



Stony Brook Serves

a Career Center publication

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The Society of Hispanic Professional Engineers

by *Melanie Tam*



Society of Hispanic Professional Engineers (SHPE), Stony Brook Chapter.

Academics, community outreach, chapter development, leadership development and professional development. Those are the five pillars that define the Society of Hispanic Professional Engineers (SHPE), a diverse organization despite what the name may say. One of the club's goals is to "try to help out the members academically," said Mukta Sundaresh, the vice president of the Stony Brook chapter. By being a member of SHPE, students can meet recruiters and learn basic interviewing skills through workshops.

Every year, SHPE holds several conferences, among them the Regional Leadership Development Conference (RLDC) and the national conference. The national conference is a career-based event where students can meet recruiters and maybe drop off a resume or two. By attending this conference, SHPE members have the opportunity to mingle with other chapters and meet new people. This year, the conference will be held in Washington, D.C.

SHPE sponsors Pre-College Day at Stony Brook, an event where local high schools send about 100 students to the University. The event features speakers, tours of the engineering labs on campus, and an industry panel with representatives from different industries who speak about their careers. Pre-college Day provides an inside glimpse into college life for the participants. This year, it will be held on April 3.

Aside from Pre-College Day at Stony Brook, SHPE is involved on campus in other ways. They recently hosted a breakfast mixer, which was a prelude to the Stony Brook Career Center's IT and Engineering Job Fair. They also hosted a service auction, where people were able to purchase raffle tickets for prizes like hockey tickets, dinner with the dean, and others. The money from the sale of the raffle tickets goes toward funding for various outreach programs.

SHPE extends beyond the typical four years of college. Dan Totong, a Stony Brook and SHPE alumnus is still very involved on campus and with the organization. "I was very committed while I was here," said Totong. "Everything I've accomplished I can credit to SHPE."

SHPE's meetings are every other Wednesday at 8:30 p.m. in the Student Activities Center, Room 303.

Volunteer Spotlight – Diego Acero

by Cody Campbell

Diego Acero is anything but the average volunteer. Dividing his time between the Stony Brook soccer team and several other volunteer organizations, Acero stands out as a campus and community leader. A junior, he is a psychology major, with minors in both biology and Latin American studies.

Acero donates much of his time to volunteering with various organizations. Working as a telephone counselor at the Response Hotline of Suffolk County, he provides both referrals and an empathetic ear to callers with mental health conditions, suicidal thoughts, and depression. He is also a member of the Stony Brook University Cat Network and volunteers at the Stony Brook Hospital, where he recruits donors and manages blood drives for the University Blood Bank.



Photo courtesy of Diego Acero.

“Volunteering has really put my life in perspective,” Acero says. “When you help somebody, you're not only helping them, but you help yourself as well.” Acero says volunteering has really helped to shape his life. Because of this, he wants to use the education and experiences he is gaining now to become a nurse practitioner. “Nursing is a perfect career in which I have the opportunity to help people both emotionally and physically.”

From Those Who Serve... Community Service Testimonials

You don't get the opportunity everyday to see true happiness, or rather a smile on a young child's face when they receive something that makes them truly happy, such as a toy or stuffed animal. There's really nothing more satisfying than to make a child's day by doing something so simple, especially when they aren't as fortunate as some other children are. – **Brian O'Farrell, volunteer, St. Vincent DePaul Society**

‘Arts for Everyone’ is a program where a small group of students travel over to the Children’s Psychiatric Department in Stony Brook Hospital and make crafts with them. There is nothing more rewarding than seeing the smiles on their faces and hearing their laughs as they just have the opportunity to enjoy your company. **Kendra Kramer, Minorities in Psychology**

