

The Roads Scholar

THE COMMUTER STUDENT NEWSLETTER

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Spring/Summer 2006

The Roads Scholar Takes on a New Look!

The Office of Commuter Student Services is proud to present the first online edition of The Roads Scholar.

The Roads Scholar is a commuter student newsletter which began in 1996. The clever title was selected in a contest in which commuter students submitted names and voted on the winner.

In the past, the newsletter was published by the Office of Commuter

Student Services and mailed to every undergraduate commuter student each semester. However, with this new, more efficient online format, we hope to make it easier for *everyone* to access the information including current commuter students, campus departments and prospective Stony Brook students.

We hope you enjoy it!



The Traveling Star

The Traveling Star Award is a new honor that was created and implemented by the Office of Commuter Student Services this academic year. The purpose of the award is to recognize commuter students who have positively impacted Stony Brook University. To be nominated the student must be an undergraduate commuter student who contributes to the success of a campus department in the position of student staff member, volunteer or constant figure in the department.

The first recipient of the award was Barima Yeboah, nominated by the Assistant Director of Campus Recreation, Marie Turchiano. Barima is the President of the Athletic Training Club and Chair of the Campus Recreation Event Planning Committee. He has been involved with Campus Recreation for four years and is a leader and positive role model for all Stony Brook students.

This semester, we had two new award winners. By sheer coincidence, the award winners have been friends since elementary school!

Arthur Perri, Jr. is the co-student coordinator of the Academic Peer Advisor internship in the Academic and

By Stacey Zannettis

Graduate Wells Fellow for Commuter Student Services

Pre-Professional Advising Center. In this position, Artie oversees other peer advisors, serves as a teacher assistant for the University's introductory seminar and gives presentations to students. In addition to his role as co-student coordinator of the Academic Peer Advisor internship, Artie is extremely involved with many other aspects of campus life including the Commuter Assistant Program, New Student Orientation, and the Stony Brook Republican Club. He was nominated by the Assistant Director for Junior Advising, Dr. Ellen Hopkins.

Kristen Gallo originally served as a Peer Career Advisor for the Career Center. However, because of her outstanding performance, the department created the position of Senior Peer Career Advisor for her soon after. Recently, Kristen was offered the position of Special Projects Assistant working with the Director of the Career Center, Marianna Savoca. Kristen was nominated by Marianna Savoca in recognition of her exemplary service, professionalism and dedication to the department.

The Traveling Star Award plaque and pictures of the winning students can be found in the Commuter Commons in the Student Activities Center room 144.

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The Office of Commuter Student Services and the Commuter Student Association Present: **SPRING FEST**

April is an exciting time for Stony Brook University students! Not only is it the month of Spring Break, Stony Brook Idol Finals, the Shirley Strum Kenny Student Arts Festival, Wellness Week, and the Roth Pond Regatta, but it's also the month of the **Commuter Spring Fest!**

This April, the Office of Commuter Student Services is teaming up with the Commuter Student Association to create a week of stress-free fun!

How would you like a **free massage** from a licensed massage therapist? That's exactly what you'll get at the **Commuter Student Association's Relax-a-Thon** on Monday, April 24th. Along with a massage, at this event you can enjoy free healthy snacks, make a craft, make a stress-ball and pick up information on stress relief.

Do you like **ice cream**? The Office of Commuter Student Services and FSA will be at South P giving out free ice cream to celebrate **Commuter Appreciation Day** on Tuesday, April 25th.

Do you have some free time to learn stress-relief techniques? The Office of Commuter Student Services is collaborating with Campus Recreation to bring you a **Stress Reduction Wellness Workshop**

on Wednesday, April 26th. To register, call 632-7353.

Have you ever been to a "**Fiesta**"? Here's your chance! The Commuter Student Association is planning a fiesta-themed party for their **Roth Pond Regatta Kick-off** on Thursday, April 27th. Students can enjoy free food and take a look at the Commuter Student Association/Commuter Assistant Roth Pond Regatta boat.

Do you drive to campus? I bet you could use some **free gasoline**. During the week of Spring Fest, the Office of Commuter Student Services will be tabling for its "**Guessing for Gas**" contest. Last fall, three lucky students won gas cards after they guessed the number of candy corn in a container. Now, it's your turn! During Spring Fest, the three students closest to guessing the number of M&M's in the container without going over will each win a gas card.

