Welcome

BioMASS (BioMedically Affiliated Stanford Students) would like to welcome you to graduate school and to the Stanford community! We hope this guide will help you become familiar with Stanford, the Biosciences program, and life on the peninsula.

BioMASS is a student run organization that represents graduate students from biology-related fields in both the School of Medicine and the School of Humanities and Sciences. Our mission is to promote social and professional interaction and impart a political voice to graduate students in the biomedical and related fields. Some of you have already been to a BioMASS sponsored function—the First Year Camping Trip.

In addition to the Camping Trip, we also sponsor other social activities that give students the opportunity to get out of lab and interact with people outside of their department, such as monthly social hours (free food!) and outings such as a wine tasting trip to Napa Valley. BioMASS also assists in providing information that is not offered through classes or easily obtained from advisors.

As you can see, BioMASS is a fun and active organization. We welcome your input, energy, and enthusiasm! If you are interested in becoming involved, please email the BioMASS chair, Charlie Anderson (ctanders@stanford.edu), or the BioMASS staff advisor, Suzanne Bethard (sbethard@stanford.edu).

Good luck in your first year!
Editors: Amy Radermacher & Brett Staahl
Publisher: Stanford BioMASS Organization
Published at Stanford, CA

Publication of the handbook was generously provided by the Office of Student Life in the School of Medicine.

Cover Design by Charlie Anderson.

We thank the medical students for generously sharing information from their Medical Student Guide; the Stanford Department of Parking and Transportation and the Stanford Library System for the use of their maps; Suzanne Bethard and the bioscience graduate students for their pictures.

Copyright © 2006
All rights reserved. Permission should be obtained from the publisher prior to any reproduction, storage in a retrieval system, or transmission in any form or by any means, electronic, mechanical, photocopying, recording, or likewise. For information regarding permission(s), write to: Stanford BioMASS Organization.
The Departments and Programs that are represented by BioMASS include:

- Biochemistry
- Bioengineering
- Biological Sciences
- Biomedical Informatics
- Biophysics
- Chemistry
- Cancer Biology
- Developmental Biology
- Epidemiology
- Genetics
- Health Services Research
- Immunology
- Microbiology and Immunology
- Molecular and Cellular Physiology
- Molecular Pharmacology
- Neurobiology
- Neurosciences
- Physics / Applied Physics
- Structural Biology
# Table of Contents

University Calendar ..................................... 6  
Stanford Websites ...................................... 7  

Getting Started ........................................ 8  
  Watch for Mailings .................................. 9  
  Student ID Number .................................. 9  
  Student ID Card ..................................... 9  
  SUNet ID ........................................... 9  
  AXESS Account ..................................... 11  
  Class Registration ................................. 11  
  Housing ............................................ 11  
  Parking ............................................. 12  
  Car Registration & Smog Checks ............. 13  
  Banking ............................................ 13  
  Health Requirements .............................. 13  
  Doctors & Dentists ................................. 13  
  During Your First Quarter ....................... 14  
    NSF Fellowships ................................ 14  
    Estimated Taxes ................................ 14  

Computing ............................................. 15  
  Internet .......................................... 16  
  Email ............................................. 16  
    Webmail ........................................ 16  
    Personal Email Programs ................... 16  
  Email Lists ....................................... 16  
  Newsgroups ....................................... 17  
  Computer Resources .............................. 17  
  Storing Your Files ................................. 17  
  Essential Stanford Software .................. 18  
  Printing .......................................... 18  
  Virtual Private Network ......................... 18  
  Buying a Computer ................................ 18  

Academic Resources ................................. 20  
  Where & When to Buy Books .................... 21  
  Lane Medical Library ............................ 21  
  Falconer Biology Library ....................... 21  
  Other Libraries .................................. 21  
  Study Spots ....................................... 22  
  Library Hours .................................... 23  

Graduate Education Resources ............... 24  
  Office of Graduate Education ............... 25  
  Office of Student Life ......................... 25  
  Career Resources ................................ 25  
    School of Medicine Career Center .......... 25  
    Stanford Career Network .................... 25  
    Career Development Center ............... 25  
    Medical Center Alumni Association ...... 26  
  BioAIMS .......................................... 26  
  BioMASS Newsletter .............................. 26  
  Educational Development Resources .... 26  

Research Facilities ................................. 28  
  Biological Sciences Department ............. 29  
  Chemistry Department .......................... 29  
  Bio-X/The Clark Center ......................... 29  
  SLAC ............................................. 29  
  VA Medical Center ............................... 29  
  Medical Center .................................. 30  

Advice from Grad Students ..................... 31  
  Rotations ........................................ 32  
  Choosing a Lab .................................. 32  
  Questions to Ask ................................ 32  
  Thesis Projects .................................. 33  
  Thesis Committees ............................... 33  
  Balancing Life & Lab ............................. 33  
  Switching Departments .......................... 34  
  Deciding to Leave ................................ 34  
  Problems ......................................... 34  

Good Practices Between Graduate Students & Faculty Advisors .... 35  

Life on Campus .................................... 38  
  Athletic Facilities ............................... 39  
  Student Organizations .......................... 40  
  Vaden Health Center ............................. 42  
  Support Services ................................ 43  
    Ombudsperson .................................. 43  
    Counseling and Psychological Services .... 44  
    The Bridge .................................... 44  
    Disability Resource Center .................. 44  
    ASSU Legal Counseling Office ............ 44  
    Office of Religious Life ...................... 44  
    Haas Center for Public Service ............. 45  
    The Stanford Help Center .................... 45  
    Security Services ............................... 45  
    The Arts ........................................ 45  
    Cantor Arts Center ............................. 45  
    Stanford Lively Arts ........................... 45  
    Stanford Choral Activities .................. 45  
    Stanford Music Groups ........................ 46  
    Stanford Dance Groups ........................ 46  
    Stanford Drama Groups ........................ 46  

Cool Things On Campus ........................... 46  
  Events @ Stanford ................................ 46  
  Graduate Student Community Center .... 47  
  Sunday Flicks .................................... 47  
  Hoover Tower .................................... 47  
  Papua New Guinea Sculpture Garden ....... 47  
  Fountain Hopping ............................... 47  
  Stanford Athletic Events ....................... 47  
  Horseback Riding ............................... 47  
  Communing with Nature ......................... 48  
  Old Time Cinema ................................ 48  
  Volunteer Opportunities ........................ 48
## 2006 - 2007 University Calendar

### Autumn Quarter
- **Sep 15** Fri  Last day to register for courses to receive stipend or refund check on first day of term
- **Sep 25** Mon  First day of quarter
- **Oct 8** Sun  Last day for filing Study List
- **Oct 15** Sun  Last day for adding courses or units
- **Oct 22** Sun  Last day for dropping courses or units
- **Nov 5** Sun  Last day for declaring or dropping credit/no credit grading option
- **Nov 19** Sun  Last day for withdrawing from courses
- **Nov 20-24** Mon-Fri  Thanksgiving Recess *(holiday, no classes)*
- **Dec 8** Fri  Last day of classes (unless class meets on Saturday)
- **Dec 11-15** Mon-Fri  End-Quarter examinations

### Winter Quarter
- **Dec 15** Fri  Last day to register for courses to receive stipend or refund check on first day of term
- **Jan 9** Tue  First day of the quarter, instruction begins
- **Jan 15** Mon  Observance of Martin Luther King Day *(holiday, no classes)*
- **Jan 21** Sun  Last day for filing Study List
- **Jan 28** Sun  Last day for adding courses or units
- **Feb 4** Sun  Last day for dropping courses or units
- **Feb 19** Mon  Last day for declaring or dropping credit/no credit grading option
- **Feb 19** Mon  Observance of Presidents’ Day *(holiday, no classes)*
- **Mar 4** Sun  Last day to withdraw from courses
- **Mar 16** Fri  Last day of classes (unless class meets Saturday)
- **Mar 19 - 23** Mon-Fri  End-Quarter examinations

### Spring Quarter
- **Mar 23** Fri  Last day to register for courses to receive stipend or refund check on first day of term
- **Apr 3** Tue  First day of the quarter, instruction begins
- **Apr 15** Sun  Last day for filing Study List
- **Apr 22** Sun  Last day for adding courses or units
- **Apr 29** Sun  Last day for dropping courses or units
- **May 13** Sun  Last day for declaring or dropping credit/no credit grading option
- **May 28** Mon  Last day to withdraw from courses
- **May 28** Mon  Observance of Memorial Day *(holiday, no classes)*
- **June 6** Wed  Last day of classes
- **June 7** Thu  Day before finals, no classes
- **June 8 - 13** Fri-Wed  End-Quarter examinations
- **June 17** Sun  Commencement

### Summer Quarter
- **June 15** Mon  Last day to register for courses to receive stipend or refund check on first day of term
- **June 26** Tue  First day of the quarter, instruction begins
- **July 1** Sun  Last day for filing Study List
- **July 4** Wed  Independence Day observance *(holiday, no classes)*
- **July 8** Mon  Last day for adding courses or units
- **July 15** Sun  Last day for dropping courses or units
- **July 29** Sun  Last day for declaring or dropping credit/no credit grading option
- **Aug 5** Sun  Last day for withdrawing from courses
- **Aug 11 - 16** Sat-Thu  End-Quarter Period
- **Aug 16** Thu  Last day of classes
- **Sept 4** Tue  Summer Quarter closes
# Useful Stanford Websites

<table>
<thead>
<tr>
<th>Office</th>
<th>Phone</th>
<th>Website</th>
<th>Location</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BioAIMS</td>
<td></td>
<td>Contact: Gabriel Quinones at <a href="mailto:quinones@stanford.edu">quinones@stanford.edu</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BioMASS</td>
<td></td>
<td><a href="http://biomass.stanford.edu/">http://biomass.stanford.edu/</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Student Financial Services</td>
<td>723-2181</td>
<td><a href="http://co.stanford.edu/students/">http://co.stanford.edu/students/</a></td>
<td>632 Serra St</td>
<td>8a-5p, M-F</td>
</tr>
<tr>
<td>Career Center, School of Medicine</td>
<td>725-7687</td>
<td><a href="http://med.stanford.edu/careercenter">http://med.stanford.edu/careercenter</a></td>
<td>CCSR 4245</td>
<td>9a-5p, M-F</td>
</tr>
<tr>
<td>Career Development Center (CDC)</td>
<td>723-3963</td>
<td><a href="http://cardinalcareers.stanford.edu/">http://cardinalcareers.stanford.edu/</a></td>
<td>563 Salvatierra</td>
<td>See website</td>
</tr>
<tr>
<td>Counseling and Psychological Services</td>
<td>723-3785</td>
<td><a href="http://vaden.stanford.edu/caps/">http://vaden.stanford.edu/caps/</a></td>
<td>866 Campus Dr. 2nd Floor</td>
<td>8:30a-5p, M-F</td>
</tr>
<tr>
<td>Graduate Student Council</td>
<td></td>
<td><a href="http://gsc.stanford.edu/">http://gsc.stanford.edu/</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Graduate Education, School of Medicine</td>
<td>725-7385</td>
<td><a href="http://med.stanford.edu/phd/">http://med.stanford.edu/phd/</a></td>
<td>M105, School of Medicine</td>
<td>9a-5p, M-F</td>
</tr>
<tr>
<td>Housing</td>
<td>725-1600</td>
<td><a href="http://www.stanford.edu/dept/hds/shs/">http://www.stanford.edu/dept/hds/shs/</a></td>
<td>565 Cowell Ln</td>
<td>8a-5p, M-F</td>
</tr>
<tr>
<td>Housing, Off-campus</td>
<td>723-3906</td>
<td><a href="http://www.stanford.edu/dept/hds/chs/">http://www.stanford.edu/dept/hds/chs/</a></td>
<td>632 Serra St Suite 110</td>
<td>8a-5p, M-F</td>
</tr>
<tr>
<td>ID Cards</td>
<td>498-2273</td>
<td><a href="http://www.stanford.edu/dept/itss/services/campuscard/cardoffice.html">http://www.stanford.edu/dept/itss/services/campuscard/cardoffice.html</a></td>
<td>632 Serra St Suite 150</td>
<td>9a-11:30a, 12:30p-4p, M-F</td>
</tr>
<tr>
<td>Lane Medical Library</td>
<td>723-6831</td>
<td><a href="http://lane.stanford.edu/">http://lane.stanford.edu/</a></td>
<td>L109, School of Medicine</td>
<td>See website</td>
</tr>
<tr>
<td>Parking and Transportation</td>
<td>723-9362</td>
<td><a href="http://transportation.stanford.edu/">http://transportation.stanford.edu/</a></td>
<td>340 Bonair Siding</td>
<td>7:30a-5p, M-F</td>
</tr>
<tr>
<td>Registrar</td>
<td>723-2041</td>
<td><a href="http://registrar.stanford.edu/">http://registrar.stanford.edu/</a></td>
<td>632 Serra St Suite 150</td>
<td>8a-5p, M-Th, 9a-5p, F</td>
</tr>
<tr>
<td>Vaden Health Center</td>
<td>498-2336</td>
<td><a href="http://vaden.stanford.edu/">http://vaden.stanford.edu/</a></td>
<td>866 Campus Dr.</td>
<td>8a-8p, M-F, 10a-5:30, Sa-Su</td>
</tr>
</tbody>
</table>
Getting Started
Watch for Mailings

Be sure that your address is correct in AXESS!
You should have received mailings about ordering a student ID card, health requirements and other essential information. A pamphlet entitled "Welcome to Stanford's Online Information Resources" explains the basics of setting up email and the internet. The "Registering at Stanford" pamphlet has a nice summary of AXESS, registration, SUNet ID, student ID number, PIN, and class registration information.

Student ID Number

For the sake of privacy, Stanford doesn't use social security numbers. Instead, upon admittance, you are given an eight-digit student ID number, a.k.a. your University ID number. Your Stanford University ID (SUID) is a number assigned to your academic record and is required for any inquiries you make. The ID is printed on your registration commitment letter, your student ID card, and all enrollment and grading-related documents distributed by the Registrar. A PIN (personal identification number) is associated with your SUID. You will need your SUID and PIN to obtain your SUNet ID and password. As trivial as it sounds, make sure that you are assigned a number! Without it, you are not in the system, which can make things very difficult, particularly when dealing with the housing office. Call the Registrar's Office at (650) 723-2041, M-F, 8a-5p, for help.

Student ID Card

http://www.stanford.edu/dept/itss/services/campuscard/cardoffice.html
Stanford Card Office
Maude Modular Building
632 Serra St, Suite 150
(650) 498-CARD, M-F 8a-5p

The Stanford ID Card serves as an identification card, an electronic key and a debit card, allowing you to use services for which you have privileges, to enter facilities, and to make purchases. For example:
- Library access and borrowing
- Access to recreational facilities
- Use of Vaden Health Services
- Add money to your card and tap into various on-campus meal plans
- Use of Community Housing services for off-campus housing

New students are sent an application form for their Stanford ID Card prior to their first quarter of registration. Students who do not receive an application can download a copy (http://www.stanford.edu/services/campuscard/signup_form.pdf) or they can obtain their card at the Stanford Card Office.

Courtesy Cards are available for spouses, same-sex domestic partners of students, opposite-sex domestic partners of students, employees of Stanford Hospital and Clinics, and certain other University affiliates as defined by the administration (contact the Card Office for a complete list). There is a $15 fee for the courtesy card. To tap into various meal plans by adding money to your card, check out the following website: http://co.stanford.edu/students/scp/. For more information, call (650) 498-CARD.

SUNet ID

http://www.stanford.edu/group/itss/services/sunetid/
When you accepted your offer of admission, you chose a username, a.k.a. your SUNet ID, and a password. Each member of the Stanford electronic community creates a unique SUNet ID and password for him or herself. You will be prompted to change your password every 180 days for security purposes.

The SUNet ID provides access to the Stanford University Network (SUNet) and its services. If you do not have a SUNet ID, have your student number handy and go to the above website. There you can apply for a SUNet ID and password. With a regular SUNet ID, you'll get a Leland account, and its associated services:
- Email service and an email address (SUNetID@stanford.edu).
- 200 MB of storage space within Stanford’s distributed file system and World Wide Web services allowing you home pages and other Web resources.
- Access to usenet newsgroups, printing, and AXESS
- Personal website at www.stanford.edu/~SUNetID

Quick Tip: Although you can make email aliases, many people end up using their SUNet ID as their email address. Thus, it might be a wise idea to pick a “professional” sounding SUNet ID.
THE **Harold & Maude Buildings**

A lot of the essential Stanford offices were once housed in Old Union. Due to a massive remodeling effort, these offices are now in modular buildings named Harold & Maude. It's a bit hard to find, so we drew you a map...

**Maude Building** (G32, second floor)
- **Suite 150**: Cashier's Office
- **Suite 100**: Student Financial Services (Alca Bandara's Office)

**Harold Building** (G30, second floor)
- **Suite 110**: Student Housing Services
- **Suite 120**: Registrar's Office

*PS: Hoover Tower is a useful landmark.*

*PPS: go watch "Harold and Maude," the movie if you haven't already!"
AXESS Account

http://axess.stanford.edu

AXESS is Stanford's information system available via the web. It is generally available 24 hours a day, 7 days a week. To access AXESS, use your SUNet ID and password. Using AXESS, you will be able to:

- File or adjust your study list and elect grading options
- Review your grades
- Request an official transcript
- Print a history of your courses and grades
- Apply to graduate
- Update your address(es) (e.g., email, campus P.O. box, permanent, parent, etc.)
- Apply for housing
- View your account with the Bursar
- View your financial aid awards
- Obtain a certificate of enrollment
- Pay your bills online

Be sure to use the functions located under "Personal Info" to update your address and to protect your privacy. Call the Registrar's Office at (650) 723-2041 for help. They are open M-F from 8a-5p.

Class Registration

http://registrar.stanford.edu/students/courses/enrollment.htm

Your "Study List" is a list of the courses that you are taking in any given quarter. You must complete a study list every quarter to receive your stipend. You may sign-up for courses at any time the Study List function becomes available under the "Courses and Grades" menu in AXESS, usually at least one month before the start of the quarter. To enter research credits, click on the "Independent Study Search" button. Time Schedule information may be viewed online directly in AXESS, or can be found in the Fishbowl. Printed versions of the Quarter Time Schedule are available in the Office of Student Affairs (OSA) in MSOB and in the Harold and Maude Modulars. In addition, pick up a copy of the Stanford University Bulletin at Harold and Maude Modulars if you want to browse through course offerings in other departments in the university. The electronic Bulletin is available through AXESS. You must submit your Study List no later than the deadline published in the Time Schedule of Classes each quarter. Study lists are due by 11:59 pm on the Sunday after the second week of instruction. A late fee is charged after that deadline and your stipend will be delayed.

Housing

http://housing.stanford.edu

Numerous on-campus housing options exist for Stanford graduate students, ranging from family housing, apartments, dormitories, to co-ops. Demand is extremely high and space is limited, but new students are given priority. If you were assigned housing on campus, count your blessings and marvel how lucky you really are. When you arrive on campus, skip gleefully to your residence office (Escondido Village, Rains, Crothers, or Lyman) to pick up your keys. Telephone "land-line" service and Ethernet service are now mandatory parts of your on-campus housing bill as part of the Telecom Fee; you cannot opt-out of these services. The Telecom Fee includes basic phone service with call waiting and an in-room network connection with multiple IP addresses. The only optional features are Caller ID and Voice Mail. These two features are bundled in a single package available for $8.95/month with a $5.00 installation fee. A personal access code (PAC) is handy as it allows you to call long distance from any campus phone. Call 650-725-HELP or see http://www.stanford.edu/services/telephone/students/

The University also provides off-campus subsidized housing for graduate students. Some off-campus housing (e.g., Oak Creek and Stanford West) are actually closer to the Med School than some on-campus options. PLUS, the off-campus locations have amenities like hot tubs, swimming pools, and gyms on site. You should list these choices on your housing application if these are the apartments you would rather live in. At that time, you can list the roommate you want as well as rank your choice of apartments. Keep in mind though, that as of 2006-
2007, there have been university notices that some of the off-campus subsidized housing will not be available in the near future. The university is building a huge grad student “dorm” called Munzer, and they hope to discontinue the use of some subsidized apartments once Munzer is completed.

If you didn't get housing, don’t despair. There are options galore for you to explore.

- The University rents apartments from many complexes in Palo Alto, Menlo Park, Mountain View and Redwood City. The complexes in general are quite nice; open houses are held in the spring for students who are planning to apply for the off-campus spots. Community Housing Services, located in the housing office, has tons of information to help you out. You can browse nearby off-campus openings at http://www.stanford.edu/dept/hds/chs/ and arrange times to view them before you arrive.

- The newsgroups su.market and ba.market.housing have off-campus listings.

- The online Wednesday and Saturday editions of the Palo Alto Weekly classifieds at http://www.paloaltoonline.com/classifieds/ are helpful.

- At Craig’s List, http://www.craigslist.org, you can search for housing according to the location as well as your price range. Craig’s List has been overlaid on Google Maps at http://www.housingmaps.com/.


- Vittoria Management rentals can be browsed at http://www.vrent.com/.

Be warned that places are rented very quickly. In some instances a realtor will have a 20-minute open house and walk away with a pile of completed rental applications. Have your bank account, credit, and previous rental information ready to go. A nice tenant resume that you can fill out and give to landlords is available at: http://www.stanford.edu/dept/hds/chs/campus/info/resume.html.

In the past, it has been extremely difficult and expensive to live off-campus anywhere near the University, but since the dotcom bubble burst, it is relatively convenient and financially possible to live in a nice apartment building close to school. Remember to bargain. Many residents have moved away from Silicon Valley in the last couple of years, so renters have much more bargaining power these days. If on-campus housing is your thing and you did not get assigned initially, then you need to get on the on-campus waitlist.

To find housing once on campus, go to Community Housing Services in the Housing Office, and get on the on-campus waitlist. The housing office has a free phone to make and return calls, and web terminals to browse through listings. A temporary voicemail account is essential for landlords to return your calls if you don’t have a phone. To sign up for this service, call the Student Telephone and Cable TV service help line at (650) 725-HELP. Tresidder Union has a wall of housing postings in the lobby between Jamba Juice and the Bass Ticket window. At the Med Center, check for housing postings on the bulletin board in the hallway leading to the Office of Graduate Education (Rm. M105). If you’re desperate for housing, you can also become a “walk-in.” For walk-ins, names are drawn from the waitlist on specified days. For more info on the waitlist, check http://www.stanford.edu/dept/hds/has/applying/grad/gradresults/index.html.

Parking

http://transportation.stanford.edu
Parking and Transportation Services
340 Bonair Siding
(650) 723-9362
M-F 7:30a-5p

At this office you may purchase yearly, quarterly, monthly, or daily parking permits that range in price and parking advantages. For students living off-campus, “A” lots are closest to the medical school and are usually less occupied than the more distant “C” lots, but “A” permits cost $552 for one year, compared with $216 for a “C” permit. One option is to buy the cheaper “C” permit and a number of “A” daily scratchers ($11 each, up to five per month) to use on days when you’re running late and need to quickly find a convenient parking space. Other programs include carpool matching, carpool discounts, and rebates for not driving. Students living on-campus are only allowed to purchase
permits for the lots around their residence, which are $217 for a full year and $180 for ten months. Permits and scratchers can also be purchased at the Medical Center's parking/paging office, but with a slower turnaround of a few days. If you have a checking account and a SUNet ID, parking permits can be purchased online at: http://transportation.stanford.edu/parking_info/HowToPurchase.shtml. If you purchase a parking permit in person, be sure to bring your University ID. 'A', 'C', and 'shared' resident/commuter lots are enforced Monday-Friday, 6 a.m. to 4 p.m. Meters are enforced 8 a.m. to 4 p.m. Resident student lots are supposedly enforced 24 hours a day, 7 days a week. Parking tickets range from $35 for a permit violation to $336 for illegally parking in a disabled space.

Car Registration & Smog Checks

If you brought a car with you to Stanford, you need to register it within 20 days of arriving unless your car is already registered in California. It is best to make a DMV appointment online because lines at the DMV can be very long. To find your nearest DMV office, see http://www.dmv.ca.gov/fo/fotoc.htm. Be sure to bring proof of insurance with you when you register your car. Usually you need to have your car smog checked before you register it. The following vehicles are exempt from smog checks:
- Hybrids
- 1975 year model or older
- Diesel powered
- Electric
- Motorcycles
- Vehicles 6 or less model years old are eligible for a smog abatement fee instead of a smog check
For more information about smog checks, see: http://www.dmv.ca.gov/vr/smogfaq.htm#BM253

Banking

Open a checking/savings account at a local bank. Wells Fargo (http://www.wellsfargo.com), Bank of America (http://www.bofa.com) Stanford Federal Credit Union (http://www.sfcu.org), and Washington Mutual (http://www.wamu.com) are popular banks for Stanford students. On campus, you can find a branch of the Credit Union at the hospital and at the corner of Serra Street and Pampas Lane (near Escondido Village), and both Wells Fargo and the Credit Union at Tresidder. Wells Fargo, the Credit Union, and BoA have ATMs on the second floor of Tresidder Union and the first two have ATMs near the hospital cafeteria.

Health Requirements

http://vaden.stanford.edu/new_students/entrance_req.html
Before you can begin your studies at Stanford, you must complete certain health-related forms, immunizations and tests, which you'll return to Vaden Health Service. Fill out the forms as soon as they arrive in the mail; you don't want a registration hold, fines, and massive frustration because you procrastinated. All of the necessary forms are available online. You'll need to get a series of three shots for hepatitis B immunity if you haven't gotten them already. A combined measles and rubella immunization is available for a fee at Vaden. Cardinal Care, Stanford's student health insurance plan, does not cover this expense.

Doctors

As a graduate student, Cardinal Care Health Insurance is provided for you. You are automatically enrolled in Cardinal Care unless you opt out, which you can do on AXESS. With Cardinal Care, you can use the Vaden Student Health Center free of charge for general doctor's visits and yearly exams. You also receive free a yearly eye exam at the Blake Wilbur building in the Medical Center. In addition, Stanford has extensive medical facilities on campus including physical therapy, ER, surgery, imaging, specialty clinics, etc. Most physical therapy and specialty clinics are have a $10 co-pay per visit. For a complete co-pay schedule, specifics about Cardinal Care, and specifics about alternative medical facilities off-campus, see: http://vaden.stanford.edu/insurance.html. See the "Vaden Health Center" section under Life on Campus for more detailed information.

Dentists

The Bioscience Home Programs reimburse bioscience graduate students for up to $70 of dental insurance. You can get a dental resource packet by going to http://vaden.stanford.edu/insurance.html#dentins. E-mail the address given and Vaden Student Health Center will send you a packet. These packets contain resources that you may use in order to obtain the valued dental services you may need. There are several voluntary, individual plan preferred
provider dental plans. In addition, Vaden maintains a list of local dental providers who give discounts to students.