In the fall of 2008, InterVarsity Christian Fellowship felt that there was a need to reach out to the homeless in the city. Not only are they lacking

materially but much of the time they are thrust into an environment where they are not noticed. The homeless in the city have more or less become [a] part of the background of a busy, urban lifestyle. The need for outreach in these areas is great as the need is twofold. We set out to attempt to address these needs on a small scale, having faith that maybe a few could be helped. - **Jason Phillip, president, InterVarsity Christian Fellowship**

CSO has an annual food can and clothing drive where we donate the goods to a nearby food pantry. Those who bring a donation also get a catered meal as a way to show our appreciation for their generosity. We also collect school supplies like pens, notebooks, etcetera for students in the Caribbean and we donate it to each of the home countries for the contestants represented in our annual Miss CSO Pageant.

- **Ebony Kerr-Percy, public relations officer, Caribbean Students Organization (CSO)**

Are you attending Preventive Health Week? See page Four for more details.

The Latin American Students Organization

By Christina Positano

Raising cultural awareness and understanding is just a couple of the things the **Latin American Student Organization (LASO)** at Stony Brook University aims to accomplish. Its general body averages around 70 members, all from diverse backgrounds. “We want to share cultures and learn about other cultures,” said Diandra Rodriguez, president of LASO. Rodriguez explains that each person gets the chance to lead discussions on his or her own traditions. “We start discussions and come up with questions,” Rodriguez said. This allows students to be inquisitive about their fellow members, and learn something new about their own culture from someone else.



LASO members at one of their many events. Courtesy of LASO.

During Women’s History month, LASO asked members to create presentations for meetings that focused on Latin women in health-related fields and in the media, among other industries. In April, they will hold their annual banquet, where donations will be collected to assist families in need. In memory of a former LASO member, the group created the “Read to Achieve” program, where students in a chosen school, most recently at the Brentwood School District on Long Island, win a *Scholastic* gift card based on how many books they read. This program gives students the incentive to read more, while adding an exciting component to their learning process.

If you want to be a part of LASO, the meetings are held on Tuesdays at 9 p.m. in the Student Activities Center, Room 305.

The Student Health Advisory Committee

By Christina Positano

The **Student Health Advisory Committee (SHAC)** is a state-mandated committee that acts as a liaison between students and administrators to ensure that health-related needs are met, including mental health and physical well-being. SHAC works “to make sure students get the most out of their Student Life fees,” said Diana Mosquera, co-chair of SHAC.

The monthly meetings bring students together to discuss pertinent issues that exist on campus. SHAC student members are often involved with other student-focused groups on campus, such as Students Putting an End to Cancer (SPEC) and CHILL and C.H.O.I.C.E. peer health education programs.

With helping students as their chief purpose, SHAC is raising awareness about preventing common health issues by having “Preventive Health Week” (see additional sponsors on page four). From March 16 to 19, each day will possess a different educational purpose. Presentations will be given on nutrition and fitness, disease prevention, mental health, and ways to get involved with SHAC. Notable lecturers will lead each day’s topic, which include a Zumba dance instructor and Barbara Kaufmann, Stony Brook’s on-campus nutritionist. “The draw is to have people who do this full time,” explains Mosquera. And by having experienced professionals lead each subject, SHAC aims to engage students in health awareness.

If you are interested in learning more about this event or about SHAC, please e-mail Kate Valerio at kvalerio@notes.cc.sunysb.edu.



SHAC* Presents: Preventive Health Week

Join SHAC* during the following evenings to get your **HEALTHY DOSE** of information!

SCHEDULE OF EVENTS

Nutrition and Fitness Series

Monday, March 16th

4PM - 6PM

Location: Wang Center, Lecture Hall 2

Join SHAC during an evening filled with tips on healthy eating, quick and delicious cooking, making your workout work for you, and hot holistic health!

Guest Speakers:

Barbie Kaufmann – Campus Dining Nutritionist
Damaris – Zumba Instructor and Fitness Specialist



Knock Out Disease: Disease Prevention

Tuesday, March 17th

6PM - 8PM

Location: Wang Center, Room 101

SHAC welcomes you to the second day of our lecture series. Come and get answers to your questions, mingle with friends, and start planning for a healthier, disease-FREE future!

