



A GUIDE TO SURVIVAL AT STONY BROOK

BLACK GRADUATE STUDENT ORGANIZATION

Summer Co-ordinators - 1975

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AS-SALAAM-ALAIKUM

Clubs-Organizations-The Black Experience

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 sub-committees. 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.

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 Lincoln Lynch, Tel. 444-2073.

BLACK STUDENTS UNITED

We the people of Stony Brook established this organization to promote and develop unity among the Black community at Stony Brook.

Through political activities, this organization will deal with any racist factions at this University. It will form programs involving tutorial assistance, academic information and guidance. It will also establish a firm and positive voice in the University structure.

This organization will promote social activities geared to the following goals: to deal with such basic problems as financial and general university policies and to further a strong sense of unity and brotherhood within the Black community.

From the data collected through interviews, the people have decided that structurally, this organization will be run by committees. The Chairmen and Co-Chairmen of these committees will be elected by committee members.

All committee policies will be determined by the committee and senators of B.S.U.

The organization has the right to dissolve any new committee that is not functioning properly. The organization also has the power to establish any committees necessary to serve the needs of the Black 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 a 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.

MALCOLM KING EDUCATIONAL CENTER

Educational Center for Pre-School Children-
Age 18 months to 5 years

3 - 6 credits offered.

This program is designed to emphasize formal learning with a strict disciplinary approach consistent with child learning practices to which they are accustomed in the home. Values, roles and functions of individual members of the extended family life-style will be exercised so that there will be no schism between school and family life, despite pre-school experience.

Goals

- A. Instillation of identity and Black self-pride through the use of a Black framework.
- B. Introduction to verbal expression, letters of the alphabet, words.
- C. Emphasis on individualized development of skills.
- D. Introduction to mathematical concepts and expressions, introduction to geometric figures, counting, numbers, etc.

Students working in the Center are required to take the following courses:

- BLS 339 - Education of the Black Pre-School Child
- BLS 251 - Education of the Afro-American in America
- BLS 299/BLS 399 - Research in Black Studies

Student Director - Robert Houston
Assistant Student Director - Jerome Morgan

**THE CENTER IS LOCATED IN THE PAN-
AFRICAN CULTURAL CENTER -
TABLER CAFETERIA**

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 a 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.

Wisdom and maturity indicate that one has a high level of responsibility and so these are the students whom we seek to recruit as counselors. All prospective counselors must meet the requirements for registration. **NO STUDENT SHOULD REGISTER FOR WIDER HORIZONS WITHOUT HAVING BEEN INTERVIEWED.**

Persons to contact:

Prof. R. Vaughn
Africana Studies
Social Science B
Tel. 246-6737

Marvin Bentley
Director of Wider Horizons
Africana Studies
Tel. 246-6737

BLACKWORLD NEWSPAPER

Editor - Teddy White
Managing Editor - C. Perrier
Associate Editor - Mark Pollard
Copy Editor - Norma Jean McDow
Art Editor - Michelle Pollard

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."

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 Students 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 by 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 Wendell Dottin, the past Chairman, at the Africana Studies Dept. Tel. 246-6737.

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 suite 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 could be one unit. To the extent that the people were not related by blood, adoption, or marriage, they 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.

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 home 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.

As of September 1975 Black students will have the opportunity to design the newly formed Minority Walk-In Center. Students are needed to help develop a relevant program. We could have group and peer counselling, sensitivity sessions, Black Man-Black Woman sessions, or any other format that Black and Puerto Rican students deem necessary. (Contact Herdy Micou).

There is also the Bridge to Somewhere Walk-In Center run by Anne Burnes of Psych. Services. It offers an intense student-counsellor 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.

* There is a 24-hour emergency service and a counsellor (not necessarily minority) available at all times. Presently there is talk of developing a Black Hotline. Advice, suggestions and participation are needed concerning the installation of such a service.

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 \$8.50 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- mangoe. 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. (25A) 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) 968-8232

East End Co-op (Southhold 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 selection includes soups (navy bean, lentil, vegetable, chinese bean curd) and such main dishes as eggplant, zucchini, and linguini casseroles. All meals 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. For information consult the FSA office on the second floor of 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.

Throughout the regular farm season Long Islanders are always assured of an abundance of locally grown farm produce as well as the fruits and vegetables which come from far places like Florida, California and the West Indies. The following listing details the most convenient and economical farm outlets in this area which supply everyday consumers with fresh farm produce. This directory will be an asset to everyone on Long Island because not only will the consumers benefit from the information, but merchants and producers also profit from the increase in commerce.

The Circle M Dairy Farm
Route 112
Medford, N.Y.

