A GUIDE TO SURVIVAL
AT STONY BROOK

BLACK GRADUATE STUDENT ORGANIZATION

1976-77
ACADEMICS

General Guidelines

The typical students who come to Stony Brook learn the mechanics of their departments from advanced students or faculty members who may advise them on departmental procedures. This is not usually the case for minority students. Therefore, we would suggest that upon entering one’s department, one IMMEDIATELY seek out and contact the minority advisors or interested persons regarding requirements and politics of individual departments. Minority students should make sure that their minority status is not the only criteria used to qualify them for remedial courses. Those students who do not find a minority advisor or helpful persons in their departments, along with students who desire additional information, please contact the Black Graduate Student Organization.

THE BLACK GRADUATE STUDENT ORGANIZATION

The idea of a Black Graduate Student Organization took form in the spring of 1972 when a group of Third World students felt the need to have a say in their respective destinies here at Stony Brook.

It was noted that although the admittance level for minority graduate students had risen so had the attrition rate, a phenomenon to which no one in the administration or the individual departments seemed anxious to address themselves.

Likewise rumors were circulating that certain departments were “racist” while others were labeled more “liberal”. Third World students therefore decided communication among minority students was essential. Thus the Third World Graduate Student Organization was formed. Due to the gradual change in the composition of membership, in September 1974 the title Third World Graduate Student Organization was dropped and the title Black Graduate Student Organization was adopted. It seemed that the Black graduate students faced problems of a unique nature to which other minorities were not blatantly subjected.

The months of September and October, 1974, were used as an organizational period. It was decided that no permanent board of officers would be elected, but that at each meeting a new chairperson and secretary would preside. This revolving system, it was hoped, would allow for greater participation from each member of the organization. Presently, the Black Graduate Student Organization meets once a week, addressing itself to the various problems and issues of the Black graduate students and the Black Community as a whole.

The organization consists of three subcommittees. The Socialization Committee addresses itself to social functions and fund-raising events. The Documentation Committee compiles and records pertinent data and information. The Black Forum Committee invites Black and minority students and speakers to inform and educate the general Stony Brook community.

BSU COMMITTEES

Culture and Education: to set up workshops, future concerts, movies, informal lectures and to deal with various aspects of our culture and awareness.

Aim and Administration: dealing with any and all University policies affecting Black People on the Stony Brook campus.

Communications: to make the Black community aware that we are functioning part of the Stony Brook community and to receive and relay all communications throughout the SUNY system and surrounding communities.
Incoming students are welcomed by their Black Student Government. Support it by participating.

**BLACK STUDENTS ASSISTANCE FUND**

The BSAF is a campus-wide organization of Black students, Black workers and faculty dedicated to the task of ensuring adequate representation and treatment of all Black people on Stony Brook's campus. The Chairman is Prof. R. Vaughn, tel. 246-6737.

**THE CARIBBEAN STUDENTS ORGANIZATION**

The purpose of the Caribbean Student Association is to develop a working relationship with and to encourage communications among all Black people on the Stony Brook campus.

Since the inception of this organization, it has structured itself in such a way as to create a link between all Black organizations at the University. This bridge link fostered the development of some dialogue among the various groups such as the following: Black Student United, The African Association, The Malcolm King Center, etc.

The purpose of this dialogue was to develop a communality of purpose and to heighten the level of communication among the different groups.

The Caribbean Student Organization has recognized the fact that there is a diversity of cultures and peoples on this campus reflecting the Pan-African Diaspora. It was these facts which led the Caribbean Students to found such an organization, with the honest hope of letting other Black students from other parts of the Diaspora know about the Caribbean culture and people. The Caribbean students in turn hope to learn more about our people in Africa and America.

Some of the highlights of things that the Caribbean Association has been able to do during the school year 1974-75 are as follows:

1. Parties featuring Caribbean music and food (Calypso, Reggae and Steelband music).
2. A Caribbean dinner, the menu being curry goat and rice and peas.
3. A series of lectures about the Caribbean people, most notable among them being ones given by Professor Paget Henry of the Sociology Department on campus, Professor Donald Blackman of Africana Studies, and the Speaker of the House of Representatives in Barbados.

The Caribbean Association also recognizes the fact that it is young but growing with the hope of achieving its goals. To those who are not already members, especially those who are coming to Stony Brook, this organization urges you to become members and help in the development of this group. For further information, contact Don Daly, 928-7725, in Urban Policy Science Dept.

