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 and the Biosciences program, and life in the peninsula.

BioMASS is a student run organization that represents graduate students from all biology-related fields in both the School of Medicine and the Departments of Biological Sciences and Biophysics. Our mission is to promote social interaction, provide career development advice and information, 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 the wine tasting trip to Napa Valley. BioMASS, in conjunction with the Graduate Career Center, also provides career information that is not offered through classes or easily obtained from advisors. This is accomplished through programs such as quarterly career seminars, our annual Life Sciences Career Fair, monthly field trips to biotech companies, and our new Alumni Mentoring Program.

As you can see, BioMASS is a fun and active organization, and we welcome your input, energy, and enthusiasm! If you are interested in becoming involved, please send an email to Erica Riddle (eriddle@stanford.edu) or JingLucy Sun (lucys@stanford.edu).

Good luck in your first year!
The Departments and Programs that are represented by BioMASS include:

- Biochemistry
- Biological Sciences
- Biophysics
- Chemistry
- Cancer Biology
- Developmental Biology
- Epidemiology
- Genetics
- Immunology
- Medical Information Sciences
- Microbiology and Immunology
- Molecular and Cellular Physiology
- Molecular Pharmacology
- Neurobiology
- Neurosciences
- Physics/ Applied Physics
- Structural Biology

Cover Design by Nadia Allen, Dept of Biological Sciences, with graphic designs provided by the following faculty members:
- Dave Bushell- Biophysics
- Alan Krensky- Immunology, Molecular Pharmacology
- Daniel Madison- Molecular and Cellular Physiology, Neurosciences
- Michael Rexach- Biological Sciences
- Stephen Smith- Molecular and Cellular Physiology, Neurosciences
- Bill Weis- Structural Biology

This Handbook was revised by Erica Riddle, Program in Immunology, eriddle@stanford.edu

Publication of the booklet was generously provided by the Office of Graduate Education at the Medical School and the Graduate Student Council
Facilities

Department of Biological Sciences

The Department of Biological Sciences has three main sites:

- **Main Campus: Gilbert and Herrin Hall**
  
  
  The two main buildings on campus, Gilbert and Herrin Hall are located just across the street from the medical center, off Serra Mall. Falconer library is housed in the department, in Herrin Hall.

- **Hopkins Marine Station: Monterey Peninsula**
  
  
  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**
  
  
  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.

Chemistry Department


Some of the faculty that participate in the Biosciences programs are in the Chemistry Department. 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.

Bio-X/
The Clark Center


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. A critical mass of ~50 faculty from various disciplines, including many from Biosciences programs, occupy the Center. The center was completed in summer of 2003. The building's design and location make it ideally situated to foster an unprecedented degree of collaboration among scientists from many different disciplines.

SLAC


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!

VA Medical Center
Palo Alto Veterans Affairs Medical Center is off the main campus 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
- Cardiovascular research labs
- Neurology
- Psychiatry
- Rehabilitation Clinics

Stanford University 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

(See the Map on the next page for department listings and floor plan)
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.

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
(See the Map on the next page for department listings and floor plan)
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 self standing building between Fairchild and Beckman.

GALE (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 Student Services, 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, as well as MedIT 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
Acknowledgements

I would like to gratefully express my thanks to Leroy Sims, Trisha Ma, and Subarna Biswas who contributed to portions of this guide. I would also like to thank Nadia Allen, Grace Park and the Office of Graduate Education, in particular, Ellen Porzig and Suzanne Bethard for helping to put this guide together.

JingLucy Sun
Dept of Structural Biology

Erica Riddle
Program in Immunology
# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004–2005 University Calendar</td>
<td>4</td>
</tr>
<tr>
<td>Quick Reference Guide</td>
<td>5</td>
</tr>
<tr>
<td>Getting Started</td>
<td>6</td>
</tr>
<tr>
<td>- Student ID Number</td>
<td>6</td>
</tr>
<tr>
<td>- Email/Unix Account</td>
<td>6</td>
</tr>
<tr>
<td>- Axess Account</td>
<td>6</td>
</tr>
<tr>
<td>- Study Lists</td>
<td>6</td>
</tr>
<tr>
<td>- Student ID Card</td>
<td>7</td>
</tr>
<tr>
<td>- Housing</td>
<td>7</td>
</tr>
<tr>
<td>- Parking</td>
<td>7</td>
</tr>
<tr>
<td>- Banking</td>
<td>8</td>
</tr>
<tr>
<td>Getting Connected</td>
<td>8</td>
</tr>
<tr>
<td>- Email</td>
<td>8</td>
</tr>
<tr>
<td>- Pine</td>
<td>8</td>
</tr>
<tr>
<td>- Email Lists</td>
<td>8</td>
</tr>
<tr>
<td>- Newsgroups</td>
<td>9</td>
</tr>
<tr>
<td>- Your Unix Account</td>
<td>9</td>
</tr>
<tr>
<td>Life on Campus: The University</td>
<td>10</td>
</tr>
<tr>
<td>- Computer Resources</td>
<td>10</td>
</tr>
<tr>
<td>- Getting around campus</td>
<td>10</td>
</tr>
<tr>
<td>- Allene G. Vaden Health Center</td>
<td>11</td>
</tr>
<tr>
<td>- Support Services</td>
<td>11</td>
</tr>
<tr>
<td>Graduate Education : Advising and Community Service</td>
<td>13</td>
</tr>
<tr>
<td>- Office of Graduate Education</td>
<td>13</td>
</tr>
<tr>
<td>- Career Resources at Stanford</td>
<td>13</td>
</tr>
<tr>
<td>- Educational Resources</td>
<td>14</td>
</tr>
<tr>
<td>- Volunteer Opportunities</td>
<td>15</td>
</tr>
<tr>
<td>Cool Things on Campus and Nearby</td>
<td>17</td>
</tr>
<tr>
<td>- Study Spots</td>
<td>19</td>
</tr>
<tr>
<td>- Athletic Facilities</td>
<td>20</td>
</tr>
<tr>
<td>- The Arts</td>
<td>21</td>
</tr>
<tr>
<td>Library Hours</td>
<td>23</td>
</tr>
<tr>
<td>Life in the Bay Area</td>
<td>24</td>
</tr>
<tr>
<td>- Transportation</td>
<td>24</td>
</tr>
<tr>
<td>- Shopping</td>
<td>24</td>
</tr>
<tr>
<td>- Biking at Stanford</td>
<td>27</td>
</tr>
<tr>
<td>- Bicycle Retailers</td>
<td>29</td>
</tr>
<tr>
<td>- Road Biking</td>
<td>29</td>
</tr>
<tr>
<td>- Mountain Biking</td>
<td>30</td>
</tr>
<tr>
<td>- Movie Theaters</td>
<td>31</td>
</tr>
<tr>
<td>- Guide to Good Eats</td>
<td>32</td>
</tr>
<tr>
<td>- Bay Area Nightlife</td>
<td>43</td>
</tr>
<tr>
<td>- Day trips and Weekend Getaways</td>
<td>46</td>
</tr>
<tr>
<td>Miscellaneous Info</td>
<td>48</td>
</tr>
<tr>
<td>- Inexpensive Flights</td>
<td>49</td>
</tr>
<tr>
<td>- Where and When to Buy Books</td>
<td>49</td>
</tr>
<tr>
<td>- Dentists</td>
<td>49</td>
</tr>
<tr>
<td>- Auto Repair</td>
<td>49</td>
</tr>
<tr>
<td>- Student Organizations</td>
<td>50</td>
</tr>
<tr>
<td>Advice from Graduate students: If Only I Had Known</td>
<td>52</td>
</tr>
<tr>
<td>- Rotations</td>
<td>52</td>
</tr>
<tr>
<td>- Choosing a lab</td>
<td>52</td>
</tr>
<tr>
<td>- Questions to ask when choosing a lab</td>
<td>52</td>
</tr>
<tr>
<td>- Thesis Projects</td>
<td>53</td>
</tr>
<tr>
<td>- Thesis Committees</td>
<td>53</td>
</tr>
<tr>
<td>- Problems</td>
<td>53</td>
</tr>
<tr>
<td>Guidelines for Good Practices in the graduate student–faculty relationship</td>
<td>54</td>
</tr>
<tr>
<td>Facilities</td>
<td>57</td>
</tr>
<tr>
<td>- Biological Sciences</td>
<td>57</td>
</tr>
<tr>
<td>- Other Biosciences facilities</td>
<td>57</td>
</tr>
<tr>
<td>- Medical Center</td>
<td>58</td>
</tr>
<tr>
<td>- Campus Map</td>
<td>60</td>
</tr>
</tbody>
</table>
### AUTUMN QUARTER

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 27</td>
<td>Mon</td>
<td>First day of quarter</td>
</tr>
<tr>
<td>Sep 28</td>
<td>Tue</td>
<td>Last day to arrange payment of University fees</td>
</tr>
<tr>
<td>Oct 10</td>
<td>Sun</td>
<td>Last day for filing Study List</td>
</tr>
<tr>
<td>Oct 17</td>
<td>Sun</td>
<td>Last day for adding courses or units</td>
</tr>
<tr>
<td>Oct 24</td>
<td>Sun</td>
<td>Last day for dropping courses or units</td>
</tr>
<tr>
<td>Nov 7</td>
<td>Mon</td>
<td>Last day for declaring or dropping credit/no credit grading option</td>
</tr>
<tr>
<td>Nov 11</td>
<td>Sun</td>
<td>Last day for withdrawing from courses</td>
</tr>
<tr>
<td>Nov 25-26</td>
<td>Thu–Fri</td>
<td>Thanksgiving Recess <em>(holiday, no classes)</em></td>
</tr>
<tr>
<td>Dec 3</td>
<td>Fri</td>
<td>Last day of classes (unless class meets on Saturday)</td>
</tr>
<tr>
<td>Dec 6–10</td>
<td>Mon–Fri</td>
<td>End–Quarter examinations</td>
</tr>
</tbody>
</table>

### WINTER QUARTER

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 3</td>
<td>Mon</td>
<td>Last day to arrange payment of University fees</td>
</tr>
<tr>
<td>Jan 4</td>
<td>Tue</td>
<td>First day of the quarter, instruction begins</td>
</tr>
<tr>
<td>Jan 17</td>
<td>Mon</td>
<td>Observance of Martin Luther King Day <em>(holiday, no classes)</em></td>
</tr>
<tr>
<td>Jan 17</td>
<td>Mon</td>
<td>Observance of Martin Luther King Day <em>(holiday, no classes)</em></td>
</tr>
<tr>
<td>Jan 23</td>
<td>Sun</td>
<td>Last day for adding courses or units</td>
</tr>
<tr>
<td>Jan 30</td>
<td>Sun</td>
<td>Last day for dropping courses or units</td>
</tr>
<tr>
<td>Feb 13</td>
<td>Mon</td>
<td>Last day for declaring or dropping credit/no credit grading option</td>
</tr>
<tr>
<td>Feb 17</td>
<td>Mon</td>
<td>Observance of Presidents' Day <em>(holiday, no classes)</em></td>
</tr>
<tr>
<td>Feb 27</td>
<td>Sun</td>
<td>Last day to withdraw from courses</td>
</tr>
<tr>
<td>Mar 11</td>
<td>Fri</td>
<td>Last day of classes (unless class meets Saturday)</td>
</tr>
<tr>
<td>Mar 14–18</td>
<td>Mon–Fri</td>
<td>End–Quarter examinations</td>
</tr>
</tbody>
</table>

### SPRING QUARTER

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar 28</td>
<td>Mon</td>
<td>Last day to arrange payment of University fees</td>
</tr>
<tr>
<td>Mar 29</td>
<td>Tue</td>
<td>First day of the quarter, instruction begins</td>
</tr>
<tr>
<td>Apr 10</td>
<td>Sun</td>
<td>Last day for filing Study List</td>
</tr>
<tr>
<td>Apr 17</td>
<td>Sun</td>
<td>Last day for adding courses or units</td>
</tr>
<tr>
<td>Apr 24</td>
<td>Sun</td>
<td>Last day for dropping courses or units</td>
</tr>
<tr>
<td>May 8</td>
<td>Sun</td>
<td>Last day for declaring or dropping credit/no credit grading option</td>
</tr>
<tr>
<td>May 18</td>
<td>Sun</td>
<td>Last day to withdraw from courses</td>
</tr>
<tr>
<td>May 30</td>
<td>Mon</td>
<td>Observance of Memorial Day <em>(holiday, no classes)</em></td>
</tr>
<tr>
<td>June 1</td>
<td>Wed</td>
<td>Last day of classes</td>
</tr>
<tr>
<td>June 2</td>
<td>Thu</td>
<td>Day before finals, no classes</td>
</tr>
<tr>
<td>June 3–8</td>
<td>Fri–Wed</td>
<td>End–Quarter examinations</td>
</tr>
<tr>
<td>June 12</td>
<td>Sun</td>
<td>Commencement</td>
</tr>
</tbody>
</table>

### SUMMER QUARTER

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 20</td>
<td>Mon</td>
<td>Last day to arrange payment of University fees</td>
</tr>
<tr>
<td>June 21</td>
<td>Tue</td>
<td>First day of the quarter, instruction begins</td>
</tr>
<tr>
<td>June 26</td>
<td>Sun</td>
<td>Last day for filing Study List</td>
</tr>
<tr>
<td>July 4</td>
<td>Mon</td>
<td>Independence Day observance <em>(holiday, no classes)</em></td>
</tr>
<tr>
<td>July 4</td>
<td>Mon</td>
<td>Independence Day observance <em>(holiday, no classes)</em></td>
</tr>
<tr>
<td>July 10</td>
<td>Sun</td>
<td>Last day for dropping courses or units</td>
</tr>
<tr>
<td>July 24</td>
<td>Sun</td>
<td>Last day for declaring or dropping credit/no credit grading option</td>
</tr>
<tr>
<td>July 31</td>
<td>Sun</td>
<td>Last day for withdrawing from courses</td>
</tr>
<tr>
<td>Aug 6–11</td>
<td>Sat–Thu</td>
<td>End–Quarter Period</td>
</tr>
<tr>
<td>Aug 11</td>
<td>Thu</td>
<td>Last day of classes</td>
</tr>
</tbody>
</table>
### Quick Reference Guide

<table>
<thead>
<tr>
<th>Office</th>
<th>Phone</th>
<th>Website</th>
<th>Location</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<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>Bursar's/Financial Services</td>
<td>723-2181</td>
<td><a href="http://co.stanford.edu/students/sar/">http://co.stanford.edu/students/sar/</a></td>
<td>Old Union Rm 105</td>
<td>9a–5p, M–F</td>
</tr>
<tr>
<td>Career Services</td>
<td>723-2035</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Counseling and Psychological</td>
<td>723-3785</td>
<td><a href="http://vaden.stanford.edu/caps/index.html">http://vaden.stanford.edu/caps/index.html</a></td>
<td>866 Campus Dr.</td>
<td>8:30a–5p, M–F</td>
</tr>
<tr>
<td>Services</td>
<td></td>
<td></td>
<td>2nd Floor</td>
<td></td>
</tr>
<tr>
<td>Graduate Student Council</td>
<td></td>
<td><a href="http://gsc.stanford.edu/index.shtml">http://gsc.stanford.edu/index.shtml</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Graduate Education</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>725-2810</td>
<td><a href="http://www.stanford.edu/dept/hds/shs/index.html">http://www.stanford.edu/dept/hds/shs/index.html</a></td>
<td>Old Union Rm 214</td>
<td>9a–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/index.shtml">www.stanford.edu/dept/hds/chs/index.shtml</a></td>
<td>Old Union Rm 214</td>
<td>9a–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>Old Union Rm 100</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/index.html">http://lane.stanford.edu/index.html</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/index.shtml">http://transportation.stanford.edu/index.shtml</a></td>
<td>340 Bonair Siding</td>
<td>7:30a–5p, M–F</td>
</tr>
<tr>
<td>Registrar's</td>
<td>723-2041</td>
<td><a href="http://www.stanford.edu/dept/registrar/index.html">http://www.stanford.edu/dept/registrar/index.html</a></td>
<td>Old Union</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 at Stanford

Watch for Mailings
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 an email account, Pine (an email program), and the web. The "Registering at Stanford" pamphlet has a nice summary of Axess, registration commitment, SUNet ID, student ID number, PIN, and study list information.

Student ID Number
http://www.stanford.edu/dept/registrar/registration/identifiers.html
For the sake of privacy, Stanford doesn't use social security numbers. Instead, upon admittance, you are given a seven–digit student ID number, AKA your University ID number. 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, 8–5, for help.

Email/UNIX Account
http://www.stanford.edu/group/itss/services/sunetid/
Once you have your student number, go to the above website. There you'll apply for your SUNet ID and password. The SUNet ID provides access to the Stanford University Network (SUNet) and its services. Each member of the Stanford electronic community creates a unique SUNet ID and password for him or herself. Definitely use the email alias option to shorten your email address from user@leland.stanford.edu to user@stanford.edu. With a regular SUNet ID, you'll get a Leland account, and its associated services:

- Leland–based UNIX systems, which can be accessed 24 hours a day in Sweet Hall.
- Email service and an email address (user@leland.stanford.edu).
- 50 Meg of storage space within Leland's distributed file system and World Wide Web services allowing you home pages and other Web resources.
- Usenet newsgroups accessed through Leland.
- Print quota at the Sweet Hall cluster.

For more info, check http://www.stanford.edu/dept/registrar/registration/identifiers.html.

From an off-campus location, telnet to cardinal.stanford.edu to check your email. You should join the BioMASS list, an email newsgroup for Stanford biology grad students. This can be done via email by sending the message "subscribe biomass–all" to majordomo@lists.stanford.edu

AXESS Account
http://axess.stanford.edu
After you have your SUNet ID and password up and running, you're ready to move onto Axess. The Axess computer system, available through any on–campus computer and off–campus computers connected to the web, is used for a variety of essential administrative tasks — registration, study lists, applying for housing, transcript requests, changing your address, etc. To access Axess, you will be assigned a personal identification number (PIN) based on your birthday. The PIN is not the same thing as your University ID number. The first time you use Axess, you will be prompted to change your PIN to a new number. Make sure it is one you can easily remember, such as a birthday of a friend or sibling. If you forget it, you'll have to stand in line at the Registrar's window on the first floor of Old Union (near Tresidder) to be reassigned. Be sure to use the functions located under
"Demographics" 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 8–5.

### Study Lists

Your study list is a list of the courses that you are taking in any given quarter. You may enter courses into Axess at any time the study list function becomes available, usually at least one month before the start of the quarter. However 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.**

Be aware that Axess is available only during the hours 6:00 a.m. to 2:00 a.m. on weekdays and 8:00 a.m. to 2:00 a.m. weekends. For more info, see: http://www.stanford.edu/dept/registrar/registration/axess.html.

### Student ID Card

http://www.stanford.edu/dept/itss/services/campuscard/cardoffice.html

Your University photo ID card will be made at the Stanford Card Office on the first floor of the Old Union. To avoid the long lines, order an "ID-To-Go" during the summer and then pick up your ID when you arrive in the I.D Card Office in Old Union Room 100. For more information, call (650) 498–CARD.

### Housing


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, or Lyman) to pick up your keys. You'll also need to get telephone service; stop by Student Communication Services in the Forsythe Building, room 195, to get your phone line activated. Their hours are M–F, 8:30–12 and 1–4:30. A personal access code (PAC) is handy as it allows you to call long distance from any campus phone. Call 650–497–HELP or see http://commserv.stanford.edu/students/.

If you didn't get housing, you're in good company. 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, and the online Wednesday and Saturday editions of the Palo Alto Weekly classifieds at http://www.paloaltoonline.com/classifieds/ are helpful. Another helpful site is http://www.craigslist.org, you can search for housing according to the location as well as you price range. The Stanford Report classifieds are available at http://www.stanford.edu/dept/news/report/classifieds/house.html but can be pricey. 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.

Once on campus, go to Community Housing Services in the Housing Office, located on the second floor of the Old Union, 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) 497–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 Student Services (OSS, rm. M105), and in an obscure glass case located on the third floor in the stairwell across from the hospital gift store. If you're desperate for housing, "walk-ins" for new students will be held on August 21, 1:30 p.m., September 4, 1:30 p.m., and September 16, 1:30 p.m., where names will be drawn from the waitlist. For more info, check http://www.stanford.edu/dept/hds/has/applying/grad/gradresults/index.html.

The Housing office is open M–F, 9–5.
numbers are 650–723–3906 and 650–723–1672.

Parking
http://www-facilities.stanford.edu/Transportation/
Parking and Transportation Services (650–723–9362) is located on 340 Bonair Siding and is open weekdays from 7:30 a.m. to 5:00 p.m. 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 $486 for one year, compared with $162 for a “C” permit. One option is to buy the cheaper “C” permit and a number of “A” daily scratchers ($9 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 $162 for a full year and $135 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: https://fops-cf.stanford.edu/pats/transportation/parking_info/Login.cfm If you purchase a parking permit in person, be sure to bring your University ID. 'A', 'C', 'Z' 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.

BANKING
Open a checking/savings account at a local bank
Wells Fargo (http://www.wellsfargo.com) and Bank of America (http://www.bofa.com) are two popular banks for Californians. The Stanford Federal Credit Union (http://www.sfcu.org) has a branch in the basement of the hospital, one at Tressider and one on Pampas Lane, but you'll be hard pressed to find one off campus. Both Wells Fargo and the Stanford Federal Credit Union have ATMs near the hospital cafeteria and branches on the second floor of Tresidder Union.

Getting Connected

EMAIL
http://www.stanford.edu/services/email/
You have several software options for email programs. If you don’t own your own computer, you can use Stanford webmail. Unix–based pine is another option, however the drawback with pine is that you can’t view attachments or print easily. You can also use a web–based email like Yahoo! Or hotmail. They are free and are also accessible from any computer. Unfortunately, the storage space is small. Stanford’s webmail server can be accessed through http://webmail.stanford.edu. This server requires a SUNet ID and password – the same you’d use to enter axess.

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/.

Most people will use MacSamson to connect to a UNIX machine (I use elaine–best.stanford.edu as the host name). At the >prompt, type in pine. This will start the pine mail program.

PINE
For a great tutorial of pine, go to: http://www.stanford.edu/services/email/unix–email.html For more information, you can visit the Pine Web site at http://www.washington.edu/pine/.

EMAIL LISTS http://lists.stanford.edu/
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 lists.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. Other useful commands (messages) you can send 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 for the 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.

**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.

To subscribe to a newsgroup using Pine:
1. At the main menu, type L for folder list.
2. In the folder menu, press the down arrow key so that the highlighted box is below the News-collection line.
3. Type A. The command “Enter newsgroup name” should appear.
4. Enter the newsgroup and press return.

**YOUR UNIX ACCOUNT**

Whenever you use telnet or MacSamson to check your email, you connect to a server that uses a UNIX operating system. In UNIX your files are kept in directories and subdirectories to help keep them organized. By knowing a few simple UNIX commands, you will be better able to manage the 10 Meg of storage space in your UNIX home directory. This disk space can be accessed from any computer connected to the web and it is free of charge. For example, you can work on a Word or Excel document in the law library, save it to your home directory, and once you get to school, print it out in the FLRC.

To use a UNIX system, you must log in to a computer, which requires a login name and password. At Stanford, your login name is your SUNet ID. UNIX is a case-sensitive system that distinguishes between upper and lower case letters, so be careful when typing commands. When you log in, a program called the *shell* automatically runs to provide you with an interface to the UNIX operating system. This shell is responsible for prompting you to type in commands. The prompt usually is a >. At this point, most people type the command “pine” to check their email. Here are some other useful commands:

- **keeptoken 1**: Prevents the connection from timing out for 1 hour. Type this command before using pine.
- **sweetquota**: Shows how much disk space you’ve used. If you get close to 200000K (200 Meg), you are near the upper limit and pine will crash if a large incoming email message pushes you above the maximum. To avoid this, transfer some files to a zip disk.
- **vacation**: If you go on vacation, this command lets you type a short note that is automatically sent to incoming email messages.
- **whois SOMEONE**: Look up information about someone; someone can be a SUNet id, first or last name.
- **passwd**: Use it to change your password.
The University

Computer Resources

For more information about computing at Stanford visit the web site: 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
723–9407
The second floor of Meyer Library is 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
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, and is open 24 hrs.

Sweet Hall UNIX Cluster
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. Printing is 10 ¢/page.

Visual Arts
If you need to produce high quality slides, posters, or color handouts, visit Visual Arts (http://www.stanford.edu/dept/VAS/) on the first floor of the Medical School Office Building (MSOB), located several buildings west of the med school.

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

Microdisc Department
(at the Stanford bookstore)
When purchasing a computer or software, try the Microdisc Department in the main campus Stanford bookstore. Microdisc offers educational discounts on personal computers, peripherals and software. They have a demonstration area where you can try the merchandise and an on-site service center.

Getting around Campus

MARGUERITE
The Marguerite is Stanford’s free shuttle that travels around campus to the Palo Alto and California Avenue Caltrain stations as well as major shopping centers. During the academic year it runs weekdays from 6:00 am to 8:00pm. 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 8:00pm to 2:00 am daily and linking the campus with the Palo Alto Caltrain Station. Marguerite is free and open to the public – no ID required. See http://transportation.stanford.edu/marguerite/MargueriteShuttle.shtml 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 both the Palo Alto and California Avenue Caltrain stations all day from 6:00 am to 7:45 pm. 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. The SLAC line serves the West Campus Residences and the Oak Creek Apartments.

Shopping: Marguerite will take you directly to the Stanford Shopping Center, downtown Palo Alto, California Avenue, Town & Country Village, the Bookstore and the TrackHouse. 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
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 725–SURE and an escort will usually arrive within 10–20 minutes – expect a longer wait on weekends.

Hours of Operation: 7 days a week | Dusk until 2 am while classes are in session | Fall, Winter, and Spring quarters only | On-call

For more information on the Marguerite services and the schedules see http://transportation.stanford.edu/marguerite/MargueriteShuttle.shtml

BIKING
Biking is the main mode of transportation on the Stanford University campus. See later section in the guide on page 26 for BIKING AT STANFORD.

Allene G. Vaden
Health Center

The newly constructed Vaden Health Center for all Stanford students is located at 866 Campus Drive. They offer a health insurance plan through Blue Cross called Cardinal Care. Premiums are about $432 per quarter, half of which paid for by the school. Children, domestic partners and spouses can participate as dependents. To join Cardinal Care, log onto Axess at axess.stanford.edu from a Stanford-connected computer or visit their site at http://cardinalcare.stanford.edu.

- For benefits information: Call Health Net at (800) 250–5226
- For mental health benefits information: Contact Value Options at (800) 667–7374
- For enrollment information: Contact Linda Moran at (650) 723–2135

Support Services

The School of Medicine Ombudsperson
MARThA A. MCKEE
OFFICE HOURS: Monday—Friday 9 a.m. to 5 p.m. or by appointment.
MSOB, Room 301, Mail Code 5501
Telephone: (650) 498–5744
Staff Associate: (650) 498–5802
martha.mckee@leland.stanford.edu

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
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. The Bridge 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.

Drop-in Counseling: 549 Salvatierra Walk, open 9 a.m. to midnight during the school year and 9 p.m. to 7 a.m. during the summer.
Telephone Line: (650) 723–3392, open 24 hours.

Disability Resource Center
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. For further information, contact the Disability Resource Center at 563 Salvatierra Walk, Stanford University, Stanford, California 94305. Telephone: (650) 723–1066; TDD (650) 723–1067.

ASSU Legal Counseling Office
http://assu.stanford.edu/lco/

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.

Campus Ministries
Contact Campus Ministries in Memorial Church or visit http://religionlife.stanford.edu/index.html 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 Episcopal 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 12:00 pm – 7:30 pm, (5pm on Fridays) to help you find a match. Drop by and check them out!

**Graduate Education: Advising and Community Service**

**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:

--Suzanne Bethard (sbethard@Stanford.edu) who works with Ellen Porzig and with BIOMASS on events and graduate student life issues.

--Suzanne Frasca (sfrasca@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,

---

**Career Planning Resources at Stanford**

**School of Medicine Career Development Center**

Michael Alvarez  
CCSR 4235a, M–F 9–5pm  
650–725–7687

The SOM Career Development Center provides services to meet the career–related needs of graduate students, alumni, and postdoctoral scholars across all disciplines. In addition to offering career advising services and integrating career resources for the SOM community, the Career Development Center is also actively involved in building and strengthening relationships with prospective hiring organizations, and formalizing structures through which employers and Stanford University students can consistently make successful connections. First year students are encouraged to explore a wide range of potential career options while pursuing graduate studies, as awareness of the various settings where advanced scientific skills and training may be applied enables
well-informed career decision making. Throughout the year, the center hosts symposia and workshops to bring scientists from various industry sectors and fields to share perspectives and insights regarding their work environments, and coordinates formal accommodations whenever possible during office hours, through scheduled appointments are recommended and available upon request by calling the SOM Career Development Center.

**BioMASS Organized Activities**

1. **BioMASS Newsletter**  
   Hear about upcoming events, including job fairs, job opportunities, symposiums, in addition to all the BioMASS activities. Make sure to subscribe to our e-mail list! (Instructions below)

2. **Quarterly Career Seminar Series**  
   BioMASS runs a quarterly career seminar series for students and post-docs interested in learning about various academic fields as well as career opportunities outside of academia. Each quarter we select a topic (Past topics have included proteomics, investment banking, management consulting, science writing, teaching colleges, public policy, law, etc.) and invite 3-4 panelists who did PhDs in the life science to talk about their chosen field, career path, etc. Also a great way to make contacts and finding out more about fields that interest you.

3. **Biotechnology Field Trips**  
   BioMASS organizes approximately monthly visits to many of the biotech companies in the area to take advantage of this biotech–rich environment. A group of 10–15 students visits the company for the day, tours the facilities, and makes potential contacts. Students obtain a great sense of the company’s working environment and of current and future job opportunities with the company.

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

Also make sure to subscribe to the BioMASS e–mail list to keep on top of these events! Write majordomo@lists.stanford.edu and put "subscribe biomass–all " in the body of the text.

**Stanford Career Network (SCN):**  
A searchable database of alumni volunteers that Stanford alumni and students may contact 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!

https://www.stanfordalumni.org/career/scn/home.html

**Career Development Center**  
http://www.stanford.edu/dept/CDC/ 723–3963

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:**

1. **TOMORROW’S PROFESSOR. Preparing for Academic Careers in Science and Engineering.**  
   Richard M. Reis, Stanford University, IEEE Press, 1996

2. **GUIDE TO NONTRADITIONAL CAREERS IN SCIENCE**  
   Karen Young Kreeger, Taylor and Francis 1999

**Educational Resources**

These are just few resources to tap. Also see libraries (pg. 22) and study spots (pg. 18) for others!

**Center for Teaching and Learning**  
http://ctl.stanford.edu/
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://gwp.stanford.edu – Graduate Web Portal

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: http://learningtech.stanford.edu/

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.

Volunteering 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.

Revenswood Reads
Jesse Moya at moya@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 on-going, 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 nonprofit 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)**
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
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.

Cool Things
On Campus and Nearby

Sunday Flicks
http://sse.stanford.edu/flicks/
Sunday Flicks present recent films at 7 and 10 p.m. in Memorial Auditorium. Flicks passes are sold in White Plaza and by C.A.s in on-campus housing at the beginning of the quarter. Tickets to individual films are sold at the door for $4. 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.

**Hoover 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.

**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 Linear Accelerator Center (SLAC)**
Go see how subatomic particles are made at the two-mile-long SLAC. Call 926–2204 for tour reservations. 2575 Sand Hill Road, Menlo Park

**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.

**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. Tickets only cost $6; call 324–3700 for listings. Complete the evening by grabbing an ice cream cone from Swenson's down the street on University Ave.
**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 (What are they looking for, anyway, the computer monitor that I tried to steal?)

**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.

**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 — cafés in the Palo Alto Area**

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

**Café Verona:** Located in downtown Palo Alto on Lytton St. Indoor and outdoor seating. Excellent for semi-studying and people watching. They’ll let you sit there for hours.

**Just Desserts:** Located in downtown Palo Alto, at 535 Bryant St. Limited hours, but a great place for semi-studying with coffee and dessert.

**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 backed 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.

**Torrefazione:** Located on University Ave. in downtown Palo Alto. Cheerful ambience with upstairs and downstairs seating. Tables are a little small if you’re planning on bringing three textbooks to study at once.

**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. My 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.

**Campus Athletic Facilities**

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-looking 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 Tressider exercise facilities tend to be most crowded at the dinnertime hour (5pm –7pm). 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                                 723–1127
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
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 2004-2005 school year, contact the IM office in Burnham Pavilion.

Club Sports
http://www.stanford.edu/dept/pe/clubsports.html
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 Judo Running Club
Cricket Lacrosse Ski Team
Cycling Polo (horse) Equestrian
Ultimate Frisbee (men) Rugby (men)
Ultimate Frisbee (women) Rugby (women)
Ice Hockey Windsurfing

The Arts
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 Choral Activities
http://www.stanford.edu/group/chorale
723–1570
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 capella 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.

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

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.

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

**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 Dylan Solomon, at dylans@stanford.edu

**Dance Clubs**
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/.

**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.

**Stanford Lively Arts**
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 http://livelyarts.stanford.edu/.
Library Phone Numbers and Hours for the Academic Year 2004–2005

(check out http://library.stanford.edu/libraries_collection/libcoll_a_z.html for library hours)


<table>
<thead>
<tr>
<th>Library</th>
<th>Tel</th>
<th>M – Th</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Library</td>
<td>723–9108</td>
<td>8–12am</td>
<td>8–6pm</td>
<td>9–9pm</td>
<td>12pm–12am</td>
</tr>
<tr>
<td>Meyer Library</td>
<td>724–5600</td>
<td>8–12am</td>
<td>8–6pm</td>
<td>1–9pm</td>
<td>12pm–12am</td>
</tr>
</tbody>
</table>

Coordinate Libraries

| Business (Jackson)                  | 723–2162| 8–9pm   | 8–6pm   | 12p–5pm  | 1pm–10pm  |
| Hoover Institution Library & Archives | 723–2058| 8–5pm   | 8–5pm   | closed   | closed    |
| Law (Crown)                         | 723–2477| 8–12am   | 8–6pm   | 9–5pm   | 10–12am   |
| Medical (Lane)                      | 723–6691| 8–12am   | 8–10pm  | 10–10pm  | 10–12am   |
| SLAC (Stanford Linear Accelerator Center) | 926–2411| 8–5pm   | 8–5pm   | closed   | closed    |

Research Branch Libraries

| Art & Architecture                  | 723–3408| 9–10pm  | 9–5pm   | 9–5pm   | 1–10pm    |
| Biology (Falconer)                  | 723–1528| 9– 9pm  | 9–5pm   | closed   | 4– 9pm    |
| Chemistry & Chemical Engineering (Swain) | 723–9237| 9– 9pm  | 9–5pm   | closed   | 4– 9pm    |
| Earth Sciences & Map Collection (Branner) | 723–2746| 9– 9pm  | 9–5pm   | 1–5pm   | 4–9pm     |
| Education (Cubberley)               | 723–2121| 9– 9pm  | 9–5pm   | 1–5pm   | 1– 9pm    |
| Engineering                         | 723–0001| 9–10pm  | 9– 6pm  | 9–5pm   | 2–10pm    |
| Marine Biology (Miller – Pacific Grove) | (831) 655–6229| 9–5pm   | 9–5pm   | closed   | closed    |
| Math & Computer Sciences            | 723–4672| 9– 9pm  | 9–5pm   | 1–5pm   | 4– 9pm    |
| Music                               | 723–1211| 9–10pm  | 9–5pm   | 1–5pm   | 1–10pm    |
| Archive of Recorded Sound           | 723–9312| 1–5pm   | 1–5pm   | closed   | closed    |
| Physics                             | 723–4342| 9– 9pm  | 9–5pm   | closed   | 4– 9pm    |
| Stanford Auxiliary Library (SAL)    | 723–9201| 1–5pm   | 1– 5pm  | 1–5pm   | closed    |

The two main biology libraries are Lane and Falconer.

Medical Library (Lane)

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.

Falconer Library (Herrin)

Falconer has lot of biology related journals though few medical journals (such as JAMA). Falconer library is open until 10 pm, but most labs have a key so that you enter at any hour (important for writing qualifying exams!)
Life in the Bay Area
Transportation

SAM TRANS
http://www.transitinfo.org/SamTrans/
SanTrans 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 its namesake, 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 include the cities of Oakland, Richmond and Fremont. This is definitely the best option if you are sans car. You can take the Caltrain to the city and then take the BART into the East Bay. Bart also now goes to San Francisco Airport from 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 go to their web site at .

CALTRAIN
http://www.caltrain.org/
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 either 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. You can now also take CalTrain on the weekends; they have reinstated weekend service. To see their schedule and the alternative bus routes for the weekends, check out their web site.

Shopping

Grocery Stores

Albertsons: Located on Alma St., just north of East Meadow in south Palo Alto or on Channing and Embarcadero St. in north Palo Alto. Albertsons is sometimes less expensive than Safeway. The fruits and veggies can be sketchy, so pick carefully.

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.


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.

**Molly 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 wonderful! 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.

**Rose International Market**: 1060 Castro Street, Mountain View, 960–1900. Open M–Sa 8 a.m.–9 p.m., Su 9 a.m.–8 p.m. Middle Eastern food.

**Valley Produce Market**: 3380 Middlefield Rd., Menlo Park, 368–9226. Open daily 7 a.m.–8 p.m. Hawaiian, Samoan, and Tongan food.

---

**Retail Chains**

**a.k.a., Shopping on a Stipend**

**Bargain Shopping**

**K–mart**: No introduction needed, I’m sure. Located on El Camino Real to the south, just before the Lawrence Expessway.

**Price Club/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. Price Club/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**: Next to 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, Eddie Bauer, Victoria’s Secret, J. Crew, Fresh Choice, Max’s Opera Café, Sigona’s Produce Market, Coach, and more. There are also seasonal jazz concerts on Thursday evenings.

**Downtown Palo Alto** has yuppy 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 are Pluto’s Restaurants, with salads and sandwiches worthy of your stipend checks, and a really large Borders Bookstore.

**Downtown Menlo Park** also has many yuppy 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. I love the unpretentious atmosphere created by these local vendors. 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.

**Typical 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 TGIFriday’s.

**Vallco 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 Leavensley 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**: is 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.

**Good Guys**: University Ave. east across 101; head right at your first light.

**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

---

**Biking at Stanford**

**Have Bike, Can Travel around Stanford!**

Bicycling is ideally suited to the Stanford area’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, can help you with:

- Bike maps (city, county, and Stanford; the Stanford Directory bike map covers San Carlos to Sunnyvale with recommended 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

Check out our website for more information: http://transportation.stanford.edu

**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, joining UC Davis in Davis, CA and Cornell University in Ithaca, NY. 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

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 for $2.25.

Bicycling Safety Tips:
- Always wear a helmet
- Register your bike
- Ride at a safe speed for conditions
- Have your brakes adjusted and working properly
- Stop at stop signs
- Ride on the right side of the roadway
- Yield to pedestrians in crosswalks
- Ride in the correct direction in one–way areas
- Use lights when riding after dark

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 really safe environment, bike theft and theft of bike parts is 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. The registration fee is $3.50.
- 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.

- **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

**FOLLOW THE RULES OF THE ROAD**
- Follow the California Vehicle Code as it pertains to cyclists
- Stop at stop signs, lights required at night (front light and rear reflector)
- License your bike!
- Signal your turns
- Safe Bike, tune-it up; brakes must work!
- Wear a helmet every time you ride; Make sure it fits properly
- Be seen, wear your reflector leg band! Use your strobe light!

**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 of your stolen bike being 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.

**Bicycle Retailers to Help You!**
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.

- **CAMPUS BIKE SHOP** (Between Campus Drive East and the Law School) 551 SALVATIERRA
  STANFORD, CA 94305
  (650) 723-9300

- **CARDINAL BIKE SHOP**
  (Just North of Stanford Avenue, next to Sundance Restaurant)
  1955 EL CAMINO REAL
  PALO ALTO, CA 94301
  (650) 328-8900

- **MENLO VELO BICYCLES**
  (North of the Stanford Mall) 433 EL CAMINO REAL,
  MENLO PARK, CA 94025-5240.
  (650) 327-5137

- **MIKE’S BICYCLES**
  (Between Stanford Avenue and College at Oxford)
  2180 EL CAMINO REAL
  PALO ALTO, CA 94306
  (650) 493-8776

- **PALO ALTO BICYCLES**
  (Downtown Palo Alto)
  171 UNIVERSITY AVE
  PALO ALTO, CA 94301
  (650) 328-7411

- **THE BIKE CONNECTION**
  (At Stanford Avenue)
  2011 EL CAMINO REAL
  PALO ALTO, CA 94301
  (650) 853-3000

- **THE BIKE CONNECTION**
  (Downtown Menlo Park)
  622 SANTA CRUZ AVENUE
  MENLO PARK, CA 94025-5240
  (650) 327-3318

**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.
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–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 perkier. 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:** Directions: 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:** Directions: 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:** Directions: 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:** Directions: 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:** Directions: 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.

### Movie Theatres

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.moviefone.com/), [www.fandango.com](http://www.fandango.com).

**AMC 20 The Mercado**
3111 Mission College Blvd., Santa Clara  
Website: [http://www.amctheatres.com/](http://www.amctheatres.com/)  
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. 20 minutes from campus.

**The Aquarius**
430 Emerson St., Palo Alto  
Phone: 32–MOVIE  
Run by Landmark Theatres; shows foreign and art films. Five minutes from campus.

**The Castro Theatre**
429 Castro St, San Francisco, CA 94114-2019  
Phone: (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 10**
1500 N Shoreline Blvd, Mountain View, CA 94043–1314  
Phone: (650) 960–0970  
Shows current movies. 15 minutes from
campus. Also provides students’ discount, so be sure to bring your ID.

Century Park 12
557 E Bayshore Rd, Redwood City, CA 94063–2717
Phone: (650) 365–9000
French Cine-Club
Palo Alto Cultural Center Auditorium
1313 Newell Road, Palo Alto
Phone: (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
949 El Camino Real, Menlo Park
Phone: 32–MOVIE
Run by Landmark Theatres; shows foreign and art films.
Five minutes from campus.

The Oaks Theater
21275 Stevens Creek Blvd, Cupertino,
Phone: (408) 446–1134
CHEAP tickets to see movies released six months ago. $5 per movie. 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. 20 minutes from campus.

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

The Park
1275 El Camino Real, Menlo Park
Phone: 32–MOVIE
Run by Landmark Theatres; shows foreign and art films, as well as first-run blockbusters. Five minutes from campus.

The Red Vic
1727 Haight St, San Francisco
Phone: (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
221 University Ave, Palo Alto
Phone: (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! Five minutes from campus.

U A Redwood 6 Theaters
305 Walnut St, Redwood City
Phone: (650) 367–9090

Sunday Flicks
Website: http://sse.stanford.edu/flicks/
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.

Guide to Good Eats
As you can see, eating out is something we do quite often. To make the guide more user-friendly, we have categorized the restaurants by location. Restaurants are listed alphabetically based on 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
Basements of their respective buildings. Similar to the cafeterias 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.

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

Med Student Lounge Café
Located in the fishbowl. They have a sandwich bar and prepared foods in the refrigerator which can be heated. Critics’ picks include boxed Thai food (especially, the vegetarian special and basil
chicken) & avocado sandwiches.

**Stanford Hospital Cafeteria and 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.

**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.

**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.

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

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

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

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

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

**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.

**Palo Alto**

*American (Burgers, Chili, Etc.)*

**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.

**Fresh Choice**
Stanford Shopping Center (650) 322-6995
Salad, pasta & bread bars. Many vegetarian options. Quantity over quality. LOTS of food for eight bucks.

**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**
361 California Ave., Palo Alto (650) 326-6159
Awesome, BIG burgers flamebroiled! 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
Very popular. Critics’ picks include eggplant sandwich on foccacia and Caesar salad. Purchase a side salad. