



# SURVIVAL GUIDE

## 2005-06





STONY BROOK UNIVERSITY  
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The Wang Center is open to the public Monday to Friday, 9:00 a.m. to 8:00 p.m.  
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educator and employer. For a disability-related accommodation, please call (631) 632-1941.

## **WELCOME!**

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 share the knowledge and experience we gained during our years here to make your life easier.

By now, you will have gathered material from all the different orientations and presentations that you had to attend and you will be wondering how you will find the time and energy to read all of the material. The guide you are holding was written having you in mind and our goal is to bring you the student's perspective to Stony Brook University's administrative and academic branches, as well as information on things that you can do for fun around Stony Brook and/or New York City.

Despite our effort to make this guide as comprehensive as possible, we are sure that several things of interest might be missing from this guide. For information about administrative and academic issues you should always contact your Department Coordinator, Department Director, Graduate School or the International Office. For non-academic issues your friends and colleagues are the best source of information.

We would like to wish you the very best in your new academic career. Graduate School is a very important step in your life and it will lead you to your future career, therefore it is anticipated with great expectations. We hope you will enjoy this guide and you will use it during your first steps in Stony Brook.

Good luck!

The Survival Guide Committee



## **CONTENTS**

### **GRADUATE STUDENT ORGANIZATION**

3 Introduction

4 Get involved

5 Clubs

9 University Café

### **ADMINISTRATION**

10 Navigating the administration

14 Administrative offices

17 Advice on problems

### **BASIC LIVING RESOURCES**

20 Phone system

22 On campus housing

26 Off campus housing

28 Transportation

35 On campus dining

39 Off campus dining

46 On campus shopping and services

49 Off campus shopping

55 Banking facilities

### **HEALTH CARE AND INSURANCE**

56 Graduate Student Health Insurance

59 Medical Care providers

### **CAMPUS SERVICES AND DEPARTMENTS**

65 Career Center

68 Computing

70 Campus Police

71 Disability Support Services

72 Faith

73 Libraries

74 SOLAR System

### **FUN**

75 Sports and Physical Fitness

78 Entertainment and Recreation

83 After Hours

84 Queer Life on LI

86 Guide to NYC





The Graduate Student Organization is the graduate student government on Stony Brook 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 is 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 fulltime students and \$7.00 if they are part-time students. The collected money goes towards the GSO operating budget. The GSO Budget is prepared by the GSO Budget Committee and it is approved by the GSO Senate every spring. The GSO Senate is comprised of representatives from all the departments.

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

- ◇ RAP (Resource Access Project): a student can get up to \$275 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 Café.
- ◇ Publications : Survival Guide for incoming students, newsletter (“ The Graduate” ) .
- ◇ GSO operating budget : 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](mailto:gso@ic.sunysb.edu)) in order to receive the appropriate assistance and response from the University Administration and to be added in the senate list.
- Check our website: <http://www.ic.sunysb.edu/Clubs/gso>.
- Talk to your department senator or become one.

## 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 grad-friendly place? Often graduate students can be heard complaining about various issues, 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? 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](mailto: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](mailto:gso@ic.sunysb.edu)

## STUDENT CLUBS AND ORGANIZATIONS

Graduate students are actively involved 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](http://www.sinc.sunysb.edu/Clubs). Upcoming events and membership information are usually available online. To get a feeling of what graduate clubs or organizations we currently have, just glimpse through the following list. We offer a small description for each club and you should feel free to use the contact information to ask for more information about each club. Membership to these clubs is open to all students. Although we tried our best the following list may not be exhaustive. New clubs are forming all the time so you can contact GSO ([gso@ic.sunysb.edu](mailto:gso@ic.sunysb.edu)) to ask information about new clubs that might interest you.

### ***Behavioral Ecology Group (BEG)***

The group meets on weekly basis to discuss new and forthcoming articles published in the many peer-reviewed journals they monitor (e.g. Animal Behavior, Behavioral 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. Visit the group's website at <http://life.bio.sunysb.edu/ee/beg/> or contact Annie Green at [atgreen@life.bio.sunysb.edu](mailto:atgreen@life.bio.sunysb.edu) to be added to their email list.

### ***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. Visit the group's website at <http://www.ic.sunysb.edu/clubs/buddhism> or email them at [buddhism@ic.sunysb.edu](mailto:buddhism@ic.sunysb.edu)

### ***India Focus Group (IFG)***

IFG is a graduate student group which aims to financially support educational projects and provide a forum for discussion of social issues relevant to India. IFG was founded on the belief that social consciousness is a vital part of the graduate student experience and that we, as graduate students have a responsibility of passing on the fruits of our education to those who are less privileged. That is why the focus of IFG has been on supporting basic education and literacy projects in India. For more information about IFG's activities please contact [pnawani@ic.sunysb.edu](mailto:pnawani@ic.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. For more information about out IGSA's activities or to become a member of IGSA email them at [igsa@ic.sunysb.edu](mailto:igsa@ic.sunysb.edu) or visit their website: [www.sinc.sunysb.edu/Clubs/igsa](http://www.sinc.sunysb.edu/Clubs/igsa)

### ***Italian Club***

The Graduate Student Italian Club aims to promote Italian culture and language at Stony Brook University. The club officers are interested in organizing activities and meetings that will enable Italian and non-Italian students the possibility to practice the language, get in touch with the contemporary culture through cinema, music, theatre and literature and to have fun in a friendly atmosphere. For more information, visit <http://www.ic.sunysb.edu/clubs/gsic> or contact Yvonne Mattevi at [italianclubsuny@yahoo.com](mailto:italianclubsuny@yahoo.com)

### ***Karaoke Club***

The Club organizes events and contests that promote Karaoke. For more information email [yzheng@ic.sunysb.edu](mailto:yzheng@ic.sunysb.edu)

### ***Korean Graduate Student Association (KGSA)***

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

### ***Latin American Graduate Students Association (LAGSA)***

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

### ***Outdoors Club***

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

### ***Photo Club***

The Club is for people interested in photography from beginners to experts. They have a very



useful website for those you want to learn more about photography and they organize several events. Visit <http://www.ic.sunysb.edu/Clubs/photo/> for more information.

### ***Russian Hustle Club***

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

### ***Social Justice Alliance (SJA)***

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

### ***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. Visit [www.sinc.sunysb.edu/Clubs/ballroom](http://www.sinc.sunysb.edu/Clubs/ballroom) or email [ballroom@ic.sunysb.edu](mailto:ballroom@ic.sunysb.edu) for more information.

### ***Stony Brook Chinese Students and Scholars Association (SBCSSA)***

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

### ***Taiko Tides***

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

### ***The Queer Alliance***

The Queer Alliance is a social and political group for queer students, particularly, but not exactly graduate students and faculty. Visit [www.ic.sunysb.edu/clubs/queer](http://www.ic.sunysb.edu/clubs/queer) or email [sbgrad\\_pride@yahoo.com](mailto:sbgrad_pride@yahoo.com) to join their email list.



BEST WISHES

FROM ALL YOUR FRIENDS

IN

**CWA LOCAL 1104**



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MICHELLE WITHERS

COMMUNICATIONS WORKERS OF AMERICA, AFL-CIO

## The University Café

Dear Stony Brook Graduate Student,

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

The University Cafe is a cafe and lounge operated by the GSO for the benefit of the entire campus community. We are located on the first floor of the Student Union and consist of a modern indoor lounge area and a large outdoor patio with covered seating. Each weekday afternoon we offer a wide selection of fresh panini sandwiches, pastries, ice cream, and more. Homemade soup and chili are available during the winter months. Additionally, we serve the finest coffee, latte, and espresso available on campus. Not a coffee drinker? Then choose from our large selection of fine hot teas or enjoy a soft drink.

Every evening from Wednesday through Saturday, the Cafe becomes a full service lounge, offering an extensive array of adult beverages for your enjoyment. If the weather is warm, take your drink outside and enjoy it under our awning. We have nightly live entertainment on our stage, including jazz, folk, and rock musicians, and show sporting events and other cable and satellite programming on our big screen television. Too busy to take a night off? Bring your work with you and utilize our hi-speed wireless network. If you are interested in learning more about the Cafe's day to day operations, please contact me about joining the GSO Lounge Committee. The committee oversees the Cafe and sets the policies for entertainment, food, and beverage service.

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

Chad Bender

GSO Lounge Committee Chair

[cbender@universitycafe.org](mailto:cbender@universitycafe.org)

Cafe Hours: Monday – Friday, 12pm - 5pm

Lounge Hours: Wednesday – Saturday, 5pm - 1am

(N.B. During Lounge hours, all patrons must be 21 or older with ID.)

<http://www.universitycafe.org>

## 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 [Solar System](#) with their Stony Brook ID # and password. Students can enroll in classes and drop or swap classes on the Solar System. Swapping courses online should only be attempted prior to the start of classes. Many students fail to swap before the start of classes and that can put you in a financial difficulty. Check the relevant page for the SOLAR SYSTEM for more details. Another option to register is to visit the Registrar's office in the main lobby of the Administration building. The latter option is not recommended since the lines can be very long especially in the beginning of the semesters.



### ***PAYING YOUR TUITION BILL***

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

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

#### *Important Information for Students with Tuition Scholarships*

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

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

Out-of-state US citizens receiving tuition scholarships will need to file for both New York State residency and a New York State Tuition Assistance Program (TAP) award. Both will be discussed in detail below. It is important to take care of establish residency in New York State during the first semester as your tuition waiver will only cover out-of state-tuition for ONE semester. During the second semester all tuition waivers only cover the in-state tuition. Therefore, if you do not establish New York State residency, then you will be billed at the out-of-state tuition rate, and your tuition waiver will only cover the cost of in-state tuition and you will be expected to pay the difference between an in-state tuition scholarship and an out-of-state tuition rate themselves

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

### ***ESTABLISHING RESIDENCY IN NEW YORK STATE***

To satisfy residency requirements, the student must be a legal resident of New York State. Legal residence means that the student currently resides in New York State and intends to make the state his/her permanent home. Living in New York State solely to attend a college or other post-secondary institution does not, in itself, establish legal residence. For grant and scholarship programs such as TAP, which require award recipients to be New York State residents, the student must be a legal resident of New York State for at least 12 months before the term for which assistance is sought. Non-residents who begin full-time study in New York State during their first year of residing in New York State are not eligible for state-sponsored student aid, even though they may have resided in New York State for 12 or more months. Stony Brook policy establishes a strong incentive that makes graduate students want to establish residency in New York. The incentives are avoiding thousands of dollars in additional tuition charges and easy facilitation through the Graduate School. Contact the Bursar's Office for assistance with this process (632-2455).

### ***NY STATE TUITION ASSISTANCE PROGRAM (TAP)***

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

### ***APPLYING FOR TAP***

Two forms are required to file for TAP: the Free Application for Federal Student Aid (FAFSA) and the New York State Tuition Assistance Program (TAP) Application. Both can be obtained at the Office of Financial Aid and Student Employment in the Administration Building. Once

both forms are mailed, you will receive notice of the amount of your TAP award, or if you failed to include information you will be asked to resubmit your application. It is important to keep copies of applications and award documents as any of these documents can be lost once you turn them in.