This particular outlet is a store supplying dairy products, juices and baked goods. Another of their stores provides a wide selection of beverages such as soda, beer, and wine and other popular drinks. A third store provides almost all popular fruits

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

Beginning Date : June 26, 1975

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

Week 1	Week 2	Week 3	Week 4
Zucchini Squash	Corn	Cabbage	Turnips
Turnips	Spinach	Eggplant	Acorn Squash
Brussel Sprouts	Cauliflower	Yellow Squash	Broccoli
Beets	Butternut Squash	Stringbeans	Spinach
Stringbeans	Broccoli	Carrots	Onions
Lettuce	Lettuce	Lettuce	Lettuce
Tomatoes	Tomatoes	Tomatoes	Tomatoes
Pears	Avocados	Apples	Grapefruit
Melon	Bananas	Mangoes	Peaches
Nectarines	Oranges	Pineapple	Melon
Tangerines	Plums	Grapes	Tangelos
Bread	Bread	Bread	Bread
Eggs	Eggs	Eggs	Eggs

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

FRESH FRUIT AND VEGETABLE STANDS IN THE LOCAL AREA

and vegetables at economical prices. This farm co-op is a convenient place to shop because it provides almost every farm product one might wish to buy.

The Carrot Top Farm Stand
Route 112/ Middle Country Road
Coram, N.Y.

At this stand there is a good selection of fresh fruits and vegetables as well as delicatessen items like cheeses, meats and bread. Prices here also are good and usually much lower than the prices found in supermarkets.

The Yellow Top Farm Stand
Box 775 Smithtown (Route 347)
Hauppauge, N.Y.

The smart shopper will find a full line of good quality fruits and vegetables here as well as juices and cider. Most of the produce comes from the farm owned by the co-operative and some of the products are said to be grown organically. Prices here are reasonable.

Cherub Lane Farm Stand
7 Cherub Lane
Port Jefferson, N.Y.

This farm stand is open year-round and has a wide selection of seasonal and year-round products. Produce is shipped in from New York, Florida and California. Among the selections are items such as mangoes, leeks (a form of onion), white radishes, avocados, plantains and other good foods.

The Top Banana Farm Stand
531 Route 111
Smithtown, N.Y.

Here again we find a farm outlet which is open the whole year-round and most times it is well stocked with the regular fruits and vegetables. A selection of dairy items can also be purchased and all prices are usually lower than those found in the supermarket.

N. Filasky Farms
 760 Smithtown By-Pass (Route 347)
 Nesconset, N.Y.

Besides providing a full line of farm products in fruits and vegetables, this particular outlet provides fresh pure apple cider which is made on the premises. Homemade fruit preserves and homegrown strawberries are also a part of the regular line of products. Fresh flowers and potted plants are also available here and for a nice place to shop, this farm stand is ideal.

MUHAMMAD'S FISH HOUSES

by Lorelei Anderson

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 is 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. costs

\$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? If you

checked out the March issue of the "news," (SUNY paper) you probably noticed the article on how they plan to make trash fish edible. There's no need for the Blackman and Blackwoman to eat trash when we have quality fish. I've compiled some hints and recipes that I'd like to share with you. Enjoy!

Storing Fish

- (1) Keep fish tightly wrapped in an air-proof bag.
- (2) Fish must be kept frozen until you are ready to use it.
- (3) Do not store fish longer than 6 months.

Quick Thawing Instructions

Keep fish in polyethylene protector (plastic bag). Place package under cold running water until you can separate the desired portions easily. Return what you didn't use to the freezer immediately.

Warning:

- (1) Do not use warm water in thawing or preparing fish.
- (2) Do not let fish thaw out at room temperature. Put it in the refrigerator.

How to Filet Whiting H & G

Wash and re-scale fish.

Make two slits along back of fish, close to bone.

Remove whole bone. Make one slit from belly to tail and remove.

Helpful Hints for Whiting H & G

You can clean this fish, filet it, chop it in a blender or steam it and put it in a covered glass dish or jar, and refrigerate. It will keep very well.

HERB FRIED CHICKEN

- ½ cup flour
- 1 teaspoon Accent flavor enhancer
- 2 teaspoons finely crushed rosemary leaves or other herb leaves
- 1/8 teaspoon pepper
- 1 broiler-fryer chicken
- Water
- 1 pint Mazola corn oil

Mix together flour, salt, flavor enhancer, herb and pepper. Moisten chicken with water and coat with flour mixture; shake off excess. Dry on wire rack ½ hour. Heat corn oil in deep skillet over medium heat. Add chicken and fry, turning once, about 30 minutes or until golden brown and fork tender. Drain on absorbent paper.

