

FALL 2010

# The Roads Scholar

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 at 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.

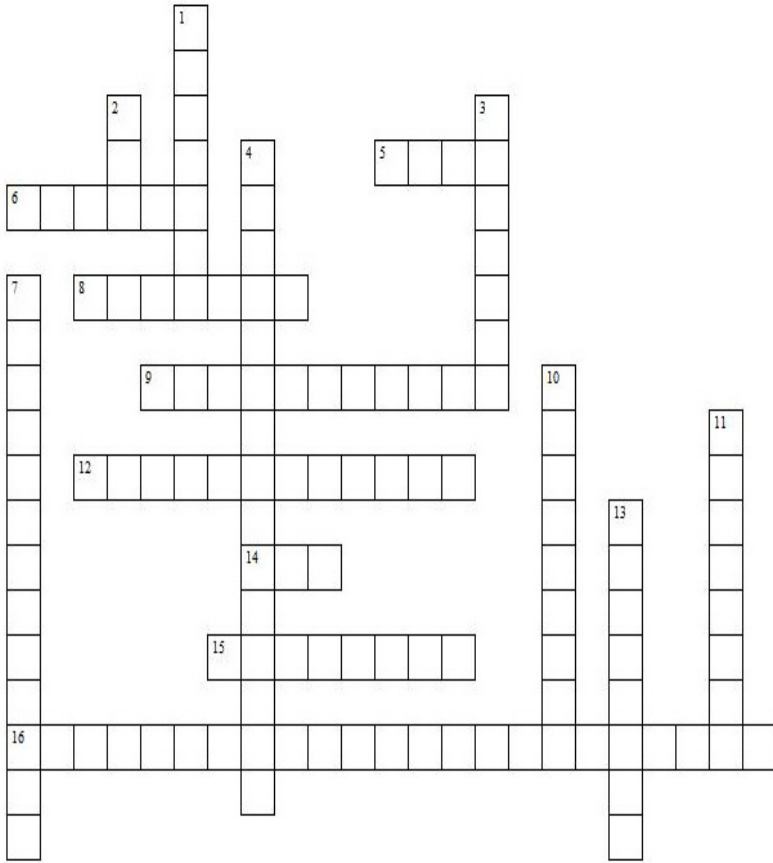


Commuter Student Services  
224 Student Activities Center  
631.632.7353  
[commuter\\_services@notes.cc.sunysb.edu](mailto:commuter_services@notes.cc.sunysb.edu)