**WIDER HORIZONS**

While offered for credit, the Wider Horizons Program actually goes beyond being a mere academic exercise. It transcends theoretical intellectual speculation and calls for definitive and committed action.

It is a program where we older "wiser" and more mature students at Stony Brook, working together seek to turn around and work with our younger counterparts.

Working with students ranging in age from about five through fourteen who come from Riverhead and other surrounding communities (the so-called "problem students" and "disadvantaged students"), we seek to establish a positive rapport with them so as to enable us to interact and teach as well as create a basis for the students' self-motivation in positive directions.

**BLACK WORLD NEWSPAPER**

Black students' enthusiasm for writing has often been dampened by indifferent high school teachers unable to communicate with them on individual levels. Blackworld serves as a catalyst through which these students can begin to express their thoughts, ideas and beliefs in writing, learning through practice and encouragement, gradually developing confidence in their own latent abilities.

Blackworld's constitutional obligation is "to educate, agitate, and stimulate the Black community into utilizing and relying upon its own intellectual resources to help improve the condition of Black people throughout their community and the world."

The "each one teach one" concept is paramount to the whole philosophy of Blackworld; we live it, we practice it, we advocate it in all our undertakings. In the same context, we are constantly striving to perfect our learned and natural skills and also acquire new skills and knowledge so that we will have much more to offer our Brothers and Sisters coming through this gigantic maze they call "college."

**BLACK COMMUNITIES AND SERVICES**

As an important concern to all Black people in Suffolk County it is paramount that we become informed about the location and services of the Black communities surrounding Stony Brook University, not just because they happen to be nice places to live in and visit, but because wherever we find Black people in this world we should immediately feel as though we're just part of the family. We all know that whatever affects a member of the family affects the family as a whole; therefore, we should know also that whatever affects us here at Stony Brook will in some way affect the Black communities wherever we live.

The following is a detailed listing of the well-known Black communities in Suffolk County and a partial listing of the community services.

**Gordon Heights:** a sizeable suburban area approximately eleven miles from the Stony Brook campus.

Community Organization

Gordon Heights Progressive Civic Association—Pres. Mr. Albert Whigham;
Hempstead, N.Y. The town of Hempstead is a neighboring area next to Amityville. Its community is diverse, but it also has a considerable number of Blacks and other minority people. In the light of the distance between Hempstead and Stony Brook, our data for this area is incomplete. However, as a vital source of knowledge and information, Hempstead is the location of Muhammad's Temple of Islam. All Brothers and Sisters are invited to visit Muhammad's Temple of Islam on any of the following days:

Muhammad's Temple of Islam
No. 7L
Peninsula Blvd.
Hempstead, N.Y.
Wednesdays, 8:00 - 10:00 p.m.
Fridays, 8:00 - 10:00 p.m.
Sundays, 2:00 - 4:00 p.m.

The following communities are also located in the vicinity of the State University of New York at Stony Brook and they seem to have considerable numbers of minority group persons living there.

Bayshore, N.Y. Islip, N.Y.
Bellport, N.Y. Medford, N.Y.
Brentwood, N.Y. Patchogue, N.Y.
Central Islip, N.Y. Babylon, N.Y.
Huntington, N.Y. Riverhead, N.Y.
Huntington Station, N.Y. Wyananch, N.Y.

Housing

ON-CAMPUS HOUSING

Please see page 18 in Across 25-A and also see the 1974-75 Resident Hall Guide. Both can be obtained in the Black Student Office in the Student Union.

Comment: Stony Brook offers two types of on-campus housing: suites and halls. Tabler, Roth and Kelly Quads are comprised of individual suites which consist of either 4-man suites (2 bedroom) or 6-man suites (3 bedrooms) and which house two to six students (depending on double or single occupancy of rooms). Stage XII, G and H Quads consist of hall
rooms. With the exception of Stage XII, single occupancy of a room is not likely. Due to the increasing influx of new students, most requests for single rooms are denied unless a medical excuse can be obtained. The singles in Stage XII are usually reserved for graduate students, although in some cases undergraduate requests for such rooms are granted.

The singles in Stage XII, however, leave a lot to be desired. The rooms are extremely small and not much more than the bed, desk, a chest of drawers which are provided can be squeezed into the tiny cubicle. Also, the small windows in each room do not allow for much view or any ventilation, a condition which may lead to a general feeling of claustrophobia.