A mobile dental van comes to the Stanford Campus on a weekly basis. A flyer for on site dental services is included in the dental packet. The website for this dental practice can be found at: http://www.onsite-dental.com

Below is a list of some dentists in the area that have been recommended from the post doctoral candidates; for more information see http://www.stanford.edu/group/supd/

• Dr. Larson, San Jose (408-269-2007)
• Dr. Joseph Krauss, Palo Alto (650-323-5179)
• Dr. Joseph Cassara, Mountain View (650-969-2866)
• Dr. Thomas Mack, 703 Welch Rd, Stanford (328-1860)
• Dr. Randall Waters, Sunnyvale (408-730-4444)
• Serra Park Dental Group, Palo Alto (650-813-9800)

**During Your First Quarter**

**National Science Foundation Fellowships**
https://www.fastlane.nsf.gov/grfp/
The NSF Pre-Doctoral Graduate Research Fellowship is a three-year prestigious, nationally-competitive (10% of applicants are successful) fellowship. **Everyone who is eligible should apply!** Ph.D. students may apply during their first and second years of their Ph.D. This year’s application deadline for the life sciences is November 8, 2006. The award for 2006-2007 is $30,000, $3,000 more than the regular bioscience stipends. Citizenship requirements apply. For more information, application details, and eligibility requirements, see the website.

**Estimated Taxes**
http://www.irs.gov/businesses/small/article/0,,id=10413,00.html
If taxes are not taken out of your stipend (likely they are not), you will need to pay quarterly estimated taxes to the IRS. Quarterly taxes, for which you are responsible after your first quarter at Stanford if your tax will be $1000 or more, are due on April 15 (Q1), June 15 (Q2), September 15 (Q3), and January 15 (Q4) of each year. You are subject to a fine if you don’t pay estimated taxes. Form 1040-ES is used to pay estimated taxes and can be downloaded from the above IRS website. To determine how to estimate your quarterly taxes go to:
http://www.fairmark.com/estimate/
Computing
Internet

Visit this address for instructions on how to set up your in-room connection if you are living on campus. The website also contains other useful stuff, like software to download (e.g., antivirus software, e-mail programs like Eudora).

- WIRELESS COMPUTING information can be obtained at http://www.med.stanford.edu/irt/wireless. For set up help contact IRT at (help@medit.stanford.edu) or 723-8390
- Off campus connections (DSL & modem pool) information http://www.stanford.edu/group/itss-cns/datacom

Email

You have several software options for email programs. If you don’t own your own computer, you can use Stanford Webmail. You can also use a web-based email like Yahoo!, Hotmail or Gmail. They are free, accessible from any computer and have 250MB (Yahoo & Hotmail) to 2.5GB (Gmail) of storage space.

Webmail http://webmail.stanford.edu

Stanford offers a web-based method for sending and receiving email. With Webmail, you can read, reply, and send email from your @stanford.edu account conveniently and securely from anywhere using a web browser (like Safari, Internet Explorer, Firefox). Webmail is a great way to check your mail when you’re traveling, or even if you’re still on campus but away from your normal computer. Since all of your mail stays on the server (unless you expressly delete it), the next time you check mail with a desktop mail program (like Eudora), you’ll get copies of all your messages. Webmail also keeps your password safe: it uses SSL, the Internet-standard technology for e-banking and e-commerce.

Personal E-mail Programs

If you own a computer, Eudora is a popular, user-friendly email application for Macintosh and PC Windows computers. Eudora software can be downloaded for free through ITSS. Documentation for Eudora can be found at: http://www.stanford.edu/dept/itss/services/email/eudora/. Microsoft Outlook Express (Mac or PC), Apple Mail (Mac), and Mozilla Thunderbird (http://www.mozilla.com/thunderbird/) are user-friendly email programs. You can configure all of these programs to download (POP) or sync (IMAP) your Stanford e-mail with the university servers. For details about how to set up POP or IMAP access in your e-mail program see http://www.stanford.edu/services/email/config/

Email Lists

Many groups on campus use email distribution lists as a way to distribute memos and announcements to all members of a group. Participants subscribe to a list, then send messages to that list’s email address. Messages sent to the list are automatically sent to every participant on the list. Most, but not all, lists let you add or take yourself off the list and perform other routine tasks.

The machine called mailman.stanford.edu has been set up to serve as a mailing list hub or server for the Stanford community. All interactions with the mailing list server are done via email to majordomo@lists.stanford.edu. For example, to subscribe to the BioMASS email list, send the message “subscribe biomass-all” to majordomo@lists.stanford.edu. Be sure to send the subscribe e-mail in plain text, not rich text or HTML, otherwise it will be rejected. Other useful commands (messages) you can email to majordomo@lists.stanford.edu include:

- List - Lists all the groups you can subscribe.
- who <list-name> - Get a listing of all subscribers for a specified list.
- index <list-name> - Get a directory listing of associated files available forth specified list.
- get <list-name> <file-name> - Retrieve files from a particular list's file archives.
- info <list-name> - Retrieves a list's information file. This file is established by the list owner and typically contains overview information about the list. The information file is appended to the welcome message sent to all new subscribers. The info command can be used to cover the netiquette expected on a particular list and also typically covers important contact information and/or a review on how to unsubscribe from a list. It is a good starting place for figuring out how to interact with a list owner if there are problems on or with a list.
- unsubscribe <list-name> - Remove yourself from a mailing list. Must be sent from the email address you want to remove.

Useful mailing lists to subscribe to:

- biomass-all - weekly BioMASS newsletters
- grad-announce - activities and programs for graduate students
- grad-events - events for graduate students
- bio-seminars - bio-related seminars
- climbing - rock, ice, alpine, sport and big wall climbers at Stanford
- powderbound - for snowboarders and skiers
• redwood – info for the outdoor community: trips, equipment, general interest
• redwood-summer – outdoor trips over the summer
• outing – updates on planned hiking and backpacking trips
• free-food-alert – free food on campus

Newsgroups

Newsgroups are electronic bulletin boards and there are thousands of them, covering all imaginable topics, ranging from the pedestrian to the absolutely sick. Two newsgroups you may want to join are su.market and ba.market.housing. The first is for Stanford affiliates hocking anything from a room in an apartment to shoes. The second advertises housing in the bay area.

Computer Resources

http://academiccomputing.stanford.edu/
Select the services and facilities for information or tutorials on general, multimedia, internet/html/web page construction, statistical, and UNIX applications.

Meyer Computer Cluster/Multimedia Studio
(650) 723-9407
Open 24-hours a day
2nd Floor, Meyer Library
Home to a state-of-the-art multimedia production facility available 24 hrs to anyone with an email account. It includes digital-film video workstations, video editing stations, flat bed and 35mm slide scanners, MIDI keyboards, and removable media disc drives. Meyer also possesses a large bank of PCs and Macs. Connection stations in the cluster allow you to hook your laptop into SUNet.

Tresidder LAIR Computer Cluster
(650) 723-1315
Open until 2 am
The LAIR on the second floor of Tresidder Union has a color scanning station, black and white and color laser printers, plenty of Macs with zip drives

Sweet Hall UNIX Cluster
(650) 725-2101
Open 24-hours a day
For those who are UNIX savvy and in need of real computational power, the 24-hour Sweet Hall UNIX cluster should provide relief. It houses 150 HP, SGI and Sun workstations and free printing.

Visual Arts
http://www.stanford.edu/dept/VAS/
(650) 723-6813
1st Floor, MSOB
M, W-F 8a-5p; Tu 8a-4p
If you need to produce high quality slides, posters, or color handouts, visit Visual Arts, located several buildings west of the med school.

Residential Computer Consultants
(on-campus housing)
http://rescomp.stanford.edu
If you live on campus and have a personal computer, you can hook up to the network from your room. Ask your Residential Computer Consultant (RCC) for more details about PhoneNet and Ethernet connections or visit their web site.

Computer Products
Stanford Bookstore
When purchasing a computer or software, try the Computer Products section of the main campus Stanford bookstore. They offer educational discounts on personal computers, peripherals and software. They also have a demonstration area where you can try the merchandise and an on-site service center.

Storing Your Files

http://www.stanford.edu/services/file-transfer/
Stanford University offers students AFS, online storage for your files and email. Stanford students, faculty, and staff get 500MB of disk space in AFS for storing web pages, text files, images, computer programs, email, and other forms of online information.

You can access AFS directly, from one of the public workstations in the Lane Library, or from the convenience of your desktop computer. To access AFS from your home computer, you must have the Essential Stanford Software package’s OpenAFS/MacAFS client installed and be connected to the Internet. After installing OpenAFS/MacAFS, you transfer files from your computer to you AFS space (or vice versa) by mounting your AFS drive on your computer. Your AFS drive appears as another disk drive on your computer. For instructions on how to use AFS for file transfer, see the above website. Note: You cannot mount AFS drives with Mac OS 9, Windows 96/98/NT/ME or earlier.
Essential Stanford Software

http://ess.stanford.edu
Essential Stanford Software (ESS) is a collection of applications, free to the Stanford community, that will help you plug into the Stanford University Network (SUNet) and gain access to Stanford’s computing services. ESS includes applications to keep your password secure, protect against computer viruses, send and read email, browse the web, and exchange files. Here’s a short list of software you must download from the ESS site:

Windows:
- BigFix Client – automatically patches Windows machines against the latest viruses & worms
- Symantec AntiVirus
- OpenAFS for Windows
- SecureFX – for secure FTP access

Mac
- Norton AntiVirus
- MacAFS

Virtual Private Network

https://www.stanford.edu/services/vpn/
Virtual Private Network (VPN) is a remote access technology that creates a private connection over the Internet between your computer and Stanford’s private network, SUNet. Stanford’s VPN service allows any Stanford affiliate with an active SUNetID to connect to the campus from any available network connection almost anywhere including from home, from many hotels, and even from within some company networks.

Getting Started
To establish a VPN connection to Stanford’s network, you need to download, install, and run the Cisco VPN Client software (see VPN website for download). The Cisco VPN Client is available for the Windows, MacOS X, Linux, and Solaris operating systems. Installation instructions are available via the menu links on the right side of the VPN pages.

Once started, the VPN connection will transfer any traffic you send toward a Stanford IP over the VPN connection. All other traffic will use your conventional network connection. For example, if you connect via VPN, and log into any computer system at Stanford, you’ll appear to be connecting from a Stanford IP. However, if you log into any other system outside of Stanford, you’ll connect using the IP number provided to you by your ISP company.

Important Note:
Stanford VPN does not provide additional security measures to protect the data you are sending electronically. Please use caution and do not send your passwords or other confidential information as you would over a secure network. Please also be diligent at applying operating system security patches and keeping your virus detection software up to date.

Buying a Computer

Welcome to the golden age of technology. With all of the coursework, data analysis, and PDF files that you’ll come across during graduate school, you’ll need a computer. We recommend buying a laptop. You will find the portability convenient in most cases and necessary in some. Wi-fi capability is a must. Long battery life is nice to have. And, if your spinal curvature looks like a map of Skyline Drive, you will probably want something light - in the 4-6 pound range.

Now-a-days Intel Macs are the most versatile machines as they can run Windows in addition to the Mac OS if Parallels Desktop for Mac is installed. These computers will allow you to use essential software in both operating systems. For example, Flowjo, the premier program for FACS data analysis, runs much smoother in the Mac OS than it does in Windows because it was first written for the Mac. On the flip side, many people are more familiar with the Windows operating system. For more information on Parallels, see http://www.parallels.com/en/products/workstation/mac/

Where to Buy
If you are an Apple person, there’s an Apple store on University and in the Stanford Mall. Make sure to express your student status; it will save you 15%. (This works for iPods too, incidentally). You can also buy Macs at the main campus bookstore, with similar discounts. Finally, you can access an online Apple store that is particular to Stanford to get the student discounts via the web. Navigate from here: http://www.apple.com/education/hed/students/discounts.html

If you are a PC person, your options are a bit more diverse. Many students choose Dell computers; Dell also offers special discounts to Stanford students.
Visit [http://www.stanfordbookstore.com/htmlroot/computer/ComputerStoreSpecialOffers.jsp](http://www.stanfordbookstore.com/htmlroot/computer/ComputerStoreSpecialOffers.jsp) to reach Dell’s Stanford-specific online store. Several students have purchased Sony Vaios and other lightweight laptops.

**Pennies from Heaven?**
Not liquid enough to drop $2K on a flashy new laptop? I have good news for you. The School of Medicine has been generous enough to offer interest-deferred loans explicitly for the purchase of technological equipment. As of this writing, the maximum loan was $2,700 - and as mentioned, interest accrual is deferred on the loan until the date of your graduation. You can use this money for all qualified technology purchases, including things like computers and PDAs.

**Conclusion**
Buying a new computer doesn’t have to be a complete headache, but you do owe it to yourself and your pocketbook to do a little research. Companies run offers all the time, so keep your eyes open. If you have questions about purchasing, ask around - every student probably has her/his own opinion.
Academic Resources
Where & When to Buy Books

Stanford Medical Bookstore
(650) 614-0280
M-Th 9am -8 pm, F 9am -7pm, Sat 10am-6pm, Sun 11am-6pm
135 University Ave, Palo Alto

Main Campus Bookstore
http://www.stanfordbookstore.com
(650) 329-1217 or 800-533-2670
M-Th 8 am -8 pm, F 8 am-7pm, Sat 9-6, Sun 11-6
The Stanford University Bookstore offers a 7% discount on “faculty-adopted” textbooks and readers. To get this discount on any book, have your course director call the bookstore and “adopt” it by assigning it to a particular course. It does not matter if the book is required or recommended — you’ll still get the 7%. This savings makes bookstore prices competitive with Amazon.com, with the added benefit of no waiting period.

Live on campus and too busy to go to the bookstore? Place an order over the phone using your MasterCard, Visa or Amex before 3 p.m., and the bookstore will deliver them to your door that afternoon.

About once a quarter, the bookstore has a good sale on books, Stanford apparel, and other supplies. It’s worth getting on the bookstore mailing list to stay informed of other sale dates.

Lane Medical Library
http://lane.stanford.edu
Lane Building
Marilyn Tinsely
Information Services Library
Liaison to Bioscience Graduate Students
Lane Medical Library & Knowledge Management Center
(650) 723-5969
marilyn.tinsley@stanford.edu

Lane has mostly medically related journals. If you need anything involving evolution/ecology, you will have to go to Falconer. Lane is non-air conditioned and almost unbearable on hot days. Marilyn Tinsely, your library liaison, can answer your questions about library or technology resources at Stanford University. There are a few library resources you should know about as you begin you studies here at the School of Medicine.

LaneConnex & Clinical Search:
http://lane.stanford.edu
LaneConnex is your jumpstart for your information needs. You can simultaneously search over 100 important research resources, including PubMed, ebooks, drug information, and images. Also on the LaneConnex’s ejournals page, you’ll find over 3000 electronic journals in a variety of subjects relating to medicine and clinical sciences.

DocXpress
http://docxpress.stanford.edu
If an article or book you need is not available on campus, our staff will order the article from another library. One-time registration for the DocXpress service allows you to: track the progress of each request view the history of all items you have requested enjoy web delivery of articles

Register your Laptop for Wireless Access
Don’t forget to register your laptop for wireless access to the Stanford University Network. You can register your laptop online at http://helpsu.stanford.edu or by calling IRT’s Desktop support at 650-725-8000. Be sure to include the address of your wireless card in your request.

Falconer Biology Library
http://www-sul.stanford.edu/depts/falconer/
Herrin Hall, 3rd Floor
Located in Herrin, Falconer has a lot of biology related journals including many older years, a few medical journals (such as JAMA), and biology books. Most labs have a key so that you can enter at any hour (important for writing qualifying exams!). Facilities include high speed copiers for all those papers you will read for class and lab.

Other Libraries
In addition to the great study spots mentioned in the next section, Stanford’s libraries are also notable for their books and materials (... what a surprise!) There are more than twelve research branch or coordinate libraries, all housing special troves of material. Here are just some of the special treats in store...

- Green library has a media desk from which you can “rent” DVD’s for free. They rival Blockbuster in selection of current hits, plus they have all that obscure stuff too.
- The Music library has tons of CD’s from various composers and artists (even poets) that you can listen to in the library,
possibly even check out.

- The art library has great art books to stimulate the artistic side of you that might have been crushed by grad school.
- Hoover Library and the Green Library Special Collections desk house a lot of amazing things, ranging from propaganda posters from WWII, original editions of rare and famous books, and much, much more. They have special rules that you need to follow in order to view their materials, please check ahead of time.

Cubberley Café
Next to the Education Building on the main quad. There are outdoor tables; café open on weekdays, during lunch and through the afternoon.

Stanford Bookstore Café
Great, super strong coffee. Seats sometimes hard to find.

OFF CAMPUS – Palo Alto/Menlo Park

Café Borrone
Located in Menlo Park, 1010 El Camino Real, an outdoor favorite but not only with students. It is difficult to find a table and sometimes difficult to keep a table.

Study Spots

Green and Meyer Libraries
The undergraduate twins. Grad students study here, despite the fact that they are often overrun with undergrads. Green has some nice study spots if you like large carrels...some with nice window views. Green has better lighting than Meyer. Many people dislike the book bag check policy as you’re leaving Green.

Meyer’s 24-Hour Room
For the intense, around-the-clock studiers! The after-hours entrance is on the side of Meyer facing Escondido Village (closest to Sweet Hall). This room is strictly a no-talking study space, so beware: students freely send glares to any chatterers.

ON CAMPUS — non-libraries

The Coffee House (CoHo) at Tresidder
For those who like a little background noise (sometimes more than background!) while studying. Features live music on some evenings. **Pros**: good coffee (or brew!) while you study, also you feel part of the campus as there are lots of other students studying there **Cons**: often difficult to find a table, not the place if you need quiet

The Cafeteria in Tresidder
Does this place ever close? You get the point...it’s open really late and opens really early. Can serve as overflow for the CoHo if you weren’t lucky enough to find a table. **Pros**: late, late, late, and early, early, early; drinks and food fine (go figure, it is a cafeteria!); good background noise level for those who think libraries are too quiet. **Cons**: Noise level is unpredictable, outlets hard (if not impossible) to locate if you require music or computer while you work.

Rodin Sculpture Garden
Just across from the Med school; there are tables, and benches scattered among the sculptures. Café at lunch hour.

Café Borrone
Located in Menlo Park, 1010 El Camino Real, an outdoor favorite but not only with students. It is difficult to find a table and sometimes difficult to keep a table.

Peet’s Coffee
Located at Town and Country Village at the corner of El Camino Real and Embarcadero. If you love strong coffee, buy your beans here! On a sunny day, treat yourself to their out-of-this-world coffee smoothies; sit outside and study.

Printer’s Inc
Located on California Ave. in Palo Alto. There is a second Printer’s Inc. south on Castro St. in Mt. View. Sit inside or outside, drink expensive, yummy coffee drinks. Procrastinate by reading foreign newspapers (Printer’s Inc. is also a bookstore). Good, interesting salads for about $7.00.

The Prolific Oven
Located on Waverly St. between University and Lytton. The BEST baked goods in Palo Alto. Try both the chocolate and the carrot cake. Large tables, down home, with quite a bit of background noise. Closed on Mondays.

Happy Donuts
What? Located south of campus, 3916 El Camino Real. What could be better? 24 hr donuts, studying and **free wireless internet access**!

Venturing Out of Palo Alto

Berkeley
There are tons of cafes, open late that sell cheap lattes. A favorite is Café Strada, on the corner of College and Bancroft. Lots of big tables, good coffee drinks, great people watching. Definitely go! Worth the hour drive to take a break from Palo Alto!

San Francisco
Cafés abound in a variety of neighborhoods. Explore SF by visiting cafés. If you drive during off hours, it takes only 35 min to get there! Parking can be an issue, so allow time to hunt down a space.
# Library Phone Numbers and Hours for 2006-2007

**Autumn Quarter:** September 25 - December 15, 2006; **Winter Quarter:** January 9 - March 23, 2007; **Spring Quarter:** April 3 - June 13, 2007

[http://library.stanford.edu/libraries_collections/hours_locations.html](http://library.stanford.edu/libraries_collections/hours_locations.html)

<table>
<thead>
<tr>
<th>Library</th>
<th>Mon-Thurs</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GREEN LIBRARY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Circulation/Reserves (including print reserves)</td>
<td>8am-9:30pm</td>
<td>8am-6pm</td>
<td>9am-5:30pm</td>
<td>Noon-Midnight</td>
</tr>
<tr>
<td>Circulation/Bing Wing</td>
<td>8am-Midnight</td>
<td>8am-10pm</td>
<td>9am-9pm</td>
<td>Noon-Midnight</td>
</tr>
<tr>
<td>Information Center Desk</td>
<td>M-W 10am-9pm</td>
<td>Th-F 10am-5pm</td>
<td>Closed</td>
<td>Noon-5pm</td>
</tr>
<tr>
<td>Media &amp; Microtext (including media reserves)</td>
<td>8am-8:35pm</td>
<td>8am-5:35pm</td>
<td>9am-5:35pm</td>
<td>Noon-8:35pm</td>
</tr>
<tr>
<td>Privileges Desk</td>
<td>8am-9pm</td>
<td>8am-5pm</td>
<td>Closed</td>
<td>Closed</td>
</tr>
<tr>
<td>Social Sciences Resource Center</td>
<td>8am-Midnight</td>
<td>8am-10pm</td>
<td>9pm-9pm</td>
<td>Noon-Midnight</td>
</tr>
<tr>
<td>Special Collections (including Univ. Archives)</td>
<td>10am-5pm</td>
<td>10am-5pm</td>
<td>Closed</td>
<td>Closed</td>
</tr>
<tr>
<td>Government Documents (Jonsson)</td>
<td>8am-Midnight</td>
<td>8am-10pm</td>
<td>9am-9pm</td>
<td>Noon-Midnight</td>
</tr>
<tr>
<td><strong>MEYER LIBRARY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tech Desk, Language Lab, 2nd Floor Computer Cluster</td>
<td>8am-Midnight</td>
<td>8am-9pm</td>
<td>1pm-5pm</td>
<td>1pm-Midnight</td>
</tr>
<tr>
<td>First Floor Lobby</td>
<td>24 Hours</td>
<td>24 Hours</td>
<td>24 Hours</td>
<td>24 Hours</td>
</tr>
<tr>
<td>24 Hour Study Rm</td>
<td>24 Hours</td>
<td>24 Hours</td>
<td>24 Hours</td>
<td>24 Hours</td>
</tr>
<tr>
<td>Tresidder Lair Computer Cluster (Tresidder Union)</td>
<td>24 Hours</td>
<td>24 Hours</td>
<td>24 Hours</td>
<td>24 Hours</td>
</tr>
<tr>
<td><strong>RESEARCH BRANCH LIBRARIES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Art &amp; Architecture</td>
<td>9am-10pm</td>
<td>9am-5pm</td>
<td>9am-5pm</td>
<td>1pm-10pm</td>
</tr>
<tr>
<td>Biology (Falconer)</td>
<td>9am-9pm</td>
<td>9am-5pm</td>
<td>Closed</td>
<td>4pm-9pm</td>
</tr>
<tr>
<td>Chemistry &amp; Chemical Engineering (Swain)</td>
<td>9am-9pm</td>
<td>9am-5pm</td>
<td>Closed</td>
<td>4pm-9pm</td>
</tr>
<tr>
<td>Earth Sciences &amp; Map Collection (Branner)</td>
<td>9am-9pm</td>
<td>9am-5pm</td>
<td>1pm-5pm</td>
<td>4pm-9pm</td>
</tr>
<tr>
<td>East Asia Library (Meyer)</td>
<td>8am-9pm</td>
<td>8am-5pm</td>
<td>Closed</td>
<td>1pm-5pm</td>
</tr>
<tr>
<td>Education (Cubberley)</td>
<td>9am-9pm</td>
<td>9am-5pm</td>
<td>1pm-5pm</td>
<td>1pm-9pm</td>
</tr>
<tr>
<td>Engineering</td>
<td>9am-10pm</td>
<td>9am-6pm</td>
<td>9am-5pm</td>
<td>2pm-10pm</td>
</tr>
<tr>
<td>Marine Biology (Miller-Pacific Grove)</td>
<td>9am-5pm</td>
<td>9am-5pm</td>
<td>Closed</td>
<td>Closed</td>
</tr>
<tr>
<td>Mathematical &amp; Computer Sciences</td>
<td>9am-9pm</td>
<td>9am-5pm</td>
<td>1pm-5pm</td>
<td>4pm-9pm</td>
</tr>
<tr>
<td>Music *</td>
<td>9am-10pm</td>
<td>9am-5pm</td>
<td>1pm-5pm</td>
<td>1pm-10pm</td>
</tr>
<tr>
<td>Archive of Recorded Sound</td>
<td>1pm-5pm**</td>
<td>1pm-5pm**</td>
<td>Closed</td>
<td>Closed</td>
</tr>
<tr>
<td>Physics</td>
<td>9am-9pm</td>
<td>9am-5pm</td>
<td>Closed</td>
<td>4pm-9pm</td>
</tr>
<tr>
<td><strong>STANFORD AUXILIARY LIBRARY (SAL)</strong></td>
<td>1pm-5pm</td>
<td>1pm-5pm</td>
<td>1pm-5pm</td>
<td>Closed</td>
</tr>
<tr>
<td><strong>COORDINATE LIBRARIES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Business (Jackson)</td>
<td>8am-9pm</td>
<td>8am-6pm</td>
<td>Noon-5pm</td>
<td>1pm-10pm</td>
</tr>
<tr>
<td>Hoover Library</td>
<td>8am-5pm</td>
<td>8am-5pm</td>
<td>Closed **</td>
<td>Closed</td>
</tr>
<tr>
<td>Hoover Archives</td>
<td>8:15am-4:45 pm</td>
<td>8:15am-4:45 pm</td>
<td>Closed **</td>
<td>Closed</td>
</tr>
<tr>
<td>Medical (Lane) ***</td>
<td>8am-Midnight</td>
<td>8am-10pm</td>
<td>10am-10pm</td>
<td>10am-Midnight</td>
</tr>
<tr>
<td>Law (Crown) ****</td>
<td>8am-Midnight</td>
<td>8am-9pm</td>
<td>9am-9pm</td>
<td>10am-Midnight</td>
</tr>
<tr>
<td>SLAC (Stanford Linear)</td>
<td>8am-5pm</td>
<td>8am-5pm</td>
<td>Closed</td>
<td>Closed</td>
</tr>
</tbody>
</table>
Graduate Education Resources
Office of Graduate Education

Dr. Ellen Porzig is the Associate Dean for Graduate Education in the Medical School. She works with graduate students on educational issues including: advising, curriculum development, degree progress, thesis committee mentoring and graduate admissions. Students with interests in Biosciences curriculum development, teaching, under-represented minority recruitment, access to academic and non-academic careers and educational/community service opportunities are encouraged to visit the Office of Graduate Education and to volunteer for various graduate student committees. Dr. Porzig also works closely with CGAP, the Committee on Graduate Admissions & Policy and she manages the periodic internal faculty reviews of the interdisciplinary programs within the School of Medicine. Ellen Porzig's email address is eporzig@stanford.edu and her telephone number is 498-6880.

Additional members of the graduate education team who work directly with graduate students include:
- John Bray (John.R.Bray@stanford.edu) Assistant Director of Graduate Education and Director of Biosciences Admissions.
- Anika Green (agreen1@Stanford.edu) Assistant Dean of Graduate Education and Director of Biosciences Diversity Programs.

Office of Student Life in the Medical School

Zera Murphy (zera.murphy@stanford.edu) is the Director of Student Life and Suzanne Bethard (sbethard@stanford.edu) is the Student Affairs Associate. Suzanne edits the BioMASS newsletter and supports BioMASS activities.