RECIPES
WHITING H & G FISH CHOWDER
 (Makes 3-4 servings)

- 1 lb. wh. H&G Fish
- 1 cup boiling water
- 2 cups potatoes (large)
- ½ tsp. onions
- 1 tsp. dried parsley
- 2 tbs. butter or vegetable margarine
- 2 cups milk

Simmer fish in boiling water until fish flakes. (Do not keep in water too long; causes mushy paste.) Remove fish, add diced potatoes, cook and simmer until soft. Saute onion and parsley in butter or veg. margarine until onion is tender. Add to cooked potatoes along w/milk and flaked fish. Season to taste. Reheat, but do not boil.

WHITING FISH SALAD
 (Makes 8-10 servings)

- 3 cups of cooked flaked Whiting
- 2 diced hard boiled eggs
- 1 chopped onion
- 2 chopped celery
- ½ cup mayonnaise
- ¼ tsp. of pepper
- Sweet pickle relish (season to taste)
- ¼ tsp. powdered mustard
- 1 tsp. prepared mustard
- 1 tsp. of sugar
- 1 tsp. of salt

Mix all ingredients well and serve.

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 Organizations

Gordon Heights Progressive Civic Association
Pres. Mr. Albert Whigham
N.A.A.C.P.
Pres. Mr. Ken Anderson
Central-North Brookhaven Health Council
Community Rep. Mrs. Elsie Owens

Churches

Community Baptist Church
Granny Rd., Coram, N.Y.
Pastor: Rev. Powell
Mary A.M.E. Zion Church
Granny Rd., Coram, N.Y.
Pastor: Rev. Snell Van King
Mt. Olive Baptist Church
Middle Island Ave, Coram, N.Y.
Faith Baptist Church
Teller Ave, Coram, N.Y.
Gordon Heights Seventh Day Adventist Church
21 Teller Ave., Coram, N.Y.
St. Francis Caribna
Middle Country Rd. , Coram, N.Y.

Black Businesses

Blue Ice Lounge
Main Street, Patchogue, N.Y.
Burwell Beauty Salon
Mill Rd. and Yaphank, Coram, N.Y.
(516) 732-0632

Sepia Squires Barber Shop
Granny Rd. & Mill Rd., Medford, N.Y.
(516) 732-8626

Weir's Delicatessen
Mill Rd. and Granny Rd., Coram, N.Y.

Super Deli
Gray Ave., Medford, N.Y.
(516) 732-9838

Park Lounge (Bar & Disco)
Granny Rd., Selden, N.Y.
(516) 732-8595

Amityville, N.Y. The town of Amityville is located approximately 28 miles from the Stony Brook campus. When entering Suffolk County off the Long Island Expressway, Amityville is the first town in Suffolk County. The community, which is called North Amityville, is a predominantly Black area which offers a wide range of cultural and social activities. Following is a partial listing of some of the community organizations and community services of Amityville, New York.

Community Organizations

N.A.A.C.P. of Amityville
Pres. Mr. Eugene Reed
C.O.R.E. (Suffolk County)
Director, Mr. Irwin Quintyne
Black Assembly
Chairperson, Mrs. Jean Denver
Local Action Center
Director, Rev. Evelyn Miller

Black Businesses

Triangle Beauty Salon
Broadway Ave., Amityville, N.Y.
Les Beauty Salon
Broadway Ave., Amityville, N.Y. Ave.,
James Barber Shop
Great Neck Rd., Amityville, N.Y.
Curtis Barber Shop
Albany Ave., Amityville, N.Y.
The African House
Albany Ave., Amityville, N.Y.
Al's Gift Shop
233 Broadway Ave., Amityville, N.Y.
G and N Fish Store
Albany Ave. and Great Neck Rd.
Amityville, N.Y.
Young's Lounge
Great Neck Rd. and Albany Ave.
Amityville, N.Y.

Reed's Barbecue
Great Neck Rd., Amityville, N.Y.

The Downbeat Lounge
Rte. 110, Amityville, N.Y.

The Jelly Bean Lounge
Broadway, Amityville, N.Y.

Johnny All Weather Drive-In Theater
Sunrise Highway
Amityville, N.Y.

Black Churches

The Holy Trinity Baptist Church
Great Neck Rd.; Amityville, N.Y.
Pastor: Rev. Crayton

Hollywood Baptist Church
Great Neck Rd., Amityville, N.Y.
Pastor: Rev. Luitert

Bethel A.M.E.
Amityville, N.Y.
Pastor: Rev. Bowie

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.
Bellport, N.Y.
Brentwood, N.Y.
Central Islip, N.Y.
Huntington, N.Y.
Huntington Station, N.Y.
Islip, N.Y.
Medford, N.Y.
Patchogue, N.Y.
North Babylon, N.Y.
Riverhead, N.Y.
Wyandanch, N.Y.