EDITED BY: KATIE EPIFANE  
DESIGNED BY: AMANDA LAI AND KATIE EPIFANE

# Fun and Games

## The Roads Scholar Crossword

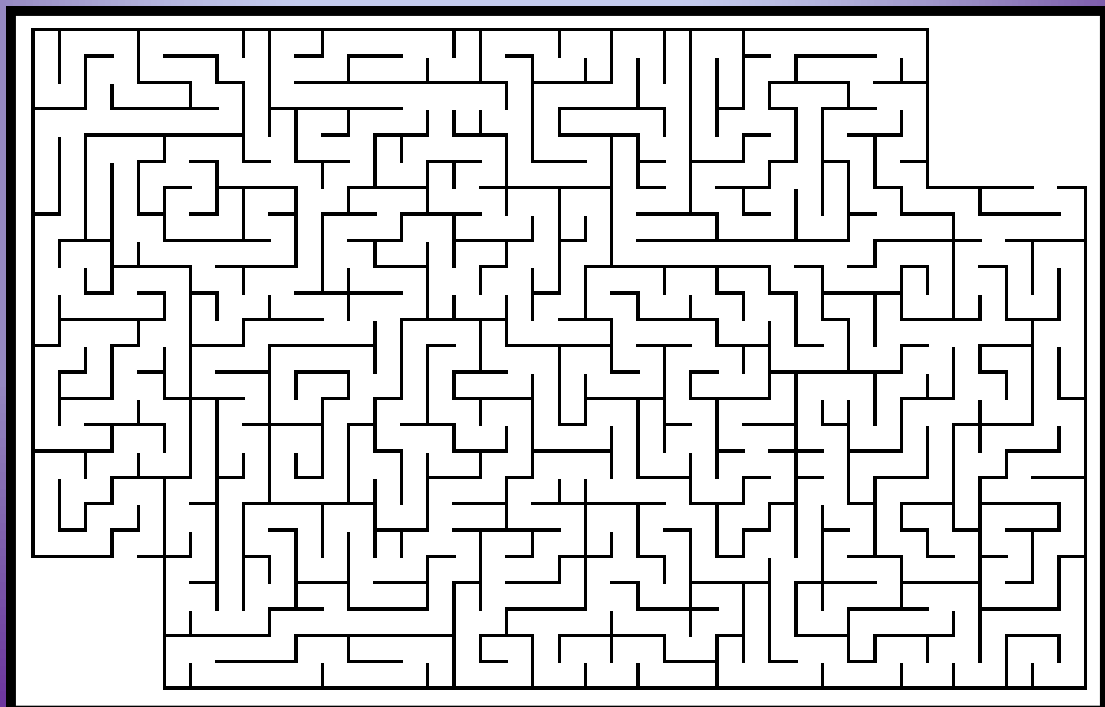


### Across

5. Popular musical television show
6. Writing utensil that will always write in the rain
8. The Empire State
9. What's a Seawolf?
12. Holiday associated with turkey
14. Automobile
15. Person who does not live on campus
16. Center of campus

### Down

1. Last name of Stony Brook University president
2. Apple computer
3. Stony Brook University mascot
4. Name of the commuter newsletter
7. Next stop east of Stony Brook on the train line
10. Home of the Pumpkin Spice Latte
11. Name of the library next to the SAC
13. Person who does not live on campus



Stony Brook

# Fun and Games

Books on Tape  
Commuter  
Car  
Wolfie  
La Valle  
New York  
Organized  
Parking

Red Hot  
Stony Brook  
Seatbelt  
Seawolf  
South P  
Superstar  
Radio



R R N H X O M E L L A V A L V  
P O A Q B U D K W M E J W V V  
M V Q C N R A T S R E P U S Y  
N I O Q B O O K S O N T A P E  
K I S G C Q M C G X N D R D H  
R D E Z I N A G R O P V Y S T  
O C Y H X Y R R K T W S Z T V  
Y W K H R Z E T Y L L E V O N  
W G D U E V T L W E Q A S N G  
E N D W D B U Z O B T W O Y M  
N I B C H R M N L T N O U B L  
U K N O O A M I F A C L T R U  
T R F C T D O D I E W F H O C  
E A I T A I C D E S Z C P O E  
P P M C S O Z K V V B O J K J



COMMUTERS

# Financial Fitness

By: Ashley Marotta

As commuters, we all know how expensive it can get. Between the gas from driving back and forth to campus every day, food and any bills you may have, the money in your bank account seems to vanish quickly. Here are a few tips to keep you from breaking the bank every week and straying away from the title, "Poor College Student":

## You don't have to buy your food every day

Start bringing your own food! Rather than buying coffee or tea on campus or at Starbucks on the way to campus, make it at home and bring it in a thermos. Since breakfast is the most important meal of the day – don't skip it because you're in a rush and then buy something quickly before class. Bring a bag of dry cereal to munch on during your morning class, or an "on-the-go" food like a Pop Tart along with some fruit like grapes or an orange. Another good idea is to prepare your what food you are going to bring to campus with you the night before. Fun fact—there are microwaves on campus! So, bring those delicious leftovers in a microwavable container and reheat it in the SAC for lunch or dinner! Also, filling up a thermos with ice and water is better than buying bottled water throughout the day. Help the planet and refill them at a water fountain!

## Carpool

Do you have one or more friends that have nearly the same schedule as you? If so, take turns driving and save the gas and money... Conserve gas and the environment!