Career Resources

School of Medicine Career Center (SoMCC)
http://med.stanford.edu/careercenter
Michael Alvarez, Director
Suzanne Frasca, Program Coordinator
CCSR 4245, M-F
650-725-7687
somcareers@stanford.edu

The School of Medicine Career Center provides a full complement of career resources and services to meet the career-related needs of all biomedical science trainees, including graduate and medical students, postdoctoral researchers, Residents, and alumni across the school and beyond. In addition to hosting industry information sessions and symposia around topics of interest, the SoMCC offers individual career advising and career-related skills courses to help scientists develop career opportunities and manage effectively towards their desired professional goals. SoMCC is also active in establishing and strengthening relationships with a wide range of prospective employers, providing formal structures through which hiring organizations and Stanford biomedical science professionals can consistently make connections.

Support and professional consultation are available regarding all aspects of career development, including the most effective techniques for researching options, career planning and management, specific job searching skills, resume preparation, interview coaching, and job offer evaluation and salary negotiation. The Center coordinates a series of panel discussions through its Careers in Science program; bringing scientists (often alumni) to Stanford to describe from first-hand experience the broad range of viable career pathways available. SoMCC is home to a career resource library and also offers a variety of career development web-based services. All these services and programs are structured to supplement and integrate the wide range of resources available throughout the campus, thus enhancing the Center’s ability to support the career-related needs of all biomedical scientists across the University.

To arrange an appointment, please call the Career Center, (650) 725-7687, or send email to somcareers@stanford.edu.

Stanford Career Network (SCN):
https://www.stanfordalumni.org/career/scn/home.html
A searchable database of alumni that have volunteered to be contacted by Stanford alumni and students for information interviews and career networking. Using SCN is an effective way to get information regarding industries, companies and employment prospects in a variety of career fields. SCN is a service of the Stanford Alumni Association; there is no fee to use the service!

Career Development Center (CDC)
http://cardinalcareers.stanford.edu/
563 Salvatierra Walk
723-3963
Stephanie Eberle
Graduate Student Counselor
The CDC offers services and written resources for each level of graduate student: Master’s, Ph.D. and post-doctoral students. Graduate students have
specific resources within the Counseling area including information on areas such as Writing a Curriculum Vitae, The Academic Job Search and Exploring Your Career Options (Outside of Academia.) Special programs for graduate students are also available throughout the academic year so check out the Calendar of Events for more information and dates.

Several recent books might also be of interest:

Stanford University Medical Center Alumni Association (SUMCAA)
http://www-med.stanford.edu/alumni/
Remember those laser pointers you received during orientation? They are sponsored by the SUMCAA. There are currently more than 14,000 alumni of Stanford University Medical Center worldwide. Nearly a quarter of them live in the Bay Area, so get to know them! They listen to students and back your ideas. After graduation, membership in the SUMCAA is free and granted to all medical center graduates.

The SUMCAA publishes Stanford MD, an insert that appears in the medical center publication, Stanford Medicine. Stanford MD features articles profiling alumni and alumni-related news and information, and includes Class Notes-submissions by alumni about their careers or personal milestones. The website keeps alumni connected with the school and with each other through its online community.

BioAims members assist in the recruitment process by representing Stanford at local and national meetings, visiting various colleges and universities, and meeting with students who visit Stanford to learn more about the PhD Programs in Biosciences. To promote and enhance retention and cohesion, BioAims members host a welcome BBQ in the Fall, plan social activities throughout the year, and organize fellowship application, financial planning, and journal reading workshops. The group also participates in volunteer and mentoring activities in order to expose youth to the basic sciences.

BioAims meets the second Wednesday of every month and welcomes new members (you don’t have to be a minority to join!). To learn more, please contact BioAims President Gabriel Quinones at quinones@stanford.edu.

BioAims Newsletter
Hear about upcoming events, including symposiums, in addition to all the BioMASS activities. Make sure to subscribe to our e-mail list to receive the weekly electronic newsletter! Write to majordomo@lists.stanford.edu and put “subscribe biomass-all” in the body of the text.

If you would like to submit an announcement for the BioMASS newsletter, email Suzanne Bethard (sbethard@stanford.edu) by 5:00 pm on Monday for the weekly Wednesday newsletter.

Additional information about all of the BioMASS events can be found at:
http://biomass.stanford.edu/

BioMASS Newsletter

Education Development Resources
These are just a few resources to tap. Also see libraries and study spots for others!

Center for Teaching and Learning
http://ctl.stanford.edu/
(650) 723-1326
CTL’s purpose is to promote excellence in teaching at all ranks and excellence in student learning inside and outside the classroom.
They offer many services for T.A.’s including:
• Videotaping Classes
• Student Small Group Evaluation
• Classroom Observation
• Teaching at Stanford Handbook
• Departmental or Small Group Workshops,
Lectures and Reading Groups
• Library of Books and Videotapes
• TA Student Evaluation Questionnaires
• Teaching Orientations
• Speaking of Teaching Newsletter
• Assistance with Teaching Portfolios
• Handouts on Teaching
• Information on Teaching and Technology
• Oral Communication Courses

Office of Learning Technologies (OLT)
http://learningtech.stanford.edu/
The Teaching and Learning Services (TLS), under the Information Resources Technologies (IRT) office, supports the School of Medicine and its faculty in the effective application of education technology to enhance their teaching. The TLS has developed and designed much of the web and computer-based instructional tools that are used in the School of Medicine's required curriculum. The TLS supports the Graduate Web Portal (GWP) http://gwp.stanford.edu. The GWP offers graduate students in the biomedical sciences course support and links to research resources. For further information, see the OLT home page at:

Fleischmann Learning Resource Center (FLRC)
Medical Informatics Training Lab (MITL)
http://lane.stanford.edu/about/flrc/index.html
723-5853
The FLRC is an independent study center which supports the teaching program at the School of Medicine. It primarily serves the medical students but all graduate students are welcome to use its resources.
Research Facilities
The Biological Sciences Department has three main sites:

**Main Campus: Gilbert Hall, Herrin Hall, and Lokey Laboratory Building**
http://www.stanford.edu/dept/biology/
Gilbert and Herrin Hall are located just across the street from the medical center, off Serra Mall. The Lokey Building is located across the street from the Clark Center, in between Mudd Chemistry and the medical parking structure. Falconer Biology Library is housed in the department, in Herrin Hall.

**Hopkins Marine Station: Monterey Peninsula**
http://www-marine.stanford.edu/
Hopkins Marine Station is a marine biology research and educational facility that operates as a branch of Stanford University's Department of Biological Sciences. Founded in 1892, Hopkins was the first marine laboratory to be established on the American Pacific coast. Since that time, many notable scientists, as well as a continuous population of undergraduate and graduate students have come to the Station to study and work towards a better understanding of the marine world. The Station is located in Pacific Grove, on the Monterey Peninsula, which forms the Southern shore of Monterey Bay. It lies in a region of scenic beauty and historic interest, 90 miles south of Stanford's main campus in Palo Alto.

**Jasper Ridge: Santa Cruz Mountains**
http://jasper1.stanford.edu/
Jasper Ridge Biological Preserve is located near Stanford University's campus in the eastern foothills of the Santa Cruz Mountains. An undeveloped jewel set amidst a rapidly urbanizing area, the Preserve provides refuge to native plants and animals, rich educational experiences to students and docent-led visitors, and a rare natural laboratory for researchers from all over the world.

The chemistry facilities include the Mudd Chemistry Hall and the Swain Chemistry and Chemical Engineering Library, which is housed in the Organic Chemistry Building. These buildings are located next to the Biological Sciences, also across the street from the Medical Center.

http://biox.stanford.edu/clark/
The Bio-X Program for Bioengineering, Biomedicine and Biosciences at Stanford is broad-based and campus-wide. The Program is facilitated by a new Center, the James H. Clark Center for Biomedical Engineering & Sciences, which began construction in June 2001 thanks to the enormous generosity of Jim Clark. The center was completed in summer of 2003. A critical mass of ~50 faculty from various disciplines, including many from Biosciences programs, occupy the Center. The building’s design and location make it ideally situated to foster an unprecedented degree of collaboration among scientists from many different disciplines.

http://www.slac.stanford.edu/
The Stanford Linear Accelerator (SLAC) is one of the world’s leading research laboratories. Established in 1962, it is located in Menlo Park, off Sand Hill Road. You can see the structure as you drive over it on the 280. The Stanford Synchotron Radiation Lab is a division of SLAC, in which many Biosciences faculty participate. The mission of SLAC is to design, construct and operate state-of-the-art electron accelerators and related experimental facilities for use in high-energy physics and synchrotron radiation research. Take a tour of this facility some time while at Stanford! The SLAC Marguerite line shuttles people to SLAC from campus.

Palo Alto Veterans Affairs Medical Center is on Junipero Serra, about 5 miles south of campus. It was totally reconstructed in 1997 and houses research labs of faculty that participate in the Biosciences programs. The departments/research centers that are at the VA include:
- Anesthesia
- Alzheimer's Disease research center
- Blood Center
- Cardiovascular research labs
- Neurology
- Psychiatry
- Rehabilitation Clinics
**Medical Center**

Stanford University School of Medicine is the oldest medical school in the Western United States. Started in 1858 in San Francisco as the medical department of the University of the Pacific, in 1882 the Cooper Medical College was established by faculty of the Medical College of the Pacific. In 1885, Stanford University was founded and in 1908, Cooper Medical College was adopted by Stanford as the Stanford University School of Medicine. In 1959, the medical school moved to its current location. The reverse swastika, an ancient symbol for life, is prevalent in the external facade of the medical center. There are over 500 paintings and 1600 posters scattered throughout the hospital, generously donated by Dr. and Mrs. Bing.

**Main Research Buildings at the Medical Center**

**Beckman Center for Molecular and Genetic Medicine**

Built about 10 years ago, the Beckman Center houses several core facilities (PAN, FACS to name a few) for the medical center. Munzer Auditorium, a popular lecture hall since it’s nicer than most on the medical campus, is located in the basement of the Beckman Center, Room B060. And definitely check out the burrito bar in the Bistro located in the basement as well.

Beckman houses the following departments:
- First Floor: Molecular & Cellular Physiology
- Second Floor: Howard Hughes Medical Institute Investigators
- Third Floor: Developmental Biology
- Fourth Floor: Biochemistry

**CCSR (Center for Clinical Sciences Research)**

This building is one of the newer research buildings at the medical center and is comprised of two distinct units (North and South). It houses the following departments:
- Ground floor: Anatomy
- First floor: Oncology, Hematology, Radiation Oncology, Immunology
- Second floor: Pediatrics, Genetics, Dermatology, Immunology, BMT, Hematology
- Third floor: Pharmacology, Pathology, Gastroenterology, HHMI
- Fourth floor: Immunology, Pharmacology, Bioengineering

**Fairchild Research Building**

In addition to the research labs, this building houses the Graduate Student Lounge and Café DNA, in the atrium at the middle of the building. Fairchild Auditorium is a free standing building between Fairchild and Beckman. Due to be torn down in 2007, Fairchild Auditorium will be replaced by the Learning and Knowledge Center. Fairchild houses the following departments:
- First Floor: Structural Biology
- Second Floor: Neuroscience
- Third Floor: Microbiology & Immunology

**Grant/Alway/Lane/Edwards and M-Wing**

This is the main building (oldest research facilities) at the medical center, adjacent to the hospitals. Various labs from the Department of Genetics, Pathology, and others are housed here. The M-wing is the main medical school building, with the Dean’s Office and the Office of Graduate Education, as well as the med school café and auditoriums for many classes and seminars.

**Health Research and Policy (HRP)**

The Department of Epidemiology occupies this smaller building on the medical campus.

**Mayer Cancer Biology Building**

A small research building that was just renovated, it houses a few labs that conducted cancer research, as its name states.

**MSOB (Medical School Office Building)**

Lots of offices for administration including the Office of Student Life, as well as MedIRT and SUMMIT, are in this building. The Medical Informatics Department has space here as well on the second floor.

**MSLS/Lucas Center for MRS (Medical School Lab Surgery/Magnetic Resonance Spectroscopy)**

This building (two adjoined centers) houses the facilities as listed in the name, as well as labs from the Departments of:
- Psychiatry
- Dermatology
- Gastroenterology
- Immunology and Rheumatology
- Surgery
Advice from Graduate Students
Rotations

- Set up your rotations as early as possible.
- To help you choose between potential labs, talk to graduate students who are in the labs you are considering.
- Talk to as many PIs as you can as early as possible. (In addition to helping you find rotation labs, this is great for making useful contacts and learning cool science stuff)
- Before setting up a rotation, ask the PI explicitly if he/she has room for you to join the lab
- Find a mentor whom you respect and trust. It doesn’t have to be set up formally, just someone you can talk to. It can be a PI, post-doc, or senior grad student.
- Learn how to say “no”. (I don’t want to do that project; I can’t do that experiment because I have finals)
- Learn not to take “no” for an answer. (I want to take that class; I want to TA)
- You can cancel a rotation you’ve already set up, but be diplomatic.
- If a lab you’re considering is very popular, you may have to compete with other students to get in. Ask the PI how many students he/she plans to take this year and how many are being considered. Find out the criteria by which you are being judged.
- Finding your thesis lab is more important than finishing your rotation projects.
- You can do a fourth rotation during the summer. It is worth the 3 month delay to find a lab that you really like.

Choosing a Lab

- Remember your thesis lab is where you will spend the next 5 or 6 years of your life, so do your best to find a place that feels comfortable to you.
- If faculty need students, they will recruit you.
- Do careful research into a lab before you join.
- Talk to as many lab members as possible to get information about a lab. Contact previous grad students. Ask candid questions.

Questions to Ask When Choosing a Lab

- What is the average time to degree in the lab?
- Why did people choose the lab? Is it what they expected? Would they recommend the lab?
- What are the strengths and weaknesses of the lab?
- How many people have left the lab prematurely and why? Where have they gone?
- Will the PI be up for tenure or considering other job offers during your time in the lab? Are you willing to move with the lab?
- What is the financial situation of the lab? Is the PI a good money manager? Can he/she support you?
- What is the male/female ratio in the lab and is there a significant reason if the ratio is skewed?
- How many hours per week do people usually work? Do people work on weekends? What is expected?
- What is the vacation policy?
- How competitive is the lab? (within the lab: do people compete on projects? outside the lab: are there direct competitors in the field?)
- How does the PI distribute projects among lab members?
- How much input does the PI give in the conception of projects?
- How much freedom in choosing projects and designing experiments does the PI give to students and post-docs?
- What is the PI’s mentoring style? Hands-on or hands-off? High pressure or laid-back? Does he/she care about graduate education?
- How loyal is the PI to his/her students and post-docs?
- Does the PI help his/her people to get good post-docs/jobs?
- How much time does the PI spend with lab members? How busy does he/she get with
other duties such as teaching, committees, reviewing papers, consulting, conferences, etc.?

- How does the PI handle collaborations?
- What is the lab publication record? (Also check PubMed)
- How long does it take for the PI to get a paper out once the experimental work has been done?
- How supportive is the PI of alternative (non-academic or non-research) careers?
- How supportive is the PI of lifestyle choices (spouses, children, etc.)
- Are the people happy? Do they get along?
- Ask yourself if you like the people in the lab.

**Thesis Projects**

- Remember: 5 years will go by more quickly than you think! Keep your time to degree in mind (your PI may not care).
- How risky is your project? What is the chance your project won’t work? You should have at least one backup project.
- Take responsibility for understanding your project inside and out as soon as possible. This is your project and your graduate career. You care about it much more than your committee or even your PI. You are responsible for completing a successful project.
- Don’t be afraid to ask questions. You will only become an expert on your project if you follow through on any doubts and questions about ideas, techniques, equipment. Consult people, books, and your own thoughts until you have a thorough understanding of everything you work on. You should not feel too proud to ask anyone a question. If you have thought about the problem a lot and are having trouble finding the answer in books and papers, chances are that you will start a good discussion with the people around you. This takes time—your whole life!
- Stay on top of the literature. Scan the journals relevant to your field often. You may want to sign up for a weekly email-based alerting service that notifies you when papers with your user-defined topics are published. Both PubMed and Faculty of 1000 send out these types of emails. The major journals (Nature, Science, Cell, specialty journals) will also email you the table of contents for each new issue when it is published online.
- Is someone in another lab working on a very similar project? How likely are you to get scooped?
- Is someone in your lab working on a closely related project? How well-defined are the boundaries between your respective projects?

Can you work well with this person? Do you trust them? Can you collaborate? Have authorship issues been worked out?

- It is common for graduate students to go through more than one project before they get interesting results, so don’t give up! Just communicate with your PI frequently so you learn how to realize when it is time to abandon a project or change the experimental approach.

**Thesis Committees**

- Your thesis committee is an important complement and counterbalance to your advisor. Although it is important to choose committee members who can contribute scientifically, it is also important that they be supportive of your graduate career. These people have the power to defend your cause or to kick you out of graduate school. They will also be writing you letters of recommendations. Choose the members carefully.
- Meet with your committee at least once a year, more often if you are having problems. Ask them candid questions about your progress towards graduation (time frame, remaining experiments, constructive criticism, etc.)

**Balancing Life & Lab**

(vaden.stanford.edu)

- A well-balanced life starts with the basics of wellness. Take excellent care of yourself. This includes healthy nutrition, enjoyable exercise, getting plenty of sleep, and frequent relaxation of mind, body and spirit.
- Take some time for self-reflection. List the activities you are involved in. Select the top 5 activities which best support your personal and academic goals. Make sure your week includes dedicated time for those activities.
- If you often feel stressed, consider whether you might be over committed. Select the one or two activities that are least important, or can be postponed to a later time, and drop them for now.
- Make a few unscheduled hours in your planner to do something enjoyable and spontaneous each week.
- Every month, on the numerical day of your birthday, take a moment to do something fun, new, and/or different. It could be something as simple as visiting a new place on campus, or going out for a special dinner.
- Consider the idea of simplicity to balance your demanding academic life. Try Yoga, NIA, and
other mind-body classes. Fly a kite, take a walk in nature, or spend time in peaceful solitude around Lake Lag or the Dish. Massage, art and music may enhance peacefulness and balance. Cultivate strong relationships with friends and family. Stay in close touch with people you most care about. Send a note or greeting card to a loved family member for no special reason.

- Think of time as a resource. Learn the skills of time management. For example, you can get the most from your time by alternating types of activities. Do vigorous exercise after concentrated study; do laundry after challenging classes.
- Beat procrastination. Activate yourself by starting the simplest task that can be completed in the shortest amount of time. This can help you get going, free up your time to take care of yourself.
- Make choices based on your own values and beliefs. When we live with a sense of purpose, we often experience an inner sense of clarity and balance. This makes us stronger, enlivens us and enhances our vitality.

**Problems**

- Problems of one sort or another may arise during your graduate career. You are not alone. Talk to other graduate students, trusted post-docs, other PIs, and/or the ombudsperson early BEFORE the problem gets out of hand. There may be options that you haven’t thought of. Problems will not go away; they will only get worse. Take action early.
- Open communication lines are key. If you are having a conflict, let the other person know. They might not be aware.
- Some graduate students take 7 years or more to graduate. If the 7-year plan doesn’t appeal to you, be proactive. As early as possible, have committee meetings at least once a year so that you know exactly what you have to do to graduate.
- Occasionally, graduate students find their lab situations intolerable and feel that switching labs is the best option. This isn’t an easy option, but it is still an option. Get help and support from your committee, the ombudsperson/deans including: the Senior Associate Dean for Graduate Education, the Associate Dean for Graduate Education, the Associate Dean for Student Life and from other students, post-docs, and PIs.

**Switching Departments**

- Your funding is provided by your faculty member so you don’t need to worry about how you will get paid.
- If you do switch departments, you may need to complete additional course requirements for your new department even if you had already completed all of your classes in your old department.

**Deciding to Leave**

- Once you have passed your qualifying exams, you can leave your Ph.D. program with a Masters.
- If you are thinking of leaving graduate school, talk to the School of Medicine Career Center to explore your options and decide if leaving is the best choice for you.
- Do not leave without an alternative plan in place.
- Discuss your decision over with family, friends, and counselors to determine if leaving would be the right solution for you.
- Take an extended absence from your Ph.D. program rather than withdrawing altogether because you then leave the door open to return to your program should you so desire.
Guidelines for Good Practices in the Graduate Student-Faculty Advisor Relationship
High-quality graduate education depends upon the professional and ethical conduct of the participants. Although the University is composed of many distinct disciplinary "cultures," its faculty and students together form a community of scholars. As such, they have complementary responsibilities for upholding academic standards and sustaining a creative and collegial environment.

Focused on the professional academic relationship between faculty advisors and graduate students, the following guidelines are based on the collective experience and wisdom of a number of major research universities. Their purpose is to encourage a heightened awareness of - and conscious commitment to - practices that the great majority of faculty and students here and elsewhere routinely follow as a matter of common sense, courtesy, and basic honesty. Although a few of these guidelines have more direct relevance to some fields than to others, most are applicable across the entire disciplinary spectrum.

**Faculty Advisors should:**

Serve as intellectual and professional mentors to their graduate students, by:

- helping students develop artistic, interpretive, writing, oral, quantitative, or other relevant professional skills required by the discipline.
- helping more advanced students design research programs that take advantage of their individual interests and strengths and that can be completed in a timely manner.
- encouraging, by example and precept, a dedication to high-quality teaching.
- encouraging faculty-graduate student collaborations which entail the sharing of authorship or rights to intellectual property developed in research or other creative or artistic activity.
- providing students with evaluation of their progress and performance in regular (at least twice quarterly) and informative ways. It is especially important for faculty to provide students with timely and candid advice when their performance is deficient or their lack of progress might prevent them from attaining the desired degree.

Be knowledgeable concerning the academic and non-academic policies that pertain to graduate students, including:

- helping students understand the requirements and timetable that each must meet, including course work, languages, research tools, specific research responsibilities, examinations, and thesis or dissertation.
- discussing laboratory, studio, or departmental authorship policy with graduate students in advance of entering into collaborative projects.
- drawing student's attention to University policies on Intellectual Property, Environmental Health and Safety, Scientific Misconduct, the Honor Code, and requiring that they be followed.

Prepare students to be competitive for employment, by:

- promoting free inquiry and the free exchange of information, subject to the University's policies regarding secrecy and confidentiality of research.
- acknowledging student contributions to research presented at conferences, in professional publications, or in applications for copyrights and patents.
- encouraging graduate students to participate in professional meetings, perform or display their work in public settings, and publish the results of their research.
- providing a realistic view of the field and the current job market and making use of professional contacts for the benefit of their students.

Maintain a high level of professionalism, including:

- excusing themselves from participating in committee decisions regarding any student with whom they have a relationship that could result in a conflict of interest.
- never impeding a graduate student's progress toward the degree or toward employment in order to benefit from the student's proficiency as a teaching or research assistant.
- interacting with students, staff, and faculty colleagues in a professional and civil manner, and in accordance with University policies.
For their part, graduate students should:

Understand faculty advisors' central role, as well as their constraints. This includes:

- recognizing that the faculty advisor provides the intellectual and instructional environment in which the student conducts research, and, through access to teaching and research funds, may also provide the student with financial support.
- recognizing that the faculty advisor is responsible for monitoring the accuracy, validity, and integrity of the student's research, and for ensuring that the contributions of all participants in the research are properly acknowledged in any publications. For these reasons and because the quality of that research reflects on the student, the faculty advisor, and the University, students should always consult with their advisors before attempting to publish the results of work carried out under the advisor's direction and/or in the advisor's studio or laboratory.
- being aware of time constraints and other demands imposed on faculty members and program staff.
- communicating regularly (at least twice quarterly) with faculty advisors, especially regarding matters related to research and progress with the degree program.

Take primary responsibility for informing themselves of the regulations and policies governing their financial aid, degree and course requirements, and research activities. This may involve:

- consulting departmental notes or guidelines for graduate students, the Graduate Student Handbook, the Research Policy Handbook, and the Stanford Bulletin.
- seeking clarification from the faculty advisor when they are uncertain about the precise meaning or application of a regulation or policy statement.

Exercise high professional standards in all aspects of their work. This includes:

- observing the University's policy on scientific misconduct. This policy applies to researchers in all disciplines and to students as well as faculty and staff.
- maintaining absolute integrity in taking examinations and in collecting, analyzing, and presenting research data.
- taking special care to preserve the data collected during experiments or noted during research (with precise identification of sources) in order to avoid future confusion or disputes about access or ownership.
- acknowledging the contributions of the faculty advisor and other members of the research team to the student's work in all publications and conference presentations. It is also appropriate to acknowledge the sources of financial support. Students should familiarize themselves with the statement on Academic Authorship.
- maintaining the confidentiality of the faculty advisor's professional activities and research prior to presentation or publication, in accordance with existing practices and policies of the discipline.
- informing faculty of conflicts and working towards a clear resolution.
- interacting with faculty, staff and other students in a mature, professional, and civil manner in accordance with University policies.
Life on Campus
Athletic facilities on Stanford campus are available for student use, both instructional and recreational. These facilities include:

- 26 tennis courts (some are lit for night play), and a tennis stadium
- A really nice golf course
- Golf driving range (lit at night)
- Riding stables
- Olympic-sized outdoor training pool, plus additional outdoor pools (located at DeGuerre Pool Complex and Roble Complex)
- Playing fields and fields for recreational track
- Handball, squash and racquetball courts (DeGuerre Courts)
- Facilities for badminton, fencing, martial arts, weight training and dance (Roble Complex, Ford Center and Arrillaga Family Sports Center)
- Lake Lagunita (if it rains enough Winter Quarter)
- Indoor basketball courts

These facilities are located throughout the campus. The east side of campus includes the Arrillaga Family Sports Center, which has a recreational weight room and wrestling room, intramural fields, outdoor volleyball courts, and tennis courts. Behind Arrillaga is the DeGuerre Complex. It houses swimming and diving pools as well as handball, racquetball, and squash courts. Across the street (more or less) from Arrillaga lies the Ford Center for Sports and Recreation. It contains Stairmasters/lifecycles, and multipurpose rooms for aerobics, basketball, badminton, gymnastics, martial arts and volleyball. Next door, the Burnham Pavilion is used for volleyball. In the center of campus, Tresidder has a small fitness center filled with mostly weight machines.

On the west side of campus, lighted tennis courts can be found near Encina and the golf driving range on Campus Drive West. The dance studio (for classes and dance concerts), small activity rooms, a multipurpose gymnasium (basketball), a fencing center, an outdoor swimming pool, a small weight room, and a large playing field are located at Roble Gym. An 18-hole championship golf course, a sailing center, and a rowing facility are also available.

To find out current information on recreation schedules and what facilities are open for recreational use, check the athletic department home page at http://www.stanford.edu/home/athletics/index.html. It's a good idea for some facilities to sign up for them in advance (i.e. the tennis courts). Arrillaga Sports Center Weight Room and Tresidder exercise facilities tend to be most crowded at the dinnertime hour (5p –7p). Least crowded day is Friday. Watch for more crowded facilities in the beginning of January after the break….must be all those "New Year's Resolutions"! Usually tapers off after Spring Break.

Courses/Programs

Take advantage of various physical education classes such as horseback riding, windsurfing, tennis, fencing, dancing and many others that are offered throughout the year. Check the Time Schedule of Classes for more info. Sign-ups for courses occur the first day of classes. For more information, check the web page: http://www.stanford.edu/dept/pe/penew.html.

Aerobics courses are available through the Athletic Department for credit (as described above), or through Stanford Aerobics, which offers classes at various campus locations on a drop-in basis. Both quarterly and yearly passes are available. Check the web page for more info: http://www.stanford.edu/group/aerobics.

If running is your thing, there's always the ever popular Campus Drive loop, or check out the paths up by the Dish (hills on the West side of campus, by the satellite dish. Lots of trails for walking/jogging, unfortunately no bikes are allowed. You can catch great views of campus and the surrounding Bay. A great place for picnics too!

Phone numbers for some athletic facilities:
Arrillaga Family Sports Center  723-4591
Arrillaga Weight Room          723-1499
DeGuerre Pools                  725-0725
Ford Center                        736-1127
Golf Course                          323-0944
Golf Driving Range                323-9516
Roble Gym Complex                 723-7686
Roble Pool                          723-8136
Tresidder Fitness Center        723-1204

Intramurals
http://www.stanford.edu/group/intramurals
(650) 723-1081
Fun, recreational team sports are available for Stanford students, faculty and staff through the Intramural Program. Teams are created each quarter, and compete in a round-robin format, culminating in a championship match. Different sports are available each quarter. Sports which have been organized in the past include softball, soccer, 6 vs. 6 volleyball, floor hockey, tennis singles and doubles, badminton, racquetball, basketball (both team and 2 vs. 2), triathlon, ultimate Frisbee, fencing, handball doubles, pool
(8-ball), table tennis singles, squash doubles, two on two volleyball, inner tube water polo, wrestling, and tag football. For updated info on sports available for the 2005-2006 school year, contact the IM office in Burnham Pavilion.

Club Sports
http://www.stanford.edu/dept/pe/clubsports.html
(650) 723-3089
Highly competitive team sports are available to students, faculty and staff through the Stanford Club Sports Program. Club teams meet regularly for practice, and compete against teams from other universities.
The Stanford Club teams are:
- Badminton
- Cricket
- Cycling
- Equestrian
- Ice Hockey
- Judo
- Lacrosse
- Polo (horse)
- Rugby (men)
- Rugby (women)
- Running Club
- Ski Team
- Ultimate Frisbee (men)
- Ultimate Frisbee (women)
- Windsurfing

Asian Pacific American Policy Forum
http://www.stanford.edu/group/apapf/

BioMASS
http://www.stanford.edu/group/biomass
biomass-all@lists.stanford.edu

Bioscience Association for the Interest of Minority Students (BioAIMS) contact: Gabriel Quinones at quinones@stanford.edu

Black Graduate Students Association (BGSA)
http://www.stanford.edu/group/bgsa/
bgsa@lists.stanford.edu

Chicano/Latino Graduate Students Association (CLGSA)
http://www.stanford.edu/dept/elcentro/index Organizations.html

Gradnet-Lambda; for Gay, Lesbian, Bisexual & Transgender graduate students
http://www.stanford.edu/group/qr

Graduate Women’s Network (GWN)
http://www.stanford.edu/group/gwn/
gwn@lists.stanford.edu

Graduate Student Council (GSC)
http://gsc.stanford.edu/

InterVarsity Graduate Christian Fellowship @ Stanford (IV-Grad)
http://www.stanford.edu/group/ivgrad/

Multicultural Theme House
http://www.stanford.edu/group/rains/mch/mch What.htm

Stanford Returning Student’s Association
http://www.stanford.edu/group/srsa

Undergraduate Organizations
Associated Students of Stanford University
http://assu.stanford.edu/
(The mothership of Stanford student organizations)

Asian American Students Association (AASA)
http://www.stanford.edu/group/aasa/

Black Student Union (BSU)
http://www.stanford.edu/group/bsu/
bsu-1997-1998@lists.Stanford.EDU

Entrepreneurship: BASES
http://bases.stanford.edu

Movimiento Estudiantil Chicanos de Aztlan (MECHA)
mecha@lists.stanford.edu
Mexican Students Association
http://www.stanford.edu/group/mexicanos/
mexicanos@lists.stanford.edu

Latino Students Association (LSA)
lsa@lists.stanford.edu

Stanford American Indian Organization (SAIO)
http://www.stanford.edu/group/saio/

Stanford India Association
http://www.stanford.edu/group/sia

Turkish Student Association (TSA)
http://www.stanford.edu/group/sutsa
tsa@lists.stanford.edu

Various Campus Centers
American Indian Program
http://www.stanford.edu/dept/nacc/

Asian American Activities Center (A3C)
http://www.stanford.edu/group/a3c/

Black Community Services Center (BCSC)
http://www.stanford.edu/dept/BCSC/

El Centro Chicano
http://www.stanford.edu/group/centro/

Lesbian/Gay/Bisexual Community Center (LGBCC)
http://www.stanford.edu/group/QR/
lgbcc-staff@lists.stanford.edu

Women’s’ Center
http://www.stanford.edu/group/womenscntr/index.html

Other Student Organizations
Alpha Kappa Alpha (AKA)
http://www.stanford.edu/group/AKA/

Alpha Phi Alpha
http://www.stanford.edu/group/APhiA/

ASHA - an action group for basic education in India
http://www.stanford.edu/group/asha/

Asian American Christian Fellowship
http://www.stanford.edu/group/aacf/

Ballet Folklorico
http://www.stanford.edu/group/folklorico/

Barrio Assistance
http://www.stanford.edu/group/BA/

Bisexual Gay Lesbian Awareness Days (BGLAD)
http://www.stanford.edu/group/quad2001/
StanfordBGLAD@yahoo.com

Caribbean Students Association (CSA)
http://www.stanford.edu/group/CSA/
csa@lists.stanford.edu

Chicanos in Health Education (CHE)
http://www.stanford.edu/group/che/

Chi Alpha at Stanford
http://www.stanford.edu/group/chialpha

Delta Sigma Theta
http://www.stanford.edu/group/DST/
dst@lists.stanford.edu

East Palo Alto Tennis and Tutoring
http://www.stanford.edu/group/EPATT/

Familia de Stanford
http://www.stanford.edu/group/familia/
familia@lists.stanford.edu

Hermanos
http://www.stanford.edu/group/hermanos/

Islamic Society of Stanford University (ISSU)
http://www.stanford.edu/group/ISSU

Israeli Student Organization (The ISO)
http://www.stanford.edu/group/iso/

Lebanese Student Association
http://www.stanford.edu/group/lsas/

Masque
http://www.stanford.edu/group/masque

Native American Christian Fellowship
http://www.stanford.edu/group/nacf/

Omega Psi Phi
http://www.stanford.edu/group/OmegaPsiPhi/

Pakistanis at Stanford (PaS)
http://www.stanford.edu/group/pakistan/

Persian Student Association
http://www.stanford.edu/group/psa/

Queer and Asian
http://www.stanford.edu/group/q-and-a/
q-a-news@lists.stanford.edu

Queer Resources
http://www.stanford.edu/group/QR/

Stanford African Students Association
http://www.stanford.edu/group/sasa/
sasa@lists.stanford.edu
Stanford Egyptian Association (SEA)  
http://www.stanford.edu/group/Egypt/  

Stanford Gospel Choir  
http://www.stanfordgospelchoir.com/  

Stanford Jazz Orchestra  
http://www.stanford.edu/group/jazz/  

Stanford Taiwanese Student Association  
Link: http://www.stanford.edu/group/stsa  

Campus Cultural and Community Resources  

Asian American Activities Center  
www.stanford.edu/group/a3c (650) 723-3681  
Old Union Clubhouse, 524 Lasuen Mall, Rm 13  

Asian America Student Association (AASA)  
www.stanford.edu/group/aasa  

Asian Baptist Student Koinonia  
www.stanford.edu/group/absk  

Bechtel International Center  
www.stanford.edu/dept/icenter  

Black Community Services Center (BCSC)  
www.stanford.edu/dept/BCSC  
650-723-1587 Black house, 418 Santa Teresa St.  

Buddhist Community at Stanford  
www.stanford.edu/group/bcas  

Catholic Community at Stanford  
www.stanford.edu/group/catholic  

Chinese Campus Evangelical Fellowship  
http://cef.stanford.edu  

Disability Resource Center  
www.stanford.edu/group/DRC  

El Centro Chicano  
www.stanford.edu/dept/elcentro  

Episcopal-Lutheran Campus Ministry  
www.stanford.edu/group/elcm  

Fellowship in Christ at Stanford – SAM  
www.stanford.edu/group/FiCS  

Hindu Students Council  
www.stanford.edu/group/hsc  

Islamic Society of Stanford University  
www.stanford.edu/group/ISSU  

Jewish Graduate Student Association  
http://hillel.stanford.edu/student_groups_grad.html  

LGBT Community Resources Center  
www.stanford.edu/group/QR  

Muslim Student Awareness Network  
www.stanford.edu/group/MSAN  

Native American Cultural Center  
www.stanford.edu/dept/nacc  

Office for Religious Life and Memorial Church  
http://religiouslife.stanford.edu  
University Public Worship: 10am Sundays at Memorial Church  
Stanford Events  
http://stanfordevents.stanford.edu  

Stanford Canadian Club  
www.stanford.edu/group/cdnclub  

Stanford Indian Association  
http://www.stanford.edu/group/sia  

Stanford Japanese Association  
www.stanford.edu/group/sja  

The Bridge Peer Counseling Center  
www.stanford.edu/group/bridge  

The Women’s Community Center  
www.stanford.edu/group/womenscntr  
Fire Truck House (1st floor)  
433 Santa Teresa 650-723-0545  

Vaden Health Center  

http://vaden.stanford.edu  
866 Campus Drive  
(650) 49-VADEN or (650) 724-CARE  

Vaden Student Health Center (formerly known as Cowell Student Health Center) offers comprehensive health care to Stanford students. Vaden offers a health insurance plan through Aetna called Cardinal Care. You are automatically
enrolled in Cardinal Care (http://cardinalcare.stanford.edu/) unless you chose to opt out because you already have alternative insurance. The services include all those typically needed during a student’s career at a university. Most services are free to registered students. Spouses and domestic partners can use most services on a fee basis. Medical services include the following:

- Appointments
- Emergencies
- Medical advice
- Consultations and specialized tests
- Confidentiality
- Additional services
- Medical staff

Premiums are currently $656 per quarter. Children, domestic partners and spouses can participate as dependents. To join Cardinal Care, log onto AXESS or visit their site at http://vaden.stanford.edu/insurance.html. Note that medical students have unique vaccination requirements, which can be viewed at http://vaden.stanford.edu/new_students/entrance_reg.html For benefits information: Call Chickering, an Aetna company at (877) 626-2319.

**Appointments**
Services include diagnosis and treatment of acute illness, injury, and chronic conditions, and preventive counseling and education. Vaden offers expertise in the following areas:
- General medicine
- Women’s health
- Gynecology
- Orthopedics/sports medicine
- Nutrition

Call ahead to schedule an appointment with a clinician for either immediate concerns or an ongoing problem. You will usually be seen by a nurse practitioner unless you request an MD. Appointments with MDs are longer waits. Also, be sure to cancel appointments that you cannot keep with as much advance notice as possible.

**Women’s Health**
A variety of women’s health services are available on an appointment basis including annual well woman exams; birth control advice, counseling and planning; STD checks; and diagnosis of gynecological infections. Well woman exams include pap smears and other routine screenings, pelvic exams, counseling concerns regarding STDs and contraception. A yearly medical history is required to be completed prior to each well woman annual exam. Call 724-CARE for an appointment and further information.

**Emergencies**
For life-threatening emergencies or unstable conditions, or when Vaden is closed, use the Emergency Department at Stanford University Medical Center. Call 911 (or 9-911 from University phones), and local paramedics will be dispatched. Ambulance and emergency department costs are billed to students’ health insurance.

**Medical Advice**
(650) 724-2273 (4-CARE)
A nurse is available during office hours to answer routine medical questions in person or by phone. Advice for urgent conditions is provided 24 hours a day by Vaden’s on-call physician.

**Consultations and Specialized Tests**
If consultation with a specialist is needed, students are referred to the appropriate clinic at Stanford University Medical Center. Specialist consultations, specialized tests and procedures, and hospitalization are billed to the students’ health insurance. Students enrolled in Cardinal Care, Stanford University’s health insurance plan, must obtain an authorized referral from a Vaden clinician for maximum coverage.

**Additional Services**
- Physical therapy
- Allergy, injection, and Immunization Clinic
- Travel Clinic
- Physical exams for employment and scholarships
- Immunizations for Entrance Medical Requirements
- HIV Testing
- Laboratory and X-ray services
- Pharmacy

---

**Support Services**

The School of Medicine Ombudsperson
http://www.med.stanford.edu/ombuds
Martha A. McKee
By appointment
MSOB, Room 301
(650) 498-5744
(650) 498-5802 [Staff Associate]
(650) 498-5865 [Fax]
marta.mckee@stanford.edu

(please note that email is NOT a confidential means of communication.)

If you reach voice mail, please leave a phone number and instructions about leaving a message. To protect confidentiality, the Ombudsperson will leave messages only if given instructions to do so.
What does the Ombudsperson do?  
The Medical School Ombudsperson is a designated impartial individual who strives to see that people are treated equitably and fairly. The Ombudsperson provides confidential assistance to students regarding academic and employment-related concerns. The Ombudsperson helps generate options to facilitate informal problem-solving and conflict resolution and serves as an information resource and communications channel.

University Ombudsperson  
David Rasch  
Building 310 - Room 101  
(650) 723-3682  
rasch@stanford.edu

Counseling and Psychological Services (CAPS)  
CAPS, located on the second floor of Vaden Health Center on Campus Dr., offers free, confidential evaluations and brief counseling (up to 10 visits) to any registered Stanford student. For couples counseling, only one person needs to be a registered student. Assistance is available for students experiencing personal problems or difficult situations, including stress, anxiety, depression, relationship distress, procrastination, sexual concerns, sexual assault/harassment, or family problems. African American, Asian-American, Chicano/Latino, and gay counselors are available upon request. If longer-term treatment is indicated, it is available through CAPS or through outside services. The financial aid officer in the OSS can assist students in arranging special loans to pay for such treatment. Cardinal Care will co-pay up to $50 per visit with a $1,500 maximum per year. Students can be seen on an urgent basis the same day. A clinician is on-call 24 hours and can be reached at (650) 723-3785. For CAPS Sexual Harassment & Sexual Assault Counseling, call (650) 725-9955.

The Bridge  
http://www.stanford.edu/group/bridge  
(650) 723-3392  
Available 24 hours.  
Call for location on Stanford Campus

Drop-In Counseling  
549 Salvatierra Walk  
Open 9 a.m. to midnight during the school year and 6 p.m. to 12 AM during summer.

The Bridge is a group of student counselors providing free, confidential, 24-hour peer counseling services to Stanford and the neighboring community. Intensively trained volunteer undergraduate and graduate student counselors staff this center. These peer counselors will discuss any student concerns — academics, sex, substance abuse, loneliness, family, relationships, death, domestic violence, abuse, etc. Their goal is to help you develop your own solutions to problems or uncertainties that you may be dealing with. All services are completely free and confidential. The Bridge also provides information on local support services. In addition, it sponsors support groups such as Alcoholics Anonymous and Emotions Anonymous, as well as workshops on such topics as stress and time management.

Disability Resource Center  
http://www.stanford.edu/group/DRC  
563 Salvatierra Walk  
Stanford, CA 94305  
(650) 723-1066  
(650) 723-1067 [TDD]  
(650) 725-5301 [Fax]

The Disability Resource Center (DRC) coordinates services for students with documented disabilities. They work with students with a variety of disabilities, including mobility impairments, learning disabilities, chronic illness, psychological disabilities, and sensory disabilities. The DRC provides disabled students equal access to all facets of university life: education, housing, recreation, and extracurricular activities.

ASSU Legal Counseling Office  
http://assu.stanford.edu/lco/  
(650) 723-3381

The primary function of the ASSU Legal Counseling Office is to provide legal advice and consultation to Stanford students and domestic partners. The service is envisioned as the first step for any student who thinks that he or she might have a legal problem. The service is strictly confidential. When possible, the attorneys advise "preventive law," i.e., they attempt to analyze the possible consequences of an act before the student engages in the act.

Office of Religious Life/Campus Ministries  
http://religiouslife.stanford.edu  
Round Room, on the west side of Memorial Church  
M-F 8a-12p, 1p-5p

An excellent resource for information regarding religious organizations. Contact Campus Ministries in Memorial Church for information regarding the following organizations:

- Baha'i Faith
- Buddhism at Stanford
- Hinduism: Vivekananda Vedanta Society
- Humanist Community
- Hillel Foundation Jewish Student Center
- Zoroastrianism
- Asian American Christian Fellowship
- Baptist Student Ministries
- Campus Crusade for Christ
- Campus Evangelistic Fellowship
- Canterbury Episcopalian Chaplaincy
Catholic Community at Stanford (the Newman Center)
Chi Alpha Christian Fellowship
Christian Science Organization
Church of Christ
Church of Jesus Christ of Latter-Day Saints
Cornerstone
International Student Christian Outreach
Intervarsity Christian Fellowship
Korean Christian Union
Korean Presbyterian Bible Study
Lutheran campus Ministry
Parakaleo Christian Ministries
Rejoice in Jesus Campus Fellowship
Tabletalk
Trinity Lutheran Ministry at Stanford
United Campus Christian Ministry
Worldwide Christian Fellowship at Stanford

Haas Center for Public Service
http://haas.stanford.edu/
562 Salvatierra Walk
(650) 723-0992
info@haas.stanford.edu

The Haas Center for Public Service houses over 40 service organizations and a variety of staff-run programs. They range in size, focus, ideology, approach, commitment level, etc. There are also service organizations and programs in the religious communities and the ethnic community centers on campus: Asian American Activities Center, Black Community Services Center, El Centro Chicano, and the Native American Cultural Center. You will also find exciting opportunities at the Women's Center and the Lesbian, Gay, and Bisexual Community Center.

Need Help Searching for Opportunity? If you need help finding an opportunity, the Haas Center Peer Advisors are also available in person Monday through Friday, from 8am-5pm Drop by and check them out!

The Stanford Help Center
http://www.stanford.edu/dept/ocr/helpcenter
100 Encina Commons
Stanford, CA 94305
Hours: Monday-Friday, 8 a.m. to 6 p.m.
Telephone: (650) 723-4577
helpcenter@lists.stanford.edu

This resource is available to Stanford University staff (anyone receiving an employment paycheck from the university) or their spouses. Graduate students who hold appointments as research or teaching assistants (if you get paid) qualify during the quarters of their appointment. Graduate students whose spouses are University employees also qualify. The Help Center is a professional service for limited counseling, staffed by psychologists, licensed clinical social workers, and marriage, family and child counselors. All visits are confidential; no records are kept. People seek counseling regarding stressful relations with a significant other, stress, alcohol & drug abuse, loss of a loved one, care of ill family members, etc. In addition to individual appointments, there are workshops, peer support groups, and a help line for those wishing to speak anonymously with a counselor.

Security Services
(650) 723-7222.
24 hours a day, 7 days a week
Lost your favorite jacket? Desperate to get your microscope? Think someone stole your bike? Need a car jump while on campus? The medical center Security Department will help. They provide escorts, unlock doors, investigate thefts, crimes, perform patient restraints, etc.

The Arts

Cantor Arts Center
The Center includes the beautifully restored 1893 building, a new 42,000 square foot wing with spacious galleries, an auditorium, a café, a bookshop, and the Rodin Sculpture Garden (this is a great spot for a picnic). With collections in eighteen galleries, it is an interesting place to spend an afternoon. Located at Lomita Drive and Museum Way, only a five-minute walk from the med school. Call 723-4177.

Stanford Lively Arts
http://livelyarts.stanford.edu/
A series of excellent music/dance programs brought to Stanford Campus. They have discounted tickets for students. Check out the calendar below and on the web page

Stanford Choral Activities
http://www.stanford.edu/group/chorale
650-723-1570

For audition information, call, stop by the Choral Activities Office (Braun Music Center, Rm. 119).

Chamber Chorale -- a select 24-member choir performing Renaissance and 20th century small choral ensemble music.
Symphonic Chorus -- largest choral group on campus, performing major chorale works.

University Singers -- a 40 to 50 member group performing a broad range of a cappella and accompanied pieces.

Memorial Church Choir -- provides choral music for services at Stanford Memorial Church.

Early Music Singers -- specializes in choral music from the medieval period through the Renaissance.

**Stanford Music Groups**

Play an instrument or sing and want to do so on a regular basis? A number of musical ensemble groups supported by the Music Department are open to student and community participation:

**Stanford Symphony Orchestra**
http://www.stanford.edu/group/sso
723-4304
Organized in 1891, the Stanford Symphony Orchestra, led by conductor Akiko Fujimoto, performs during all four quarters of the school year, and attracts a diverse array of members. The orchestra has gone on three international tours in the last decade.

**Stanford Band**
http://www.stanford.edu/group/lsjumb/
723-4303
(Leland Stanford Junior University Marching Band, or LSJUMB). This infamous group is open to both student and community participation. Check out their home page at or contact the band manager at.

**Stanford Jazz Orchestra**
http://www.stanford.edu/group/jazz/old/#4
Open to all students. Contact Christina Taber at seaqueen@leland.stanford.edu for info.

**Stanford Symphonic Wind Ensemble**
http://www.stanford.edu/group/windensemble/
Performs traditional and contemporary wind ensemble pieces and is open to students, staff and community. Contact Giancarlo Aquilanti at gcarlo@ccrma.stanford.edu

**Stanford Taiko**
http://www.stanford.edu/group/StanfordTaiko/
Founded in 1991, Stanford Taiko is an entirely student-run group under the guidance of the Department of Music. Its goal is to bring awareness of Taiko to Stanford University and the greater community. Contact Ro-el Cordero at rcordova@stanford.edu

**Stanford Dance Groups**

Student-run dance groups are sponsored by the Office of Student Activities and include:
- Stanford Ballroom Dance Club
- Stanford Tango Club
- Danza Espanola
- Los Salseros De Stanford
- JAM PAC'D
- Stanford Ballet
- Ballet Folklorico de Stanford
- Stanford Chinese Dance

Contact the Office of Student Activities at 725-3104 or check out the dance web page at http://www.stanford.edu/dept/dance/.

**Stanford Drama Groups**

Ram's Head Theatrical Society
http://www.stanford.edu/group/rams-head
rams-head@lists.stanford.edu
Ram's Head is Stanford's oldest theatrical organization, and performs both original and traditional productions throughout the year (including Big Game Gaieties, Original Winter One Acts, and a big Broadway musical in the Spring).

**Stanford Savoyards**
http://www.stanford.edu/group/savoyards/default.html
A theater company specializing primarily in Gilbert & Sullivan works, the Stanford Savoyards are open to all members of the Stanford community and the general public.

**Cool Things on Campus**

**Events @ Stanford**
http://events.stanford.edu
You can find out everything that is going on around campus by visiting the online Stanford calendar at the above website.
Graduate Student Community Center
The center located in Escondido Village, is a focal point of graduate student life, and contains social, academic, multipurpose and administrative spaces. Some of the social and academic functions include a coffeehouse/café, recreation areas, meeting rooms and study space. The building accommodates aerobics classes, student organization meetings, study groups, and kitchen facilities.

Cantor Arts Center
http://www.stanford.edu/dept/SUMA/ The Center includes the beautifully restored 1893 building, a new 42,000 square foot wing with spacious galleries, an auditorium, a café, a bookshop, and the Rodin Sculpture Garden (this is a great spot for a picnic). With collections in eighteen galleries, it is an interesting place to spend an afternoon. Located at Lomita Drive and Museum Way, only a five-minute walk from the med school. Call 723-4177; for tour information, call 723-3469.

Music Opportunities
There are plenty of opportunities to be involved in music groups on the main campus. There is a mariachi class where anyone who plays the guitar, vihuela, guitarron, violin, trumpet, or even the flute is invited to join the class, even if you’re not a mariachi expert. Many of the class members are part of Stanford’s mariachi performing group, “Mariachi Cardinal” which is also open to anyone who is interested. At the end of each quarter, there is a recital which all of your med school buddies can attend. The class is pass/fail and the only requirement is attendance. ¡Que Viva Mariachi! Of course, this is just one example of music opportunities on campus. There are many other music classes available, as well as dancing and art. In fact, a group of medical students formed their own classical trio and play at a variety of events. There is no reason to lose touch with your musical side while you are in school.

Sunday Flicks
http://flicks.stanford.edu
Sunday Flicks present recent films at 7 and 10 p.m. in Memorial Auditorium. Flicks is now free for all Stanford Students (a small fee is charged to your bill at the beginning of the quarter). To subscribe to Flicks News, send the email message “subscribe flicks” to majordomo@lists.stanford.edu. Weekly email updates include capsule reviews. Come to the 10 p.m. showing with plenty of junk paper since this showing is infamous for paper fights.

Hoeover Tower
The Hoover Institution is a public policy research center dedicated to the development of ideas that define a free society. The observation deck in the 285-foot tower is open daily from 10:4:30. Admission to the deck is $2, free with Stanford ID. Call 723-2053.

Papua New Guinea Sculpture Garden
Located at the corner of Lomita Drive and Roth Way, the garden consists of 40 large-scale works created on-location by eleven artists from Papua New Guinea. Favorites include reinterpretations of Rodin’s Thinker and Gates of Hell, and a stone carving of an evil water spirit whose face bears an uncanny resemblance to Nixon. For a freaky experience, see it at night.

Stanford Lively Arts
http://livelyarts.stanford.edu
Lively Arts presents an annual season of professional performances of music and dance on Stanford campus. Past performances include Itzhak Perlman, Krerors Quartet, and the Dance Theater of Harlem. Student tickets are hard to get, but half price; call 7252787.

Fountain Hopping
A fun and free way to beat the heat, fountain hopping has been a Stanford tradition for years. Most students make sure to tour the fountains at least once during their tenure at Stanford. Not to miss are the Claw in front of the bookstore and the fountains in front of Hoover Tower and Green Library.

Stanford Athletic Events
http://gostanford.ocsn.com/
Stanford boasts one of the best athletic programs in the country. Check out the Big Game versus Cal. Join your fellow med students in basketball’s 6th Man Club. Be amazed by world champion athletes competing at track meets. Attend the Bank of the West tennis classic in July and watch your favorite tennis players. Just remember, parking is a pain during athletic events. Parking on El Camino or in the Town & Country shopping center across the street from campus is always a good option.

Horseback Riding
http://www.stanfordstables.com/
http://polo.stanford.edu/
Stanford is one of the only schools with an equestrian center on campus. If you already ride or are interested in giving it a try, this is a good place to take lessons. Classes through Stanford University carry the steep activity fee of $640/quarter for two lessons per week or you can choose to ride once a week for $320. There is also a working student program in which you can get a free group lesson in exchange for five hours of work per week. Or take one lesson at a time for $50. As an alternative, you can join the Polo Club
for only $200/quarter. Practice with the polo team or just exercise the horses.

**Communing with Nature**
Stanford campus is the largest in the country and much of it is open land and preserves, so take advantage of the beauty right in your backyard.
Take a tour at the Jasper Ridge Biological Preserve (327-2277, reservations required), or explore the foothills and greater campus area on your own.
Take a short excursion to the Baylands Preserve at the end of Embarcadero past 101. Go to any of the many open-space parks along Skyline Blvd. (take Page Mill or Woodside Road west ‘til you hit Skyline). Or just get lost in the beautiful Santa Cruz Mountains (take 280 south then head west on 17).

**Old Time Cinema**
Just a few minutes from campus on University Avenue is the beautifully restored Stanford Theatre, which specializes in classic movies from Hollywood’s golden age. Call 324-3700 for listings.

---

**Volunteer Opportunities**

There are many opportunities to volunteer during your sojourn here at Stanford. This list is by no means complete but should get you started.

**East Palo Alto Tennis and Tutoring (EPATT)**
http://www.stanford.edu/group/EPATT/
(650) 725-4450
EPATT uses tennis instruction and tutoring as means to develop discipline, sportsmanship, teamwork, and academic excellence among East Palo Alto youth ages 5-18. The tutoring program pairs tutors from Stanford and the surrounding community with EPA youth for two to four afternoons twice a week Mon-Thurs.

**Upward Bound**
http://www.stanford.edu/group/Upward_Bound/
(650) 725-1663
The Upward Bound Program provides first generation and low-income high school students from East Palo Alto and Redwood City with the academic support and guidance necessary to prepare for a college education.

**Ravenswood Reads**
http://haas.stanford.edu/index.php/item/388
Savitha Moorthy at smoorthy@stanford.edu
Ravenswood Reads is a tutorial program for second through fifth grade students whose goal is to bring the students up to grade level and help them realize their unlimited potential. Tutors support classroom teaching by providing individual instruction to the students.

**Friends for Youth**
http://friendsforyouth.org
Located in Redwood City, CA, Friends for Youth’s mission is to serve at-risk youth by creating and cultivating friendships with adult volunteers who help them strengthen their skills, develop their values and realize their full potential. These young people are physically or emotionally impoverished, exhibit delinquent behavior, or are at-risk of academic failure, and therefore are typically not accepted by other mentoring programs. Friends for Youth staff provides ongoing, individualized attention and guidance to support and enrich each friendship.

**SAT Success**
www.stanford.edu/group/satsuccess
Provides local low-income high school students with free SAT I and SAT II tutoring. SAT Success offer one-on-one tutoring by Stanford students and also holds periodic workshops.

**Science and Environmental Education**
www.stanford.edu/group/seed
SEED is a Stanford student organization dedicated to educating the youth of East Palo Alto about environmental issues through natural science lessons. We hope to help the children open their eyes to the world in which they live.

**East Palo Alto Stanford Academy EPASA**
epassa@haas.stanford.edu
Brings 30 East Palo Alto, Redwood City, and Eastern Menlo Park middle school students to the Stanford campus for a six-week academy each summer. During the school year, the 30 students attend the East Palo Alto Stanford Academy (EPASA) for academic programming and are matched with Stanford tutors who act as mentors, advisors, and role models.

**Alum Rock Counseling Center**
http://www.alumrockcc.org
Alum Rock Counseling Center is much more than a counseling center. They are a community service agency that offers a variety of affordable programs and services designed to help youth and families achieve and maintain healthy lifestyles, one of the programs that this organization runs a mentoring program for high school students in east San Jose.

**Science Buddies**
http://www.sciencebuddies.org/
Science Buddies is an online, peer mentoring program for middle and high school students with a hands-on approach to science and access to science-related career role models. The goal is for students to complete a science fair project and to enter it in a Bay Area science fair.
Shelter Network of San Mateo County
http://www.shelternetwork.org/
Shelter Network is a nonprofit organization which provides housing and services for homeless families and individuals in the San Francisco Bay Area.

Peninsula Open Space Trust
http://www.openspacetrust.org/index.htm
The Peninsula Open Space Trust (POST) is a non-profit land trust dedicated to preserving the beauty, character and diversity of the San Francisco Peninsula. Since its founding over twenty years ago, POST has been saving land on the San Francisco Peninsula-- more than 40,000 acres to date. For information see the web site at

Save our Shores (Santa Cruz)
http://www.saveourshores.org/
Our mission is to protect and promote the ecological integrity of the Monterey Bay National Marine Sanctuary through Policy Research, Education, and Citizen Action.

Monterey Bay Aquarium (Monterey)
http://www.mbayaq.org/aa/jobs.asp
The mission of the Monterey Bay Aquarium is to inspire conservation of the oceans. At the heart of the aquarium stand more than 1,000 dedicated volunteers and staff.

San Jose Technology Museum
http://www.thetech.org/about/volunteer/
The Tech Museum of Innovation is an educational resource established to engage people of all ages and backgrounds in exploring and experiencing technologies affecting their lives, and to inspire the young to become innovators in the technologies of the future.

California Academy of Sciences and Steinhart Aquarium (San Francisco)
http://www.calacademy.org/
The California Academy of Sciences is a private, nonprofit institution, one of the 10 largest natural history museums in the world, the Academy brings the message of research to nearly one and a half million visitors each year. The California Academy of Sciences is devoted to the study, display and interpretation of scientific collections which inspire people of all ages to explore the rich variety of life on Earth.

Sierra Club
http://www.sierraclub.org/chapters/volunteer.asp
Explore, enjoy, and protect the wild places of the earth. Practice and promote the responsible use of the earth's ecosystems and resources. Educate and enlist humanity to protect and restore the quality of the natural and human environment. Use all lawful means to carry out these objectives.

Nature Conservancy
http://nature.org/volunteer
To preserve the plants, animals and natural communities that represent the diversity of life on Earth by protecting the lands and waters they need to survive. So far they have protected more than 92 million acres of valuable lands and waters worldwide.

Packard Children's Hospital
http://www.lpch.org/JOBSVolunteering/Volunteerindex.html
To make the Bay area the healthiest place in America for a child to be born to live and to grow. In addition to creating a nurturing environment for the children who come into the hospital, LPCH also makes an effort to go out to the community it serves.

Planned Parenthood
http://www.plannedparenthood.org/
Planned Parenthood believes in the fundamental right of each individual, throughout the world, to manage his or her fertility, regardless of the individual's income, marital status, race, ethnicity, sexual orientation, age, national origin, or residence.

Marine Mammal Center (Marin County)
http://www.tmmc.org/
The Marine Mammal Center works to this end through rescue and humane treatment of ill, injured or orphaned marine mammals, to return healthy animals to the wild; through scientific inquiry, to increase knowledge of marine mammals, their health and their environment; and through education and communication programs, to increase appreciation of marine mammals, foster informed decision-making and inspire action to protect the marine environment. The mission of The Marine Mammal Center is to rescue and humanely treat ill, injured, or orphaned marine mammals including seals, sea lions, sea otters.

Volunteer Center of Silicon Valley
http://www.vcsv.org/index.shtml
If you are interested in volunteering, the Volunteer center can help you connect to volunteer opportunities that match your particular interests. They connect individuals and groups with over 900 non profit organizations serving Santa Clara County.
Life in the Bay Area
Grocery Stores

Andronico’s
Located next to Nordstrom at the Stanford Shopping Center. Andronico’s is the size of a large department store (the building used to be an I. Magnin) and has every expensive edible imaginable under its roof. It must be seen to be appreciated, but may be beyond your means, except as an occasional treat. A good place to meet friends for a super casual dinner or lunch.

Country Sun Natural Foods
440 California Ave., Palo Alto, 324-9190 Country Sun offers organic and health foods. Take the Marguerite to California Avenue.

Draeger’s
1010 University St. in downtown Menlo Park. Down the street from Trader Joe’s is Draeger’s, an upscale market with a fabulous take-out and deli section, gourmet food of every description, an enormous wine selection and a mediocre restaurant upstairs. Shop here when wealthy relatives are in town and offer to pay. There is a second Draeger’s in Los Altos (342 First St.).

Farmers’ Markets
Local farmers and cultivators sell their goods. Grab a coffee and stroll through the colorful displays of seasonal organic vegetables and fruits, honey, flowers, fresh breads, herbs, seafood, jams and plants. Go early if you want a big selection; go late if you want to get bargains. Saturdays in Palo Alto (http://pafarmersmarket.homestead.com/, 8 a.m.-12 p.m.), behind the post office, just off Hamilton. Sundays in Menlo Park (9:30 a.m.-1:30 p.m., more expensive than the others though), in the parking lots between Draeger’s and Trader Joe’s and between Santa Cruz Ave. and Menlo Ave. A Thursday evening farmer’s market from 4 to 8 p.m. can be found in Los Altos on State St., between 2nd and 3rd Streets.

JJ&F
520 College Ave., Palo Alto, 857-0901. For all you car-less wanderers, this is friendly little market is a close source of food. It’s on the corner of College Avenue and El Camino, right across from the Shell station. A little known, but very useful fact is that if you buy a reasonable amount of food (not just a pint of Ben and Jerry’s), they will deliver it to your door Monday through Saturday. If you go there often enough, the super nice service staff will begin calling you by name.

Milk Pail Market
2585 California St., Mountain View, 941-2505. Formerly a drive-through dairy (only in California...), this market has expanded to carry a fine assortment of cheeses and breads as well as other produce.

Mollie Stone’s
This fancy market at the end of California Avenue across from the train station (accessible by the shuttle bus) is a lovely market with high quality and high priced produce, gourmet specialties, and natural foods. It is expensive. MS is a good place to buy spices in bulk or to meet a friend for lunch on a sunny day—they have outside tables.

Safeway
Safeway has five local locations, but the most convenient one to campus is the Menlo Park branch on El Camino, past the Stanford Shopping Mall. It also houses one of the few 24-hour pharmacies in its drug store section. Consider going at off hours; there are long lines at peak hours (e.g., weekend mornings). Both the Safeway and the drug store at this location are open 24 hours. If you prefer to shop at a more humane hour, the Sharon Heights location, which is just off Sand Hill Road, is accessible via the SLAC Marguerite route and provides a more peaceful shopping experience, although selection may be more limited.

Sigona’s
Located next to Max’s Opera Café at the Stanford Shopping Center. Sigona’s offers quality fruits and vegetables, plus some dried fruits, nuts, grains, and legumes in bulk. For those of you who enjoy fresh produce—and California is a wonderful place for fresh produce all year long—this is one of your nearest and best options, especially during the winter months, when Palo Alto, Los Altos and Menlo Park’s farmers’ markets close. Beware, Sigona’s charges for the quality and convenience.

Trader Joe’s
720 Menlo Ave. and the San Antonio Shopping Center. Trader Joe’s is not a one-stop shopping store, but it does have the best prices on wines, beer, cheese, snacks, juices, coffee, and some frozen foods. Some of their prepared foods are really wonderfull. Take El Camino past Safeway and turn left on Menlo Ave, go two blocks, it’s on the right. For those of you without cars and with baskets on your bikes, take the very easy bike route from Sand Hill Road, behind the Stanford Shopping Center; do not travel along El Camino unless you have a good major medical policy and a death wish. The other one is located at the San Antonio Shopping Center, take a car or the Marguerite.
Webb Ranch
2720 Alpine Rd. 854-6334. Go to Webb Ranch on Alpine Road, just before 280 for some gorgeous pesticide-free seasonal vegetables and fruits. The corn here is picked every hour when in season. Beware of high prices.

Whole Foods
Located on Emerson St. and Homer in downtown P.A., this is a large organic/gourmet market. It has a fabulous deli and places to sit, but it is expensive! Meet friends here for a quick, healthy dinner.

Ethnic Foods
For those of you who also want ethnic foods, check out Castro Street in Mountain View and the following places as starting points:

Chavez Supermarket
3282 Middlefield Rd., Menlo Park, 365-6510. Open daily 7 a.m.-10 p.m. Specializes in Mexican produce.

Countrytime Meat
625 Donohoe, East Palo Alto, 326-4330. Open daily 9 a.m.-9 p.m. For Latin American groceries.

Dittmer’s Gourmet Meats & Wurst House
400 San Antonio Rd., Mt. View, 941-3800. Open M-F 9 a.m.-6 p.m., Sa 9 a.m.-5 p.m. German and Central European specialties.

La Tiendita Market
2875 Middlefield Rd., Redwood City, near Fiesta Mart. Open daily 9 a.m.-10 p.m. Mexican and Central American foods.

Nak’s Oriental Market
1151 Chestnut St., Menlo Park, 325-2046. Open M-F 9:30 a.m.-6:30 p.m., Sa 9:30 a.m.-5:30 p.m. Asian foods, especially Japanese.

Peña Meat and Food Market
3198 Middlefield Rd, Redwood City, 365-9660. Open daily 8 a.m.-10 p.m. Mexican and Central American foods.

Bargain Shopping
Costco
This is a “membership only” warehouse with yearly dues, but it’s worth it if you’re an active consumer. You have to buy in massive quantities, so shop with friends. Costco is located in Redwood City on Middlefield south of Woodside Road. In Mountain View, it is at Rengstorff and 101. Note: there is also an In and Out Burger and Krispy Kreme Donuts at this location.

Target
On El Camino Real at Woodside Road, five miles north in Redwood City. Also one in Mountain View. Take El Camino south and turn left on Showers Blvd., one street south of San Antonio.

Wal-Mart
Across the street from Target in Mountain View. Take El Camino south and turn left on Showers Blvd., one street south of San Antonio.

Fancier Retail Spots
Stanford Shopping Center is a cool place to walk around on a sunny day or to grab a coffee with a friend to chill after anatomy. Take note of the amazing, seasonal floral arrangements. You can easily walk or bike there or take the Marguerite. It houses a Macy’s, Nordstrom, Bloomingdale’s, Banana Republic, Victoria’s Secret, J. Crew, Max’s Opera Café, Sigona’s Produce Market, Coach, and more. There are also seasonal jazz concerts on Thursday evenings.

Downtown Palo Alto has yuppie shops that most grad students probably can’t afford, but some cute cafes and places to eat. The Marguerite will take you there. Downtown also has the Stanford Medical Bookstore, a Walgreen’s, Long’s, Restoration Hardware, a bike shop, etc. Of particular note is Pluto’s, a restaurant with salads and sandwiches worthy of your stipend checks, and a really large Borders Bookstore.

Downtown Menlo Park also has many yuppie shops, but there are also a few excellent used clothing stores with good stuff at cheap prices. Find Noah’s and Posh Bagels, expensive restaurants, Peet’s Coffee, the Runner’s High (a good, expensive running shop), and Trader Joe’s (cheap grocery store with funky packaged foods, great cheeses, bakery bread, and cheap freshly-squeezed juice). Get a great deli sandwich at Draeger’s fancy, beautiful and expensive grocery store (on University St., perpendicular to Santa Cruz Ave.).

Midtown has not yet fallen victim to the rampant yuppification so pervasive on the Peninsula. Located on Middlefield Rd., just south of Oregon Expressway, this area is local, unique and practically retail-chain-free. The atmosphere created by the local vendors is great. Here you’ll find Palo Alto Café, Nature’s Alley (a plant store), Mike’s Café, Karate classes, two dry cleaners, a hardware store, Long’s, and, of course, a Starbucks.
Malls

San Antonio Shopping Center
(Located on El Camino and San Antonio Rd. in Mt. View.) Target, Wal-Mart, Sears, Ross, Tower Records, Mervyn's, RiteAid, Albertson's, 24-hour Fitness and yet another Safeway are all in the same massive shopping center. By bus, catch the 22 heading south along El Camino.

Hillsdale Shopping Center
Take 101 north and head west on Hillsdale Blvd. in San Mateo. Many of the same stores as the Stanford Shopping Center except no Bloomingdale's but with the addition of a California Pizza Kitchen and TGI Friday's.

Valco Fashion Park
Located in Cupertino in the heart of Silicon Valley at Hwy-280 and Wolff Road. From campus take 280 south and exit at Wolff Road.

Newpark Mall
Located in Newark. Good for shopping (has a few trendy reasonably priced clothing stores), entertainment and dining. Whether you enjoy a relaxing family dinner at one of the mall's restaurants or you want to spend the day shopping at all your favorite stores, New Park Mall offers a complete entertainment experience. Take CA-84 E (Dumbarton bridge) to 880S, exit off Stevenson Blvd.

Valley Fair Shopping Center
This gigantic mall has all the good stores and lots of good sales. take 280 south and exit at Steven's Creek Blvd. in Sunnyvale.

Outlet Stores

Gilroy Outlets
Huge outlet mall, about 1.25 hours south. Take 101 south to Gilroy and exit at Leavesley Rd. Avoid driving there at rush hour. Lots of name-brand stores including Guess, Ann Taylor, J. Crew, Kenneth Cole, Polo, Birkenstock's, etc. It's a shopper's fantasy!! Milpitas

Great Mall
A smaller outlet center about 30 minutes away. Take 101 south to 237 east. It has some name brand stores, including Esprit, Guess, and the Gap.

Electronics

Fry's
360 Portage Ave., 496-6000. Has great prices and lots of selection, but the service leaves a lot to be desired. Take El Camino south; just past Oregon Expressway/Page Mill, when you see the Footlocker, turn left. There's also always Target and Wal-Mart.

Best Buy
San Carlos and in East Palo Alto.

Cars

Auto Mall Road
Stevens Creek Blvd. off 280 south. Tons of car dealers.

Boardwalk Auto Center
El Camino in Redwood City

Movie Theaters

For information on what movies are playing where and when, for movie reviews, and to purchase tickets on-line, see http://www.moviefone.com/, http://www.fandango.com.

AMC 20 The Mercado
20 minutes from campus. http://www.amctheatres.com/
3111 Mission College Blvd., Santa Clara
You will feel like you are in a planetarium with these reclining seats. If you go late at night or off hours, you can put the arm rests down and take a nap. Be sure to bring your student ID — excellent student discount. Take 101 south and exit east on the Great America Parkway.

The Aquarius
5 minutes from campus
430 Emerson St., Palo Alto
32-MOVIE
Run by Landmark Theatres; shows foreign and independent films.

The Castro Theatre
429 Castro St, San Francisco, CA 94114-2019
(415) 621-6120
A relic from the 50s, this theater is similar to the Stanford Theater, replete with an organist who plays before the movie. Lots of interesting film festivals bring diverse, non-mainstream movies to this funky old theater. Located on Castro St. near Market St.

Century 16
15 minutes from campus.
1500 N Shoreline Blvd, Mountain View, CA 94043-1314
(650) 960-0970
Shows current movies. Also provides students' discount, so be sure to bring your ID.

Century Park 12
557 E Bayshore Rd, Redwood City, CA 94063-2717
(650) 365-9000
French Cine-Club
Palo Alto Cultural Center Auditorium
1313 Newell Road, Palo Alto
(650) 329-2366
The organization has public screenings of subtitled French films on Wednesday nights in the auditorium of the Palo Alto Cultural Center.

The Guild
5 minutes from campus
949 El Camino Real, Menlo Park
32-MOVIE
Run by Landmark Theatres; shows foreign and independent films.

The Oaks Theater
20 minutes from campus
21275 Stevens Creek Blvd, Cupertino,
(408) 446-1134
CHEAP tickets to see movies released six months ago. Take 280 south to 85 south. Exit at Stevens Creek Boulevard. Theater located across from DeAnza College in the Oaks Shopping Center at the intersection of Hwy 85 and Stevens Creek Blvd.

Palo Alto Square
5 minutes from campus
3000 El Camino Real, Palo Alto.
32-MOVIE
Run by Landmark Theatres; shows foreign and art films.

The Red Vic
1727 Haight St, San Francisco
(415) 668-3994
Funky old theater in the Haight in San Francisco. Eat popcorn with yeast out of a big, wood bowl while sitting on a couch. See old flicks and absorb the dim, antiquated atmosphere. Well worth the drive!

The Stanford Theater
5 minutes from campus
http://www.stanfordtheater.org
221 University Ave, Palo Alto
(650) 324-3700
The revamped Stanford Theater shows oldies. A great place for a date (if you have one during grad school, please email us and tell us how it happened) — the movies with ambiance!

Sunday Flicks
http://flicks.stanford.edu/
Sunday Flicks at Stanford present recent films 7 and 10 p.m. in Memorial Auditorium on campus. Flicks passes are sold in White Plaza and by “CA’s” in on-campus housing at the beginning of the quarter. Tickets to individual films are sold at the door for $5. To subscribe to Flicks News, send the email message “subscribe flicks” to majordomo@lists.stanford.edu. Weekly email updates include capsule reviews.

Museums

Cantor Arts Center
On campus. Lomita Drive and Museum Way
Impressive collection of Rodin sculptures inside and outside in the sculpture garden (the sculptures are lit at night). Many permanent pieces of art as well as touring art collections. Often there are special performance art events held at Cantor. Keep your ears open for special events where you can meet interesting people outside of science. The Cool Café is a nice place to grab a bite to eat. It is on the pricey side as campus eateries go.

San Francisco

DeYoung
50 Hagiwara Tea Garden Drive, in San Francisco’s Golden Gate Park
The deYoung has a new home in Golden Gate Park. The modern architecture of the deYoung is worth the trip alone, but go inside for the museum’s extensive collections of American art from the 17th through the 20th centuries, and art of the native Americas, Africa, and the Pacific, hand-blown glass and sculpture. Walk the grounds and when you’re done, walk over to the Japanese Tea garden, drink tea and relax in that tranquil environment.

Legion of Honor
Lincoln Park near 34th Avenue and Clement Street.
Built to commemorate California soldiers who died in World War I, the Legion of Honor is a beautiful Beaux-arts building located in San Francisco's Lincoln Park. Overlooking the Pacific Ocean, Golden Gate Bridge and all of San Francisco, the Legion is most noted for its breathtaking setting. Its collections include Rodin’s Thinker, which sits in the museum’s Court of Honor, European decorative arts and paintings, Ancient art, and one of the largest collections of prints and drawings in the country. There is a shuttle between the deYoung and the Legion of Honor, so you can do both in one day.

Asian Art Museum of San Francisco
200 Larkin Street, San Francisco, CA
The Asian Art Museum of San Francisco is one of the largest museums in the Western world devoted exclusively to Asian art. Here you can travel through 6,000 years of history, trek across seven major regions, and sample the cultures of numerous countries. The collection includes more than 14,000 objects ranging from tiny jades to monumental sculptures of stone, bronze, wood and other materials, paintings on screens, hanging scrolls and other formats, porcelains and ceramics, lacquers, textiles, furniture, arms and armor, puppets, and basketry.
San Francisco Museum of Modern Art
(SF MOMA)
151 Third Street (between Mission and Howard Streets) San Francisco, CA
The Museum of Modern Art is committed to establishing, preserving, and documenting a permanent collection of the highest order that reflects the vitality, complexity, and unfolding patterns of modern and contemporary art.

Hiking

Hiking in the Bay Area is awesome. If you are in the city make sure you go to Golden Gate Park and the Presidio, as well as hike at Land's End near the Legion of Honor. Beyond the city there are endless trails, a few of which are described below. The best overnight nearby is probably Big Basin followed by Point Reyes. The National Parks in California are unbeatable.

Stanford Outing Club
http://www.stanford.edu/group/outing/
The Stanford Outing Club organizes hikes on a weekly basis. This is a great low planning, low commitment way to hike the bay area. Each week hike leaders email the lists with the upcoming hikes, usually for Saturdays or Sundays. If you are interested, you meet the leader at the Department of Parking & Transportation parking lot at the designated time. Carpooling is arranged just before leaving.

You can subscribe to the Outing Club’s Mailing list, outing@lists.stanford.edu by sending an plain text email to majordomo@lists.stanford.edu with “subscribe outing” in the message body.

Borel Hill
30 minute drive
http://www.openspace.org/preserves/pr_russian_ridge.asp
The perfect place for a sunset hike/picnic: Borel Hill in the Russian Ridge Open Space Preserve, is the highest named point in San Mateo county:
Photos:
http://kevingong.com/Hiking/BorelHill.html
It is the prettiest spot within a 1/2 hr drive from here. You can see 360 view of the pacific ocean, the bay, the mountains, and on a clear day also Mt. Talmapias remarkably. It is very tranquil and empty (few people) -- a real secret gem. The hike up to the top of Borel Hill can take as few as 15 minutes from a parking lot. Or if you want to take a walk through the woods, you park at another lot and do an hour-long hike to end up at the hill. Bring many of layers of clothing. It gets UNBELIEVABLY COLD and windy when the sun sets.

Purisima Creek Redwoods Open Space Preserve:
30 minute drive
http://www.openspace.org
A beautiful 7 mile loop down Whittemore Gulch Trail that returns up Harkins Ridge Trail. Steep return up the hill, but beautiful views out over the ocean given that there is no fog. Check out the open space website for other hikes in the area. ~5 miles south of 92 on 35.

Windy Hill Open Space Reserve:
http://www.openspace.org
Up for best view near Stanford. This is a short hike (~5 miles) to the top of hill/mountain/mound that has great view of the South Bay. Take Page Mill Road West, and then right on 35. Park in parking lot on right.

Castle Rock State Park:
45 minute drive
http://www.santacruzstateparks.org
Best local rock climbing, but can be mossy and wet. You can camp overnight etc but why? 280 south to 85 South, West on Saratoga Road, Right on 9, Right on 35

Big Basin Redwoods State Park:
1 hour drive
http://www.big-basin.org
One of the best hikes in the Bay Area! Take the 12 mile loop going out Sunset Trail and back on Skyline to the Sea Trail. You’ll pass three beautiful waterfalls and go through some great Redwood groves. There is a $5 fee per car. You can make this an overnight trip as there is a campsite half way through. 280 south to 85 south, west on Saratoga Road, right on 9, right onto 236 till park. It’s a good hour drive from Stanford, but worth it!
Mount Tamalpais
1.5 hour drive
http://www.parks.ca.gov/default.asp?page_id=471
This is the reason to live in Marin. Phenomenal mountain biking, great hikes, beautiful views, redwoods. Go there on a week day in the morning and hike through the fog till you just break through. It's awesome. Take 101 North over the golden gate bridge, take Shoreline Highway to Mill Valley [by the way you can take Tennessee Valley road to its end for a short walk/hike to the beach, nice and easy]), at the “T” in front of the Rug shop, make a left to stay on Shoreline, take a right on Panoramic Highway, take a right on Pan Toll Road. (I recommend the hike about five minutes up Pan Toll where you go around the bend and there is a parking lot on your right. Take the trial West towards Stinson)

Stinson Beach
1.5 hour drive
http://www.stinsonbeachonline.com/
Nicest beach in the Bay Area but very cold. A good place to hang out after going rock climbing or hiking the Steep Ravine Trail. Same directions at Mount Tam, but continue on either Shoreline or Panoramic until you get to Stinson

Pinnacles National Monument
2 hour drive
http://www.nps.gov/pinn
Extensive Rock Climbing, but the rock is a bit crumbly. There is some interesting caving at Balcanies Caves and the hikes are cool but nothing spectacular. It can be very hot in the summer. Take 101 south to Hollister Road, go through Hollister and continue south on Airline Highway (Highway 25) and turn right into park. Must pay to enter.

Point Reyes National Seashore:
2 hour drive
http://www.nps.gov/pore
Beautiful coast lines with endless trails. I recommend an 8 mile in and out to Drake's Head. You end up on a 100 foot cliff overlooking the ocean and some estuaries. You can actually get away from people up here. 101 North over the Golden Gate (take 280 to 19th then to 101), take the Sir Francis Drake Exit and continue on Sir Francis Drake till Highway 1, take a right on 1 and then you first left onto Bear Valley Road. Go online for more directions

Ventana Wilderness/Pfeiffer Big Sur State Park (Sykes Hot Springs)
2.5 hour drive
http://www.pelicannetwork.net/bigsur_pfeiffer.htm
A 10 mile hike one way to hot springs where you can spend the night. It's supposed to be great but crowded beyond belief on weekends. Take 101 South to 1 South via 156

Desolation Wilderness
4 hour drive
http://www.fs.fed.us/r5/eldorado/wild/deso/
Best place to go overnight in Tahoe area. Numerous small lakes, views of Lake Tahoe if you’re excited enough to climb Mt. Tallac. You need a permit to stay over night. Lots of camp sites and trails. Take 80 north, 89 East to Tahoe City, Right at stop light in Tahoe City to continue on 89, Right on Lake Tahoe Boulevard in South Lake Tahoe, etc past Fallen Leaf Lake

Granite Chief Wilderness Area:
4 hour drive
http://www.fs.fed.us/r5/tahoe/recreation/gchief.html
Another great place to hike in Tahoe. Lots of lakes, but first mile is straight up 1-2K feet! Trail head is on road to Alpine Meadows

Road Biking
Now that you own a bike, Stanford University is set in a cyclist's paradise. The Santa Cruz mountain range and its foothills stretching far south and west to the coast provide premiere road cycling and many mountain biking trails. The weather is ideal. You can go up one of many great climbs to reach Highway 35, a.k.a. Skyline Blvd. Skyline runs along the ridge of the Santa Cruz foothills and offers views of the ocean on one side and the bay on the other. If the heights don't scare you, maybe the fact that the San Andreas fault lies along the ridge will. Direct your eyes southwest behind the Dish (the radar dish sitting on the hill directly west of campus and Foothill Expressway) to get a view of this locally famous ridge. Once on Skyline, you can take jaw-dropping scenic descents back towards campus or all the way to Highway 1 and our legendary California coastline. A loop to the coast and back is about 58-65 miles round trip, depending on your route, with a significant
amount of elevation gain and loss. The gain part can hurt.

If you bike into San Gregorio (via Highway 84/Woodside Rd.), be sure to buy food and drink at the store/bar at the corner of Highway 84 and Stage Rd. Imagine yourself approaching Skyline while it is hot and sunny at Stanford, knowing that the low clouds skirting the ridge mean you are about to enter a different world. A world of white mist and water droplets forming on the hairs on your arms. Maybe you will head south on Skyline and break through the clouds to a sunny portion of the ridge.

How to Get Up to Skyline
Many roads take you up to Skyline. The quickest way is Old La Honda, which comes off of Sand Hill past the 280 junction. Other roads leading to Skyline include Page Mill, Alpine (paved on the western side and gravel on the Stanford side), Route 9 (often busy), Highway 84 (often busy, also called Woodside Road), Kings Mountain, Tunidas Creek, and Highway 92 (lots of traffic). You can combine these roads with Skyline to create amazing loops. There are also quite a few trailheads on Skyline Blvd. that lead to beautiful, peaceful hikes. Just go to the trailhead and look at the map. Go for a ride up to Skyline to take yourself away from the doldrums of coursework. You may find yourself racing against a hill-smashing horse or a tandem-riding racing duo. You, too will wonder how your non-cycling classmates make it through the week without seeing such vast beauty.

Flatter Routes
Knees a little sore from too many trips up to Skyline? Is your big ring feeling a little underused? If so, here are two options: the Portola-to-Alpine Rd. loop (~16 miles) and the Cañada Rd. runway (~30 miles back and forth). These routes lie east of the Santa Cruz range so you’ll encounter only a bit of a climb. Start each trip by going southbound on Sand Hill and continuing straight into Portola Rd. for the loop and right onto Whiskey Hill Rd. for Cañada. Once you are on Alpine Rd. at the end of the Portola-Alpine Rd. loop, you will pick up serious speed from the shallow downhill and favorable winds that run all the way back to Junipero Serra. Cañada Rd. runs parallel to 280 up to the 280/92 junction and is closed to cars on Sundays. Towards 92 on Cañada you get a gorgeous view of Upper Crystal Springs Reservoir with the Santa Cruz Mountains as a background. On Cañada you may want to stop at the Pulgas Water Temple and pray to the gods that the prevailing easterly winds continue to propel you back to Palo Alto. Be forewarned though, the wind gods sometimes ignore your pleas and you may not get to use the big ring the whole way back! Make sure you stop at the two stop signs at the beginning of Cañada Rd. Cops have been known to ticket cyclists every blue moon or so.

Commuting on Your Bike
One bummer about the Bay Area is all the traffic. Avoid this by biking — you’ll get there faster and probably feel a lot perker. Invest in a taillight and a headlight NOW (see bike shop coupons in the back of the Campus Phonebook). Bryant St. runs north/south between Alma and Middlefield and is designated a Bicycle Boulevard — with fewer cars and fewer stop signs. Also note that the Bike Boulevard to the south feeds into a bike path through Mt. View and to the north leads to a bridge into Menlo Park. Do not ride on El Camino

To avoid the railroad tracks along Alma, use underpasses at California Avenue and University. Check out http://transportation.stanford.edu/alt_transportation/BikingAtStanford.shtml for more information about good routes around town.

Mountain Biking
Mountain biking around Stanford is fantastic. Hundreds of miles of trails within a stone’s throw from campus await those who ride knobby tires. No matter your skill level, you will not be disappointed with what the Bay Area offers. For the beginner, wide and smooth fire roads offer comfortable rides through amazing scenery. Those who are ready for more technical riding can look forward to taming thin, twisty single track trails armed with drop-offs, water crossings, and sudden changes in terrain. Here’s a list of great mountain biking places near Stanford.

Monte Bello Open Space Preserve
Take Page Mill Road, go seven miles west of 280, look for sign on left. Mostly fire roads. Good for beginners. Canyon Trail is a long fire road with only a slight grade that is perfect for beginners. Indian Creek Trail is a steep fire road that ascends about 1000 feet from Canyon Trail to Monte Bello Road. Bella Vista Trail is a fun single-track trail of moderate difficulty.

Los Trancos Open Space Preserve
Take Page Mill Road, go seven miles west of 280, look for sign on right. Moderately technical single-track trails. Good for experienced riders. This park is small which means the trails are short. The park is close to Stanford, the trails are steep and the scenery is beautiful.
El Corte de Madera Creek Open Space Preserve
Take Woodside west, then Skyline Blvd. north, and park at Skeggs Point.
Moderate to extremely technical single track. Only experienced riders should attempt El Corte. This is a mountain biking park. Trails are steep, winding, and all around treacherous. Many of the best trails are unmarked. Some of the most technical trails have recently been closed due to serious bike accidents, so RIDE CAUTIOUSLY. The scenery in the park is absolutely beautiful. Redwoods, creeks, wildflowers abound.

Soquel Demonstration State Forest
Take 101 or 280 south, 85 south, 17 south, get off at Summit Road, go east on Summit Road, pass general store on left, make right at first stop sign, make immediate left, continue for about 3-4 miles on a small winding road, park at trail head.
This park is about a one-hour drive from Stanford, but it is well worth it. Trail maps are available at the trailhead. Conditions vary by the season, but usually the trails are pretty smooth but thin, winding, and very steep in areas. The redwood forest is breathtaking.

Russian Ridge, Skyline Ridge, and Long Ridge Open Space Preserve
Take Page Mill Road west, go eight miles past 280, when you get to Skyline, you can do one of three things: 1) go straight on Page Mill and look for Russian Ridge, 2) go south and look for Skyline Ridge, 3) go even further south and look for Long Ridge.
These three open space preserves are continuous with each other. Most of the trails are wide and smooth fire roads. Good for beginners. Scenery ranges from open meadows to thick forests. Great place to watch the sunset. Excellent web resource (http://www.openspace.org) contains downloadable maps, directions, and topological information for all Open Space Preserves.

Golfing
Overview
Northern California has some the best golf courses known to humankind, including the world's #1 course, Pebble Beach. From rocky beaches to redwoods, nature is always better appreciated with a golf bag strapped on your back. Unfortunately, Northern Cal also has one of the worst total golfers to public course ratios in the country. Fortunately for you, we've got a world-class golf course in our backyard at Stanford-the reason I came to Stanford Med. Let's be honest: No other top med school gives you such a great course, and more importantly, the time to play it. And let's be real. When you're at the Annual [insert your specialty here] Conference in Kauai, all of your colleagues will be out playing golf.

Where to start?
Never go on the course cold turkey. If you step onto the Stanford course without any instruction, you will not only be incredibly frustrated, you have no idea how annoyed other golfers will get.

What to learn: fundamentals of the golf swing, short game, putting (no, your putt-putt stroke is not good enough), golf course etiquette, basic rules.

Where to learn it:
- Stanford golf class: enroll in the group golf class if you can fit it into your schedule. It's a good way to start off, and you get unlimited range balls for the class fee. See http://golf.stanford.edu
- Range: practice, but practice effectively. Don't just beat balls-try to work on discrete parts of your swing (i.e., setup, grip, follow-through). Golf has a steep learning curve. Don't get discouraged! My advice: check your ego and don't care where the ball goes as long as you achieve your practice goals. You won't be Tiger Woods overnight. Distance, contact, and control will come over time.

If you're hard core:
- Subscribe to Golf magazine or Golf Digest. Or try to read something somewhere about the swing. Take a med scholar approach-you wouldn't do a patient interview without prepping yourself on the fundamentals of the H&P. You'll be amazed at how much you can teach yourself.
- Private lessons: I'm a big fan of lessons. As med students, our time is precious. Private lessons are efficient and well worth the cost. Stanford instructors go for
approximately $30-40 per half hour lesson. Having tried 5 different coaches in the past 4 years, I would not suggest the Stanford guys.

Where to play
- Shoreline, Mountain View: good alternative when Stanford is closed. Watch for afternoon wind and goose poop.
- Palo Alto Municipal: flat, boring, windy, but an alternative when Stanford is closed. Also has classes and a great golf shop.
- Lincon Park, San Fran: the course has seen better days, but you can't beat the panoramic views of the City and Golden Gate.
- Presidio, San Fran: somewhat pricey, huge trees, plays slowly on weekends.
- Crystal Springs, off 280 towards S.F.: pricey, windy, overrated?

Where to take your parents to play
- Stanford.
- Pebble Beach: worth every bit of $400. A golfer's Heaven on earth.
- Pacific Grove Municipal: the "poor-man's Pebble." Back nine right on the Monterey coast.
- Spyglass, Poppy Hills, Spanish Bay: if you can't get onto Pebble.
- Tilden Park, Berkeley: the Cal course-hilly, fun to play.
- Bayonet, Monterey.
- Coyote Creek: Nicklaus design off 101 towards Gilroy.
- Olympic Club: In San Fran. Legendary site of past U.S. Opens. Please call me if you have membership privileges.
- Half-Moon Bay: great course with a view of the ocean

Bay Area Night Life

Check out www.citysearch.com, www.sfgate.com, www.metroactive.com or www.bayinsider.com for more information on many of these establishments as well as for other places we might not have visited.

Local Bars/Clubs

Alberto's Club
736 W. Dana St. Mountain View, (650) 968-3007. This club features an eclectic blend of music ranging from world beat music, reggae, salsa and live bands. They also offer swing lessons as well as salsa classes.

Antonio's Nuthouse
321 California Ave. Palo Alto, (650) 321-2550. Aptly named, as almost every square inch of the floor is covered by peanuts, it is the closest thing in Palo Alto to a dive bar. Antonio's continues to maintain its dimly-lit, relaxed, slightly dingy atmosphere, complete with pool tables and a juke box.

Oasis Beer Garden
241 El Camino Real. Menlo Park. (650) 326-8896. The Oasis is a popular hangout among Stanford students. Not only does it serve good, cheap beer, but its burgers and extra-cheesy pizza are also a big draw. This, along with the comfortable atmosphere and laid-back staff make this a fun place.

The Dutch Goose
3567 Alameda de las Pulgas, Menlo Park. (650) 854-3245. Another one of Stanford's classic hangouts, the Dutch Goose offers reasonably priced beer, peanuts (the shells of which you toss on the floor), pool table, pinball and jukebox. For all you egg fans, the Dutch Goose also serves excellent deviled eggs.

The Old Pro
2865 El Camino Real, Palo Alto. Phone:(650) 325-2070. A great place to be if you can't watch any Stanford event if you can't be there in person. This is a real sports bar as every single inch of the walls in this place not covered by a television showing a sporting event is covered in some sort of sporting memorabilia.

The Rose and Crown
547 Emerson St. Palo Alto. (650) 327-7673. This cozy English pub has a great selection of British ales on tap, not to mention excellent fish and chips to soak it all up.
**City Nightlife**

**Blue Light**
1979 Union St. San Francisco, (415) 922-5510
Long renowned for its pickup scene, Cow Hollow's Blue Light remains true to its reputation. Every weekend, swarms of sorority girls and Marina boys ogle their way through the long bar, making it a favorite destination for post-college drink fests and bachelorette parties.

**Boom Boom Room**
1601 Fillmore St. San Francisco, (415) 673-8000
http://www.boomboomblues.com/
This revamped bar hosts big name and local jazz and blues performers as well as a Sunday jam session.

**Bubble Lounge**
714 Montgomery St. San Francisco, (415) 434-4204
http://www.bubblelounge.com/sfabout.shtml
This is the "ultimate champagne source" where "champagnes can be discovered and enjoyed", a perfect choice for any occasion. Ten inviting salons are furnished with satin couches, overstuffed chairs, rich mahogany, and marble tables - all under the soft, warm glow of candlelight. Downstairs is The Krug Room, an even more intimate space reminiscent of traditional champagne cellars with a private bar and professional size pool table. The ambience is elegant, yet very comfortable, welcoming to a wide range of guests from the young professionals after work to the stylish and fashionable of late night.

**Cafe Mars**
798 Brannan St. San Francisco, (415) 621-6277
Young moneyed folk, lawyers and other cool kids regularly jet to Cafe Mars to sip Red Bull and vodkas and scope out their Armani-clad counterparts. On weekends, Mars becomes quite the packed planet, with standing room only in its two rooms and on its sizable patio. Though a full house doesn't allow for much booty shaking, dancing queens sex up the vibe by regularly taking to the bar top for a little bump-and-grind exhibitionism. The music is very diverse ranging from hip-hop to jazz.

**The Cellar**
685 Sutter St. San Francisco, (415) 441-5678
A revamped neighborhood bar with subversive, underground allure. Local DJ's and live spots offer up a panoply of music grooves ranging from trance and down tempo to jazz, deep soul and Latin rhythms. The cellar is a great place to go dance and just hang out. Two different dance floors, good music. A perfectly adequate place to play pool, preen and imbibe with abandon.

**Club Deluxe**
1511 Haight St. San Francisco, (415) 552-6949
Since 1989, this classy 1940s-inspired locale hosts great lounge music and serves strong cocktails. Separated from the bar, the small lounge area hosts a weekly array of live jazz and swing bands and an occasional rockabilly act.

**Club Six**
60 Sixth St. San Francisco, (415) 863-1221
The best of both worlds--a large comfy lounge upstairs and a dance floor literally underground. Six offers up a lush, loungey environment with well-spun music and lots of great visuals, particularly in the long, narrow dance area downstairs, which gives the feeling of underground rave days gone by. With frequent art shows, live performances and local celebrity appearances spicing up the nightlife proceedings, this club brings together folks of all persuasions and tastes.

**DNA Lounge**
375 11th St. San Francisco, (415) 626-1409
The perfect nightclub combination: musical ingenuity with a twist of social ladder-climbing. The downstairs is basically a wall-to-wall dance floor augmented by a stage for live acts. Upstairs, partygoers can hang out on the reinforced-steel balconies, watching the hedonism below or taking a breather on the space-age leather couches. There's also a more intimate, candle-lit lounge in the back. All this adds up to a club that walks the line between edgy and subtle--without trying too hard, the DNA Lounge has become one of the classiest nightspots this city has to offer.

**Endup**
401 6th St. San Francisco, (415) 896-1075
There's a lounge with a pool table and a big fireplace--an ideal space for quality conversation and a terrific spot from which to take in all the action swirling around you. The best feature is the expansive patio area, which has a waterfall and lots of seating. Get ready to go late once you enter the doors, because this place has a tendency to suck you in for days.

**1015 Folsom**
1015 Folsom St. San Francisco, (415) 431-1200
Club kids line up around the block for the awesome sound system and some of the world's hottest DJs. A huge, multi-level club that specializes in bringing the biggest names in dance music to the Bay Area, 1015 has become the behemoth to beat on the club scene. The uppermost chill-out room features high ceilings and glamorous, self-appointed VIPs. Or venture down through several secluded lounge areas to the subterranean world of the lower floor, where you'll find a hard-working set of local DJs playing off the energy of a more "underground" crowd.
**Hush Hush Lounge**  
496 14th St. San Francisco, (415) 241-9944  
Excellent DJs set up in the back of the bar and draw a thoroughly eclectic crowd to this dimly lit Mission District lounge near the projects. The dance floor gets hot and sweaty, with people grooving to everything from funk and soul to disco and Latin hip-hop.

**Matrix Fillmore**  
3138 Fillmore St. San Francisco, (415) 563-4180  
A fireplace summons with glittering sand and floating flames. Toward the back are private, posh red booths, a second bar and a diminutive dance floor (where no dancing actually takes place). Once inside Matrix Fillmore, wall-to-wall players on the make gulp down microbrews and appletinis with desperate gusto. Specialty drinks include the Sugar Magnolia (Stoli Vanilla, Oranj and Champagne) and the Moon Light (vodka, Parfait Amour and Maraschino). A menu offering charcuterie and sweets keeps up the swingers' stamina.

**111 Minna**  
111 Minna St. San Francisco, (415) 974-1719  
This chic little gallery-bar-nightclub maintains an edgy New York feel in the heart of San Francisco. This small, out of the way club is reachable only through a back alley and two giant stable doors. The scene changes nightly with live bands, movies, performance art and DJs spinning drum and bass, hip hop, dub and everything else along the hipness spectrum. Day or night the crowd is diverse--reminiscent of one you'd find in New York City.

**Radio Bar**  
435 13th St. Oakland, (510) 451-2889  
This self-consciously hip, but unpretentious bar is a cool place to grab a drink on a dark night in the ghost town of downtown Oakland. Glowing with the red walls and paper lanterns of a Chinatown brothel, Radio features DJs who blend an eclectic range of music--much like you would find scanning along a radio dial. With a high ceiling and an upper-level DJ booth, there’s an airy feel to the place that’s otherwise hard to fine in a town filled with dive bars.

**Red Room**  
827 Sutter St. San Francisco, (415) 346-7666  
Singles love to mingle at this sharp little lounge. Drenched in hypnotic plush red decor, the Red Room evokes the decadence of the big city lounges of a lost era. Serving grown-up cocktails nightly.

**Space 550**  
550 Barneveld Ave. San Francisco, (415) 550-1388  
In the expansive downstairs area, the dance floor is usually packed with undulating bodies. A partition separates dance and bar areas, but on a good night one spills into the other. Upstairs, you'll find another dance floor with a large window overlooking the main room. Adjacent to the upstairs dance floor is a VIP Lounge populated by luscious young things snuggling in low-slung couches while making eyes at each other and ordering exotic drinks. Features Techno & Industrial Electronica Music.

**Sno-Drift**  
1830 3rd St. San Francisco, (415) 431-4766  
Web site: http://www.sno-drift.com/  
Chill out at SF's most fabulous igloo bar. This bar-restaurant-club takes cool to a whole new level with a retro-chic ’60s Alpine ski-lodge theme, beautifully designed by the same team that did Backflip and the Red Room. The inherent hipness and pricey (but strong!) drinks attract a young, trendy, dressy crowd.

**Wish**  
1539 Folsom St. San Francisco, (415) 278-9474  
Fulfill your every desire for a friendly nightclub experience. This nightclub sports a diverse blend of club kids, professionals, locals, bikers, poseurs and pansexuals. Tasteful, not trendy, decor includes sumptuous leather couches and red lampshades casting a minimal glow. Featured DJs play an array of danceable styles.
Day Trips & Weekend Getaways
Half Moon Bay
Thirty minutes from Stanford, Half Moon Bay is a quaint, old town that has the usual tourist attractions. Other activities include the beach, sea kayaking, and fishing. During salmon and tuna season, fishermen may be on the docks at Pillar Point Harbor selling fresh fish directly to the public at much cheaper prices than you'll ever find in a store. The Pumpkin Festival happens in October and is a fun, if hokey, way to celebrate Halloween. Getting there by highway 92, you'll pass numerous nurseries where you can find beautiful fresh cut and potted flowers and plants to spruce up your apartment.

Año Nuevo State Reserve
http://www.parks.ca.gov/default.asp?page_id=523
This park is about twenty minutes south of Half Moon Bay along Highway 1. During many months of the year, you can get up close and personal with their famous elephant seals. These huge, deep-diving mammals certainly live up to the "elephant" in their name and depending on the season, you may see bulls fighting for females, cows with their young, or yearlings lounging. The walk from the visitor center to the beach is a short, easy hike. This is also a great park for geology buffs; many of the exposed sea cliffs show great stratification and lots of sea fossils. Check their on-line website before you go because reservations may be required during some months of the year.

Santa Cruz
An interesting town that provides a nice contrast to Palo Alto. Downtown you can find lots of interesting cafes, restaurants, thrift shops, body piercing studios, etc. The town is surrounded by lots of beaches, including the Boardwalk with its outdoor amusement park. SC is also a big surfing town. Visit UCSC, hidden in the redwoods on a bluff above the town. You'll lament having spent four years in New Haven when you get a glimpse of this truly peaceful haven.

Elkhorn Slough
This little out of the way place is mid-way between Santa Cruz and Monterey, right under two huge smokestacks of an electric power plant. But don't let the smokestacks fool you. The slough is home to many birds, seals, and otters that you can visit on a guided kayak tour. Several companies operate out of Moss Landing, the town right next to the Slough and for those who are a little wary of the rigors of sea kayaking, slough kayaking may be the answer. After a kayak trip, head to Phil's or The Whole Enchilada for some great seafood.

Monterey/Pacific Grove
For neophytes, the obligate stops include the world famous Monterey Bay Aquarium (absolutely worth a visit!) and Cannery Row. The true charm of these two towns lies a little inland, in the "downtown" districts along Alvarado in Monterey and Lighthouse in PG. If you manage to make it down on a Tuesday, there is a year-round open market on Alvarado St in downtown Monterey. A recreation path extends from downtown Monterey, along the beach and around the peninsula to Asilomar State Beach. Along the way are numerous places to stop and check out local wildlife, such as seals, otters, and some of the best intertidal communities around. Surfers and scuba divers will also find many places around the peninsula to do their thing. For a small fee, kayaks can be rented and you can enjoy first-hand the kelp beds and fauna of the Pacific. Stop and visit what is probably the most beautiful piece of Stanford University, the Hopkins Marine Station right next door to the Aquarium. Miller Library is definitely my favorite.

Big Sur
http://irabold.net/bigsur/bigs_prk.htm
The piece of Highway 1 south of Carmel leading to Big Sur is probably my favorite scenery in the entire world. Beats anything I've seen in Hawaii, Europe or the Caribbean. Big Sur is a park where you can hike or camp and is surrounded by several other state parks that are worth visiting. Beware of ticks. Note also that here you can backpack about 10 miles in to Sykes Hotsprings. See the website for more information.

Lake Tahoe
Tahoe is only 4 and a half hours from Stanford and is a great spot to ski in winter or to go white water rafting in the Spring. Visitors to the area have a variety of housing options, hotels, condominiums, lodges, houses or cabins. The one piece of advice you should always make your reservations early. This is especially true if you go to Lake Tahoe during the peak periods- winter break and MLK weekend. Finally if you are 21 years or older and like to gamble, there are casinos located on the Nevada side of lake Tahoe.
Wine Country
Napa and Sonoma Valleys are homes to many vineyards, restaurants and resorts. Wine country is well renowned for its breathtaking scenery as well as award winning wines. For wine lovers this is a heaven as there are regularly scheduled tours and tastings for visitors.

Yosemite National Park
Yosemite is about 4 hours from Stanford and has a spectacular scenery and great hiking trails. Unfortunately, much of the world comes to visit, the park is home to hordes of tourists in the order of 3 and a half million a year. The park is open in winter for skiing and in the summer for camping, hiking, rock climbing and great sightseeing. To visit Yosemite in the summer, you will have to book camping reservations far in advance.
Guide to Good Eats
As you can see, eating out is something we do quite often. To make the guide more user-friendly, restaurants are listed by cuisine type, i.e. American, Asian, Cajun, etc. If this listing is not sufficient, check out www.citysearch.com. Happy eating!

**Campus Cuisine**

**Beckman and Fairchild DNA Café**
In the basements of their respective buildings. Similar to the cafeteria in the fishbowl, except the service is friendlier and the coffee is better. Beckman Café has great burritos to order. This is the dealer nearest to the med school for the local delicacy, the It's Its ice cream bar. Go try one -- you'll be hooked. Beware of Margo Marvel's.

**Bytes Café**
Located in David Packard Electrical Engineering @ 350 Serra Mall. Serves interesting fare such as coconut curry chicken soup and grilled orange tamari chicken sandwich.

**Cool Café**
Located at the Cantor Arts Museum. They use as many organic ingredients as possible, serving soups, salads and sandwiches.

**Jamba Juice**
Located at Tresidder. A student favorite, Jamba Juice serves a wide variety of healthy smoothies. Good for a quick snack or thirst quencher, or to grab a healthy option on the go.

**Luttickens**
Located in the CCSR building. Delicious, big sandwiches (you have to try the veggie meatball sandwich!) and an interesting selection of entrees in the fridge. Great for a quick ice cream bar or yummy frozen mocha drinks.

**Med Student Lounge Café**
Located in the fishbowl. They serve Italian and Asian food.

**MoonBean’s Café**
Located in front of Green Library. Quality drinks and fresh baked goods. Good for a late night caffeine fix or a collective study break.

**Sports Café**
Located in Arrillaga Sports Complex. Great place to go after a noon workout. Serves a wide variety of hot lunches. You’re likely to spot some Stanford sports stars. Great smoothies and burgers.

**Stanford Hospital Cafeteria / Lucille Packard Children's Hospital Cafeteria**
Cheap prices. Especially good if you are in the mood to make your own sandwich or salad. Turkey Thursdays — a must! The Stanford Hospital Cafeteria Annex (right near the cafeteria) has yummy Mrs. Field’s Cookies! Great place to spot your clinical medical student friends.

**Thai Café**
Basement of the psychology building (Jordan Hall) in main quad. Very tasty and pretty much all entrees cost about 5 bucks. You’ll love it if you love spicy. Critics' picks include chicken curry, chicken noodle salad, vegetarian curry.

**The Café**
Located in the Arrillaga Alumni Center. Menu offers Mediterranean cuisine such as specialty sandwiches, salads, daily specials, and tapas, and a light breakfast menu, including a yogurt bar. Serve wine and beer produced by Stanford Alumni vintners and brewers.

**The Coffee House (a.k.a., The CoHo)**
Located in Tresidder. Sandwiches, salads, coffee, jukebox. Critics’ picks include peach melba on ice, frosty mint on ice, almond Italian soda, hazelnut mocha, the Cobb sandwich, California Bowl. Cheap & convenient.

**The Tree House**
Located at Tresidder. Mostly Mexican food, also burgers and fries. Expect to find lots of veggies in your veggie burrito. Also try the delicious sushi made fresh daily during the school year by sushi chefs from Toshi’s.

**Tresidder Café**
Mexican, American, Chinese, salad bar, pizza by the slice, sandwiches. Not exciting, but a nice change of venue outside of the med school.
Local Restaurants

$ = Average entrée price under $10
$$ = $10 - $15
$$=$ = $15 - $20
$$$$ = $20 +

American

Armadillo Willy’s
1031 San Antonio Rd., Los Altos (650) 941-2922
Yummy. Huge portions. Get lots of meat or order one of their delicious veggie burgers.

Bandera
233 Third St., Los Altos (650) 948-3524
Usually crowded, but you will want to check out the spit-roasted chicken. Also try the grilled artichokes.

Brix BBQ $ 
1246 El Camino Real, Menlo Park (650) 321-3300
 Makes the only charcoal cooked 1/3 lb homestyle burger in town. Quality meat, fast and friendly service.

Chili’s Bar and Grill $$
700 El Camino Real, Menlo Park (650) 321-0330
Yes, the all-American chain. Good for ribs and burgers.

JZ Cool Eatery and Co
827 Santa Cruz Ave., Menlo Park (650) 325-3665
Eco-friendly dining. Great made-to-order hamburgers with grilled onions. Check out the deli case. Little bit pricey.

Oasis Beer Garden $$
241 El Camino Real, Menlo Park (650) 326-8896
Local dive that attracts a steady Stanford crowd. Order burgers, onion rings, and beer by the pitcher. Great place to hang with friends post-exams.

Empire Tap Room $$
651 Emerson St., Palo Alto, (650) 321-3030
Outdoor patio seating for a romantic night on the town. Salad with pears and walnuts is delicious. Great onion rings.

Gordon Biersch $$
640 Emerson St., Palo Alto, (650) 323-7723
Good beer. Overpriced food. Garlic fries are truly garlicky...bring Altoids! Critics’ picks include Hefeweizen.

Kirk’s Steakburgers $ 
Town and Country Shopping Center (650) 326-6159. Awesome, BIG burgers flame broiled! Utterly ambiance-less.

MacArthur Park $$$
27 University Ave., Palo Alto (650) 321-9990
Variable. Great BBQ. Some iffy dishes...Be wary of the three onion torte. Nice place to take the family.

Max’s Opera House Cafe
Stanford Shopping Centers (650) 323-6364
Fun place for a birthday. The waiters are talented singers. Great desserts and sandwiches. Blondies are a specialty. Huge portions. No reservations.

Peninsula Creamery $ 
566 Emerson St., Palo Alto (650) 323-3131, Stanford Shopping Center. Amazing milkshakes, yummy burgers, and onion rings. Very popular. Great place for a fun date or a group of friends.

Plutos $ 
482 University Ave., Palo Alto (650) 853-1556
Inexpensive and very popular. Critics’ picks include eggplant sandwich on foccacia and Farmer’s Greens salad. Purchase a side salad. Trust us, it is plenty.

Taxis $ 
403 University Ave., Palo Alto (650) 322-8294
Open late. Good spicy curly fries and milkshakes.

Asian

Long Life Noodle Co. $ 
Stanford Shopping Center (650) 324-1110
Pan-Asian noodle joint. Has Japanese Udon, Pad Thai, etc. Critics’ picks are the boiled wontons and ginseng ginger ale. Service and food are variable.

Some Kind of Place 
Some Kind of Place, 85 Town & Country Village, Palo Alto (650) 321-4730
Korean fast food served up by a charming old couple. Great stuff!

Zao’s Noodle Bar $ 
261 University Ave, Palo Alto (650) 328-1988
Hip noodle place. Check out the ginger-chili chicken and prawns. Makes a decent Vietnamese coffee. Show up early on weekends because of the lines.

Breakfast

Stacks $ 
600 Santa Cruz Ave., Menlo Park (650) 482-2850. 314 El Camino Real, Redwood City (650) 482-2850. Hugely popular breakfast place. If you go on the weekends, prepare to wait. But once inside, go for a blueberry wheat germ pancakes or a bacon waffle.
Hobee’s $  
4224 El Camino Real, Palo Alto (650) 856-6124  
and Town and Country Village, Palo Alto (650) 327-4111 plus another location in Mt. View, 2312 Central Expressway (Alma St.), Mt. View (650) 968-605. Highly revered for its amazing blueberry coffeecake. Also has great hash browns and spiced tea.

Joanie’s Cafe  
447 California Ave., Palo Alto (650) 326-6505  
Cozy atmosphere. Good lattes, pancakes and egg dishes.

Menlo Café  
620 Santa Cruz Ave., Menlo Park. (650) 321-6666.  
Less expensive than other coffee joints. Friendly staff. Try the scones and iced mochas.

Alive Café  
165 University Ave., Palo Alto (650) 321-5588  
Close to the medical school bookstore. Check this place out for frozen yogurt and pearl teas.

Black Pearl  
299 S. California Ave., Palo Alto (650) 289-0344  
Yummy pearl teas and Double Rainbow ice cream.

Cafés

Fleur de Cocoa  
39 N. Santa Cruz Ave., Los Gatos (408) 354-6974  
Patisserie and Chocolaterie. Wide variety of French pastries and cakes. Homemade chocolates that are more than special. Staff is very friendly and have great attention for detail. Stay for a Croque Monsieur and leave with a box of chocolates or a fruit tart.

Café Borronc  
1010 El Camino Real, Menlo Park (650) 327-0830  
Good coffee and light eats. Go there to pseudo-study outside & check out the crowds. Awesome desserts and scones. Entertainment on Friday nights. Check out the Jazz.

Californian Café $$$-$$$$  
Next to Red Barn, 700 Welch Road (650) 325-2233  
Close to the hospital. Serves Californian cuisine. Slightly pricey so check it out for a nice lunch with speakers or visitors to the Med Center. The Asian chicken salad is super-yummy.

Caribbean

Mango Cafe  
435 Hamilton Ave., Palo Alto (650) 325-3229  
Service with a smile. Critics’ picks include smoothies (fish bowl size) and jerk chicken. If you are daring, try the curried goat!

Chinese

Fantasia Tea Shop  
Milpitas Ranch 99 Complex (408) 955-0588  
Amazing pearl tea. You must try it!
Hot Pot City
Milpitas Ranch 99 Complex (408) 428-0988
All you can eat. Meats and veggies that you boil/grill yourself. Very popular. Usually long wait.

Mayflower Seafood Restaurant
Milpitas Ranch 99 Complex (408) 922-2700
Super dim sum. Very fresh and not very greasy. Superb shrimp dumplings.

Chef Chu’s $$
1067 El Camino Real, Los Altos (650) 948-2696
Tasty family-style Chinese food. Great chicken salad.

Hunan Garden Restaurant $$
3345 El Camino Real, Palo Alto (650) 565-8868
Excellent authentic Chinese fare. Braised whole fish, spicy hot and sour soup, heads-on spicy shrimp and Sesame Chicken is recommended.

Hunan Home
4880 El Camino Real, Los Altos (650) 965-8888
Good authentic Chinese. Has special breakfast menu on weekends. Good honey walnut prawns.

Su Hong Restaurant
1039 El Camino Real, Menlo Park (650) 323-6852
Over-priced and extremely mediocre Americanized Chinese food.

Ten Fu Chinese Restaurant
1352 El Camino Real, Menlo Park (650) 323-6134
Good but greasy appetizers. Will deliver for large parties.

Fu Lam Mum
246 Castro St., Mt. View (650) 967-1689
Not the greatest food in the world, but it’s open late, very late.

Full House
743 Dana St., Mt. View (650) 968-0718
Just off Castro St. Family-run establishment. Generous with portions. Cheap, fast and good! Critics’ picks include meat buns & dim sum.

Hangen’s $
134 Castro St., Mt. View (650) 964-8881
Great kung-pao chicken.

Kirin
485 Castro St., Mt. View (650) 965-1059
Horrible service, but food is highly recommended. Hefty portions.

Fresh Taste Mandarin Kitchen
2111 El Camino Real, Palo Alto (650) 324-8749
Quite affordable. Delivers to campus. Boasts low-calorie dishes. While appetizers are unremarkable, this reviewer loves the dry-sautéed string beans with shrimp and hot, spicy bean curd.

Jing-Jing $
443 Emerson St., Palo Alto (650) 328-6885
Very spicy, almost too spicy. Critics’ picks include Szechuan Pepper Chicken and Walnut Prawns. Has a pretty good lunch deal.

Mandarin Gourmet $$
420 Ramona St., Palo Alto (650) 328-8898
High quality Chinese food along with pretty good décor. Favorites include the spicy bean curd with veggies and tangerine beef. Half price with a Stanford Student Coupon.

PF Chang’s Chinese Bistro $$-$$$$
Stanford Shopping Center (650) 330-1782
Americanized-Chinese food, but close to Stanford. Tends to be more pricey. Open late.

Windy’s
168 University Ave., Palo Alto (650) 325-3188
New addition to Palo Alto. Great sizzling rice soup. Try the green prawn chow fun.

Deli

La Boulanger $-$
720 Santa Cruz Ave., Menlo Park
650 Castro St., Mt. View
301 Main St., Los Altos
Deli and bakery. Fast service and great food. Critics’ picks include the 3-layered vegetarian sandwich with chips, Indian curry soup, and black bean soup. Pick up a loaf of sourdough for sandwiches at home. Good for a study break.

Fratelli Deli
405 University Ave., Palo Alto (650) 323-0423
Great place to grab a sandwich. Critics’ picks are chicken club on Dutch crunch.

Oakville Grocery
Stanford Shopping Center, (650) 328-9000
Go there for Nutella, terrific & expensive sandwiches to-go and yummy pastries. Pricey. Also carries a display case of cooked foods…go for the pecan-crusted chicken fingers.

Schaub’s Meat, Fish, and Poultry
Stanford Shopping Center, (650) 325-6328
Fred’s sandwich. Go get it. Along with sausage or any other meat you might need for your next fancy dinner party.

Whole Foods $$
774 Emerson St., Palo Alto (650) 326-8676
Great place for vegetarians and organic goodies. Standout for the panoply of free samples and the yummy baked goods. The chocolate chews are low-fat and absolutely amazing!
Cuban

La Bodeguita Del Medio $$-$$$  
463 California Ave., Palo Alto (650) 326-7762  
This place has great mojitos! Food is interesting, but slightly pricey. Try the salads.

Dim Sum

Cho's Mandarin  
213 California Ave., Palo Alto (650) 326-4632  
A little hole in the wall next to Kinko’s. Cheap and good (& sometimes greasy) dim sum. Be ready for a line on the weekdays.

Ming’s $$  
1700 Embarcadero Rd., Palo Alto (650) 856-7700  
Super-greasy dim sum. Favorite of the techie crowd.

French

Left Bank $$-$$$$  
635 Santa Cruz Ave., Menlo Park (650) 473-6543  
Charming brasserie. Serves traditional bistro fare such as steak fries, but also has inventive California-inspired dishes such as Halibut a’ l’artichaut. Slightly pricey.

Café Brioche  
445 California Ave., Palo Alto (650) 326-8640  
Tasty, authentic French food. Clafoutis are yummy.

Chez Sophie $$  
201 California Ave., Palo Alto (650) 322-8586  
Quaint atmosphere & good, authentic French food. Make reservations.

L’Amie Donia $$$$  
530 Bryant St., Palo Alto (650) 323-7614  
Traditional French food with some creative flair. This reviewer looks forward to their coq au vin. Menu changes frequently so try the prix fix menu. Very pricey, but lovely place to take a special date or parents. Has an amazing French wine list.

Fusion

Spago $$$$  
265 Lytton St., Palo Alto (650) 833-1000  
Lamentably yuppie, this place serves excellent food in small portions. Very, very, very super expensive...go with a drug rep!

Zibbibos $$ $$-$$ $$$$  
430 Kipling St., Palo Alto (650) 328-6722  
Located in a quaint house off University. Roasted mussels are a standout! Side dishes are especially good. Very trendy.

Greek

Evvia $$ $$-$$ $$$$  
420 Emerson St., Palo Alto (650) 326-0983  
Excellent. Favorites include the Calamari, Greek salad, Whole Striped Bass with Lemon and Oregano, and the Braised Lamb Shank with Orzo. Great desserts.

Indian

Amber $$ $$-$$ $$$$  
2290 W El Camino Real, Mountain View, 650 968 7511. Great Indian food. One of the best in the area.

Pasand  
3701 El Camino Real, Santa Clara (408) 241-5150  
Nationally renown for their dosas and uttapums. Live music on the weekends. An Indian community favorite. Critics’ picks include masala dosa.

Suraj  
2550 El Camino Real, Redwood City (650) 369-8899. Good recommendations.

Café Bombay  
4546 El Camino Real, Los Altos, (650) 948-9463  
Very expensive and OK food.

Swagat  
2700 W. El Camino Real, Mt. View (650) 948-7727  
Pricey, but very good. The lunch buffet is excellent. Serving both North and South Indian cuisine. Try their spicy chana masala and palak paneer.

Passage to India $$  
1991 W. El Camino Real, Mt. View (650)969-9990. Great Indian food. For those of you who don’t love spicy food, you can order your food with a s mild means mild.

Deedees Indian Fast Food  
2551 Middlefield Rd., Mt. View (650) 967-9333  
Fast food Gujurati. Great samosas and always a variety of vegetable dishes. Try the chickpeas, but watch the spice.
Sue's Kitchen
216 Castro St., Mt. View (650) 969-1112
Small restaurant with some big spicy flavors. Try the lentil fritters and if you are daring, go for the super-atomic lamb vindaloo.

Brahma Bull
151 California Ave (650) 325-9900
A small, hidden away place, not usually busy—even on the weekend nights. Very delicious Indian food at a good price (try the Thali dinner). Run by a nice family.

Darbar $-$-$
129 Lytton Ave., Palo Alto, (650) 321-6688
Good lunch buffet. Caters. Get the Stanford Student coupon.

Janta $-$-$-$
369 Lytton Ave., Palo Alto (650) 462-5903
Beautifully situated in downtown Palo Alto. Service is always top notch. Tandoori Prawns are yummy, but the Pakoras are a true standout! Will cater.

Udupi Palace $-
976 E. El Camino Real, Sunnyvale (408)830-9600.
Vegetarian. Excellent southern Indian cuisine.

Italian

Buca di Beppo $-$
643 Emerson St., Palo Alto (650) 329-0665
Now with reservations! Make sure to avoid the long lines by calling ahead. Decent food, truly massive portions. Great place to go with a big group. Check out the eggplant parmigiana and linguine frutti di mare. If you are ordering food for pick up, be sure to give them 30 minutes more than you anticipate.

Frankie, Johnnie, and Luigi Too $-$
939 El Camino Real, Mt. View (650) 967-5384
Old school pizzeria and Italian food joint. Stick to the pizza or calzone. Good for a large group.

Il Fornaio $-$-$-$
520 Cowper St., Palo Alto (650) 853-3888
Nice atmosphere, but pricey. Breakfast is fabulous. Try the pancakes with fruit compote. Good pastas & wonderful breads for dinner.

Oregano's
4546 El Camino Real, Los Altos (650) 941-3600
Decent & not too expensive.

Osteria $-$-$
247 Hamilton Ave., Palo Alto (650) 328-5700
Highly recommended, but also pricey. One of our favorites. Authentic. Ravioli and spinach fettucini are divine.

Pasta? $
326 University Ave., Palo Alto (650) 328-4585
Cheap, fast, but horrible service. Tasty salads.

Piatti Ristorante
Stanford Shopping Center (650) 324-9733
Good pastas and breads, but stay away from the pizza margherita.

Spalti $-$-$-$
417 California Ave., Palo Alto (650) 327-9390
Italian. Not too cheap, but will definitely fill you up.

Japanese

Akane $$$
250 Third St., Los Alto (650) 941-8150.
While the décor is less than spectacular, check on the tatami room. Good basic sushi. Standouts are the dragon roll and unagi. Frequented by Steve Young.

Akasaka $$$
925 El Camino Real, Menlo Park (650) 325-0444
Pleasant sushi restaurant. Start with the warm miso soup and green tea. While most of the sushi is conventional, the salmon sushi is a superstar. Great place to go before the movies.

Gombei’s
1438 El Camino Real, Menlo Park (650) 329-1799
No sushi here. Udon, donburi (rice bowls), and obento meals (combo. meals with teriyaki chicken, beef, and tempura) are their specialty. Teriyaki is scrumptious! No vegetarian options. Cash only.

Naomi Sushi
1328 El Camino Real, Menlo Park (650) 321-6902.
Fine Menlo Park gem. Sushi is fresh, tasty, and reasonably priced.

Gambardellas
561 Oak Grove, Menlo Park (650) 325-6989
The staff is amiable and the food is divine. Most of the pastas are homemade. Critics’ picks include fettucine vegetali and the outstanding chocolate souffle. The dessert takes 20 minutes to prepare, so be sure to tell your waiter early on.

Fuki Sushi $$$-$-$-$
4119 El Camino, Palo Alto (650) 494-9383
Upscale sushi place. DELICIOUS! Try the agedashi tofu as an appetizer. Sushi is consistently good and fresh.

Hakata
448 University Ave., Palo Alto (650) 325-1605
Not bad for non-Sushi Japanese restaurant. Try the noodle dishes, particularly the tenzaru soba.
Le Poisson Japonais
642 Ramona St., Palo Alto (650) 330-1147
Expensive, but one of the best sushi places in the Bay Area. Very inventive. Start with the sashimi-tuna with oba drops or shitake tempura. Save room for dessert and get the warm chocolate cake….divine!

Miyake $$
140 University Ave., Palo Alto (650) 323-9449
Fun-filled evening with saki bombs and disco balls. Not especially good sushi, but it's cheap. Also check out the teriyaki and tempura (good veggie tempura). VERY loud.

Korean

Korea House
2340 El Camino Real, Santa Clara (408) 249-0808
A very popular Korean food restaurant in Santa Clara. Has good portions and free appetizers. A must! Hard to get seats, so come early.

Mediterranean

Babbos
Stanford Shopping Center (650) 321-1488
Sit outside, people watch and enjoy a great salad nicoise. Seafood dishes are also excellent.

Gyros Gyros
468 University Ave., Palo Alto (650) 327-0107
Pretty good souvlaki plates and relatively inexpensive. Sit outside and people watch as well.

Mexican/Tex-Mex

La Costena $
2078 Old Middlefield Way, Mountain View (650) 967 4969
Voted Best Burrito in Mountain View for the last seven years. Create your own custom burrito or try the al mojo de ajo tacos, chorizo and egg burritos and homemade horchata.

Mediterranean Wraps $
425 California Ave., Palo Alto (650) 321-8189
Cheap and authentic. Try the falafel plate and the desserts. Great place for casual, quick dinner. Service is speedy.

Robaii
496 Hamilton Ave., Palo Alto (650) 325-1994
Good falafel, great hummus and pita. Extremely cheap and fast service.

Mexican/Tex-Mex

Fiesta Del Mar $$
1005 N. Shoreline Blvd, Mt. View (650) 965-9354
Really really excellent Mexican. Great shrimp dishes, imaginative sauces. Full tequila bar. Don't you dare ask for your margaritas blended, this ain't Tex/Mex.

Andale's
209 University Ave., Palo Alto (650) 323-2939
Great taquitos and cool watermelon juices.

Baja Fresh $
3990 El Camino Real, Palo Alto (650) 424-8599
Great new place. Definitely try the tacos “baja style”. Can get either shrimp, chicken, or steak. Great, fresh salsa. Inexpensive and next to Blockbuster - grab a movie and a taco!

Celia's $
3740 El Camino Real, Palo Alto (650) 843-0643
Nice place to celebrate with friends on the patio. You can find better salsa at other Mexican places, but nice atmosphere.

Compadre's Mexican Bar and Grill $$
3877 El Camino Real, Palo Alto (650) 858-1141
Great place to watch sports and have “western food with a Mexican accent.” Share the taco fiesta with a friend. They offer a 25% discount to all Stanford students.

Palo Alto Del Sol
408 California Ave., Palo Alto (650) 328-8840
Authentic Mexican food to rave about. Pricey for Mexican food, but worth every penny. Great décor.
Una Mas Playa Bar and Grill
Stanford Shopping Center (650) 323-8226
Good tortilla soup and fajita burrito. Great salsa bar with a free assortment of burrito toppings like cilantro, lime, and extra tomatoes. Check happy hour with frozen margaritas.

Noodles
Tung Kee Noodle House
401 Castro St., Mt. View (650) 965-1488
Cheap noodles, but uninvintive.

Pizza
Applewood Inn $1001 El Camino at Menlo Ave., Menlo Park Applewood 2 Go: same address, (650) 328-1556
Great pizza! Tasty, semi-thick crust. Try the pizza with Bulgarian sausage or the veggie feta, spinach, and portabellos. Great selection of beers most of which are Hungarian.

California Pizza Kitchen $$$521 Cowper St., Palo Alto (650) 323-7332. Also in the Stanford Shopping Center.
Inventive pizza, but not gourmet. Popular Thai Chicken Pizza.

Domino’s $240B Cambridge Ave., Palo Alto (650) 326-6552
Fair to good delivery pizza. Beware of the buffalo wings. Delivers until 2am.

Pizza-A-Go-Go $335 University Ave., Palo Alto (650) 322-8100
Perennial favorite, but this reviewer thinks that the crust is bland. Delivers until midnight.

Pizza Chicago $$$4115 El Camino, Palo Alto (650) 424-9400
Best Pizza outside of the Windy City! Go for the specialty pizza such as the Fridge, The Untouchables, Air Jordan, and Rush Street. Great place for a group! Will deliver.

Pizza My Heart $220 University Ave., Palo Alto (650) 327-4400
New pizza place on University Ave. Yummy thin crust pizza. Try the pesto pizza. Inexpensive and sells pizza by the slice.

Round Table Pizza $-$523 University Ave., Palo Alto (650) 322-2893
2307 Alma St., Palo Alto (650) 494-2928
With many, many, many other locations
Good generic pizza. Stick to the traditional ingredients such as pepperoni, mushrooms, and green pepper. Stay away from specialty pizzas.

Seafood
ABC Seafood Restaurant
768 Barber Ln, Milpitas (408) 435-8888
Popular place to get dim sum. Wide selection, but prepare to wait on Sundays. Just down the street from Ranch 99.

Darda Seafood
Milpitas Ranch 99 Complex (408) 433-5199
Just look for lines that go outside of the restaurant. Critics’ picks include any seafood dish, Chinese pancakes with onion, any soups or noodles.

Cook’s Seafood
751 El Camino Real, Menlo Park (650) 325-0604
Great fish and chips. Make sure to try the Alaskan halibut and chips or the prawns and chips. Amazingly ungreasy. Staff is fast and friendly. Not open on Sundays. Also check out the seafood shop next door.

The Fishmarket $-$3150 El Camino Real, Palo Alto (650) 493-9188
Great value for quality seafood. Try the New Zealand steamed Green Mussels and the Salmon.

Thai
Siam Royal
338 University Ave., Palo Alto (650) 329-8129
Tasty green and yellow curries. Great place for lunch and dinner on University Ave.

Straits Café $-$3925 El Camino Real, Palo Alto (650) 494-7168
Inventive Thai food that really tempts the taste buds. Prices are reasonable to pricey. Go here for a special occasion.

Thai City
3961 El Camino Real, Palo Alto (650) 493-0643
Inexpensive at lunch time. Generous amount of food. Tasty Pad Thai and appetizers.

Vietnamese
Green Papaya
137 N. Santa Cruz Ave., Los Gatos (408) 395-9115
Inventive Vietnamese food. Start with the spring rolls and the Saratoga salad. Then get set to be amazed by the Sea Bass in Banana Leaf and Shrimp/Bacon Crepe. Amazing wine list. Share with someone special.

Pho Hoa Vietnamese Noodle Soup
220 Castro St. Mt. View (650) 969-5805
Cheap and delicious. Try their drinks, especially the avocado shake.
Pho To Chau
On Villa St., just off Castro St.
Great Vietnamese pho and spring rolls. Cheap and fast.

Three Seasons Restaurant  $$-$$$
518 Bryant St. Palo Alto (650) 838-0353
Great Vietnamese fusion, family style service, and a great atmosphere in a bank vault. Great bar too. A fun place to go with a group. May be on the expensive side.

Tamarine  $$$-$$$$
546 University Ave., Palo Alto (650)325-8500
Wonderful contemporary Vietnamese! Honestly one of the best meals I’d had in a while (granted, since I usually mac and cheese, the bar is low!). Well worth the price! Great reviews from pretty much every major newspaper in the Bay.

Oakland & Berkeley

Cambodian

Le Cheval  $$
1007 Clay St., Oakland (510) 763-8495
Very reasonably priced. Good décor and service. Try the bird’s nest noodle dish.

Chinese

Shen Wua
2914 College Ave., Berkeley (510) 883-1777
Superb Chinese food and hip décor. Start with the shrimp dumplings. Then go for the spinach with mung bean thread, moo shu chicken, and crispy spicy prawns. Meal ends with white rabbit candies instead of fortune cookies.

Indian

Breads of India and Gourmet Curries
2448 Sacramento St., Berkeley (510) 848-7684
World of amazing naan. Definitely give this place a try on your next trip to Berkeley.

Pizza

Zachary's Chicago Pizza
1853 Solano Ave., Berkeley (510) 525-5950
5801 College Ave., Oakland (510) 655-6385
This could possibly be the world’s best pizza. Stuffed crust pizza smothered in divine tomato sauce. Try the spinach mushroom pizza. Some may like the thin crust also. When you go, buy two or three pizzas and freeze the leftovers. Huge crowd with no reservations, be prepared to wait. Cash only.

San Francisco

American

Metreon Café
At 4th and Mission Streets in San Francisco
Food is OK, but located in a fun place. The Metreon, recently built by Sony, is a new virtual reality entertainment haven. Video games with graphics that will blow your mind. Many movie theaters. Shops. Great place to people watch.

Cambodian

Angkor Wat
4217 Geary Blvd., San Francisco (415) 221-7887
Classic Cambodian food with a San Fran twist. Staff is always polite and friendly. Start with the Lott (small in size but big in flavor). Then go with the Five-Spices Shark. Only restaurant in San Francisco that has been blessed by the Pope!

Chinese

Eric's
1500 Church St., San Francisco (415) 282-0919

House of Nanking
919 Kearny St., San Francisco (415) 421-1429
A hole in the wall North Beach restaurant that serves great food if you can handle the lines & rushed and rude service. A good idea: take-out food and have a picnic at the Marina Park near Fort Mason.

Fusion

Askew Grill
In Haight-Ashbury. On Haight. Great place for vegetarians and meat eaters. All food is served on skewers. Check out the tofu skewer and the ahi tuna skewer. Very affordable.

Vertigo
600 Montgomery Ave., San Francisco (415) 433-7250. Definitely a restaurant you want to dress up for. Delicious & expensive.
### Italian

**Basta Pasta**  
1268 Grant Ave., San Francisco (415) 434-2248  
Located conveniently near the Velvet Lough and Broadway Studios. Recently remodeled with great service and very modern atmosphere. Try the gnocchi.

**Fior d' Italia**  
601 Union St., San Francisco (415) 986-1886  
Great Italian food and great location. Check out the lasagna.

**Steps of Rome $-$$$**  
348 Columbus Ave., San Francisco (415) 397-0435  
Go there late at night for a white chocolate gelato. On Columbus in Lil' Italy. Lively atmosphere with loud Italian pop music. Definitely a fun place to go in Little Italy.

### Spanish

**Cha Cha Cha**  
1801 Haight St., San Francisco (415) 386-7670  
Fun, hip place to go for tapas after a long day of shopping in the Haight. Sangria and calamari are standouts.

