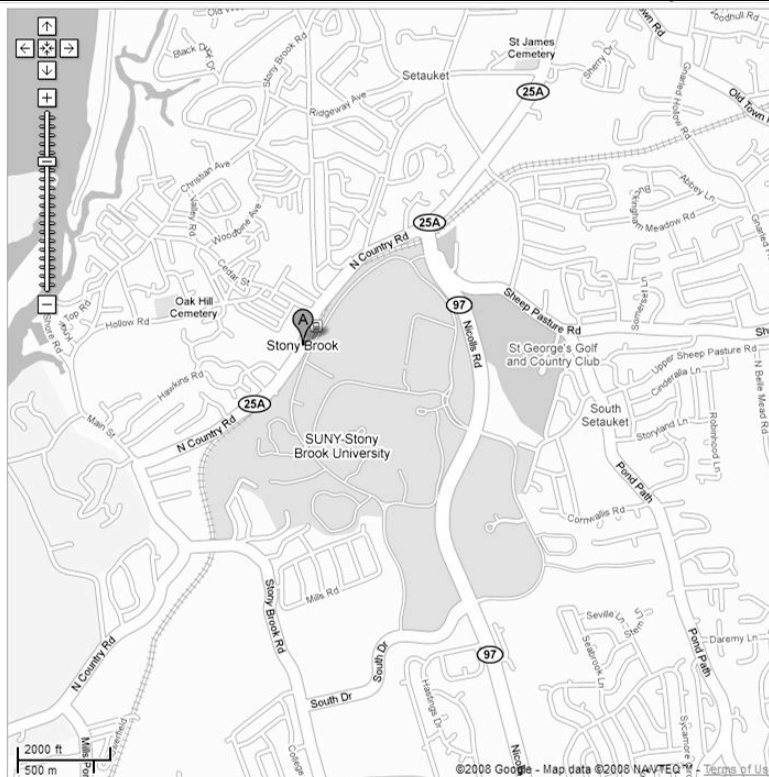
On Campus Bus Routes:
<http://www.sunysb.edu/transportation/campusbus/>

Off Campus Bus Routes:
<http://www.sct-bus.org/>

Train Schedule and Routes:
<http://lirr42.mta.info/index.asp>

Subway Map:
<http://www.mta.info/nyct/maps/submap.htm>

Traffic information:
<http://www.traffic.com/New-York-Traffic/New-York-Traffic-Reports.html>





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Appetizers

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Baked Stuffed Clams, Buffalo Wings, Jumbo Shrimp
Cocktail, Lump Crab Cakes, Crispy Wonton-Wrapped
Jumbo Shrimp, Calamari, Steamed Mussels
starting at \$6

Sandwiches & Salads

Caesar Salad, Asian Pear & Goat Cheese Salad, Chopped
Salad, Mixed Greens, Grilled Chicken Club Sandwich,
Turkey Reuben, Lump Crab Cake Sandwich, Lobster Roll,
Marinated Hanger Steak Sandwich, Goat Cheese Pizette
starting at only \$8

Classic Entrees

Herb Seared Salmon, Sesame Seared Ahi Tuna Mignon,
Cajun Spice-Rubbed Tilapia, Sea Scallops, Shrimp &
Chicken Scampi, Niman Ranch Pork Medallions,
"3VI" Traditional Pot Roast, Niman Ranch Burgers,
Organic Grilled Chicken Milanese, Grilled Marinated
Hanger Steak, Land & Sea (Filet Mignon & Jumbo
Shrimp), Gorgonzola Crusted Filet Mignon
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\$24.95 Kids (under 10) eat FREE*
*One child per adult dinner is complimentary

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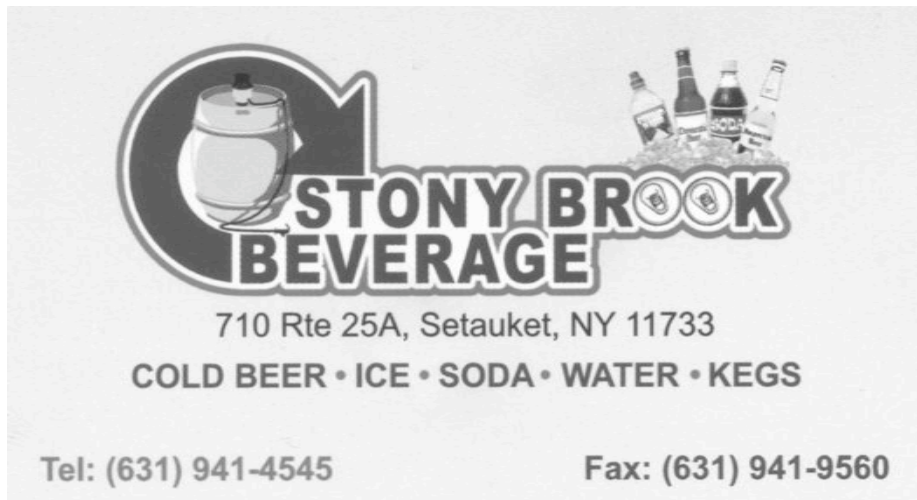
Live Entertainment in Our Tavern Every Wednesday, Friday, Saturday & Sunday
Happy Hour - Monday thru Friday 4 - 7 pm
Serving Breakfast, Lunch, Dinner & Sunday Brunch



Shopping and Dining Locally

In the immediate vicinity of Campus are local shopping and dining establishments.