## Bargain Shopping

We all like to reward ourselves with a little shopping spree here and there. But, be careful with that debit or credit card. Look out for sales when trying to find that nice new outfit for the weekend and take advantage of coupons when it comes to grocery shopping. Many stores also have punch card systems to earn points and coupons – take advantage of them! They're free! And did you know some stores and movie theaters have student discounts?! Be sure to ask or look for a sign at the register! And don't forget thrift stores! You'd be amazed at the things you can find.

## Sell your old junk!

If you and your family or friends have a large amount of unnecessary stuff taking up space in your home, sell it! (*Another great tip for garage sales is to have a cooler filled with bottled water for a dollar.*) And any old text books you have lying around collecting dust, put them on EBay! You'd be amazed just how high that bid will go up to! Dig through your closet, find those clothes you'll never wear again, that jewelry that's sitting in your music box you've forgotten all about, and any books that are taking up space on your shelf sell them and get money back!



# Fall Fashion

*By: Stephanie Hayman*



**Fall;** it is the season of crisp temperatures, changing colors, and pumpkin pie. Aside from that, it is a time to spice up your wardrobe with trendy couture! A great outfit, sleek pair of boots or killer outerwear can brighten up even the gloomiest of days. So, for all of you SBU fashionistas out there, here are the looks that will make you stand out on campus this season:

**Ladies:** if you're looking for a dress, embrace being ladylike, and go for the *Mad Men* look. Bring back the 60's by wearing a hip-hugging sheath dress with a below-the-knee hem. Retro dresses are both festive and flattering.

Lace is making a big comeback. This antique look is being incorporated into shirts, camisoles and vests with a classic approach. Though this trend is not new, it has grown and evolved since it was originally introduced (lace clothing began its popular emergence into clothing culture in Spring 2010). Wider nets, unique patterns, and sturdy fabrics are turning lace into a sensual, but not overly suggestive style. Vintage lace dresses and skirts are being paired with heels, while lace tops are popularly worn with light, dark or nude colored camisoles underneath.

The traditional button-up blouse is taking a sophisticated turn – for the better. In opposition to bulky flannels and oversized boyfriend button-ups, blouses should now be worn buttoned up to the collar in order to portray a refined, feminine look. This look, although very modest, exudes an air of confidence. The collared shirt can be paired with a minimal skirt, shorts or high waisted pants for a variety of looks and interpretations. The best part, ladies, is that most of us already own a handful of collared shirts. Now, there are a variety of new styles among us, with the clothing that we already own! Now, for the suave gentleman on campus...

**Men:** There are a variety of new trends that may interest you: The military look remains in fashion, but the trends have been updated. With inspiration from 20<sup>th</sup> century military conflicts, the look is incorporating both army and air force motifs. The bomber jacket and the greatcoat are two pieces of outerwear that are integral to this fashion revival. The coats have fitted waists, can be detailed with brass buttons, and are usually single or double-breasted. Additionally, if you really want to look like a true fighter ace, you can amp up your appearance with a pair of aviators. If you are the type that takes pride in dressing for success, you will probably benefit from updating suit trends. The best type of suit for this season is one which incorporates the best elements from the peak eras of men's suiting (the Victorian Era, the 1930's and the 1960's). Exude your masculinity by utilizing the three key suit elements of the season: broad shoulders, a slim waist, and slim trousers. Additionally, the popularity of double-breasted suits is back! Go for an ultra-classy look by pairing your suit outfit with a bowtie. Though, gentlemen, suits are not part of the typical "campus wardrobe", they're a great alternative for important nights out or for job interviews.

For more of a casual look, beige Dockers paired with a polo shirt is always in style. This fall, play with your appearance to make it seem more "nautical". Along with the military style, the nautical look, consisting of dark blues, pea coats, leather and suede shoes, has taken men's fashion by storm. Remember, a minimalistic look is what makes "it" happen.

Give those sweatshirts a rest! Put your favorite jeans on vacation, and use these tips to try to jazz up some of your existing looks. Make a statement this fall, and show off your new and improved *Seawolf Style*.