Guest Speakers:

Graduate Peer Health Educators
CHOICE
Fabiola Milord, D.D.S., F.A.G.D. Catholic Charities Health Systems, Inc.

Keep Your Cool: Mental Health Awareness

Wednesday, March 18th

6PM - 8PM

Location: Career Center Workshop Room

Treat your mind to an enlightening session of peer education. Get the facts about positive psychology, mental health on college campuses, and where to seek support.

Guest Speakers:

Active Minds on Campus
CHILL Peer Educators

Stay Proactive: Preventive Health Opportunities

Thursday, March 19th

6PM - 8PM

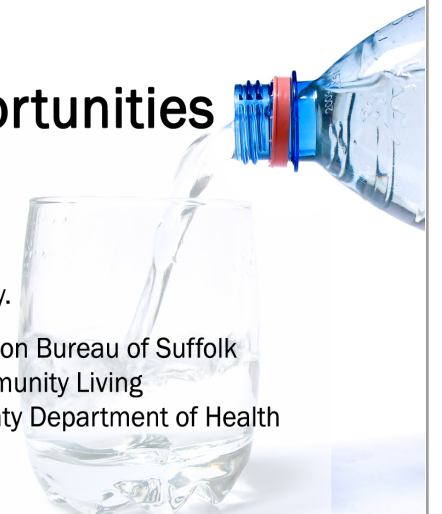
Location: Wang Center, Lecture Hall 2

This will be our closing evening lecture. Panelists from various organizations will discuss how you can get involved in various aspects of preventive health advocacy.

Guest Speakers:

Sunshine Prevention Center for Youth & Families
The Long Island Council on Alcoholism and Drug Dependence
Response of Suffolk County

Victims Information Bureau of Suffolk
Options for Community Living
The Suffolk County Department of Health



Sponsored by the Student Health Advisory Committee (SHAC), the Career Center, Student Health Services (SHS), the Center for Prevention and Outreach (CPO), and the Dean of Students Office.

The Feminist Majority Leadership Alliance

by Rebecca Newman



Maria Pia Castillo and Alexandria Lanza, FMLA members.

March is Women's History Month, and the Feminist Majority Leadership Alliance (FMLA) is an awesome club that celebrates women - this month and every month - here on campus. Stony Brook's FMLA was officially launched in 2000 in conjunction with the Center for Women's Concerns (CWC). General body meetings are attended by an average of about 25 active members, some of which are male students.

For Women's History Month, FMLA is doing their part to offer cool, interesting events on and off campus. On Wednesdays this month, they have a table in the Union showcasing "Feminism Through The Ages." Member Maria Pia Castillo said, "We had quick biographies of some of the key women of first-wave feminism. We also had some quick facts such as when women got the right to vote, what amendment made it possible, some of the tactics used by the women, etc. We will [hold a] table for all three waves of feminism in a similar manner." The organization is also showing movies throughout the month that tackle different women's issues, including *Iron Jawed Angels* and *Girlfight*. Most prominently, the FMLA will be going down to Washington, D.C. this month for the Feminist Majority Foundation conference. They

are sponsoring this event, and are taking 15 people.

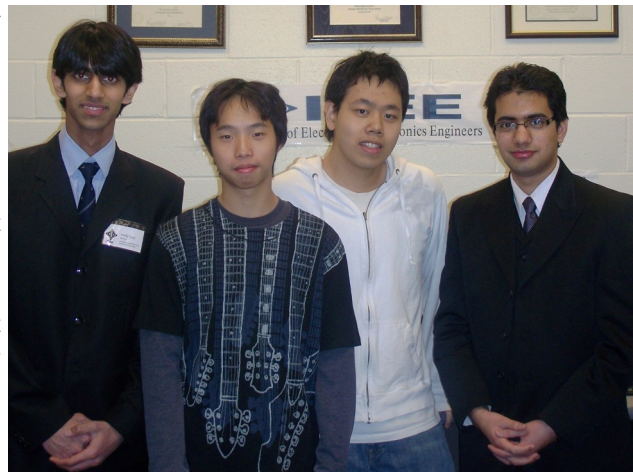
Come join the FMLA at their meetings every Tuesday at 8:15 p.m. in the Stony Brook Union, Room 223.