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

*What happens if you don't apply?*

A problem will emerge when a student does not apply for TAP. In this case a tuition waiver will cover the cost of tuition minus the maximum possible TAP award. For example, if a second year graduate student with a full tuition waiver seeks to register for the Fall semester, but has not yet applied for TAP prior to this time, the student will find that: they have been billed by Student Accounts for the maximum possible TAP award (plus student fees) they won't be allowed to register until either the entire outstanding balance is paid, or proof is offered that the student has applied for TAP.

In this latter case, the best proof is an official award notice from New York Higher Education Services Corporation (NYHESC - the people who administer TAP). However, for this to happen, the student would have had to apply for TAP prior to the end of the previous Spring semester, since the time lag between posting an application and receiving an award notice can be well over a month. Graduate students who have similarly gotten a late start with TAP, and who must get registered, will find that the best remaining strategy is to post the TAP application immediately by certified mail. The return receipt (which the student should clearly mark: "TAP Application") plus a photocopy of the application (for good measure) will in most cases get you registered. Note that this strategy will not remove the TAP charge from your account. The balance will remain until an official award notice from TAP is received by Student Accounts.

*What CAN happen to anyone.....*

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

Mistakes of this sort will result in the TAP charge will remain on your account until the application process is completed and an official notice of award is issued by NYHESC. Outstanding charges should not keep you from getting registered, since you will have ample documentation attesting to the fact that you have applied for TAP.

### ***Important Tips for International Students with Tuition Waivers***

International students that are receiving Graduate Assistantships should be aware of the fact

that some tuition waivers only cover the in state tuition rates even though international students are out of state. Be sure your offer of support clarifies the value of your tuition scholarship and that you receive a new offer letter each year.

### ***MAINTAINING FULL TIME STATUS***

There are five classifications of graduate students: G1 through G5. G1 and G2 apply to master's degree students. G3-G5 apply to doctoral students. G1 and G3 students have either been admitted with or completed fewer than 24 credit hours of graduate level courses. They must register for 12 credits per semester to be considered full-time. G2 and G4 students are advanced students who have completed more than 24 credit hours at the graduate level and must register for 9 credits to be considered full time. G5 students have advanced to candidacy (also known as ABD - All But Dissertation) and must register for 6 credits to be considered full-time. The number of credits that make a G5 full-time has changed periodically as Stony Brook has attempted to use the vagaries of SUNY policy to the advantage of the students. To avoid problems check occasionally with your program coordinator about the number of credits required to be full-time as a G5. If you are funded by a GA, TA, or RA line, you must register for enough credits to be considered a full-time graduate student.

### ***LEAVES OF ABSENCE***

A graduate student may take a leave of absence for one semester or year at a time, renewable upon request for a maximum of 2 years. You need to request the leave of absence prior to the beginning of the semester. To apply you can download the relevant form from [www.grad.sunysb.edu](http://www.grad.sunysb.edu) and submit it to your graduate program director for approval. If your application is approved your program Director will recommend to the Dean of the Graduate School to approve it as well. If you are an international student you should also have the leave of absence approved by an international student advisor as well. You should inform your Department of your intention to return at least three months before you intend to return. To ensure that your spot and funding will be available to you when you return, it is best to get written assurance from your Department Chair indicating that your spot will indeed be reserved for you.

If you fail to register as a Graduate Student without an approved leave of absence then you will not be able to return and register in a future semester without applying for readmission. The current graduate readmission fee is \$500 and is rarely waived. There is NO readmission fee if you return after an approved leave of absence.

International Students must consult with an International Student Adviser before taking a leave of absence. F-1 and J-1 International Students who fail to register must be reported in SEVIS (Student and Exchange Visitor Information System), the government student tracking system. In most cases, international students who fail to register full time must depart the US immediately. There are some instances in which a 15 day grace period may be allowed, but an application is required. The best advice is to consult with an International Adviser before initiating a leave of absence or departing the US.

## ADMINISTRATIVE OFFICES

### *THE GRADUATE SCHOOL*

Graduate students most often deal with their department's graduate program office. Departmental secretaries and Graduate Program Directors usually keep track of the frequent changes in departmental and University policies and requirements. However, graduate students will need to visit the Graduate School for certain matters such as 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: [www.grad.sunysb.edu](http://www.grad.sunysb.edu).



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

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

**Dr. J. Peter Gergen** is the Associate 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 the 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 the Assistant Dean of Graduate Admissions and Records.

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

**Aryeh Grossman** is the Graduate Student Advocate (GSA) for the 2005-2006 academic year. See the next section in this guide for more information about the GSA.

All administrators can be reached via email by [firstname.lastname@sunysb.edu](mailto:firstname.lastname@sunysb.edu) or go to <http://adam.cc.sunysb.edu/phonex.html> 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 students and scholars from countries other than the United States, especially advice on obtaining, maintaining, and changing immigration status. International Services also provides handouts and a website with major changes in USCIS/ICE (United States Citizen and Customs Service and Immigration and Customs Enforcement, two new sections of Homeland Security that handle many of the functions of the legacy INS). Handouts on Immigration regulations, forms and procedures are available at the front desk for you to take. Links to updates are also placed on the website <http://www.grad.sunysb.edu/International/index.html>. It is important to check the website periodically since there have been many changes in immigration regulations, procedures and visa application procedures since 9/11 and enforcement is stricter. It is very important that each international student maintain their immigration status while in the United States. There are several things you may need to keep in mind:

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

**IMPORTANT NOTE:** Those subject to “Special Registration” must comply with specific regulations about entering and departing from the US. Information about “Special Registration” is available at [http://www.ice.gov/graphics/enforce/imm/imm\\_sr.htm](http://www.ice.gov/graphics/enforce/imm/imm_sr.htm). The rules for “Special Registration” have been revised, but are still in effect.

- \* Notify International Services of any proposed changes to your academic level, major or status, as well as your address and update this information on the SOLAR system. Make sure that information on SOLAR is accurate.
- \* Make sure that you do not work more than 20 hours per week when school is in session. Most TA, GA and RA positions are considered 15-20 hour per week positions. Campus Residence positions (RA, complex coordinators, etc.) are considered to be 20 hours per week. If you work more than 20 hours per week, you will be in violation of your immigration status.

International Services has a web site at [www.grad.sunysb.edu/International](http://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](mailto:ebarnum@notes.cc.sunysb.edu)) is the Assistant Dean of International Services.

**Mr. Joe Carranza** ([jcarranza@notes.cc.sunysb.edu](mailto:jcarranza@notes.cc.sunysb.edu)) is an International Student Adviser (the office is in the process of hiring three more advisers so they request the students to be patient

until they are fully staffed again).

**Ms. Nancy Lannak** ([nlannak@notes.cc.sunysb.edu](mailto:nlannak@notes.cc.sunysb.edu)) and **Ms. Elsy Arieta-Padro** ([Epadro@notes.cc.sunysb.edu](mailto:Epadro@notes.cc.sunysb.edu)) are Advisers to International Faculty & Scholars. Students in J1 status may also contact them.

**Ms. Emily Ntia** ([entia@notes.cc.sunysb.edu](mailto:entia@notes.cc.sunysb.edu)), **Ms. Luisa Escandon** ([lescandon@notes.cc.sunysb.edu](mailto:lescandon@notes.cc.sunysb.edu)) and **Mr. Obio Ntia** ([ontia@notes.cc.sunysb.edu](mailto:ontia@notes.cc.sunysb.edu)) are Staff Assistants. F1 or J1 students may consult with any one of these individuals concerning immigration and crosscultural issues.

**Ms. Patricia Catalano** ([pcatalano@notes.cc.sunysb.edu](mailto:pcatalano@notes.cc.sunysb.edu)) and **Ms. Lizandia Perez** ([lperez@notes.cc.sunysb.edu](mailto:lperez@notes.cc.sunysb.edu)) are the receptionists/secretaries for the Graduate School and 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 School is closed. Check the schedule for office hours when school is not in session. It is best to call in advance to verify the advising hours. In case of an emergency (i.e. problem at a port of entry to the U.S.) when school is closed, call the campus police at 911 on campus or 632-3333 off campus. They know how to reach Dr. Barnum or one of the advisers.

### ***PAYROLL***

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

### ***FINANCIAL AID***

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

## ADVICE ON PROBLEMS

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

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

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

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

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

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

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

## COMMITTEES

All departments should have a grievances committee which is comprised of members of the faculty and students. If you have a complaint that was not resolved through discussion with different people in your department (advisor, director, chair) you are encouraged to file a complaint with your department committee. The committee should conduct a hearing and you have the right to present your case (or defend yourself) in person.

Another committee that can listen to your complaint is the Graduate Council Appeals and Grievances Committee that is been comprised of two faculty members and two students appointed by the Dean of the Graduate School. It is advised to use the last committee after you have tried all the above recommendations, since it is a campus-wide committee.

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

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## PHONE SYSTEM

### Campus operators

The main campus switchboard number is 632-6000. If you are trying to call individual extension from off campus you have to dial either 632-XXXX or 216-XXXX (XXXX are the last four digits of the extension numbers). The University Hospital switchboard number is 689-8333. If you wish to call individual extensions from off-campus, you should dial 444-XXXX(XXXX are the last four digits of the extension number). Some numbers as 4-0XXX, 5-XXXX,2-0XXX can not be dialed from off campus but can be reached from the Main Campus switchboard. If you are on campus and you want to call an on campus operator dial '0' , while if you want to talk to an off-campus operator call '9-0'.

### 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.

### Student Telephone Systems (STS)

All on campus resident bedrooms include a phone that is configured for on-campus calling, incoming service and operator assisted dialing, such as credit card and collect calls. If you wish to be able to call off-campus phone numbers you need to obtain a Personal Authorization Code (PAC) from STS, who is the campus' student telephone contractor. In order to receive a PAC you need to visit STS in the ECC building, room 126. They can also be reached at 2-9050. Their office hours are 9:30-4pm on Monday-Wednesday-Friday and 10-5pm on Tuesday and Thursday. In order to check your account you can either call 2-9055 or log on at <http://www.campuslink.paetec.com> Make sure you keep your PAC number private if you do not want to be charged for phone-calls other people make. If you have phone mail problems call 2-9130 and if you live on campus call 2-7762 for phone repairs.

### Calls to off-campus numbers

If you want to make an outside call you need to use your PAC number. If you want to call in Suffolk County dial 9+XXX-XXXX, anywhere in US dial 9+1+(area code)+XXX-XXXX, for international call dial 9+011+(country code)+(number) and for toll-free calls dial 9+1+10-digit toll free number. If you plan to make international calls make sure you ask how much the STS charges for your specific country. Many students prefer to buy a calling card (the internet is the best place to search for a good deal) as STS is not always known for low rates.