1. Smith Haven Mall (many stores, restaurants, and food court): Head South on Nicolls Rd, turn right onto Rte 347, continue about 2 miles and mall is on left



2. Waldbaum's Grocery, Cold Stone Creamery (\$), Loews Stony Brook Movie Theatre: Head South on Nicolls Rd and turn right onto Rte 347, Proceed 1 mile, on right

3. McDonalds: Head South on Nicolls Rd and turn right onto Rte 347, Proceed 1 mile, on right

4. Duane Read, Pharmacy, Starbuck's Coffee (\$), Italian Ice, J & Rs Steakhouse (\$\$): Head South on Nicolls Rd, turn right onto Rte 347, less than 1 mile down on right (corner of Stony Brook Rd and 347

5. Target, Best Buy and Home Depot: Head South on Nicolls Rd, turn left onto Rte 347 and turn at first right onto Mark Tree Rd, on immediate left

6. Stop & Shop Grocery and Chili's Restaurant: Head South on Nicolls Rd, turn left onto Rte 347 and turn first right onto Mark Tree Rd, on immediate right

7. Walmart and BJ's Wholesale (membership req'd): Head South on Nicolls Rd, turn left onto Rte 347 and proceed about 2 miles down on left hand side

8. CVS Pharmacy, Bank of America, Bagels: Head north on

Nicolls Rd, at end (junction w/ 25A) make right onto 25A, on immediate right

9. Setauket Post Office (Full Service): Head north on Nicolls Rd, at end (junction w/ 25A) make right onto 25A, about 1 mile down on right

10. **Downtown Port Jefferson Village (Port. Jeff.):** Cozy Tourist Spot– Quick Guide to Attractions, Shopping and Dining - Located about 6 miles east of campus on 25A.. Bring your wallet if you are going "DOWN PORT!" Great shopping and dining...



Attractions in Port. Jeff.:

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

Dining in Port. Jeff:

Billie's Saloon (American Cuisine) \$\$: 631-331-1890
Costa de Espana (Spanish Cuisine) \$\$: 631-331-5363
Dockside (Seafood) \$\$: 631-473-5656
Elk Street Grille \$\$: 631-331-0960
Hana (Japanese) \$\$: 631-473-4262

Pasta Pasta (Italian) \$\$: 631-331-5335
Portico (American) \$\$: 631-474-2233
Printer's Devil (American) \$\$\$: 631-928-7171
Ruby's Steakhouse \$\$: 631-474-5678
Salsa Salsa: A Burrito Bar \$\$\$: 631-473-9700
Steamroom (Seafood) \$: 631-928-6690
Z Pita (Greek/American): \$\$\$: 631-476-7510

Specialty Coffee Houses and Dessert "Down Port" (as the locals say):
Toast (Small menu and fondue); Tiger Lily (Coffee House, vegetarian, smoothies); Starbucks Coffee

RECOMMENDED FAVORITES*:

Stony Brook Beverage – Located on Rt 25A just East of Rt97. This is the best place in town to find your favorite beer at an affordable price! Stop on by to discover many new, unique and local beers in our walk in refrigerator!



AWARD-WINNING WINES AND SPIRITS
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Single Malts \$ Gin *AROUND THE WORLD (\$7-\$15)*

Tequila \$ Vodka Kosher Wines from Israel

Cognac \$ Brandy Gift Baskets

We Ship Anywhere and Host Wine Tasting Events

Visit us in East at; **276 Pond Path Road**

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631-580-3448

*Recommended favorites are sponsored advertisements.



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- WEEKEND HOMESTAYS WITH AMERICAN HOSTS
- FOREIGN AFFAIRS CONFERENCE OPPORTUNITIES
- GLOBAL CLASSROOM
(VOLUNTEER TO TEACH NYC YOUTH ABOUT YOUR COUNTRY & CULTURE!)
- COMMUNITY SERVICE PROJECTS
- CAMPUS TO CAREER TRAINING
- SOCIAL OUTINGS

Visit our website www.one-to-world.org to view our full program schedule.

"One to World organizes extraordinary programs - touring the city with an historian of architecture, meeting with a New York Times journalist, attending briefings at the United Nations. This is the first time in my life I have been involved in such an amazing organization."
- Aigul Sapargalieva, Fulbright Visiting Scholar
Kazakhstan

Sign up today for One To World's free email newsletter and receive weekly program announcements: info@one-to-world.org

One To World, Inc.
285 West Broadway, Suite 450
New York, NY 10013
Tel: (212) 431-1195 ext. 21
info@one-to-world.org www.one-to-world.org



Emergency Phone Numbers

OFF CAMPUS Police/Fire/Ambulance

- Dial 911
- Anywhere in the United States emergency calls can be placed FREE by calling 911 on ANY phone (including mobile phones). Emergency responders will ask you to describe your emergency.



