Whether they are called Netbooks or mini-laptops, one has to notice how small, lost cost and efficiently powered they are. They are one of the hottest pieces of technology to hit Stony Brook campus and are especially convenient for commuters. If you are looking to buy one, let's run through the specs of the best ones out there.

Asus Eee PC 1005HA
The Asus Eee PC 1005HA is a sleek netbook with its attractive design and tapered end keeping it below the 1.1 width at its thinnest part and 1.4 inches at its thickest part. It is in the middle price range for netbooks ($379), but doesn't budge in the quality and performance. With its Intel Atom N280 1.66GHz Processor, 1GB RAM memory, 160GB hard drive, and XP Home that you can update to the new Windows 7 operating system, this beauty is perfect for any Stony Brook student on the go and ready to take notes during class. The 10.1 inch screen allows for a decent size to watch lectures and even movies in between classes or during free time. With its removable six cell battery, you can get an impressive seven hour use with a fully charged battery. Though the glossy finish is prone to fingerprints, one can still respect the highly portable (2.9 pounds!) netbook.

Asus Eee PC T91
The Asus Eee PC T91 is a small and light netbook with a touch-screen interface! This netbook is very successful considering it is one of the first netbooks to combine such a feature into a portable laptop. The rotating display, which can be spun 180 degrees and also folded down to show touch screen on top, reacts to your finger or a stylus. The touch interface includes large icons that are easy to select. Though on the higher end price range for netbooks ($499), this Asus wonder takes the traditional netbook and converts it into a tablet that is great even for a nine inch screen. Though it has a slower version Processor (1.33GHz Intel Atom Z520), it has the newer 16GB SSD which is a hard drive that is less prone to damage. However, some may prefer the older hard drives because it allows for more space. Being only 1.1 inches tall and 2.1 pounds with the bigger battery, this portable piece is great for taking notes in class on a touch screen surface, as well as doing the contemporary typing on the keyboard.

Acer Aspire One D250
The Acer Aspire One D250 is probably the most affordable laptop today that doesn't compromise any of the latest features. With a price tag of only $298, its thinner and weighs less than Acer's previous models due to its three-cell battery which gives you a smaller battery life. With the 1.6 GHz Intel Atom N270 Processor, one GB memory, 160GB hard drive, slender one inch height and weighing only 2.36 pounds, this netbook seems in the price range and best size for students. In colors such as Ruby Red, Diamond Black, Sapphire Blue and Seashell White, the netbook not only becomes a convenient means to surf the web, type up notes or papers, or listen to lectures, it also becomes a beautiful accessory.
Breakfast at 50 mph: Easy Eating Options for Commuters

By: Mike Cusanelli

As a commuter, it can be hard to wake up on time and make yourself something to eat before going to school. Most people just grab a pop tart or a bagel, but some don't eat anything at all. The truth is, by not eating breakfast you are only doing yourself a disservice. Eating something, anything, in the morning kicks starts your metabolism and helps your brain to wake up so you can be alert and attentive in class. By not eating breakfast in the morning, you are not only depriving yourself of energy, but you create a sort of “hunger-vacuum,” making you want to eat more come lunchtime. So, even though you may not feel like eating much on the commute, try hard to eat something light. Also, anything with peanut butter or cheese can really help your brain jump into high gear. These foods are high in protein, which is a great way to make you wake up and supercharge your brain for those early morning tests and quizzes!

If you can't grab something to eat at home, there are other options. Stony Brook has tons of different choices for breakfast. Check out the Starbucks on the second floor of the Union for a quick coffee boost, and maybe grab a scone while you're there. If you don't like Starbucks, there’s a Dunkin Donuts in Tabler Quad that can provide you with donuts, bagels, and more. A third option is the ever reliable Student Activities Center, where an entire breakfast bar awaits even the pickiest eater. Just remember to have you meal card or some cash on hand, as eating out can get expensive.