### Emergency phone 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



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6

- ✓ High quality voice
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1. **Dial Access Number**
2. **Enter your PIN Number**
3. **Enter Destination Number**
  - \* To call within the United States, to Canada or to the Caribbean:  
Enter 1 + area code + tele No.
  - \* To call other country:  
Enter 011 + country code + city code + tele No.

Country	Rate (¢/min)	Country	Rate (¢/min)
China	1.6	Singapore	2.2
Canada	1.9	S. Korea	2.2
Hong Kong	1.7	Taiwan	1.9
Japan	3.1	USA 48 states	0.9
Malaysia	2.7	U.K.	1.4

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Above rates are based on calling from local access numbers  
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2. Select phone cards you like.
3. Using your "sunysb.edu" email account when you checkout.  
(For example: [yourname@chem.sunysb.edu](mailto:yourname@chem.sunysb.edu))
4. Then you will **get \$1.00 off** on your already discounted price.
5. Instant PIN# will be delivered to your "sunysb.edu" email address.

If you have any questions, please email: [sales@seawolftech.com](mailto:sales@seawolftech.com)

## ON CAMPUS HOUSING

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

- **Chapin Apartments**
- **Schomburg Apartments**
- **West Apartments**

There has been an increasingly high demand for on-campus housing due to 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 housing.** To apply for on-campus housing, contact the **Campus Residences** office in the Mendelsohn Quad. Their phone number is **632-6966** and the web site is <http://studentaffairs.stonybrook.edu/res/>

Some important contacts are:

- \* Apartment Housing Coordinator, responsible for allocating housing assignments. (631) 632-6750.
- \* Chapin Quad Office, located in the A building of Chapin. (631) **632-6755**.
- \* Carl Ericson (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 wheelchair 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 2005/06 ranges (per one student living in the apartment) are :

- ◇ 72 One-bedroom (families and couples only) \$958
- ◇ 77 Two-bedroom (families and couples only) \$728 per room
- ◇ 55 Three-bedroom (two students per room) \$316-336.50
- ◇ 32 Four-bedroom (one student per room) \$497-517
- ◇ 5 Studios \$747

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 are equipped with high speed Ethernet.

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 \$1.25 for drier; if you use your university ID the prices are \$1.15 and \$1.15 respectively). Mailboxes are located in the laundry rooms. The **Chapin Office** number is **632-6755**.

### ***SCHOMBURG/WEST APARTMENTS***

Schomburg is 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) - \$554
- One bedroom (for couples w/o children) -\$1109

Apartments with A/C pay \$17 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**.

The West Apartments consist of eight buildings A,B,C,D,E,F,G,H. Buildings A-D consists of four bedroom apartments, (two single bedrooms and two shared bedrooms). Each apartment is shared by six residents. Buildings E-H consist consists of six bedroom apartments, all single bedrooms shared by six students. All apartments have two full bathrooms, a full kitchen and living/dining area. There is also a fitness and computer center available to residents which is located in the E building. The rate for a single bedroom in the West Apartments is \$3,025 per semester, a shared space is \$2,660 per semester.

### ***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's printing 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](http://www.3villagecsd.k12.ny.us)). School buses transport children back and forth between the Chapin bus stop and their respective schools.

Residents may become involved with the Chapin or Schomburg Apartment Resident's Associations (CARA - [www.sinc.sunysb.edu/Clubs/chapin](http://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.

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- Online at [www.stonybrook.edu/fsa](http://www.stonybrook.edu/fsa)  
(click on laundry services)
- Meal Plan Office - Stony Brook Union, Suite 250
- Cash-to-Account Machines  
Locations
  - Resident Dining Halls  
(Roth, Kelly, H-Quad)
  - Chapin, Schomberg & West Apartments
  - Stony Brook Union and Administration

## 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 (OCH)** located on the first floor of the Student Union. The off-campus housing office can be contacted at **631.632.6770** or you can visit their website: <http://och.vpsa.sunysb.edu>. The Off-Campus Housing Office provides an interactive website (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.

In addition to the above services, several local newspapers and publications also have housing listings. Consult: **The Three Village Herald** ([www.threevillages.com](http://www.threevillages.com)), **The Three Village Times** ([www.antonnews.com](http://www.antonnews.com)), **The Port Jefferson Record**, and free advertising papers such as the **Pennysaver** and **The Yankee Trader**.

Rental prices in the area vary widely. For a room in a private home, usually with some kitchen privileges, expect to pay \$400 - 700/month. For a room in a house that is shared with other students, the going rate is \$450 - \$700. A studio apartment, often in a separate part of a private home, usually goes for \$650 - \$950 (this is generally one large room, with a private bathroom and some kitchen facilities). Expect to pay \$850 - \$1200 for a one bedroom apartment, and over \$1200 for an apartment with two or more bedrooms. Studios and apartments are often in part of a private home, and 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 options within walking distance to campus tends to cost more than those farther from campus. 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 home-owner 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.** (631.467.5111) 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.

## RENTER'S VOCABULARY AND ADVICE

**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's insurance. Policies are available from a number of companies so check the Yellow Pages ([www.yellowpages.com](http://www.yellowpages.com)). 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.

**N.B.** The OCH website contains additional information and practical advice for renters under the rubric "**Information and Guidelines**".

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

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

**Water:** Suffolk Count Water Authority, 698-9500, [www.scwa.com](http://www.scwa.com)

**Cable:** Cablevision, 267-6900, [www.cablevision.com](http://www.cablevision.com)

**Telephone:** Verizon, 890-1550, [www.verizon.com](http://www.verizon.com)



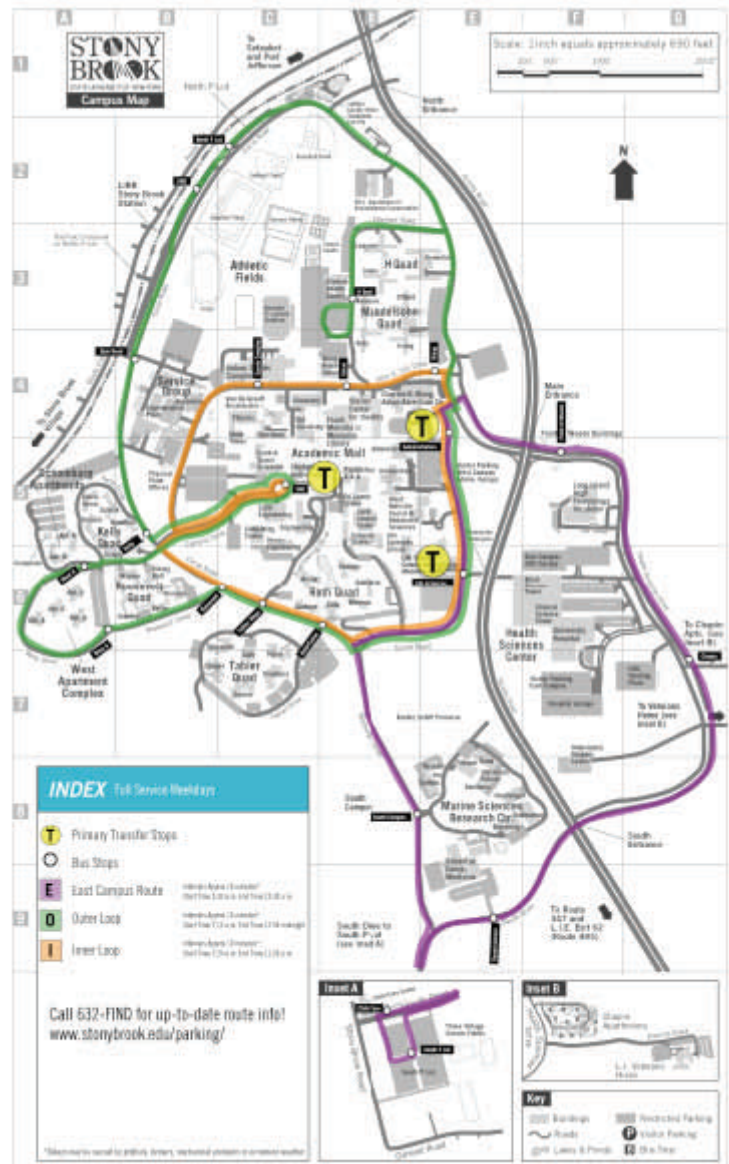
## TRANSPORTATION

### BUSES

#### On Campus

Many students who live on campus walk or bike everywhere they go but the *Campus Bus service* is available for students to 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 at Parking Services in the Administration Building 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. See the next page for the new bus route.

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 cam 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 the buses can be found 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. 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](http://www.sct-bus.org). Service may be limited or non-existent on weekends and holidays, so make sure to check current schedules. The S60 (S69 at night) bus goes from campus to the Smith Haven Mall and to Port Jefferson. The 3-D comes through SBU and goes to Ronkonkoma and Brentwood. During the weekends scheduled on-campus buses visit the local mall and grocery stores. During the editing of this guide the schedule was as follows:

Saturday (from the South P-lot to Pathmark, Walmart and Target) leaving every hour on the half hour from 10:30AM to 5:30PM

Sunday (from the South P-lot to Coventry Mall, Waldbaums, Borders, Sports Authority and Sears at the Smith Haven Mall) , same hours as Saturday.

Please check with Transportation Services as this schedule might change during the fall semester.

## **TRAINS**

The Long Island Rail Road (LIRR) Stony Brook station is located near the Sports Complex along Route 25A. The train runs from Port Jefferson Station to New York City/Penn Station. For those with cars, leaving from the Ronkonkoma is another option. The train ride is shorter and the train goes there more often. Train schedules can be found at the station, the Off-Campus Housing Office, and the Student Union, or call 231-5477 (231LIRR) for more information. Schedules & train routes are also available online at [www.lirr.org](http://www.lirr.org). You can also purchase your tickets online if you want to avoid having to go early to buy your ticket at the station. 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.

## **CARS**

### ***Buying a Car***

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

- Campus postings in various departments, bus stops and at the HSC

- Local newspapers
- The internet (www.autoweb.com, www.newsday.com)
- Local authorized used car dealerships (listed in Yellow Pages)

### ***Registering a car and obtaining a NY license***

Owning a car in NY is very expensive because it is costly to register, insure and maintain a car on Long Island. To find out more about registering a car or getting a driver's license call the Department of Motor Vehicles (DMV) at 1-800-3425368 or look online at [www.nydmv.state.ny.us](http://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 to <https://www.parking.sunysb.edu/permits/> or by logging in the SOLAR. The Campus Police is quite zealous in handing out parking tickets and has an aggressive patrolling policy, especially in the Administrative Loop. In the page that was mentioned before you can also apply appeal a parking ticket if you have an excuse for parking illegally. Fines range from \$15 to \$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/UHaul office at the University service station (751-9091), located across from the Stony Brook train station. Be advised that different rental agencies may have different restrictions about minimum age requirements and types of drivers licenses (i.e. international vs domestic). The same place also offers car rentals, so check this guide for their discount coupons.