Stage XII, as well as G and H Quads' bathrooms and kitchen facilities must be shared with the numerous students who reside on a given hall. This situation in itself presents problems. All individuals cannot be counted upon to share one's sanitary habits; and conflicts do undoubtedly arise. Although pets are forbidden, someone usually sneaks one into the dorms, and depending on the individual pet, it may provide a source of conflict. The unfortunate student whose room is near the kitchen will in addition be subjected to the various aromas of the multi-cultured residents of the hall, not to mention the smell of garbage which isn't collected over the weekend. Noise is still another problem of hall living. Everyone's choice of study and leisure time does not coincide. Often the "night people" feel justified in engaging in the same noisy activities at night which the "day people" engaged in during the day. Perhaps the worst problem encountered in hall living is that of the roaches that are immune to Black Flag and seemingly to the exterminator. The situation is not improved when neighboring rooms are not kept clean, no matter how often an individual room is scrubbed.

The students who live in suites, on the other hand, share their bathroom and kitchen facilities only with their suitemates. Although they may encounter some of the same problems as those who reside in hall dorms, it is somewhat easier to create an atmosphere compatible with an individual student's lifestyle. Because there are only two to six persons sharing a suite, students feel less alienated than when exposed to hallmates. Students may also request as suitemates those students who share a common outlook on cleanliness, and thus may eliminate many problems which hall dorm living creates.

However, the student who resides either in a hall room or a room is entitled to refuse a student as his roommate, especially if the potential roommate is obviously not compatible with him. Students also have the right to request another student of their choice as a roommate within a one-week period after a room or suite mate has left, or at the end of a semester for the following semester.

**OFF-CAMPUS HOUSING**

Mildly stated, the attitude of the surrounding communities to student tenants is negative. Evidence of this attitude is Brookhaven Township's "Anti-Groupers Ordinance" which discriminates against groups of students desiring to share a house.

Under this ordinance up to four family groups can live in a house. In other words, a family related by blood, adoption, or marriage could have up to three unrelated persons living with them so that the total number of units would not exceed four. Stated in terms of units, a family related by blood, adoption, or marriage would be counted as additional units so that the total number of units within any house could not exceed four.

Additionally, the zoning laws of Brookhaven Township do not allow the construction of a large number of two-family dwellings, a practice which again discriminates against students. Although these laws exist, they are not strictly enforced because many houses zoned as one-family dwellings are inhabited by two or more families. The only time this law is usually enforced is when some member of the community makes a complaint.

When do members of the community complain? When some "undesirable" moves in. Guess who the "undesirables" are?

If one adds the variable "race" to the aforementioned housing problem, the atmosphere becomes significantly more pungent. In other words, the predominantly white communities surrounding SUNY at Stony Brook dislike having students as neighbors and detest providing housing to Third World People.

If you cannot conceive of yourself living in one of the cubicles on campus and insist on living in the surrounding milieu, some of the following hints should be noted:

1) Try to secure a house in one of the surrounding Black communities; a listing is provided below. Usually the housing is not as expensive as compared with the other communities, and in many instances, not as much security, if any, is required. Also, there are quite a few elderly people who would like to share their home with a quiet, dependable, and respectful student(s). If you are interested in living in a Black community, contact some of the Black students or staff persons on campus. One disadvantage is that these communities are not as close to campus as one may wish.

2) A listing of housing in our area which is supposed to be free from discrimination may be obtained from the Smithhaven Ministry, Suffolk Housing Services, Smithhaven Mall, Lake Grove, New York. Tel 724-6920. Also, if you encounter any discrimination in trying to secure housing, please contact this organization IMMEDIATELY.

3) Transportation to and from the campus will be an additional expense for your budget, especially given the spiraling cost of gasoline. Automobile maintenance is another expense to consider. Suggestion: ask some students to recommend a local, good, inexpensive mechanic before taking your automobile to a local dealership for service.

4) Most of the homes in the area are heated by fuel oil and electricity. Both utilities are rated among the highest in the nation. Suggestion: try to secure a house whose rental fee includes at least one of the above utilities. If you have to pay both, BE SURE THE HOUSE IS WELL INSULATED. If by chance you get a house that requires purchasing butane gas for the kitchen stove- and many do- try to secure a spare tank of gas if it is not provided by the landlord. The
few extra pennies are worth the convenience of not running out of gas in the middle of cooking a meal.

5) Many communities have a garbage service fee which the tenant has to pay. But, if you do not dread lugging your garbage, there are usually quite a few "convenient" garbage dumps in the area - e.g. shopping centers, apartment complexes, office buildings and the town official dumping station in south Brookhaven.