What about Friday? Come cheer on the Commuter Boat at the Roth Pond Regatta!!!

MARK YOUR CALENDARS!



APRIL 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

COMMUTER SPRING FEST!

Schedule of Events

- Monday, April 24th :**
Commuter Student Association's (CSA's) **Relax-A-Thon**
12pm - 6pm, SAC Ballroom B
- Tuesday, April 25th:**
Commuter Appreciation Day
3:30pm - 5:30pm, South P
- Wednesday, April 26th:**
Stress Reduction Wellness Workshop
1pm - 2pm, SAC 306
To register, call: 632-7353
- Thursday, April 27th:**
Commuter Student Association's Roth Pond Regatta KICK-OFF
4pm - 6pm, SAC Sculpture Garden (AKA: The SAC Courtyard)
- Friday, April 28th:**
Cheer on the Commuter Boat at the Roth Pond Regatta!!
- Monday - Thursday:**
"Guessing for Gas"
Various Times and Locations!
LOOK FOR OUR TABLE!

Extreme Lounge Makeover: The Commuter Lounge Gets a Facelift

If you walk by room 144 of the Student Activities Center, you'll see the upper-level of the Commuter Commons filled with commuter students enjoying a comfortable place to read, study and chat with friends. But, have you been downstairs to the lower level lately? If not, you're in for a big surprise!!

In the beginning of the fall semester, the Commuter Student Association (CSA), recognizing a need for a comfortable place for commuter students to relax and socialize, took on the remarkable task of renovating the space. After months of hard work, and with some help from the Office of the Dean of Students, the space was transformed from an out-of-date, nearly empty room to an incredible, comfortable hangout equipped with new carpeting, new furniture, a refinished billiards table and a new big screen television.

Not only can students enjoy a friendly game of poker or a competitive game of pool, they can do it without worrying about bringing their own equipment to campus. Students can simply go to the

information desk in the Student Activities Center Lobby with their Student ID's and borrow billiards equipment, cards, poker chips, and foosballs.

To celebrate the success of the renovation project, the Commuter Student Association planned a Grand Reopening of the lounge on Thursday, March 2nd. However, as many may remember, Mother Nature had a different idea. Due to inclement weather, the Reopening was rescheduled for Friday, March 17th. Cean Mahmud, the Vice President of the Commuter Student Association and the Facilities Chairperson for the group, welcomed everyone. Dr. Jerrold Stein, Dean of Students, followed with words of praise and excitement for the future of the Commuter Student Association and the commuter student population as a whole.

So, if you have a few minutes (or a few hours) between classes, the lower-level of the commuter lounge is waiting for you! ENJOY IT!



The Grand Reopening of the SAC Commuter Lounge.
From left to right: Jerrold Stein, Dean of Students, Angela Cavallaro, President of CSA, Cean Mahmud, Vice President of CSA, Richard Wolcott, Director of Facilities and Operations for the SAC and SB Union, and Shannon Kelly, Commuter Student Services Advisor.

“an incredible, comfortable hangout equipped with new carpeting, new furniture, a refinished billiards table and a new big screen television.”

CSA All the Way!



The Commuter Student Association, or CSA, is an organization run by students, for students. The group is made up of undergraduate commuter students who plan events in order to make student life on campus more enjoyable. The group targets commuters, but encourages all students to take advantage of the fun opportunities.

One fun opportunity was discussed at a group meeting during the fall semester. Group members sensed that students were feeling too much anxiety before finals. So, CSA took control and organized the Relax-a-Thon where free massages and refreshments were given to students. The event was so well received that CSA is planning to host another Relax-a-Thon this spring during the Commuter Spring Fest.

In addition to providing stress-relieving events, CSA wanted to create a space on campus where commuters would feel more at home. As a result, CSA took on the tremendous endeavor of renovating

the lower-level of the SAC commuter lounge. Now, commuter students can enjoy a big screen television, new furniture, and a refinished pool table in between classes.

CSA is also making the effort to keep commuter students up-to-date on current events. The group just ended a month long pilot-program that provided free newspapers to those who utilized the Commuter Commons and the Commuter Library Lounge. This pilot program ran from March 9th until April 6th and the creation of a full program will be voted on next fall based on reader turnout.