### ***Car repairs***



Finding a good place to have your car repaired can be a real challenge. Labor rates on Long Island are quite high, ranging from \$60-\$80 per hour. It is advisable to shop around and ask students who have lived in the area about reliable mechanics. A local garage (within walking distance) is the University Service Station in Stony Brook (689-9795), Village Automotive in Setauket (751-3200) or Maximum Automotive in Port Jeff Station (928-9548). Mams Auto Service (9794379) 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. **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 or just 333 from a campus phone).

### ***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 because the train ride is shorter and the train goes there more often. You can park your car in the free parking they offer or pay \$4 a day to park it in the train station's garage. 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](http://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](http://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 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 you can also take a ferry to Fire Island, which has great beaches and restaurants. It costs about \$14 per person for a round-trip ticket. Go to <http://www.fireislandferries.com> for more info and schedules.

### ***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's Taxi) and 473-0707 (Call A Cab). Ask for the fare first since Long Island cabs can be expensive. If living on campus and you want a ride at another place 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).

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## 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. There are several places to eat on campus but graduate students mostly prefer the Student Activities Center, Jasmine and the University Café.

**The Student Activities Center** (632-1242) offers a spacious dining room. At Harvest Moon you 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. If you are in a hurry you can pick a slice of the hand-tossed brick oven baked pizza or make your own salad from the salad bar. Hamburgers and wraps are also offered.

**The Jasmine Food Court** (632-1858) is located on the second floor of the Charles B. Wang Center. It offers Chinese, Indian, Japanese Grill, Sushi and Thai food. The facility consists of a large open dining room as well as a private dining area for parties and special events. Both dining rooms offer a great view with glass that oversees the outdoor pond and garden.

**The University Café** (632-6027) offers freshly made paninis all day. If the weather is nice you can enjoy your meal in the patio along with a cup of coffee or a drink late at night.

The Student Union hosts four 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. **Delancey Street** is a new Kosher Delicatessen Restaurant that is opening this fall and will be located on the first floor of the Student Union. Several dining carts are located on campus (Administration Building, Dental School, Life Sciences, Melville Library) that offer soups, sandwiches, coffee and desserts.

A variety of premade sandwiches, coffee and pastries can be purchased in the **Seawolves Market** (Student Activities Center) and in the **Harriman Café** (first floor of the Harriman Hall). There are several more places to dine on campus which are located in undergraduate dorms such as Campus Connection at H-Quad, Kelly Coffee and Tea House, Kelly Dining Center, Roth Food Court and Tabler Café. For a list of the menus check [www.campusdining.org](http://www.campusdining.org).

### MEAL PLANS

Graduate Students do not have to purchase meal plans (unless if you live in the undergraduate dorms which is rare for a graduate student). But if you eat on campus very often you might want to open a meal plan account to save some money. The most common meal plan account that graduate students open is the 'Budget Plan', which is a pre-paid tax-exempt meal plan which can be opened with a minimum of \$50 and can be replenished in \$25 increments. You can sign up for this plan online at [www.campusdining.org](http://www.campusdining.org). You can find information there for other meal plans such as the Apartment 500/Apartment 250 (available only to apartment residents) and Commuter 500/Commuter 250 (available only to commuter students) that require either \$500 or \$250 to open. For more information you can contact the ID/Meal Plan Office at 632-6517



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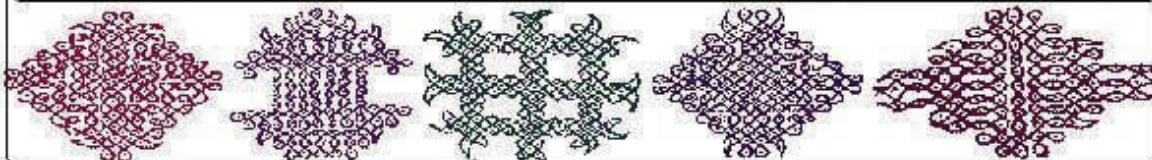
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## OFF CAMPUS DINING

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

### *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 takeout and it is open late at night.

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

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

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

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

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

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

*On Rt.25A East of Nichols Road:*

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

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

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

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



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

### *Short driving distance*

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

#### *Stony Brook Village*

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

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

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

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

#### *347 & Stony Brook Road:*

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

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

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

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

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

#### *347 East of Stony Brook Road:*

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

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

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

**Eldorado** (473-8525) is a southern BBQ restaurant located approximately 3 miles from campus

on Rt.347.

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

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

*347 East of Nichols Road:*

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

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

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



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

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

*On Route 25A in Setauket:*

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

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

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

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

*Pt. Jefferson Dining:*

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

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

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

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

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

**Dockside Restaurant** (473-5656) serves seafood dishes.

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

*On Rte 25 (Middle Country Road):*

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

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

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

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

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

**Olive Garden** (585-4027) serves Italian dishes.

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

## Diners

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

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

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

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

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

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

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



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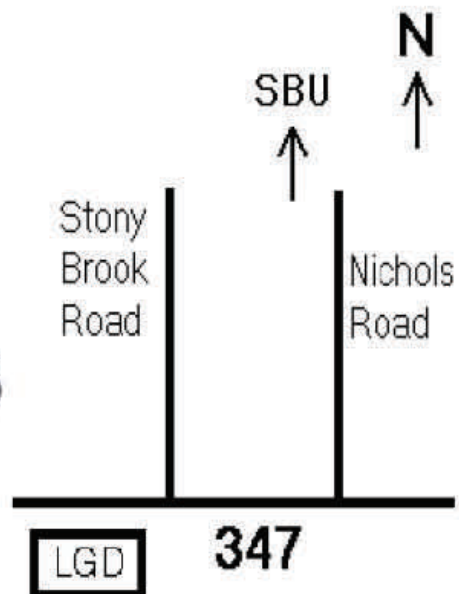
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## ON CAMPUS SHOPPING AND SERVICES

### **General Stores:**

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

**The Seawolves MarketPlace** (632-9281, [www.sunysb.edu/marketplace](http://www.sunysb.edu/marketplace)) is a campus convenience store operated by the Faculty Student Association and is adjacent to the main lobby in the Student Activities Center. It offers items for everyday living, such as laundry detergents, cleaning supplies, health/beauty aids, school supplies and film processing. It offers everything you need to get your computer connected to the internet, plus software and several campus licensed programs. The store also carries a variety of coffees and pastries, international specialty foods such as Asian snacks, plus Kosher and microwavable foods. Stony Brook and Seawolves clothing and merchandise is also available. Check website for hours of operation.

**The Union Deli** in the Student Union has a more limited inventory than the Seawolves Market, but it is open late at night. You can find a wide variety of fresh sandwiches prepared in front of you and several items for everyday living.

### **Bookstores:**

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

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

### **Other services:**

**Kinko's** (632-1831) is located on the lower level of the Melville Library. They can cover all your printing needs. They also make signs, banners and posters and they offer a wide variety of finishing services. You can also place your order online at : <https://psg.kinkos.com/sunysb>

**University Post Office** is located in the basement of the Student Activity Center. The post office is open from 9am-3pm from Monday to Friday during the Spring and Fall Semesters and the same hours from Tuesday to Thursday during the Summer Sessions and the Winter Intersession.

**Beauty in Brains** is the new on-campus salon that is located in the basement of the Melville Library. It provides everything from simple trims and hair braiding to stylish prom-like up-dos to nail services. Call 632-6432 for more information about specific services.





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## ***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 (4740242). Call or check [www.stopandshop.com](http://www.stopandshop.com) for hours.

#### **Waldbaum's**

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

#### **Pathmark**

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

#### **Trader Joe's**

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

#### **King Kullen**

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

#### **Giunta's Meat Farms**

1067 Route 112, Port Jefferson Station (474-3910). Check [www.meatfarms.com](http://www.meatfarms.com) for hours of operation.

#### **Walmart**

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

### ***Specialty and Ethnic Food Stores***

#### **Wild by Nature** (246-5500), 218 Rte. 25A, Setauket

Specializes in organic produce, fresh baked goods, prepared food. Hours: 9a.m. to 9p.m.everyday

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

**Selden House of Spices** (1-800-577-6495), 1228 Middle Country Road, Selden

Middle Eastern and Indian foods and spices.

**Village Natural Foods** (751-3161), 246 Route 25A, Setauket

Bulk foods, organic produce, vitamins, health care.

**St. James Natural Food** (862-6076), 296 Lake Avenue, St. James

Bulk foods, organic produce, vitamins, health care.

**Port Hellas** (928-6122), 562 Jefferson Plaza, Port Jefferson Station

Offers a variety of Greek and Italian foods..

**Pindar Wines** (331-7070), 117 Main Street, Port Jefferson

Offers a nice selection of wines from local wineries.

**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! Here are a few:

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

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

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

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

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

●**DSW** (5801973), offers designer shoes an accessories in discounted prices (located at 3190 Middle Country Road, behind Smith Haven Mall)

●**Michaels** (on the same mall as DSW) has arts, crafts and leisure products.

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

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

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

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

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

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

### *Health and Beauty:*

There are a number of nearby salons, gyms and nutrition stores. Check your local phone book or [www.yahoo.com](http://www.yahoo.com) yellow pages for more locations.

Some local places include:

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

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

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

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

### *LAUNDROMATS*

For on campus residents, the FSA provides laundry facilities at very reasonable rates. Laundry Services consisting of coin and debit card operated washers and dryers are on the premises of all campus residence locations. Regular prices are \$1.25 for washing and \$1.25 for drying. If using student ID card's offline stripe at resident laundry facilities the amount is \$1.15 for washing and \$1.15 for drying. You can add money to your card either at [www.stonybrook.edu/fsa](http://www.stonybrook.edu/fsa) or the Meal Plan Office (Student Union, Room 250) or the Cash-to-Account Machines.

For off-campus residents, you might want to try the 24hr. one in Port Jefferson Station right next to the train tracks. Most towns and villages have some facilities. Usually (but not always) laundromats have machines that will make quarters for you.



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## BANKING FACILITIES AND ATM MACHINES

### **BANKS**

Banking services on and close to the campus are provided by (the branches listed are the ones who are closer to campus, visit the bank's website for a more extensive list of branches):

**The Teachers Federal Credit Union** has some of the best rates around. It has two branches on campus: on the second level of the Health Sciences Center (444-3400) and in the basement of SAC (632-4600). To join the credit union and open up a Young Professional's Account, you need to deposit \$1 into a savings account. Once you join, your checking account is free, and with a minimum balance of \$500 or more you can even earn 1% interest on your checking account. Once you have your school ID you can become a member of TFCU and your new card can be used as both an ATM/debit card.. Visit [www.teachersfcu.org](http://www.teachersfcu.org) for online transactions and for more branch locations. Many students prefer to be members in TFCU because of the low balance they require.