ON CAMPUS Police/Fire/Ambulance

- Dial 3333
- You can reach the University Police/Fire/Ambulance by dialing 333 from any phone on campus. *This will not work from your cell phone so you may wish to include the FULL campus police number in your cell phone which is 631-632-3333*

Student Health Center

- You can reach the student health center for any non-emergency health matters during normal operating hours at 632-6740. For emergencies dial 333 or 911.

University Counseling Center

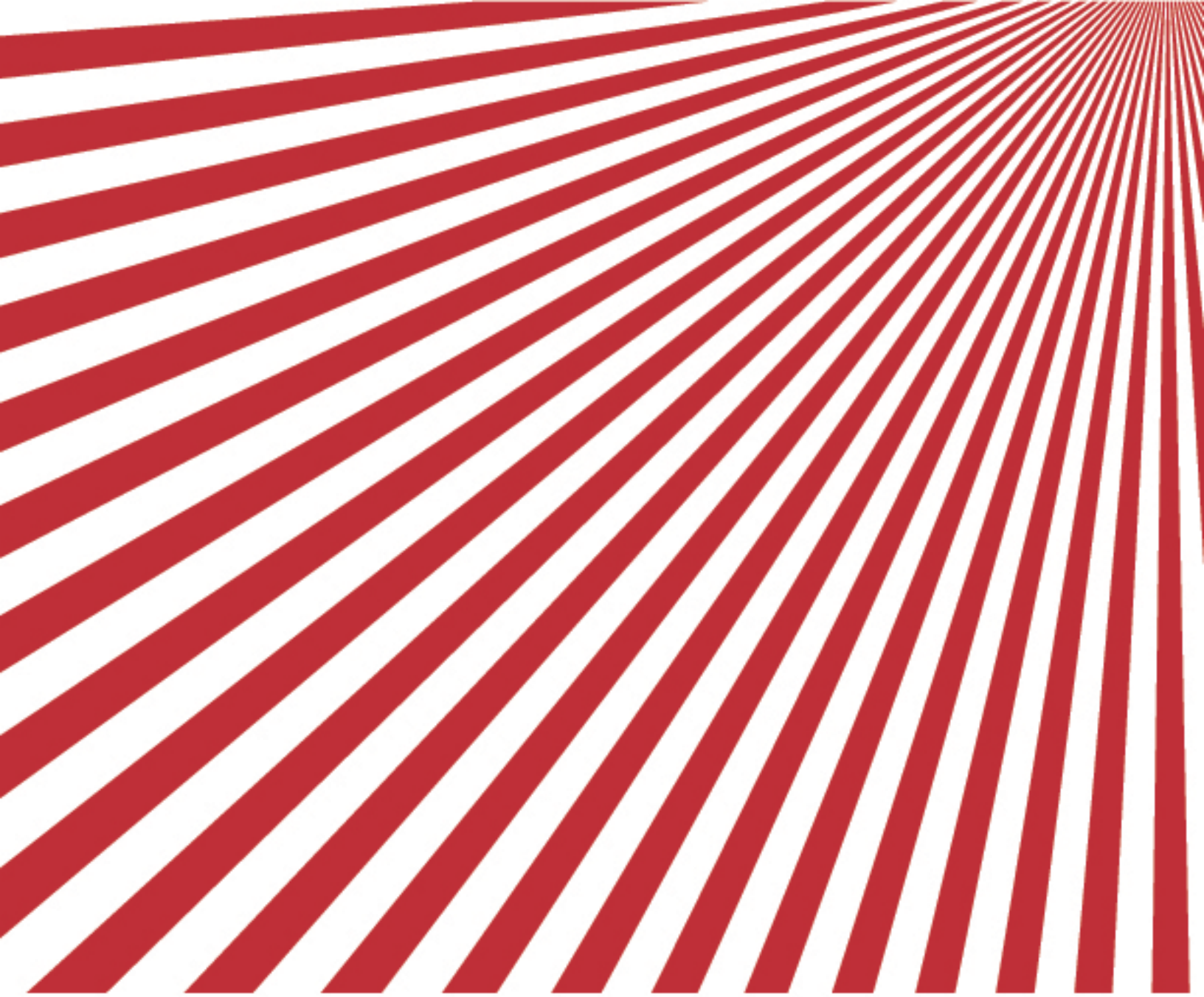
- You can reach the student counseling center for any non-emergency mental health or counseling matters during normal operating hours at 632-6720. For emergencies dial 333 or 911.

Walk Service

- Should you walk home late at night from the lab or office please be advised that you should NOT walk alone. The FREE walk service is an important service that can arrange a team of university students to walk you home. 632-6337

Weather Info

- The university offers a line to inform you of adverse snow and weather conditions. 632-SNOW, 444-SNOW



GRADUATE STUDENT ORGANIZATION - STONY BROOK

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