### Vegetarian

**Millennium**  
246 Mcallister, San Francisco (415) 487-9800  
Not too expensive with a very ritzy atmosphere. Interesting blend of flavors using meat substitutes like tempeh. An experience.

### Korean

**Brother’s**  
4128 Geary Blvd., San Francisco (415) 387-7991  
Very, very good Korean food. Has Korean BBQ grill at the table. In the Richmond district.

### Mediterranean

**The Monkey Club**  
2730 21st St. at Bryant, San Francisco (415) 647-2144.  
Make sure to show up early to get a booth. For drinks, go for the Monkey Screw! And then eat some lamb kabobs and warm spinach salad.

### San Jose

**Japanese**

**Sushi Masa**  
5363 Camden Ave., San Jose (408) 265-3232  
Really tasty. Stick to the appetizers (chicken karagi, soft shell crab, and agadashi tofu) and the desserts (cold green tea ice cream inside yummy light yellow cake).
Getting Around
Marguerite
http://transportation.stanford.edu/marguerite/MargueriteShuttle.shtml

The Marguerite is Stanford’s free shuttle that travels around campus to the Palo Alto Caltrain station as well as major shopping centers. During the academic year it runs weekdays from 6:00 am to 8:30pm.

The main shuttle lines traverse the campus Monday through Friday all year except University holidays. All of the shuttle lines are wheelchair-accessible. The Marguerite also operates evening and weekend service from September through June as well as the Midnight Express operating from 8:30pm to 2:10am daily and linking the campus with the Palo Alto Caltrain Station. Marguerite is free and open to the public - no ID required. See the website to track the shuttles in real time…never miss the bus again!

Marguerite Goes To
- **Work:** Marguerite’s A and B lines meet every train at the Palo Alto Caltrain station all day from 6:00 am to 8:30pm. The Palo Alto Station also serves the Dumbarton Express and other buses from all over the Peninsula.
- **Class:** The Marguerite’s A-line connects Escondido Village to the Main campus and Medical Center. The B-line serves Rains and the East Residences, and goes to Tresidder, Terman and the Law School all day.
- **Apartments:** The SLAC line serves the Stanford West Residences, the Oak Creek Apartments, the Sharon Green Apartments and the Stanford Linear Accelerator.
- **Shopping:** Marguerite will take you directly to the Stanford Shopping Center, downtown Palo Alto, Town & Country Village, the Bookstore and the Track House. On the weekends there is service to the San Antonio Shopping Center.
- **Run Errands:** Marguerite goes to all your errand-running places, including 655 Serra, Encina, Old Union, the Medical Center and the Stanford Barn.

Sure Escort Service
(650) 725-SURE
7 days a week | Dusk until 2 am while classes are in session | Fall, Winter, and Spring quarters only | On-call

Your personal escort after dark, free radio-dispatched SURE Escort Service golf carts can take you safely wherever you need to go on campus. SURE (Stanford United for Rape Elimination) is open to any member of the University community who feels unsafe or uncomfortable traveling solo around campus at night. Whether you need a lift to your car or simply don’t feel comfortable walking alone to the library, call (650) 725-SURE and an escort will usually arrive within 10-20 minutes - expect a longer wait on weekends.

Biking at Stanford

(650) 725-BIKE (2453)

Have Bike, Can Travel around Stanford!
Bicycling is ideally suited to Stanford’s mild climate, flat terrain, and gentle, rolling hills. It’s a quiet, affordable, and healthy way to get around. It’s also an antidote to the South Bay’s growing traffic congestion, noise and air pollution.

Bikes aren’t just for fun anymore—a growing number of people are choosing to commute on non-motorized wheels. No more playing “musical chairs” in the parking lots. There is plenty of free bicycle parking on campus—an estimated 12,000 bike racks.

Whether biking recreationally or commuting to work or class, the Parking & Transportation Services (http://transportation.stanford.edu/), can help you with:
- Bike maps (city, county, and Stanford; the Stanford Directory bike map covers San Carlos to Sunnyvale with recommended routes) http://transportation.stanford.edu/alt_transportation/BikingAtStanford.shtml#routes
- Clothing and bike locker assignments;
refer to map on-line for locations
• Bike registration
• Flyers and brochures to make your ride easier and safer
• Bike Route Planning and Commuting-by-Bike Tips

Full-time Campus Bicycle Coordinator!
Stanford is one of the three campuses in the US that has a full-time Bicycle Program Coordinator on staff. Call 725-BIKE (2453) if you have specific questions on bicycling on campus or stop by the Parking & Transportation Services office or e-mail: bike-information@stanford.edu

Bicycle-Friendly Transit
All the public transportation options in the Bay Area are bike friendly too. Caltrain, VTA buses, VTA Light Rail, BART and even the Stanford Marguerite shuttle accommodate bicycles with bike racks to mount bikes or with on board capacity. Refer to specific sites for rules and regulations as there are restrictions on some modes of travel. Bike station Palo Alto, Free Bicycle Valet Parking at the downtown Caltrain Station and more amenities and services, 650-327-9636, www.paloaltobicycles.com
Caltrain, 800-660-4287, www.caltrain.com
BART, www.bart.gov
For more information, a great reference for all transportation-related services is www.transitinfo.org

Bicycling Publications and Services
The Stanford Safety & Security Almanac is a must-have, comprehensive guide for surviving at Stanford safely. Produced by the Stanford Department of Public Safety, it includes a comprehensive section on bicycling on campus and instructions and tips on bicycle safety, registration, reporting/recovering lost, stolen or abandoned bikes. Available at student registration or the Department of Public Safety.

Department of Public Safety also offers a FREE Better Bicycling at Stanford Card that entitles bicyclists to discounts on safety accessories at participating bicycle retailers. Available at the Parking & Transportation Office.

The Stanford Area Bicycle Trip Guidebook by Peter Stonestrom is a handy, compact guide to bike routes in the Stanford area. The paperback book is available at the Stanford Bookstore.

Bicycling Safety Tips:
• Register your bike
• Follow the California Vehicle Code as it pertains to cyclists
• Wear a helmet every time you ride; Make sure it fits properly
• Signal your turns
• Stop at stop signs

• Lights are required at night (front light and rear reflector)
• Be seen, wear your reflector leg band! Use your strobe light!
• Ride at a safe speed for conditions
• Yield to pedestrians in crosswalks
• Ride in the correct direction in one-way areas
• Maintain a safe bike, tune-it up; brakes must work!

While riding your bicycle, obey all traffic laws and buy and wear a bicycle helmet! Helmets can greatly reduce the risk of head injuries and death. Don’t “hit the road” without one! However, even the best helmet has limitations. Defensive cycling is the key to bicycle safety. According the California Vehicle Code, every person riding a bicycle upon a street or highway has all the rights and responsibilities of the driver of a motor vehicle. You may be cited for running stop signs, riding at an unsafe speed for conditions, riding on the wrong side of the road or upon sidewalks, wearing headphones while riding, not having legal brakes, etc. Cyclists are required by state law to use front white lights, rear red reflectors, pedal and side reflectors at night. Additional lights—especially rear red flashers, reflectors, and light colored clothing are a good idea.

Bicycle Protection: Lock it! Register it!
Although Stanford’s campus is a safe environment, bike theft and theft of bike parts are not uncommon. There are simple steps you can take to help prevent this from happening:
• Most thefts can be prevented by properly securing the bicycle with an adequate lock, to a secure parking facility such as a bike rack. U-locks, such as Kryptonite, are recommended, but a knowledgeable thief can easily defeat even these. A 6-foot cable or chain (the thicker the better) used with a U-lock allows you to lock to any rack and secure your wheels as well. Be aware that any cable is easily cut. Don’t entrust your good bicycle to a cable alone.
• All bicycles used on campus must be licensed with Santa Clara County. Register your bike at the Parking & Transportation Services office—it’s your only chance of recovering it if stolen.
• When parking your bike, don’t obstruct walkways, railings, doorways or ramps intended for use by pedestrians or people with disabilities. Improperly parked bikes will be removed and impounded by Stanford Public Safety. Utilize bicycle racks whenever possible
• Do not store your bicycle for long periods of time on campus.
5 Reasons Why You Should License Your Bike:
1) **Theft Prevention & Recovery** - Sends a warning to would-be thieves. Registration information, including serial number, is available to law enforcement agencies.
2) Increases the likelihood that your stolen bike will be found and returned.
3) **Identification** - Provides a means of identifying who you are in case you crash or your bike is stolen.
4) **It's inexpensive** - A new license costs $3.50, renewals/$2.50 & both are valid for up to 3 years.
5) **It's the Law** - All bikes operated on the Stanford campus must be registered.

If your bike is STOLEN, please follow these instructions:
1) Report a stolen bike to Stanford Police Department immediately, 723-9633 or call the local police department within the community where the bike was stolen. To report a theft or other crime in progress call 9-911 on campus phones, 911 from other phones.
2) Provide the Bike Registration Number, Serial Number, Make, Model, Size and Color

---

**Bike Stores**

There are over 15 bicycle shops in the area of campus, even a shop right on campus for your convenience. Listed below are a few that offer full-service bicycle sales, repairs and more within a 2-mile radius.

(hint: Look in the back of your Stanford telephone book for bike shop coupons.) Listed below are a few that offer full-service bicycle sales, repairs and more within a 2-mile radius.

**The Campus Bike Shop:**
In Tresidder
(650) 723-9300

**Cardinal Bike Shop**
1955 El Camino Real
Palo Alto, CA 94301
(650) 328-8900

**Menlo Velo Bicycles**
433 El Camino in Menlo Park. 650-327-5137

**Mike's Bikes**
2180 El Camino, near the Jack in the Box and on the same side of the street. 493-8776

**Palo Alto Bicycles:**
171 University Ave., near the Medical Bookstore. 328-7411

---

**The Bike Connection:**
http://www.bikeconnection.net/
2011 El Camino, near the intersection of El Camino and Stanford Ave. 650-8533000. Another location at 622 Santa Cruz Ave. in Menlo Park. (650) 327-3318

---

**Car Repair**

In general, the farther south you go on El Camino, the cheaper the shops get! It all depends on how far you are willing (and able) to drive your broken-down vehicle. The following list is not all-inclusive, but rather a sampling of shops that your colleagues have visited. Be careful of scams, and if you're not fluent in cars and car lingo, go with a friend who is.

**Auto Repair Specialists**
250 San Antonio Rd., Mountain View, (650) 948-5135. They will turn your car around in a day, they don't try to sell you extra stuff, the repairs they have done have been good, and they are right by the San Antonio Caltrain station so you can get back to campus.

**Discount Auto Repair**
2655 Middlefield Dr., Redwood City, (650) 367-6890. This shop has knowledgeable mechanics tailoring to a student's budget. They have done an outstanding job in the past. Their prices will beat just about anyone in the Bay Area and if you tell them that you come from Stanford, they will try to lower the price of the job even more.

**Jiffy Lube**

**Kevin's Auto Repair**
1968 Leghorn St., Mountain View, (650) 965-7112. Near Costco. Superb craftsmen, highly ethical, costs are appropriate and work is always guaranteed.

**Life Time Muffler Service**
1414 El Camino, Redwood City, (650) 369-6204. Straight up El Camino. It is about half a mile after you go under an overpass. It will be on your left-hand side.

**Precision Tune Auto Care**
1414 El Camino, Redwood City, (650) 369-6204. Most students get coupons in the mail which make it even cheaper.

**Wheel Works**
555 Showers Dr., Mountain View, (650) 961-2800. A good place for tires. Up-front and honest; they also offer a good warranty.
Bay Area Public Transit

Sam Trans
http://www.transitinfo.org/SamTrans/
Sam Trans serves San Mateo County residents and offers hundreds of daily trips between Palo Alto and downtown San Francisco. SamTrans also runs buses to most points north of Stanford, including East Palo Alto.

Dumbarton Express
http://www.transitinfo.org/DB/
The Dumbarton Express runs weekdays from the Union City BART station across the Dumbarton bridge to the Palo Alto Caltrain station. It is probably the most convenient way of getting from Stanford to the southern part of the East Bay.

BART
http://www.bart.gov/
The Bay Area Rapid Transit system is an efficient way to get from San Francisco to the East Bay, which includes the cities of Oakland, Richmond and Fremont. This is definitely the best option if you don’t own a car. You can take the Caltrain to Millbrae or the city and then take the BART into the East Bay. BART also goes to San Francisco Airport (SFO) from Millbrae and San Francisco.

MUNI
http://www.sfmuni.com/home/home50.htm
The San Francisco Municipal railway is the seventh largest public transit system in the United States. MUNI’s system consists mostly of electric buses and is one of the most geographically comprehensive transit systems in the country. It travels all over the city but also has a few stops in Daly City and Bayshore. For more information visit their website.

Caltrain
http://www.caltrain.com/
The Caltrain is a comfortable double-decker train that runs all day up and down the peninsula from San Francisco to Gilroy on the weekdays. It is an inexpensive way to get between Stanford and the San Francisco and the San Jose airports. There are two train stations near campus, one at the end of California Ave. and one at University Ave. and Alma St. The Marguerite shuttle bus will take you to the Palo Alto station from campus. It’s fun and you can take your bike on board with you. This makes traveling and sightseeing in the city convenient and accessible. A major drawback to using this service is that the last train leaves San Francisco at midnight, which is not conducive for clubbing activities. Check their web site for the current train schedule.

Finding Cheap Flights

For many of us, most of our friends and families reside on the other side of the country, hence we are forced to become proficient in the art of searching for very cheap flights. Here are a few sites that may be beneficial to you in procuring inexpensive tickets.

Cheaptickets.com
This consolidator frequently sells tickets cheaper than anything you’d find through the airlines. It doesn’t have the least expensive tickets ever, but it is generally reasonable and good for those times that you have only a week or so to make reservations. The drawbacks: you must register with the site, which includes giving them your credit card info. They do not take Discover card. Tickets must be purchased at least five business days before date of travel. They do not issue e-tickets, and someone must be present to sign for the tickets upon delivery, unless you leave a signed note for the Fed-Ex person.

Priceline.com
This consolidator accepts bids for tickets. Priceline will email you back in an hour to let you know whether or not you will collect. You can use Priceline to purchase round-trip airline tickets and can save up to 40% over the lowest published fare for the dates and cities of your choice. In return, the exact airline and flight times are not disclosed to you until after your tickets are purchased. Rest assured that you will always fly on a major full-service US or international flight or its affiliate. To increase your chances of getting tickets at a lower bid, you have to be willing to fly at off-peak hours (i.e., before 6 a.m. or after 10 p.m.) and to make layovers. The drawback: if an airline accepts your bid, it is non-refundable.

StudentUniverse.com
Discounted tickets for registered students. You need to register with the site to verify your enrollment at an educational institution. May not always have fares available for your travel plans, but definitely worth checking. They also periodically e-mail you with deals flying out of your home airport.

Sidestep.com / Kayak.com
These meta travel search engines search all the major airlines in addition to the “deal” travel sites described next. Very useful if you don’t have much time to make reservations.

Hotwire.com
With this service there is no bidding and you get to choose the exact travel dates and the maximum connections as well as the arrival and departure airport. In return a price is quoted, once you agree to purchase the ticket then the flight information,
including the airline and arrival and departure times. Hotwire guarantees that all flights are with big name airlines. As with Priceline these tickets are non-refundable.

**Expedia.com**
After registering with this site, you will receive an email each week outlining the lowest upcoming fares for the destinations you cite. They seem particularly good at informing you early of discounted fares for holiday weekends. Beware: changing tickets booked through Expedia can be a headache.

**Orbitz.com**
This consolidator was designed with the traveler in mind and gives access to a wide selection of low fare and rates on airline tickets. The customer relationship does not end with the purchase button. By signing up for Traveler Alerts, Orbitz stays in touch throughout the process— with alerts when weather or gates change, with local destination information 48 hours and 3 hours before departure— and much more not offered by other online travel agencies. This is my favorite website, with convenient grids to allow you to shop for flights departing up to 3 days before or after your target dates.

**Some General Tips for Finding Cheap Tickets and Shopping Online**
Be flexible. This generally means being willing to take the red eye flights. Look around at least a week ahead of time, especially when using consolidators. Shop online — avoid spending hours on hold with ticket agents. The only drawback to this is that you may have to disclose your credit card number online. Some sites permit you to reserve tickets and then call with your number, but most sites also claim to be secure. Register for “e-savers” with those airlines that serve your home airport, especially if your airport is their hub. Always keep your eyes out for promising web sites; even searching in the Stanford directory can be fruitful. Also, I often double check prices found on sites like Orbitz with the actual airline. With the increasing popularity of these airline clearing houses, airlines are trying to keep prices low to compete. Often you can get additional flyer miles for booking through the airline’s website.
Maps
Campus Libraries Map
http://library.stanford.edu/
San Francisco Map
http://www.sfsu.edu/faq/sfmap.jpg
San Jose Map
Bay Area Map
# Useful Map Websites

<table>
<thead>
<tr>
<th>Website</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bay Area Maps</td>
<td><a href="http://www.johnnyroadtrip.com/cities/oakland/maps/">http://www.johnnyroadtrip.com/cities/oakland/maps/</a></td>
</tr>
<tr>
<td>Biking Maps</td>
<td><a href="http://svbcbikes.org/maps.php">http://svbcbikes.org/maps.php</a></td>
</tr>
<tr>
<td>Marguerite Map</td>
<td><a href="http://transportation.stanford.edu/marguerite/MargueriteSched.shtml">http://transportation.stanford.edu/marguerite/MargueriteSched.shtml</a></td>
</tr>
<tr>
<td>San Francisco Maps</td>
<td><a href="http://www.sanfranciscoonline.com/maps.html">http://www.sanfranciscoonline.com/maps.html</a></td>
</tr>
<tr>
<td>Stanford Google Map</td>
<td><a href="http://www.stanford.edu/hpcgi/map/index.pl">http://www.stanford.edu/hpcgi/map/index.pl</a></td>
</tr>
<tr>
<td>Stanford Maps</td>
<td><a href="http://transportation.stanford.edu/maps_forms_apps/MapsForms.shtml#maps">http://transportation.stanford.edu/maps_forms_apps/MapsForms.shtml#maps</a></td>
</tr>
<tr>
<td>Stanford Maps, Downloadable and High Resolution</td>
<td><a href="http://www-facilities.stanford.edu/maps/download.html">http://www-facilities.stanford.edu/maps/download.html</a></td>
</tr>
<tr>
<td>Stanford Medical Center Maps</td>
<td><a href="http://lane.stanford.edu/services/access/directions.html#">http://lane.stanford.edu/services/access/directions.html#</a> Click on Medical Cntr Maps</td>
</tr>
<tr>
<td>Stanford Searchable Map</td>
<td><a href="http://campus-map.stanford.edu/index.cfm">http://campus-map.stanford.edu/index.cfm</a></td>
</tr>
</tbody>
</table>
# Index

## A

<table>
<thead>
<tr>
<th>Topic</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>advice</td>
<td>31, 36, 43, 44, 58, 63</td>
</tr>
<tr>
<td>advising</td>
<td>25</td>
</tr>
<tr>
<td>advisors</td>
<td>33, 37</td>
</tr>
<tr>
<td>airports</td>
<td>80</td>
</tr>
<tr>
<td>American</td>
<td>29, 40, 41, 42, 44, 45, 52, 66, 67, 74</td>
</tr>
<tr>
<td>Anderson, Charlie</td>
<td>1</td>
</tr>
<tr>
<td>Año Nuevo State Reserve</td>
<td>63</td>
</tr>
<tr>
<td>ASSU</td>
<td>44</td>
</tr>
<tr>
<td>ASSU Legal Counseling Office</td>
<td>44</td>
</tr>
<tr>
<td>athletic facilities</td>
<td>39, 48, 66</td>
</tr>
<tr>
<td>AXESS</td>
<td>9, 11</td>
</tr>
</tbody>
</table>

## B

<table>
<thead>
<tr>
<th>Topic</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>banking</td>
<td>16</td>
</tr>
<tr>
<td>bars</td>
<td>59, 60, 61</td>
</tr>
<tr>
<td>BART</td>
<td>78, 80</td>
</tr>
<tr>
<td>basketball courts</td>
<td>39, 47</td>
</tr>
<tr>
<td>Berkeley</td>
<td>22, 59, 74</td>
</tr>
<tr>
<td>Bethard, Suzanne</td>
<td>1</td>
</tr>
<tr>
<td>Big Basin Redwoods State Park</td>
<td>55</td>
</tr>
<tr>
<td>Big Sur</td>
<td>56, 63</td>
</tr>
<tr>
<td>biking</td>
<td>56, 57, 58, 77</td>
</tr>
<tr>
<td>mountain</td>
<td>57</td>
</tr>
<tr>
<td>road</td>
<td>56</td>
</tr>
<tr>
<td>stores</td>
<td>79</td>
</tr>
<tr>
<td>BioAIMS</td>
<td>1, 3, 7, 16, 26, 40</td>
</tr>
<tr>
<td>BioMASS</td>
<td>21, 22, 26, 33</td>
</tr>
<tr>
<td>books</td>
<td>17, 18, 21, 22, 47, 68</td>
</tr>
<tr>
<td>bookstore</td>
<td>55</td>
</tr>
<tr>
<td>Bridge, The</td>
<td>42, 44</td>
</tr>
</tbody>
</table>

## C

<table>
<thead>
<tr>
<th>Topic</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>cafés</td>
<td>22, 30, 51, 52, 66, 67, 68, 70, 73, 74</td>
</tr>
<tr>
<td><em>calendar</em></td>
<td>6, 26</td>
</tr>
<tr>
<td>Caltrain</td>
<td>77, 78, 79, 80</td>
</tr>
<tr>
<td>Camping Trip</td>
<td>1</td>
</tr>
<tr>
<td>Campus Ministries</td>
<td>44</td>
</tr>
<tr>
<td>Cantor Arts Center</td>
<td>45, 47, 66</td>
</tr>
<tr>
<td>Cardinal Care</td>
<td>13, 42, 43, 44</td>
</tr>
<tr>
<td>career centers</td>
<td>7, 25</td>
</tr>
<tr>
<td>Career Development Center</td>
<td>7, 25</td>
</tr>
<tr>
<td>cars</td>
<td>13, 45, 51, 53, 55, 77, 79, 80</td>
</tr>
<tr>
<td>Castle Rock State Park</td>
<td>55</td>
</tr>
<tr>
<td>Center for Teaching and Learning</td>
<td>26</td>
</tr>
<tr>
<td>cities</td>
<td>22, 59, 74</td>
</tr>
<tr>
<td>Berkeley</td>
<td>51, 67, 69, 70, 71</td>
</tr>
<tr>
<td>Los Altos</td>
<td>51, 67, 69, 70, 71</td>
</tr>
<tr>
<td>Los Gatos</td>
<td>68, 73</td>
</tr>
<tr>
<td>Menlo Park</td>
<td>12, 22, 29, 47, 48, 51, 52, 54, 57, 59, 67, 68, 69, 70, 71, 73, 79</td>
</tr>
<tr>
<td>Milpitas</td>
<td>53, 68, 69, 73</td>
</tr>
<tr>
<td>Mountain View</td>
<td>12, 14, 51, 52, 53, 59, 79</td>
</tr>
<tr>
<td>Oakland</td>
<td>61, 74, 80</td>
</tr>
<tr>
<td>Palo Alto</td>
<td>12, 14, 21, 22, 29, 41, 48, 51, 52, 53, 54, 57, 59, 63, 67, 68, 69, 70, 71, 72, 73, 74, 77, 78, 79, 80</td>
</tr>
<tr>
<td>Redwood City</td>
<td>12, 48, 52, 53, 67, 70, 72, 79</td>
</tr>
<tr>
<td>San Francisco</td>
<td>22, 30, 49, 53, 54, 60, 61, 74, 75, 80</td>
</tr>
<tr>
<td>San Jose</td>
<td>14, 48, 49, 75, 80, 87</td>
</tr>
<tr>
<td>Santa Clara</td>
<td>49, 53, 70, 72, 78</td>
</tr>
<tr>
<td>Clark Center</td>
<td>29</td>
</tr>
<tr>
<td>classes</td>
<td>9, 11, 13, 21, 27</td>
</tr>
<tr>
<td>club sports</td>
<td>40</td>
</tr>
<tr>
<td>CoHo</td>
<td>17, 18, 22, 66</td>
</tr>
<tr>
<td>computer</td>
<td>16, 17, 19, 22, 27</td>
</tr>
<tr>
<td>Counseling and Psychological Services</td>
<td>7, 44</td>
</tr>
<tr>
<td>dental</td>
<td>13, 14</td>
</tr>
<tr>
<td>Desolation Wilderness</td>
<td>56</td>
</tr>
<tr>
<td>Disability Resource Center</td>
<td>42, 44</td>
</tr>
<tr>
<td>doctors</td>
<td>13</td>
</tr>
<tr>
<td>Dumbarton Express</td>
<td>77, 80</td>
</tr>
<tr>
<td>Elkhorn Slough</td>
<td>63</td>
</tr>
<tr>
<td>ethnic food stores</td>
<td>52</td>
</tr>
<tr>
<td>Falconer Biology Library</td>
<td>21, 29</td>
</tr>
<tr>
<td>fellowships</td>
<td>26</td>
</tr>
<tr>
<td>Fleischmann Learning Resource Center</td>
<td>27</td>
</tr>
<tr>
<td>Flicks</td>
<td>47, 54</td>
</tr>
<tr>
<td>flights</td>
<td>80, 81</td>
</tr>
<tr>
<td>food</td>
<td>1, 17, 22, 51, 57, 65, 66, 67, 69, 70, 71, 72, 73, 74, 75</td>
</tr>
<tr>
<td>Asian</td>
<td>40, 41, 42, 44, 45, 52, 66, 67, 68</td>
</tr>
<tr>
<td>breakfast</td>
<td>67, 71</td>
</tr>
<tr>
<td>cafés</td>
<td>22, 30, 51, 52, 66, 68, 70, 73, 74</td>
</tr>
<tr>
<td>cajun</td>
<td>66, 68</td>
</tr>
<tr>
<td>Californian</td>
<td>68</td>
</tr>
<tr>
<td>Cambodian</td>
<td>74</td>
</tr>
<tr>
<td>campus</td>
<td>66</td>
</tr>
<tr>
<td>Caribbean</td>
<td>41, 63, 68</td>
</tr>
<tr>
<td>Chinese</td>
<td>42, 46, 66, 68, 69, 73, 74</td>
</tr>
<tr>
<td>Cuban</td>
<td>70</td>
</tr>
<tr>
<td>deli</td>
<td>69</td>
</tr>
<tr>
<td>dim sum</td>
<td>70</td>
</tr>
<tr>
<td>French</td>
<td>54, 68, 70</td>
</tr>
<tr>
<td>fusion</td>
<td>70, 74</td>
</tr>
<tr>
<td>Greek</td>
<td>70</td>
</tr>
<tr>
<td>Indian</td>
<td>41, 42, 57, 69, 70, 71, 74</td>
</tr>
<tr>
<td>Italian</td>
<td>66, 71, 75</td>
</tr>
<tr>
<td>Japanese</td>
<td>42, 52, 67, 71, 75</td>
</tr>
<tr>
<td>Korean</td>
<td>45, 67, 72, 75</td>
</tr>
<tr>
<td>Mediterranean</td>
<td>66, 72, 75</td>
</tr>
</tbody>
</table>
Notes