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

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

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

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

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

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

### **ATM machines**

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

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

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



## ***HEALTH INSURANCE***

This section is intended to provide basic useful information regarding specific health insurance plans, the Student Health Service (Infirmary), and other health services on and off campus. Some of the insurance 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 and advisors. Also do not forget to attend the Health Insurance presentation (dates will be announced during orientation week) where details will be provided regarding your health insurance options.

### **GRADUATE STUDENT HEALTH INSURANCE**

In order to discuss health insurance, graduate students are 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 each 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***

These are students employed by the State as teaching or graduate assistants (TAs and GAs), or by the SUNY Research Foundation as research assistants (RAs), for a period of at least one semester, with a projected annual salary of at least \$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: [www.gseu.org](http://www.gseu.org) .

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

**ENROLLMENT:** Enrollment in these plans is voluntary for domestic TAs, GAs and RAs. Graduate employees should enroll within 30 days of starting their employment. If they miss this period, they will be subject to a 30 day waiting period. Students who have F1 visa status, who are employed as TAs or RAs, are first automatically charged for the international health insurance. These students must enroll in the proper employee subsidized plan as described above, once they know they are eligible. The international health insurance charges are then removed from their University accounts by the end of October / middle of April. Those who fail to enroll in the subsidized insurance plan will remain on the mandatory international health insurance plan for that semester. All international students must pay for the medical evacuation and repatriation policy that is charged on their accounts. International student employees who are in J1 visa status are an exception to the above. They are also automatically enrolled in the international health insurance, but are not eligible for either of the subsidized insurance plans. The Research Foundation or SUNY will, however, contribute up to 90% to their insurance costs and up to 75% of their dependants' costs.

Early each semester a number of orientations are held to discuss the subsidized plan. One can enroll for the insurance plans at the end of these meetings. Check with the Graduate School or your department graduate secretary for the schedule. Specific questions may be addressed to the Benefits Advisor, Lisa Coleman ([lcoleman@notes.cc.sunysb.edu](mailto:lcoleman@notes.cc.sunysb.edu)); 631-632-6144. The Insurance Office is located in the west campus Student Health Service.

## **2. NON-FUNDED DOMESTIC STUDENTS**

Effective with August 16, 2005, the University has begun a required insurance plan (RSHIP) for all full time students who have no other insurance coverage. Annual cost will be approximately \$910, and billed by semester. Cost for dependents is higher—see the advisors in the Student Health Insurance Office for further information. If you wish to have RSHIP, you do not need to take any action. You will be billed for the insurance premium, unless you file an insurance waiver through your SOLAR account by September 16. If you have TA, GA or RA insurance coverage you may indicate this insurance on the waiver form. If you are insured either by your own private or governmental plan, by a relative's plan, or by Medicaid or 'Healthy New York', these qualify as waivable insurance plans for RSHIP.

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

For complete information about the insurance plan, what the benefits are, the waiver process, etc., beginning July 15, please go to: <http://.studentaffairs.stonybrook.edu/shs/insurance>

Specific questions may be addresses to: [SHO-RSHIP@notes.cc.sunysb.edu](mailto:SHO-RSHIP@notes.cc.sunysb.edu) or call 631 632-6054.

### ***3. NONFUNDED INTERNATIONAL STUDENTS***

As described above, all nonimmigrant full and part time students who are in F1 or J1 status are automatically charged for the SUNY-wide international health insurance plan. Those international students who do not receive a stipend via a graduate, teaching, or research assistantship, will remain on the international insurance plan. If an international student has insurance from another source that is as comprehensive as the SUNY-wide plan, he or she 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 end of the second week of classes, to the insurance office. The criteria for comparing other insurance to the SUNY-wide plan are very specific. Many waivers are denied. The SUNY-wide plan is very good and very reasonable (annual 2005-2006 cost is \$788), considering the coverage it offers, as compared to most other U.S. insurance policies. The plan does not cover routine check-ups, dental work, or vision testing, however. Coverage for dependants is available separately, at the insurance office, and is rather expensive. Insurance coverage is required for spouses in F2 and J2 visa status. Dependants must be enrolled for insurance within 30 days of either: entry in the U.S., or their birth, or the start of a new academic year, or of termination of other insurance. It should be noted that hospital costs for care of a healthy newborn infant are limited to \$1,000 under this plan.

Visiting scholars (usually in J1 status) are required to have the international insurance plan as well. These scholars, and students with H visa status, complete an enrollment form either in the Office of International Services or in the Insurance Office, and present it when paying for health insurance at the Bursar's Office. When the receipt is brought back to the Insurance Office, an insurance identification card will be prepared. Specific questions may be addressed to 631-632-6376 in the Health Insurance Office in the west campus Student Health Service.

### ***MOST COMMON PROBLEMS***

The current system for notifying students to reenroll 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***

### ***Infirmiry Services***

#### **Mandatory Health Fee**

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

#### ***Student Health Center (632-6740)***

The Student Health Service (Infirmiry) is open weekdays only, from 8:00 AM to 12:00 noon and from 1:00 PM to 5:30 PM, Tuesdays 8 a.m. to 7:30 p.m. during the semester when classes are in session. The Student Health Service closes at 4:00 PM during the summer and semester breaks. When the Student Health Service is closed, students in need of medical help must go either to the University Hospital, or to an outside physician / clinic. The health fee only pays for services obtained at the Student Health Service (for information on paying for outside medical care, see the previous regarding health insurance). In case of emergency during



times when the Student Health Service is closed, you may contact University Police on the campus (911 / 632-3333). Services offered by the Student Health Service include visits with physicians, physician assistants, nurses or nurse practitioners, laboratory tests and pharmacy services. There are fees for certain medications and laboratory tests. The cost of immunizations for Measles/Mumps/Rubella, 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 Student Health Service. In addition, the Student Health Service does not offer x-rays, allergy shots, physical therapy, dental care or medical specialty consultations. Students or their insurance plan must pay for outside consultations, tests performed by outside agencies, and medications not available at the Student Health Service pharmacy.

***Required Immunizations:*** Public Health Law 2165 requires 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/diphtheria (Td) toxoid within the last 10 years, and a Tuberculin test within the past year.

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

***Women's Health Center:*** offers annual GYN exams, PAP tests, breast and pelvic examinations, pregnancy testing, vaginal infection checks, and testing for other sexually transmitted diseases (STDs), as well as treatment and counseling. There are fees for PAP tests and certain other tests, which are often covered by your insurance plan. The Women's Health center is open weekdays from 8:00 AM to 11:30 AM and 1:00 PM to 3:30 PM. Tuesdays 8 a.m. to 7:30 p.m. during the semester when classes are in session. . The Student Health Service Women's Center closes at 3:30 PM during the summer and semester breaks. Please call 632-6740 for an appointment.

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

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

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

***Health Education:*** The 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.

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

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

### ***Wo/Men's Center***

The Wo/Men's Center is located in a suite of offices in the Student Union, room 216. The Wo/Men's Center library is located next door to the main office, in room 221, and houses a collection of books and journals pertaining to women and gender. Counseling available Monday–Friday during the afternoon and evening. Please call 2–WOMN (632–9666) for an appointment. Your contact with the Wo/Men's Center is confidential and is not part of your academic record. The Wo/Men's Center operates within professional guidelines and laws designed to protect the privacy of your records. The Center provides counseling on several topics such as : women's voices and visibility men and masculinity, relationships (with self and others), acquaintance rape, sexual assault, incest, choice: reproductive rights, emotional and physical abuse, eating, body image and health concerns, gender identity and sexual orientation, single parenthood.

### ***University Hospital***



The University Hospital offers comprehensive medical services to the Long Island community. The hospital offers a number of outpatient clinics which are readily accessible to Stony Brook students. However, these outpatient services are expensive. For more information, call 444-6000. Students who become ill while on our campus will be taken to the emergency room of the hospital, since it is the closest to campus. The hospital accepts all of the University health insurance plans. However, not all plans pay one hundred percent of the bill. All uncovered balances remain

the responsibility of the student. Students who are hospitalized may be eligible for financial assistance. They should contact the hospital billing office at 444-4151 for financial aid information and assistance forms.

### ***Dental Care Center***

The School of Dental Medicine, located in Sullivan Hall on South Campus, runs a Dental Care

Center (632-8989). The Dental Care Center provides less expensive dental services to students and their families. Most procedures are carried out by dental students supervised by faculty. Students must call the Center for a screening and evaluation prior to being treated.

### ***What 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 Student Health Service first if your condition is not life threatening. Your insurance plan will “kick-in” if you then visit a specialist or need X-rays or laboratory tests. You should discuss any questions about your health insurance plan with the staff at the Insurance Office, who will assist you.

#### ***IF YOU HAVE A LIFE THREATENING EMERGENCY:***

Go to the Emergency room of the nearest hospital, or to any other close health facility (clinic, private doctor, etc).

### ***Off Campus Health Services***

Students with one of the University insurance plans should go to the Student Health Service before visiting off campus physicians, as stated in the previous section. Also, the Insurance Office can provide a list of participating network medical providers for TAs, GAs and RAs. Planned Parenthood of Suffolk County, Inc., provides low cost health care for women and runs a number of clinics throughout Long Island. The clinic nearest to Stony Brook is in Patchogue Plaza, 450 Waverly Avenue near 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 treatment are available at hospitals and several clinics in the area: North Brookhaven Social Services and Health Center, 854-2301; Mather Memorial Hospital, 473-1320; and St. Charles Hospital, 474-6000. For referrals, information, and pamphlets, contact the National CDC, STD and AIDS Hotline: 1-800-227-8922.

### ***HIV and AIDS Testing:***



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

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

The Stony Brook AIDS Education and Resource Center, Basic Science Tower, L2, Health Sciences Center, (444-3209) provides HIV education and training for health care providers, educators, and others. They design workshops dealing with specific topics to meet the needs of various groups, and are a local clearinghouse for information on AIDS.

The University Hospital acts as a regional AIDS treatment center, providing clinical drug trials. Call the University Hospital AIDS Outpatient Treatment Center at (444-1667). The hospital accepts Medicaid coverage. The Long Island Association for AIDS Care (LIAAC), Box 2859, Huntington Station, NY 11746 runs a hotline (385-AIDS) and provides counseling services. Additional support services include case management, legal assistance, and pastoral care. All services are free of charge.

### **Emergency Telephone Numbers:**

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

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

### **Ambulance:**

On-campus 632-8888

Off-campus (police) 911

On-campus (police) 333

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

Off-campus (Setauket Fire Dept.) 941-4441

### **Emergency Rooms:**

University Hospital 444-2465

Community Hospital, Smithtown 361-4090

Mather Hospital, Port Jefferson 473-1320

St. Charles Hospital, Port Jefferson 474-6156

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

**Poison Control:**

Poison Control 542-2323

**Police:**

University Police 333

Off-campus 911

**Walk-in Clinics:**

Community Medical Care (Centereach) 588-0550

North Shore Immed Med (Port Jeff. Sta) 331-1100

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

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

**Counseling:**

Reponse Hotline (Crisis counseling) 751-7500

University Counseling Center 632-6720

Victims Information Center 360-3606

**Health Center:**

North Brookhaven Health (Coram) 854-2301

**Dental Clinics:**

Dental Clinic 632-8989

**Self Help Hotlines:**

Alcoholics Anonymous 669-1124

Narcotics Anonymous 937-6262

Nicotine Anonymous 665-0527

A1-Anon 669-2827

## THE CAREER CENTER



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

### ***INDIVIDUAL COUNSELING AND ADVISEMENT***

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

### ***TESTING AND ASSESMENT***

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

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

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

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

### ***CAREER RESOURCE LIBRARY***

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

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

All materials are for reference use within the office.