This semester, CSA is looking into helping the outside community as well. CSA is reaching out by taking part in the March of Dimes Walk America. With a goal of raising \$1,500, the group has set their standards high and encourages all students to take part in this event for a noble cause.

There are many other upcoming events that the Commuter Student Association has planned.

By Jennette Saladino
Commuter Student

The Commuter Spring Fest will be the last week in April and is co-sponsored with the Office of Commuter Student Services. In addition, CSA will be taking part in the Roth Pond Regatta where they will launch their own commuter boat made strictly out of cardboard, paint, and duct tape. To celebrate, CSA will be hosting a Roth Regatta Kick-off Fiesta the evening before the event where commuters are encouraged to come out and support CSA and the team manning the boat. Finally, this spring CSA will be hosting their elections for E-board positions for the 2006-2007 school year. CSA welcomes any undergraduate commuter with sophomore standing to run for office.

The Commuter Student Association has come a long way in just a year and they plan on making their organization a lasting one here at Stony Brook University. They urge students to enjoy all that the group provides and ask that if anyone has ideas to visit their office in the SAC Commuter Lounge room 145.

Stuck in Traffic? Check out the Wildlife!

By Michelle Pesce
Commuter Assistant

The next time you're stuck in traffic on your way to class, take a look around. You just might be in the company of one of the many red-tailed hawks that live around the parkways on Long Island. Red-tails are among the largest raptors (birds of prey) that live on Long Island, weighing 2-3 pounds with a wingspan of roughly 4 feet. Their prey includes small mammals such as rats, squirrels, and rabbits, as well as birds and insects.

I have come to recognize a few individual birds, some of which I see every day during my commute. One in particular can be found near Exit 41 of the Southern State Parkway, and frequently perches on the tops of the light posts. It is a small male whose mate was tragically killed by a car last spring, probably while eating from a road-killed animal, too close to the passing cars. Red-tails will stay with the same mate as long as both members of the pair survive, but will seek out a new mate if one is killed. I was happy to see a new female in the area a few months later, although the breeding season was already over.

"I have come to recognize a few individual birds, some of which I see every day during my commute."

Suzanne Tatem is a former Stony Brook student and is currently the education coordinator at Volunteers for Wildlife, a wildlife hospital and rehabilitation center in Huntington. Suzanne explains that it is not uncommon for a bird of prey to be hit by a car. Small prey animals are attracted to the roadside by the food and garbage that is thrown from car windows. The small animals are hit by cars, hawks are attracted to the roadside by the killed animals, and they, too, become victims of car collisions. Accidents such as these may be prevented if garbage is disposed of properly and is not thrown from car windows.

Nancy Stein, a state-licensed wildlife rehabilitator from New Hyde Park, has been keeping an eye on a pair of red-tails at the intersection of Glen Cove Road and the LIE (exit 39). "They have successfully fledged chicks for

2 years; 2 chicks this year! There is a large former horse farm less than a quarter mile away where I regularly see both parents hunting," says Nancy. She is afraid the land on which they hunt may soon be developed, threatening the birds' continued well-being.

Eileen Hagerman is the executive director of Volunteers for Wildlife, and Laura McKellar is the clinic supervisor. They note that while there are not

many red-tails admitted to the wildlife hospital each year, they are often among the most dramatic cases. Habitat destruction and collisions with cars or windows are not the only threats to these birds. In the event they catch and eat a rat or mouse that has been poisoned, the hawk will be poisoned as well. Recently, there have been two cases in which hawks were found with injured wings; x-rays revealed the birds had been shot with a pellet gun. It cannot be determined yet whether these birds will recover and be able to return to the wild.

Red-tails can be found all over Long Island, but here's a list of locations where you will almost certainly find them perched on the light posts alongside the road:

- Southern State Parkway exit 41 – male and female pair
- LIE exit 39 – male and female pair
- LIE exit 46
- Sunken Meadow Parkway exit S1E
- Junction of 454 & 347
- Jericho Tpke near Caleb Smith State Park

Stony Brook Idol : Commuter Auditions

On Wednesday March 29th, commuter students had the opportunity to show off their singing talents during the Stony Brook Idol Commuter Auditions. Three judges listened in awe as one by one, students belted out pop, Broadway tunes, original songs and even opera! Even Simon Cowell from American Idol would agree that all the students were amazing. Unfortunately, only two commuter students could be chosen to move on to the Stony Brook Idol Finals.