# Caring For Your Car In The Winter

**By: Esther Leytush**



I believe the majority of commuters drive to school, but driving can be a bit tough when your car isn't running, or simply out of commission. Here are some tips and pointers on how to care for your car so that it keeps running all winter long.

## *Don't Do Dry Starts:*

The number one wear on new and old engines alike is the dry start. That is, putting the car into gear without waiting for it to warm up. During the winter, oil becomes viscous and flows badly. It needs some time to heat up before it can adequately lube up the inside of your engine. You risk internal engine damage every time you start driving without letting your car warm up and this is especially prevalent in the during the winter season.

## *Check Oil Levels:*

Old cars especially, often have issues like oil leaks and burn oil on long drives. Check under your car for dark spots on the ground to see if your car leaks oil. Check oil levels at least every three weeks by pulling out the thin piece of metal with a finger handle that sits somewhere in the vicinity of your engine. If the oil line is below the second dot from the far tip, make sure to add just enough oil to bring your levels back up to that dot.

## *Tires:*

Check that your tires have ample tread left to battle rough ground conditions. Sliding on ice or snow is highly dangerous. Also, keep your tires at the right air pressure for maximum steering control.

## *Antifreeze:*

Check your antifreeze levels at your next tune-up or lube change. Antifreeze lowers the freezing point for your engine, keeping it from breaking under the pressure of extreme temperatures.

## *Snow and Ice Conditions:*

When clearing snow and ice off your car, make sure to clear off the roof as well otherwise, the snow might either move down to cover your back windshield or even fly off to hit the car behind you when driving. To prevent your windows from icing over, try putting cardboard or plastic covers over the glass, and removing them when you're ready to drive. And don't forget to manually check that all your lights are working. There's nothing more dangerous on an icy road than not seeing that



# Eating Healthy To Be Healthy

By: Esther Leytush



Eating healthy isn't always easy, but this issue is important because food directly impacts things like body energy levels, our ability to focus, our emotional stability and our physical well-being. When you eat well, your body is able to function in a way that makes life a lot easier.

Forget the Food Pyramid! Strict diets like the Atkins Diet or the South Beach Diet might not be for you. A basic rule of thumb that you could follow instead is to remember the following food groups: carbohydrate-based foods, fruits and vegetables, and protein foods.

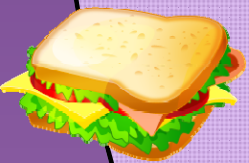
Carbohydrate-based foods are things like pasta, bread, pizza, cereal and other foods that make grain a basic ingredient. These foods are the heavy sort. You should try to not eat too many of them. This group is extremely popular, partially because a lot of American food is based on it, and partially because it's easy to feel full after eating it. However, I urge you to eat less of it, because it's often difficult for your body to digest, and will make you feel heavy and sluggish after ingesting if you eat too much of it.

Fruits and vegetables are plant-based foods like salad, vegetable soup, tomato juice, etc. These are the easiest for your body to digest, so I suggest loading up on them as often as you can. This is the most important food group available for consumption. Eating a banana doesn't seem like much of a meal compared to eating a slice of pizza and this is because this food group, unfortunately, doesn't always make you feel full. But, guess what? This group makes up for that because fruits and vegetables, especially fresh ones, have important nutrients and vitamins that you simply can't get in any ol' food group. And I'll let you in on a secret: fresh food has higher bioavailability than artificial supplements. This means that if you take a pill equivalent of the amount of

Riboflavin (Vitamin B-2) available in a banana, your body will be able to use less of the supplement than if you simply ate the banana. But remember, if you eat fruits or vegetables that have been overcooked or simply fried, most of the nutrients and vitamins inherent to that fruit or vegetable are destroyed in the process. So, eating french fries doesn't count as part of your daily vegetable intake.