## ***INTERFOLIO.COM: ONLINE CREDENTIALS SERVICE***

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

### **Benefits:**

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

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

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

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

## ***WORKSHOPS & CAREER SEMINARS***

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

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

## **RESUME / CV / COVER LETTER EVALUATION**

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

## **JOB FAIRS**

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

## **ON CAMPUS RECRUITMENT (OCR)**

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

## **EMPLOYMENT LEADS**

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

*The Chronicle of Higher Education* ([chronicle.com](http://chronicle.com)) worldwide positions available including faculty, administrative, professional, and post doctorate.

*Academic360.com* ([www.academic360.com](http://www.academic360.com)) job announcements from nearly 1,800 colleges in the US, Canada, Australia, and UK.

*CAREERLINE* ([www.aacc.nche.edu](http://www.aacc.nche.edu)) job listings through the American Association of Community Colleges.

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

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

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

**Biology** Room 022

**Chemistry** Rooms 432, 433, and Library 215

**Computing Center** Room 138

**Computer Science** Room 2116

**Engineering** Room 106

**Fine Arts - eMedia** Room 1301

**Harriman Hall** Room 318

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

**Library** Room S1460

**Mathlab** Room S235

**Social and Behavioral Sciences** Room N-620

**Union** Room 080

### ***Software and Hardware***

The SoftWeb facility is being made available to the Stony Brook community so that campus users can download licensed software which is restricted by license agreement for the use of the campus community only. Software and licenses available on SoftWeb are: Anti-Virus (Norton), Email Telnet (Lotus Notes, SSH, etc.), Web Browsers, University Applications (Oracle, etc.), Utilities (Acrobat Reader, WS\_FTP, Winzip, etc.), Service Packs, University Fixes & Solutions. Go to <http://naples.cc.sunysb.edu/doit.nsf/pages/softweb> for instructions on how to acquire the programs. You can also visit <http://www.sinc.sunysb.edu/helpdesk/freelicense.php> for information about the following packages: Maple, Mathematica, Minitab. Additionally, as part of Stony Brook University's technology fee, the Division of Information Technology has an agreement with Microsoft allowing ALL registered Stony Brook Students access to the following Microsoft products: Windows XP Professional, Microsoft Office 2003 Professional / Microsoft

Office Professional: MAC v. X, Microsoft Office FrontPage 2003, Microsoft Visual Studio .NET2003. You will need to take your valid Stony Brook ID to either the Seawolves Marketplace or the HSC Bookstore in order to obtain the software.

### ***Email account***

All Stony Brook students are eligible for an email account. Some departments provide email accounts for their graduate students. However, for dialup or network access, you must have an Instructional Computing email account. If you need an email account, please go to one of the following locations (and bring your student ID card!): Main Library SINC site or HSC Library. Once you receive an email account, it is valid as long as you remain a registered student at the University. 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.

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

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

### ***Dialup Phone Numbers***

Western Suffolk 631-762-1000

Eastern Suffolk 631-603-1000

Nassau 516-417-1000

New York City 718-807-1000

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

### ***What should I do if I need help?***

There are Student Computer Consultants who are available to assist you in most of the labs. If there is no one available to help you, you can send email to: [helpme@ic.sunysb.edu](mailto:helpme@ic.sunysb.edu) or call: (631) 6329602. 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 email account, class web site, or use our online courseware system, Blackboard, please call 631-632-8050 or email [bboard@notes.cc.sunysb.edu](mailto:bboard@notes.cc.sunysb.edu). More information about Blackboard can also be found at: <http://blackboard.stonybrook.edu/>

## UNIVERSITY POLICE

The University police have jurisdiction over our campus and its more than 123 buildings. Trained officers are available to respond and assist around the clock throughout the year. The principal mission of the University Police Department at the State University of New York at Stony Brook is to work with all members of the campus community to preserve life, maintain human rights, protect property, and promote individual responsibility and community commitment. You can call University Police at 333 or 911 from an on campus phone or 631-632-333 from an off campus phone. You will also notice several 'Blue Light' phones throughout the campus. These phones connect directly with University Police and it will be useful to familiarize yourself with their locations during the daytime so that you are aware of where they are in case of an emergency.

### PERSONAL SAFETY SERVICES

**Operation ID** provides free engraving of personal property, such as bicycles, televisions, and furniture, and aids in their recovery in the event of theft or loss. Call the University Police Community Relations Unit at 632-7786 for more information.

**Crimestoppers** is a program that allows members of the University Community to report any criminal activity anonymously at 632-TIPS or 1-800-220-TIPS from off campus.

**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 dusk and 3am. You can reach them at 2-6337 from on campus.

The **University Police Personal Safety Ride Program** is available from dusk to dawn and you can contact them at 632-RIDE(7433).

Stony Brook University has created an **Emergency Operations Center** and organized an **Emergency Management Team**. The team has been trained to evaluate and act ensuring the protection of our community in the event of a severe of a severe emergency concern. If you have any questions regarding the Center please contact the Emergency Management Coordinators: Gary Kaczmarczyk, Director of Environmental Health & Safety, at (631) 632-9670 or Douglas F. Little, Deputy Chief University Police, at (631) 632-7786. In case of an emergency, information will be communicated to the campus through fire alarm systems, Stony Brook Web page, Campus Cable Channels, WUSB 90.1 and external media. An email listserv has been set up to send emergency notifications to Stony Brook students, faculty and staff members who choose to be notified by email. These notifications can also be sent to cell phones and other wireless devices that have text messaging. Visit <http://www.stonybrook.edu/sb/emergency/comm.shtml> for information on how to receive this free service. Access to campus after midnight is restricted to the main entrance which is staffed by a security service assistant whose duty is to screen people who wish to enter campus. Make sure if you return on campus after midnight you have a student ID with you. For personal safety tips you can visit the campus website: <http://ws.cc.stonybrook.edu/police/safety.htm>



## DISABILITY SUPPORT SERVICES

*128 Educational Communications Center Phone/TTY (631) 6326748*

Disability Support Services coordinates advocacy and support services for students with disabilities. These services assist in integrating students' needs with the resources available at the University to eliminate physical or programmatic barriers, and to ensure an accessible academic environment. All information and documentation of student disabilities is confidential.

Students are responsible for identifying and documenting their disabilities through the DSS office. Students receive assistance with special modified housing and on campus transportation. DSS can assist with University procedures and requirements; test accommodations; and counseling as well as the recruitment of readers, interpreters and notetakers.

A Learning Disabilities Specialist is available for referral for diagnostic testing and to meet accommodation needs. A Supported Education Program offering individual counseling and group sessions is available for students with psychological disabilities. All DSS counselors are available to provide in-service training to the University community.

Students who anticipate requiring assistance should contact Disability Support Services as early as possible to allow for implementing recommended services; VOICE/TTY is available.

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

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

## FAITH

The Interfaith Center, located in the second floor of the Stony Brook Union, is the representative organization for chaplains and Campus ministry persons who are officially selected representatives of religious denominations and have a major concern for and a working relationship with the University. Members cooperate with administration, faculty, students and staff in programs that contribute to the human quality of the University and to the integrity of its academic purpose. Worship services are held and opportunities are provided to learn about and appreciate diverse religious traditions. They also provide counseling and guidance. Students are invited to visit any of the Interfaith Offices, ask questions, and participate. For general information, go to: <http://naples.cc.sunysb.edu/OSA/interfaith.nsf>

The following is a list of some of the diverse Interfaith Center offices in the Stony Brook Union:

**The Baptist Campus Ministry** (Room 278) is an Organization of the Southern Baptist Convention. Weekly meetings of the Chinese Christian, the Korean Christian, the Graduate Student, and the Young Professional Fellowships are held. The office is staffed daily and students are more than welcome to drop by , call 632-6564 or email at [bcm@ic.sunysb.edu](mailto:bcm@ic.sunysb.edu)

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

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

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

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

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

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

## LIBRARIES

Probably one of the first things you will want to find is the location of the library. You might be lucky enough to be in a Department that has its own library but you will also need to know of the other libraries on campus, especially the Main Library. The webpage for the libraries is <http://www.sunysb.edu/library/> You can find many useful information for all the libraries, especially the hours of operation which is important. From that link you can also access 'STARS' which is the search engine for the books that are available on campus, in all the libraries. You can easily locate where on campus is the book you are looking for as long as you know the author or the title or at least the subject area. The program lets you do search using any of the above criteria. You can also renew your books from the same function as long as you create an account without having to actually go to the library you borrowed the book from .

### Interlibrary loan

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

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

Departmental libraries on campus are:

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

## 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 and pay 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 transcript. 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 online application to request parking permit.

You can access the solar system directly at : <http://naples.cc.sunysb.edu/DoIT/solarsystem2.nsf> or go to the main page <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 your salary. 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!

## 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) 6327200. For equipment rentals call (631) 6327168 or email: [campusrecreation@notes.cc.sunysb.edu](mailto:campusrecreation@notes.cc.sunysb.edu)

### ***Wellness Center***

Learn new ways to relieve stress, to better nutrition, strength train, meditate, manage time, to have fun!

Visit Stony Brook's Campus Recreation Wellness Center in the Student Activities Center (SAC), Room 307. The Wellness Center includes state-of-the-art cardiovascular equipment, a complete strength training circuit, numerous free weights, stretching area including medicine balls and physioballs, locker rooms and showers facilities. The hours of operation are Monday - Thursday from 7:30am - 11:00pm, Fridays 7:30am - 9:00pm, Saturdays 10:00am - 6:00pm, Sundays 3:00pm - 10:00pm. Holiday and vacation hours are subject to change. We encourage you to check our website at <http://studentaffairs.stonybrook.edu/recreation/wellnesscenter> for upcoming wellness events and seminars scheduled. Looking for a way to increase your physical activity level? Fitness classes offer participants a great way to get started and numerous options to get fit. The fitness class schedule features a variety of classes such as Pilates, Kick Boxing, Absolute Core, Cardio Pump, Super Sculpt, Yoga, Boot Camp and Mix it Up! Classes are offered at lunch time and during the evening in the Student Activities Center Aerobic Studios, Lower Level, Room 010, and the Sport Complex Dance Studio. Find yourself at a plateau, try a spinning class to intensify your workout. Our new spinning studio is located in the SAC Lower Level. Make friends and burn calories with a ballroom dancing class located in the sports complex dance studio. Dance lessons are offered in both American and International styles.

The Wellness Center offers body fat analysis, blood pressure, and cholesterol screenings throughout the year. We have many educational workshops to help you make healthier choice to reduce your risk and manage disease. Topics include: smoking, nutrition, weight management, stress management, and physical activity. One of the newest services our Department offers is CPR and First Aid certification classes through the American Red Cross and American Heart Association for students, faculty, and staff. For more information please contact 632-4145.

## 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 Archery, Badminton, Ballroom Dance, Belly Dancing, Boston Style Tae Kwon Do, Chess, Climbing, Crew, Cricket, Equestrian, Fencing, Go, Handball, Ice Hockey, Kumdo, Kung Fu, Lion Dancing, Martial Arts, Men's Rugby, NY Aikido, Outdoors Club, Roller Hockey, Russian Hustle Club, Scuba, Ski & Snowboard, Squash, SB Soccer, Table Tennis, Tai Chi, Tennis, Volleyball, 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>

***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, dodgeball 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](http://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 athletic offerings and facility usage, may be obtained in the complex main office or by calling 631-632-9271.

## Athletic Department

The Athletic Department became a member of the America East Conference starting with the Fall 2001 season. Also the Kenneth P Lavallo 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!



# **Department of Campus Recreation**

## **2005 – 2006 Intramural Sports Calendar**

### **Team Sports**

Flag Football  
Indoor Soccer  
Wallyball  
Bowling  
Indoor Volleyball  
3 on 3 Basketball  
Basketball  
Soccer  
Softball  
4 on 4 Volleyball  
Dodgeball

### **Registration Deadline**

September 13  
September 13  
September 13  
September 13  
October 25  
October 25  
February 1  
March 14  
March 14  
March 14  
March 14



### **Recreation Events**

\*White Water Rafting Trip  
Team Trivia Challenge  
Texas Hold'em Poker Tournament  
Tennis Tournament  
Badminton Tournament  
Racquetball Tournament  
Racquetball Tournament  
Stony Brook Strongest Bench Press Comp.  
Tennis Tournament

Sat., Sept. 17 – TBA (Registration deadline,9/07)  
Wed., Sept. 14 @ 6:00pm – 3rd Floor SAC  
Thurs., Sept. 15 @ 7:00pm – SAC Ballroom  
Sat., Oct. 8 @ 12pm – Tennis Courts  
Fri., Oct. 15 @ 6:00pm – Pritchard Gym  
Thurs., Nov. 17 @ 7:00pm – Pritchard Gym  
Thurs., Feb. 2 @ 7:00pm- Pritchard Gym  
Thurs., April 27 @ 7 pm – SAC Aud  
Sat. April 29 @ 12:00pm- Tennis Courts

### **Special Events**

\*Homecoming 5k Run  
Wellness Expo  
\*Turkey Trot  
Basketball Tip Off  
\*Debbie Whittemore 5k Memorial Run  
\*Golf Tournament

Sun., Oct. 3 @ 10:00 am  
Wed., Oct. 19 @ 11:00am – 2:00pm  
Sun. Nov. 20 @ 10:00 am  
Tues., Jan. 31 @ 7:00 pm- Pritchard Gym  
Sun., April 23 @ 10:00am  
Fri., May 5

## **Wellness Center and Programs**



Stony Brook's Wellness Center located on the third floor of the Student Activity Center Room 307 is the perfect place to start a healthy lifestyle. Amenities include locker rooms, shower facilities, cardiovascular equipment, selectorized weight training machines, strength training equipment, free weights, physioballs, and Cardio Theater. The Wellness Center is full equipped with cardiovascular equipment, including: Life Fitness treadmills, elliptical trainers, bikes, and concepts II rowers. Each machine is outfitted with consoles into which patrons can plug their own headphones to receive audio from the eight TV stations playing in the center. Headphones can also be purchased at the equipment desk for \$5.00 and \$10.00.

“Wellness” is a broad term for the concept of self-improvement aimed at achieving a healthful, fulfilling lifestyle. Its components are the areas of the Wellness Wheel: physical, emotional, intellectual, environmental, cultural, occupational, spiritual, and social. The Wellness Center offers seminars and hands-on workshops covering these eight dimensions of wellness throughout the year. Seminars are offered on meditation, time management, nutrition, stress management, yoga therapy, strength training, and other wellness topics. The Wellness Center also offers programs including: Step Aerobics, Cardio Kick Boxing, Kripalu Yoga, Body Sculpting, Spinning, Boot Camp, Hatha Yoga, Boxing, Dance for Wellness, Reiki Healing Circles, Taiko Drumming, Tai-Chi, Back Care, Body Wedge, and Lunch & Learn topics.



For more information, please contact the Department of Campus Recreation  
at 632-7168 or visit our website at: <http://studentaffairs.stonybrook.edu/recreation/>

## *ON CAMPUS ENTERTAINMENT AND RECREATION*

If you want to take a break and you are stuck on campus there are several things that you can do on campus. We are presenting some of them and you can check <http://www.stonybrook.edu/sb/calendar.shtml> for weekly events.

**The Staller Center for the Arts.** The Staller Center presents movies on Friday 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 outstanding programming. Theater, dance, and music groups from around the country perform every season. Again as a student with Stony Brook ID, you are eligible for discounts on many of the offerings. From the first day of each month all USB students with valid IDs may 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 (rush tickets). The Staller Center Theatre One, Two and Three present the productions of our University's Theater Department. 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://sunysb.edu/theatrearts/pages/cabaret.html> or email [cabaret@ic.sunysb.edu](mailto: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. To see the schedule of the different performances visit: <http://naples.cc.sunysb.edu/CAS/music.nsf/pages/recitals>.

**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 check the exhibition schedule visit : <http://www.art.sunysb.edu/galleries.html>

**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 <http://studentaffairs.stonybrook.edu/sac/craftscenter/craftscenter> 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, standup 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 1st 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](mailto: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 Night** 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>

## Annual Events.

The Roth Pond Reggata takes place in the spring and it is a competition between students, faculty and staff by racing handmade boats made mostly of cardboard and duct tape across Roth Pond. Visit <http://rothregatta.org> for more information. The Strawberry Festival takes place in late April or beginning of May and it includes several stations with different strawberry treats that you can visit by paying a ticket. Check [www.campusdining.org](http://www.campusdining.org) for the exact date and locations of where to purchase the tickets in the spring.



## OFF CAMPUS LOCAL ENTERTAINMENT AND RECREATION

### *Movies*

For local movie theaters and their listings, the best place to check is [movies.yahoo.com](http://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 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](http://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](http://www.boomersparks.com)) is a little further 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 interesting museum is the Long Island Museum. Visit <http://www.longislandmuseum.org/> for more information.

### *Concerts*

Jones Beach hosts several concerts during the summer. You can find a calendar of events and information on how to purchase tickets at: [www.jonesbeach.com](http://www.jonesbeach.com). There are also several other places on Long Island that hold concerts and similar events and they can be found at [www.ticketmaster.com](http://www.ticketmaster.com). You can also check out [www.portjeff.com](http://www.portjeff.com) for a list of events in the Port Jefferson Village.



### ***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 [www.lewinfarms.com](http://www.lewinfarms.com) for a list of the optimal season to pick specific produce and for directions to the place.

### ***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.

### ***Take A Hike***

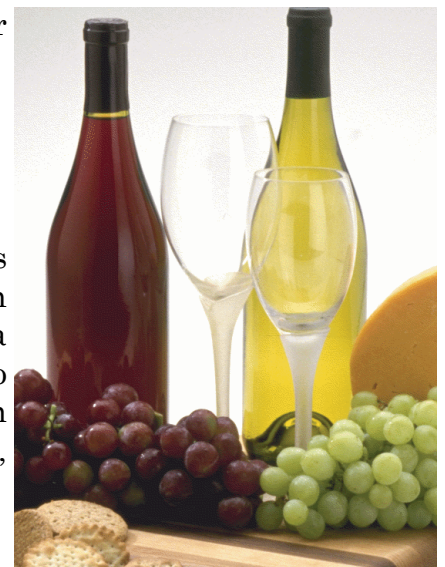
Good short trails through the pine barrens begin in Rocky Point off Rte. 25A; and south of there in Ridge off Rte. 25 where you will find the headwaters of the Peconic River. There are several other trails on Long Island from Riverhead to Montauk. For more information and a calendar of events visit: <http://www.hike-li.com/>

### ***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 canoeing is allowed. You can also visit <http://www.canoerentals.com> for directions to the Nissequogue River.

### ***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. Check [www.liwine.com](http://www.liwine.com) for directions to all wineries. You will also find farm stands and pumpkin picking in late October. Out in the Hamptons, you'll find more beaches, hiking, horse-back riding. Checkout: [www.hamptons.com](http://www.hamptons.com)



**STALLER**  
CENTER FOR THE ARTS

2005 - 2006 PERFORMANCE SEASON  
FALL AND SPRING FILM SERIES

Graduate students, come unwind and enjoy outstanding performances on the Staller center main stage or in our Recital Hall. Our film series each semester brings a wide variety of top movies to campus.

**SBU STUDENT TICKETS**

- ⌘ \$3 OFF REGULAR FULL PRICE
- 50% OFF PRICES BEGINNING THE MONTH OF PERFORMANCE
- ⌘ \$7 RUSH TICKETS 15MINS BEFORE START OF PERFORMANCE
- ⌘ \$5 MOVIE TICKETS
- ⌘ \$15 FILM PASS FOR ENTIRE SEMESTER

For schedules go to [www.stallercenter.com](http://www.stallercenter.com)  
Staller center Box office : (631) 632-ARTS



**Broadway on Main Street!**  
**THEATRE THREE**  
at Athena Hall

**Our 36th Mainstage Season...**

<i>Woodstockmania: Woodstock in Concert</i> - July 9 - August 3	<i>Barefoot in the Park</i> - January 14 - February 11
<i>Sinatra Hereafter</i> - August 26 - September 4	<i>Dream a Little Dream: The Nearly True Story of The Mamas &amp; The Papas</i> - February 25 - March 25
<i>Jekyll &amp; Hyde: The Musical</i> - September 17 - October 29	<i>The Laramie Project</i> - April 8 - May 6
<i>A Christmas Carol</i> - November 18 - December 30	<i>Pippin</i> - May 20 - June 24

*Griswold's Café on Theatre Three's Second Stage*  
**Friday Night Face-Off!**

Now in its **3rd** Sensational Season!

**Only \$10** (Drinks not included)

An evening of audience-interactive competitive improvisational comedy.

June 3, 10, 17, 24  
July 1, 15, 22, 29  
August 5, 12, 19

**Box Office: (631) 928-9100** (Mon. - Sat. 10am - 5pm)  
**412 Main Street, Port Jefferson, NY 11777**  
[www.theatrethree.com](http://www.theatrethree.com)

## 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. Another walking distance option is Full Moon Café located across from the LIRR train station, on the north end of the campus. There you can get plenty of great food and drinks. Mondays are open mike nights. Velvet Lounge is in the same building as the Curry Club at the end of the Nicolls Road on Route 25A. You can enjoy Karaoke nights and listen to local bands as you enjoy your drink.

### **Short bus or car ride**

If you are willing to catch a bus you could visit some other places as well. Check out our transportation section for the bus information. Head east, away from the Smith Haven Mall. Make sure to check the bus schedule before leaving because the last bus leaves before 10 PM, or you can plan to catch the train back (last one back from Port Jefferson is around 3 AM). All you will need is a few dollars for the round trip fare. (Make sure you bring cab fare, just in case!). If you stay on the bus you will shortly end up in the Village of Port Jefferson. There are various choices there. If you wander down Main Street you will see Billie's 1890 just on your right a few blocks down. Billie's is known for its burgers and snacks. It's usually not too crowded during the week unless it's time for Monday night football. For a bit of the high life, try Port Jazz above the Starbucks on Main Street. They feature a number of local bands and musicians, although drinks are not cheap there! Check out their website [www.portjazz.com](http://www.portjazz.com) for a schedule of events. A little further away, just up on the hill in Port Jefferson Station are Tara's Inn and The Village Pub. They are a walking distance from the Port Jefferson LIRR train station, so either place is ideal if you find yourself out too late to catch the last bus back to the campus. Tara's Inn is just past the stop light at the top of the hill on the left. They have the best \$1 burgers in town and a Happy Hour that will ease your pain. There are several TVs for the sport enthusiast as well as billiards and a video assortment. Be prepared to wait for a while for 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](http://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's in Setauket a local spot that features live New Orleans style jazz, atmosphere and cuisine ([www.paulajeans.com](http://www.paulajeans.com)) For dance clubs check [www.liclubs.com](http://www.liclubs.com). A club that is relatively close is Wall Street on 347 West (toward the city). For more on night life check out <http://nightlife.longisland.com/nightspots/>

*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.*

## QUEER LIFE ON LONG ISLAND

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

### ***Stony Brook University***

*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: <http://ic.sunysb.edu/Clubs/queer> or email [sbgrad\\_pride@yahoo.com](mailto:sbgrad_pride@yahoo.com)

*LGBTQA* (Lesbian Gay Bisexual Transgender Straight Alliance). You can visit their webpage at [www.sinc.sunysb.edu/Clubs/pride](http://www.sinc.sunysb.edu/Clubs/pride) or email [pride@ic.sunysb.edu](mailto:pride@ic.sunysb.edu)

### ***Events & Hangouts:***

Find information about the Long Island Pride Parade visit [www.liprideparade.com](http://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 Cherry's (631-597-6820) in Cherry Grove and The Pavilion in The Pines. The ferry dock is in Sayville and ferries run from the beginning of April to the end of October. A round trip currently costs \$12 (ferry schedules and rates:<http://www.pagelinx.com/sayvferry/>). For more information on the area visit [www.cherrygrove.com](http://www.cherrygrove.com)



## *Queer Bar & Club Directory*

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

~**The Bunkhouse** (567-BUNK) is located at 192 North Main Street (Montauk Highway), Sayville. They are open every day of the year.

~**Thunders** (423-5241) is located at 1017 East Jericho Turnpike, Huntington.

~**Honey's** (472-3243) is located in 667 Montauk Hwy., Bayport.

~**Forever Green** (226-9357) is located at 841 Broome Avenue, Lindenhurst

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](http://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. It is only 60 miles away and it will take you 1.5-2 hours to get there depending the type of transportation you decide to use. Obviously we can not summarize what you can find in the city in a few pages we can only give you a taste of what is available and some helpful hints. A good guidebook (you can pick up one in every bookstore) is always helpful when deciding on what to see. It will also tell you stories behind the scene to make you fully appreciate the core of the City.

### *What to Bring*

If you are traveling to the city on a train, purchase your tickets at the train station before boarding the train. This will save you a few dollars since the ticket costs more when purchased on the train. If you plan to visit New York City often get a 10 tickets pass at the Penn Station. Buying a pass will also save you some money and the trouble of purchasing tickets every time you travel. If you do not have a city map, you may ask for a free subway or bus map at most of the subway stations when you get there into Penn Station. Another option is to check out the subway map at: <http://www.lirr.org/nyct/maps/submap.htm> before you start your trip. A cell phone or quarters to use at pay phones will help in case you get lost. If you plan to drive in bring a fair amount of quarters or dollar coins for parking. If you decide to park make sure you read the parking signs very carefully, the tickets for illegal parking are really steep. There are also many parking garages but most of them are quite pricey and their price ranges depending on the day and the time, so if you plan to choose that option bring a credit card with you if you do not feel comfortable with a lot of cash on you.

### *How to Get to New York City*

Most new students go to New York City by train. The LIRR Stony Brook train station is at the north end of the campus, near the Sports Complex. Once there, obtain a copy of the Port Jefferson line timetable or you can check the schedule at <http://mta.info> before you go. If you go off-peak (anytime other than the traditional weekday morning and evening rush hours) your one way ticket to the major train station of NYC, Pennsylvania Station, will cost you \$9.50. The trip takes a little bit under 2 hours each way and you will need to listen to the announcements where to switch trains (usually Huntington or Jamaica, but things get more complicated late at night). If you decide to drive, take Nicolls Road south to either the LIE (495) West or 347 (Nesconset Highway), which becomes Northern State Parkway west. LIE will take you directly to Midtown Tunnel. 347 West will merge with the Northern State Parkway West, which will connect with to Grand Central Parkway and then Triborough Bridge. Check <http://www.mta.nyc.ny.us/bandt/traffic/btmain.htm> for prices of tolls for most bridges or tunnels from Long Island to Manhattan. Queensborough Bridge is free but it is not connected to major highways. If you take the Queens Boulevard (Rt. 25), it will lead you to this bridge. Another free



bridge that will bring you downtown is Williamsburg Bridge. To get to this bridge, take the LIE to BQE (Brooklyn Queens Expressway), and then follow signs to Brooklyn and then Manhattan, to get to the bridge. Street parking is available but is extremely difficult to find. Make sure to check the signs since the city police will not spare tickets or towing if they catch you in a no parking zone. Another option is parking in Queens along the Queens Blvd. and taking a subway from there.

### *Once You Get To Penn Station*

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

### *City During in the Day*



The Empire State Building is a good place for the first time visit. It is located at 34<sup>th</sup> St. and 5<sup>th</sup> Ave and can be reached by subway. NY Waterways at Pier 78 or 83 can offer you a great scene of Manhattan from the river. You have several choices for a cruise. The 90 minutes cruise going around Manhattan will get you both a feeling of New York skylines and a close look at the Statue of Liberty. The cruises start from \$20.00. You may need to check the web site [www.nywaterway.com](http://www.nywaterway.com) to purchase a ticket in advance during the summer peak season. At the web site you can also learn more about other cruises offered. Rockfeller Center and 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., etc. It may not fit in the purchasing power of graduate students but window shopping might be fun sometimes.

## *Museums and art galleries*

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

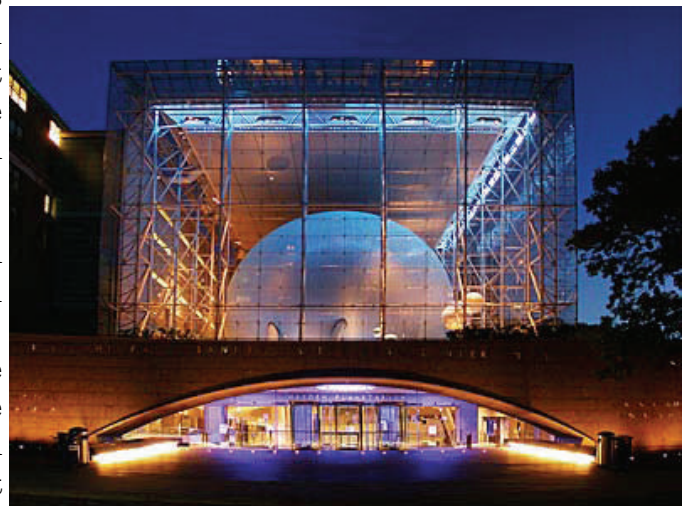
**The Metropolitan Museum of Art (Met)** and the **Solomon R. Guggenheim Gallery (S.G.)** are very close to each other. Take the 4/5 from Grand Central Station uptown to 86 St., head west a few blocks to the 5th Ave and proceed to 82 St. The Met is closed on Monday. A student recommended donation is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

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

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

Many art galleries and stores can be found in Soho. Soho is an acronym for “South of Houston Street.” Take the subway to Canal or Prince St. Stores and galleries are mostly along Prince Street. Fashion boutiques in iron casted lofts are typical outlook of Soho. East Village is another fun area to visit. Take a 6 train to Astor Place and just look around. If you walk around between 1st and

3rd Avenue and 8th and 1st street you will find many little shops and restaurants that feature cuisine from all over the world. Just feel like relaxing? Central Park is huge: it runs from 59th St. way up into the 100th street! You are guaranteed to find something interesting to do here. Among other things, they have free concerts and plays, a skating rink, a canoeing area, dozens



of bike and jogging paths, and a zoo. Check out schedule of free summer performances at [www.summerstage.org](http://www.summerstage.org). Once you know Manhattan pretty well, start venturing into other boroughs. Some neighborhoods in Queens and Brooklyn are quite colorful and fun to 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 42nd Street. From there, you have access to dozens of Broadway theaters, which are pricy and usually sold out so you should plan on getting tickets ahead of time. Lincoln Center, home of the Metropolitan Opera, is located at 62nd St and 9th Ave. Less commercial theatre can be found Off-Broadway and Off-Off-Broadway. East Village area hosts a variety of small theatres that could be fun. In Times Square, the TKTS booth sells show tickets for the day at a 25% and 50% discount for a variety of Broadway shows. It opens around 2 PM. Shows usually starts at 8PM and last for 12 hours. If you do not want to risk not finding tickets you can purchase them online from [www.ticketmaster.com](http://www.ticketmaster.com) or [www.telecharge.com](http://www.telecharge.com). You can find all types of bars, clubs, cabarets, live shows depending on you taste and the amount of money you are willing to spend. You can search [www.newyork.citysearch.com](http://www.newyork.citysearch.com) to find price and locations of different venues.

### *A Word of Caution*

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

### *To Find Out More*

Great websites to visit to find out what is happening in the city: [www.ci.nyc.ny.us](http://www.ci.nyc.ny.us), [www.nysidewalk.com](http://www.nysidewalk.com), [www.nycvisit.com](http://www.nycvisit.com) and [www.ny.com](http://www.ny.com).

## AREA MAP



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Café now open for daytime hours featuring panini, espresso drinks, coffee, teas and an assortment of desserts!

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*Café:*

*Monday - Friday*

*12:00noon - 5:00pm*

*Lounge:*

*Wednesday - Saturday*

*5:00pm - 1:00am*

*Location:*

*1st Floor Student Union Building*

*Enter by outdoor patio opposite the Sports Complex*

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