The two lucky students representing commuter students at the Finals are Stephanie Meng and Michael O'Brien. They will be joining contestants from each Residential Quad and the Graduate Apartments. Be sure to show your support at the Finals on Wednesday, April 19th at 12:50pm in the Staller Center Plaza!!!

Stony Brook Idol is presented by the Shirley Strum Kenny Student Arts Festival and is sponsored by the Tabler Quad.

The Commuter Assistant Program: Taking “Mastery” to the Next Level

By Jaclyn Congello

Undergraduate Coordinator of the Commuter Assistant Program

So you've made it through your first year of college. You've driven through your first snowstorm, listened to each of your CD's about fifty times and tried to win every Z100 give-away sponsored by Elvis Duran and the Z Morning Zoo. You have definitely mastered the life of a commuter and you have a pretty good idea about what getting involved on campus really means. So what's next?

For our group of twenty-seven Commuter Assistants (CA's), they've learned the ropes too.

Commuter Assistants, however, have taken the meaning of “mastery” to the next level. They have not only conquered the commuter life, but they've made it a point to help newer commuters do the same. In addition, the Commuter Assistant Program enables our experienced CA's to stay involved on campus, while they develop essential networking, leadership and interpersonal skills. CA's are committed to addressing their peers' needs while enriching and expanding upon their own college experience.

Commuter Assistant Spotlight

Meet a few of the veteran Commuter Assistants who will be continuing with the program in the fall.



My name is Angela Cavallaro. I'm a sophomore, and I'm pretty sure my major is going to be Health Science. My most memorable SBU experience was participating in the Fall 2005/Spring 2006 Convocations.



My name is Derek and I'm a junior majoring in Biology. My most memorable experience at Stony Brook happened when I was studying for an exam in the library and I had a phone call. I left my backpack and books in there and took the call outside. I then saw somebody leave with what I thought was my backpack. I grabbed him as he was leaving and demanded my backpack back, but it turned out that he had the exact same one. Oops.



Hi, I'm Marianna. I'm a junior, but have senior standing and I am a biochemistry major. My most memorable SBU moment is participating in the Homecoming Parade. Helping with the CA banner was lots of fun. It gave me a chance to hang out with my fellow CA's and brush up on my art skills!



My name is Cean Mahmud and I am a sophomore majoring in History. Perhaps my most memorable SBU experience would be the entire fall 2005 semester. During this time, I got involved with CSA as well as the CA Program and met the many people who involve themselves with both programs. Many of these people are now my close friends and are people I am grateful to know.



I'm Jason, a transfer student with junior standing. I am a computer science major and my most memorable SBU experience, while it was tough to decide, will have to be winning the Men's Overall in the Strongest Man Competition!



My name is Michelle. I have junior standing and am majoring in Biology. My most memorable Stony Brook experience has got to be participating in the 2004 Roth Pond Regatta as a member of the CA's boat-building team and the only boat with an all-female crew!

The Office of Commuter Student Services

Suite 222 Student Activities Center
(631) 632-7353

Commuter_Services@notes.cc.sunysb.edu
<http://studentaffairs.stonybrook.edu/commuter/>

FUN FACTS

Do you know:

The difference between CSS and CSA?

CSS = Commuter Student Services 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.

This is accomplished by providing services, programs, advocacy, research and outreach for commuter students.

CSA = Commuter Student Association is a *student organization* that represents the interests and needs of commuter students at Stony Brook University. It is the goal of the CSA to help the commuter student become an integral part of the campus community. CSA manages a budget and plans programs and events throughout the year.

Any undergraduate commuter student at Stony Brook University can be an active member!

Do you know:

The Office of Commuter Student Services has a site on Blackboard?

The purpose of our Blackboard site is to post general announcements from our office, to channel information from other campus departments straight to you, and to allow commuter students to communicate with each other through the Blackboard Discussion Boards.

How to Enroll in the Commuter Student Services Blackboard Site:

- STEP 1** - Log on to Blackboard at <http://blackboard.stonybrook.edu>
- STEP 2** - Click the "Community" tab near the top of the screen
- STEP 3** - Go to "Organization Search" on the left side of the screen, type in "Commuter Student Services" and hit "go"
- STEP 4** - Click "enroll"



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