IEEE Gives Back to Education

by Steven Giugliano

One campus group that deserves much recognition for their work related to education and raising awareness about developing different skills in the engineering field is the Institute of Electrical and Electronic Engineers (IEEE).

IEEE began at Stony Brook about two decades ago. It was given its own student branch laboratory back in 2004, which is located in the Light Engineering building, Room 175. It has over 50 members that encompass all areas of the engineering fields. They work to teach students about the world of engineering by linking undergraduate students to the professional industry.



IEEE E-Board Members. Courtesy of IEEE.

Zeeshan Mughal, vice-president of the organization, said, "The student branch of IEEE at Stony Brook University aims at developing individuals focused in technology into future leaders in their specialty. We recognize the power of teamwork and cooperation and the fact that true success cannot be attained through sheer personal efforts. Therefore, by providing constant inspiration and assistance in a laboratory environment, members of the Stony Brook IEEE student branch (*Continued on Page Six*)

(IEEE Gives Back to Education, Continued) consistently improve upon themselves and those around them.”

This semester, one of the group’s executive members, Jason Chung, held a review session for the first exam in ESE 124. Other members dedicate much of their time to helping others. In fall 2008, two of IEEE’s executive members “spared their time to give lessons on C programming language,” said vice president Mughal. “We are continuing our tradition this semester by holding lessons on PHP server-side scripting programming language. Our members are also cooperating with other engineering societies to hold a corporate breakfast mixer, a professor-student mixer, and soldering classes for high school students.” The group just recently held a corporate breakfast mixer where students were given the opportunity to speak with experienced workers in the field of engineering.

If you are interested in becoming a member of IEEE, e-mail ieeesunysb@gmail.com.

Stony Brook Students Staying Involved with Service: A Photo Scrapbook



A member of the new club, Breaking Away from Tobacco (BAT), raises awareness about the toxic chemicals in cigarettes at Stony Brook’s Earthstock. Courtesy of BAT.



Two members of a previous Alternative Spring Break Outreach (ASBO) trip having some fun while building homes for Hurricane Katrina victims. Courtesy of ASBO.



Student actors in Stony Brook’s latest production of The Vagina Monologues. Courtesy of the Feminist Majority Leadership Alliance (FMLA).

Submit Your Articles!

The AmeriCorps VISTA Program encourages students, faculty, and staff to get involved with community service activities. Our publication is the place to share your stories with the Stony Brook community! Submit articles and photos, share information about projects, and list upcoming events. Please send all submissions to **Taryn Kutujian, VISTA Coordinator, Career Center**, at stonybrookserve@gmail.com. Be sure to include your name, phone number, and email address.

CALL FOR NOMINATIONS

3rd Annual Community Service Award Ceremony

sponsored by the Career Center and co-hosted by
AED the National Pre-Professional Honor Society,
Lambda Theta Alpha, Latin Sorority Inc.
and Epsilon Sigma Phi Sorority, Inc.

Student Activities Center, Ballroom A
Monday, April 20, 2009
12:30PM - 2:00PM

Celebrate Stony Brook's commitment to
community service!

We are pleased to recognize members of our University for
their significant contribution to the community with:

- The Excellence in Community Service Awards
- The Outstanding Community Service Project Awards

Submission Deadline:
March 27, 2009



Form and Submission Instructions:

<http://www.stonybrook.edu/sb/communityservice/>