UNIVERSITY HEALTH SERVICE

While it is entirely plausible that the University Health Service (UHS) staff hold a variety of values which are concomitant with those of American society on the whole, to our knowledge the UHS as an institution has seldom been accused of racial discrimination as far as patient care is concerned. There are several Black nurses, aides, student assistants, and one doctor (the gynecologist) on the UHS staff.

The UHS avidly invites students to make positive input into the running of the Service through participation in the Health Advisory Board. Students interested in joining a group concerned with Birth Control, Venereal Disease and related matters may join EROS in order to give counselling to fellow students and/or receive counselling themselves. Both EROS and the Health Advisory Board are located on the first floor of the UHS building. The "What's Up, Doc?" column published in the Statesman answers students' questions relating to the UHS and health care. In order to insure adequate health care for Blacks on this campus we would advise Black students to take advantage of those existing avenues of student participation.

The Mental Health Clinic is located on the second floor of the UHS building. The only Black counsellor, Herdy Micou, may be reached by calling either the Mental Health Clinic at 444-2281 or the Africana (formerly Black) Studies Program at 246-4015. Sister Herdy has offices in both places.

Regrettably, most Black students who have made use of the Mental Health Service have waited until an intolerable crisis has overwhelmed them before taking advantage of this on-going service*. Please don't wait to go crazy before seeking out psychological counselling.

Black People do have problems; we do get depressed. A break-up with a boy or girl friend can lead to an awful set-back. Stony Brook can be a lonely, alienating and uncomfortable place; before it gets you down-get help.

There presently exists a P.O.C.U. (People of Color United) Life Center, which is under the supervision of Ms. Herdy Micou. It will be an information and referral center in September, and shall eventually host a hot-line service, a speakers forum, peer counseling, and consciousness raising groups. There is also a "big brother" and "big sister" program functioning via P.O.C.U. The name of this program is Operation Sisbro. P.O.C.U. is here for you, and wants to help you make it through this university.

Persons to contact: Herdy Micou, 444-2281, Pat Thornton, 246-5753.

There is also the Bridge to Somewhere Walk-In Center run by Anne Burns of Psych. Services. It offers an intense student-counselor training program and is a good opportunity for those intending to become counsellors in the future. This Walk-In Center can become a better thing when Blacks and Puerto Ricans become a part of it.

FOOD

The very words, "how to eat to live," is one of the great values in words for us. In these words, we see and we are learning that what we put in us as food, at what time we eat, is the key to our life and death. We can use these words, "how to eat to live," to spell how we destroy ourselves.

The Honorable Master Elijah Muhammad (May the Peace and Blessings of Allah forever be upon Him)

The cooking and eating of the right foods has reached a considerable level of importance as we strive to mentally, spiritually, and physically maintain good health. Below are a list of food co-ops followed by a list of fruit and vegetable outlets for the discriminating shopper who no longer views Pathmark as his "thing."

Muhammad's Fish and Food Co-op Fish, fresh vegetables and fruits can be delivered to your place of residence for a mere $9.50 for the regular food co-op and $12.00 for the fish co-op. Some of the benefits for this co-op are the inclusion of the delicious Muslim wheat bread and occasionally an "out-of-the-way" fruit for Suffolk County--mangoes. The whiting fish is a diversified fish suitable for more than frying and is easy to prepare since it only has one bone. Food stamps are accepted. For more information contact Brother Irving (516) 486-5626.

Freedom Food Co-op This co-op requires a $5.00 lifetime refundable membership fee and each member must work at least 1 hour per week at the co-op. This is a small price to pay when one sees the selection of honeys, grains, stone-ground and unbleached flours, cheeses, dried fruits, teas and an endless assortment of other "natural" foods. Besides being on campus (Stage XII Cafeteria), the co-op provides the participant with some insight into the operations of a food co-op. For more information contact Susie Butler (516) 246-4481 or the Freedom Food co-op at (516) 246-8398. Food stamps are accepted.

Sound Food Co-op 417 North Country Rd. (26A) St. James, east of Edgewood Ave., tel. (516) 862-9892. This co-op carries dried fruits, flours, eggs, oils, breads, beans, and honey ice cream. The co-op also features chickens. Ten dollars covers the membership fee for one year and each participant must work a minimum of 4 hours every two months.

Bay Co-op 44 Bellhaven Rd. Bellport (516)286-8824

Bayshore Co-op Liz Casey (516)968-9232

East End Co-op (Southold Area) Ellen Stevens (516) 477-2195

Horn and Hardart Vegetarian Meal Plan This is a non-kosher meal plan prepared by a special vegetarian cook as it starts its second year of operation. Serving meals for both lunch and dinner, the sel-
ection includes soups (navy bean, lentil, vegetable, Chinese bean curd) and such main dishes as eggplant, zucchini and linguini casseroles. All meats contain 7 grain wheat bread and salads. Sometimes they have banana muffins or breads, carob brownies and papaya juice. The benefit of this meal plan is that freshmen may use their meal coupons. It's undecided whether this meal plan will be located in H Quad cafeteria or in the Student Union.

**Harkness East Food Co-op Opening** in September, the co-op will charge $15.80 per week for 21 meals, $12.20 for 15 meals, and $10.00 for dinners only on a weekly basis. Though the meals are vegetarian, fish will occasionally be offered. In addition to the meal costs, participants will have to give 4 hours of their time per week to the co-op. At least half of the meal plan payments are asked as soon as possible to defray the costs of repairs and equipment. The benefit of this cooperative meal plan is that you can actually see who and what's messin' with your food.

**Alternative Food Services** At Stony Brook we face a fundamental problem in just trying to obtain good food to eat—not just any old kind of food which the University provides for us to eat, but proper foods which add to the longevity of life through physical and mental health. For this very reason we have sought to provide the in-coming student with a carefully prepared list of alternative food services.

Everyone should have a knowledge of the proper foods to eat for life because when we eat properly not only will our physical bodies begin to feel better and look better, but our minds will become more alert and our thinking more sound. This is what we need because of the serious challenge we are confronted with here at the State University of New York.

The Nation of Islam provides us with a food co-operative plan which gives us a choice selection of fruits and vegetables and will deliver all orders if requested. The following list is a sample of what you can receive at a price you can afford. For any further information regarding the food co-op you may contact any of the following people at Stony Brook: Sister Lorelei X, Brother Willie X, Brother Carl 25X, Sister Deborah X.

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**TEMPLE NO. 7 FOOD CO-OP FOUR WEEK PLAN**

Note: Certain items on this list may be changed without notice at any time due to market availability.

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<td>Turnips</td>
<td>Spinach</td>
<td>Eggplant</td>
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<td>Brussel Sprouts</td>
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<td>Yellow Squash</td>
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<td>Beets</td>
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Please don't forget to place your orders by Wednesday!

The FISH CO-OP will consist of the same items plus 5 lbs. of Whiting H&G (headed and gutted) fish.

**NOTE:** Please pick up your order as early as possible on SATURDAY. We cannot be responsible for the spoilage or absence of any items left after 7 p.m. Saturday.

When you pick up your orders, we remind you to also pick up any items that are not in the shopping bag at pick-up time. This would include such items as broccoli, eggs, bread, celery, and fish sausage.

For information, call 467-7313. When you're in Manhattan, visit Brother Fruit!!

Address: 109 Lenox Ave. 678-5854

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**MUHAMMAD'S FISH HOUSES**

Next time you're in the city check out one of Muhammad's Fish Houses, for they've got a fish-fried rice dinner going for seventy-five cents that is out of this world! As some brothers in Tabler can bear witness to, it comprises a bad fish salad (thanks to Brother Chef Leroy), while others were able to savour a tasty sweet fish during the Malcolm King Center's fish fry. All who have tasted the whiting fish know it's delicious. This fish is practically mercury-free (99%) and imported by the Nation of Islam from Peru. It is "flash-frozen," meaning that as soon as the fish is caught it is preserved for its freshness. Being almost fat free, it aids in lowering the cholesterol count in our bodies. That's more than one can say of meat! You know they're trying to link fat-saturated meats with breast cancer in females. Beware, sisters! Five lbs. costs $3.25 and ten lbs. cost $6.50. If you've ever bought fish, you know that's cheap. Five pounds will fit comfortably into the small freezer space of our refrigerators with room for other frozen food items.

How many of us meat-eaters can no longer afford that steak once a week due to our limited finances, packages and rising costs? The same brother who delivers you your Muhammad Speaks (at the 'Brook are Brother Willi, Brother Carl, and Brother Bobby--full-time matriculating brothers) can deliver this fish. I remember not too long ago a Black Stony Brook student confessing that a few years back he and his roommate were eating local campus rabbits. There's no more need for this activity. What better way to "Buy Black, Employ Black," and eat cheaply while maintaining good health than with Whiting H&G? There's no need for the Black-