Protein-rich foods consist of foods like meat, beans, eggs and lentils. American society has us consuming more protein-based foods than we actually need and often, people will eat meat twice a day. However, this actually contributes to how tired and physically unwell people feel. Follow two basic rules for this food group: Eat only quality protein such as lean meats and stay away from fast food. I'm sorry to break this to you, but a White Castle hamburger has the protein equivalent of a rock.

Good luck and good eating!



# Parking After Hours

By: Alyson Schwartz

Ever been on campus late studying for a test alone or with a group? Take classes after 4 p.m. or 7 p.m.? Involved in club meetings at night during the week? If you answered “yes” to any of these questions you might be interested in other free parking options aside from commuter lots.

Commuter students are able to use the parking lots closer to the Academic Mall after certain hours. Before parking in a lot other than a commuter lot, remember to check signs at the entrances of the lots for any restrictions, as restrictions are subject to change! In addition, you can access an updated complete parking map at <http://www.stonybrook.edu/parking/parkingmap.shtml>

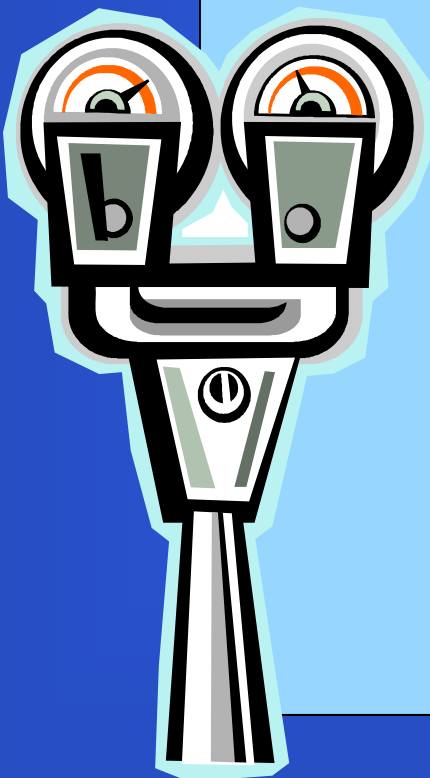
If you are parking after 4pm you can park in red coded **Faculty Lots**. For instance, this includes the Red-Zone Parking lot behind the Earth & Space Science Building. It’s important to note that some red coded Faculty/Staff Zones are enforced 24-hours a day-so check before parking!

In addition to the red coded Faculty Lots, you can park in the dark brown coded **Stadium Parking Lot** located behind LaValle Stadium after 4pm. Stadium parking tends to be a five to ten minute walk to the Academic Mall. Due to construction, however, you may have to walk through the Union in order to cross John S. Toll Dr. If you are interested in using Stadium parking throughout the day, you can put your name on the waitlist to purchase a parking permit. You can go to the Admin building or sign up at [www.stonybrook.edu/Parking](http://www.stonybrook.edu/Parking)

If you are parking after 7pm you can park in orange color-coded **Metered Parking Lots**. These lots can be found directly behind the Stony Brook Union, behind Administration Parking, behind Harriman Hall and behind the SAC. If you choose to use these metered lots prior to 7pm it is \$1.50 per hour.

On the weekends most dark brown, orange and red lots will be free as parking restrictions are only enforced Monday through Friday. In addition, on Saturday and Sunday the Administration Garage is free! So, if you are coming to campus on the weekend, the administration garage is a convenient alternative.

Please keep in mind that ADA or accessible (handicap) parking spaces, lots marked as 24hr parking, and parking garages are restricted and enforced at all times. Parking tickets can range from \$30 to \$100, so double check before parking!



# Ode to Fall



By: Caterina Reed

Come late fall!

Brilliant red and gold trees

Gather in a fiery forest.

The sweet-scented breeze

of honey and cider,

filling the crisp air

with an appetizing desire.

Ripe fruit

waiting to be plucked

By eager hands.

A timid twinkling river

Trickles and gazes

Towards the sky.

The golden sun

Gleaming and smiling

At the blanket

of colorful leaves

Playfully reflecting Fall's beauty.