If you're more of an on-the-go eater, try grabbing a pop tart or a bagel before you leave the house. Look for different foods you are willing to experiment. Just like with classes, put some effort into your nutrition and you will see results. And you'll thank yourself later when you get to class and can actually keep your head up during that lecture that is impossible to get through!
New York Sports
By: Aaron Jacobs

The New York Yankees have been celebrating the 27th World championship in the illustrious history of the vast Yankee Empire. Could there be a better way to open the new Yankee Stadium than with a World Championship? With an off-season that included signings of three major players, C.C. Sabathia, AJ Burnett and Mark Teixeira, Yankee fans expected results, meaning a World Series title. This is nothing new, however, as Yankee fans consistently expect greatness.

While Yankees fans are sad to see the season end, New Yorkers gear up to see the Knicks tip off another season of basketball. This new season has been accompanied by an uproar of questions pertaining LeBron James, who is arguably the best player in the NBA. Knicks fans have already made custom Jerseys with LeBron’s name and number on the back, and the consensus is LeBron may be coming to the Knicks in the 2010 off-season. It is not surprising to see that LeBron has made headlines more than the Knicks franchise, since the team has been in disarray since the beginning of the decade.

The National Football League (NFL), kicked off its season in early September. With a New season of football came the same old expectations for both professional New York teams. Both teams came out of the gate with a bang - the New York Jets starting 3-0 and the New York Giants starting 5-0. Since the season began both teams have cooled off considerably, and as the NFL approaches week 10 the Jets lost 4 of their next 5 games and now stand at 4-4, second in the AFC East to The New England Patriots. The Giants have lost 4 straight games, after a start that had fans talking Super Bowl, and now are third place in the NFC East behind the Cowboys and Eagles.

Both teams can blame the struggles this season on many different situations that turmoil teams throughout a season, but the injury bug has bitten both teams that crucially could impact the rest of the season.

One thing is for sure, in what is considered by many the sports capital of the world, New York sports will continue to pursue greatness because it’s what New Yorkers expect.

From the Road!

All Roads Lead to South P!
By: Tom Livingston

Thousands of commuters arrive in South P every morning, afternoon, and night. They come from everywhere. I myself, come from Nassau County about thirty five miles away from Stony Brook. With so much traveling experience, I present to you:

The Best Ways At The Best Times to get to Stony Brook

Nicholls Road: On this road you can either fly or crawl. Late morning and early afternoon hours, seem to be the best time to travel on this road. However, around 5 PM, avoid it like the plague. You will sit in traffic. Mornings vary, sometimes its bad, other days its not. From 7AM-8AM seems to be the worst time to travel in the morning to campus via Nicholls.

Long Island Expressway: Weekday evenings, east and west bound can be quite congested. You are better off taking 347 or the Northern State, depending on which direction you are headed.

For those who live in the South, Sunrise highway to Nicholls Road is a great way to go. There is never much traffic. You can also take the Southern State to the Sagtikos Parkway to Northern State Parkway, but in the mornings, the Southern State Eastbound merging onto the Sagtikos always has traffic on it.

Roads in the cold weather: Snow travel can be very dangerous depending on the roads that you are on. Highways with a lot of tree cover (Northern State, Sagtikos, Southern State) should be avoided on snowy mornings. The sun cannot melt the ice on those roads because of the tree coverage. Your best bet for days like this are taking the LIRR, traveling on Sunrise Highway or the LIE. Also, Nicholls’ Road dips down on its inner edges, a potential crash area when roads are icy, so be careful.
Fun and Games

Commuter Word Search

WORDS TO FIND:
- BUS
- CAR
- COMMUTER
- ASSISTANT
- PARKING
- REDHOT
- ROADSS
- HOLOR
- SEAWOLVES
- SOUTHP
- STONYBROOK
- TRAIN

Here are a few tips to help you become de-stressed and re-energized!

Be organized!
Get a pocket agenda and a large calendar, this way you have your schedule on you at all times, and a larger version at home (both sold in the book store on campus.)
Input your schedule on your calendar and agenda.
Even include doctor’s appointments, interviews, meetings and any extra curricular you might be involved in! You may want to use different colors or high lighters to differentiate each activity. This will help you get things done more efficiently and prevent you from procrastinating!

It's okay to say No!
It's important to know what you can handle. Only you know how much you can endure. Sort through your activities and see what most important to you! Remember once you make a commitment it is important that you stick to it. If you do not feel you are able to fully commit to something don't…it's not fair to you or who or what you are committing to. It's important to put some "Me Time" into your schedule too!

Stay Healthy & Exercise!
It is proven that those who stay active are less stressed out. Exercise is a great way to stay healthy and reduce stress. Join in a pick up game of basketball or go run the track in the sports complex, anything that gets the blood pumping will help relieve stress. Remember to eat healthy as well! Be sure to eat three meals a day, and try to have healthy snacks in between. Fruits and snacks such as pretzels or granola bars are great in between classes. Vitamin B is shown to help relax and smooth out your mood. Drink plenty of water and fluids to keep your body from becoming dehydrated. Stay clear of sodas as they will actually make you MORE thirsty!

TAKE 5!
Once a day take five minutes to relax. Whether it's in the car, in the park on a bench, or in the middle of the SAC. Take a few minutes to clear your mind and shut your eyes. You will absolutely feel refreshed after!

Do what you enjoy!
Go for a bike ride, hang out with friends, bake some sweet treats or try something new (This week I am going to try trapeze)! Doing an activity that you enjoy will let your mind wander away from the stresses. When you are done and return back to the chaos of everyday life, you will feel revived and empowered!

Sleep!
Lastly, sleep is the most important factor, and often the most forgotten. As college students it comes with the title to stay up late hanging out with friends, pulling “all-nighters” for that big psychology exam, but we are hurting ourselves by doing this. Sleep is the time that our body gets to renew, but taking this time away, our bodies will end up crashing from not having enough energy. Although not always possible, try to catch eight hours of sleep each night! A steady sleep pattern will make you feel ready to go in the AM!

Remember, stress is all around us. Learning how to manage stress and finding what method works the best for YOU will not only make your college life more enjoyable, but also make LIFE more enjoyable!
Hello Fellow Commuter Students,

I wanted to take this opportunity to talk to you about a new campus committee designed to get you involved at Stony Brook! The name of the committee is the Campus Involvement Project and currently, we are speaking to freshman 101 classes and incoming transfer students about the benefits of getting involved on campus. The committee is made up of student leaders that all believe that getting involved on campus has a range of benefits that can literally make your experience at Stony Brook great.

Before I say more about the committee, I would like to share a little bit about the beginning of my career as a student at Stony Brook. Like many of you, I am a commuter student and I spent almost zero time on campus. My day was somewhat like this; going to class, going home and then being bored. Many of my friends from home went away to school and I felt lost. On campus, I felt like a small fish in a BIG pond and I didn’t have the circle of friends I did in high school. I knew that I needed to change things up. Does this sound familiar?

So I took action and first got involved as an orientation leader at Stony Brook. As an orientation leader, I found that the opportunities were endless. I met almost all of the administration and advisors and quickly felt at home at Stony Brook. I also became a commuter assistant to mentor incoming freshman. I desperately wanted to give incoming students a heads up about the benefits of getting involved. Through my experience, I wanted to help others. Now, I am the special projects coordinator of commuter student services, have created the Campus Involvement Project and conduct my own independent research! Stony Brook has so much to offer. If I hadn’t taken that first step, I never would have had the amazing experience I am.

What I am trying to say is that the benefits of getting involved are endless and the Campus Involvement Project wants you to know that. Not only will you have fun and enjoy your college years more, you will make friends that will last forever and make contacts that can help you in your future endeavors. You may even build relationships with faculty that will be advantageous in your pursuits. Don’t just be a student at Stony Brook, show your Stony Brook Pride and become an active member of the campus community! Embrace your college experience!

Sincerely,

Tim Aiello