The Office of Commuter Student Services (CSS) is a University administrative office whose mission is to contribute directly and indirectly to the enhancement of the educational experience of all undergraduate commuter students of Stony Brook University.

We accomplish this by providing services, programs, advocacy, research, and outreach.

The Roads Scholar is the official newsletter of Stony Brook University commuter students.

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Inside:

The Best Places to Park On Campus Day to Night

Stay Entertained during long commutes and other commuter advice!

Poetry by several authors

...and more!

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I’ve humbled myself a few times before
Knocking constantly on the farfetched door
I couldn’t suspect, that I’d be leaving, when that door never opened
I suppose all this time; that I’ve been dreaming
Faith hovering mountains
Like a blanket of life
Adrenaline of determination
A moment to open my dark eyes
I’m gone from that place now, travelling in search of who I am
I feel the same; as I once did
Like a child
So many possibilities inspire my mind of magic
The smell of the crisp air
Rejuvenates my spirit
I’d shout with my heart
So that whole world could hear it!
We all know parking on-campus could be a pain sometimes, so here is a quick guide to assist you to find a parking spot when you need one.

**Before 4 P.M.**

**SOUTH P LOT**
Although riding the Express bus may be a drag, the South P Lot provides plenty of spaces for commuters. The Express bus service is pretty convenient, except there are times when many students stand on line at the Express Bus Stop near the Engineering Building. For example, at 4 PM, sometimes the line contains almost two or three buses worth of people.

**GYM ROAD LOT**
If your first class is at 8AM, you will more than likely find a spot in Gym Road and can walk to the Academic Mall. Any later and it may be seldom to come across a spot in the Gym Road area until after 4 PM. After that time, it may be easy to get a spot in the Faculty/Staff lot right next to the Gym Road lot.

**RAILROAD LOT**
If you use the North Entrance to the University, the North P Lot is easy access to you. You may have to wait for a bus to the Academic Mall, though. Buses are more frequent when trains arrive, but you can take the Railroad bus or Outer Loop bus to arrive to your car.

**After 4 P.M.**

**SAC PARKING LOT (H LOT)**
The SAC Parking Lot is a Faculty/Staff parking lot from 7 am until 4 pm. Since some faculty start to leave at 4 pm, this parking lot is perfect if you have late classes in ESS or Physics & Math, but it can become difficult to find a spot since so many students are moving their cars from South P or North P.

**STADIUM/UNION LOT**
The stadium is another great place to park after 4 o’clock if you have late classes near to the Union or if you are visiting a friend in H or Mendelsohn Quad. From experience, the Stadium lot stays full until around 6 or 7 at night, but the faculty lot near to the Union starts to become available around 5 or 6 pm.

**RESIDENTIAL LOTS**
ALL residential lots are not allowed for commuter use between the hours of 7 am and 4 pm. If you are going to a dorm to catch up with some friends or just catching a bite to eat in Roth, there usually are spots in the residential lots after 4 pm.

**After 7 P.M.**

**ANY METERED LOT**
Metered lots are open to everyone after 7 pm. These lot are very convenient, but those that are close to the Academic Mall fill up (i.e. SAC and near to Union). You may be able to snag a spot near Pritchard Gymnasium or Heavy Engineering, though!

**PARKING GARAGE**
The Administration Parking Garage is enforced 24 hours a day and costs $2 per hour to park there. I would say to park there for emergencies only (late to school, snow, etc.).
BE YOUR OWN RAINBOW
a poem by Qurat-ul-ain Gulamhussein

Believe
when the sky greys, the sun plays
hide and seek, when you try your best to seek
the fading rays of light, when you watch the last sliver of hope slip right
through your fingers, when the blanket of disappointment always lingers.
Believe when the land abruptly cracks into half because of a mean thunderstorm,
when words like justice, love,
when colorful dreams shatter
nothing seems to get better,
every lonely, gloomy night,
who is always in flight –
for you to hold. When the
to your heart beat,
soul, and mind take you,
you’ll begin to notice
patiently waiting for you.
a stronger, more confident you
back color into your life.
just Believe.

and peace lose all form,
like sharp shards of glass,
when your eyes suffer a rainfall
when sleep is like Princess Time
apparently way too sublime
entire world lies, just listen closely
follow along where your feet,
be whatever they make you. Soon,
the rainbow which was always there,
You’ll see a reflection of you,
in the rainbow which will bring
You can discover all this if you
Simply Believe.

From July 22-25 2012, 3000 leading advocates, speakers, teachers, parents, and students came together in Cincinnati, Ohio for the Children’s Defense Fund conference. I was fortunate enough to listen to Maya Angelou speak of how each of us should be the rainbow, the person who brings hope and love to the lives of millions of children and youth who haven’t been served justice. Inspired by her speech, I wrote a poem that motivates children and youth to be your own rainbow. Often, you need to believe in yourself and realize that you are the person who can become your biggest supporter. We all support you, but just remember; believe in yourself.
What happens if I get bored of electrical devices while commuting via public transportation? Sometimes I think it’s too long and I want to sleep it off.

Commuting is an excellent way to review your notes after class! Re-reading course material shortly after you’ve processed it the first time can aid in memorization. Plus, you can start viewing the concepts as a whole instead of parts of a lesson. When you are ready to recall on specific information, you would have already learned to integrate it with your prior knowledge because you took the time to assess the material and link your own perceptions on it.

I get irritable while reading anything or even playing with my handheld device. What else could I do if I am traveling by car (not as a driver) bus and/or train?

It may sound cliché’ but, try thinking quietly in the passing time. Meditate and focus on you and how you are feeling by naming emotions and figuring out why you feel the way you do. You can alleviate stress this way, because you are allowing yourself personal time even in the mist of travelling. Become concentrated on your breaths. Review notes in your head. Manage a schedule.

What if I am driving and get motion sickness?

Well, one way to fight the feeling of nausea is to chew gum. We may have heard this before as this remedy has been out for decades; chewing gum will help to counter physiological symptoms of motion sickness. Due to slight altitude increases during motion, our sinuses and ears experience pressure change, thus may result to our Eustachian tubes (middle section of the ear, “auditory tube,” that connects to the throat) becoming blocked (John H. King, et al.). By chewing, a swallowing reflex initiates the jaw and pharynx muscles to become active; allowing signals to be sent which allows the auditory tube to remain unified with the throat allowing normal oxygen exchange. Make use of the time!

References
WORD SEARCH

BICYCLE
BUS
CAR
CARPOOL
COMMUTER
EXPRESS
PARKING
RAILROAD
SEAWOLVES
STONY
STUDENT
SUNY
WOLFIE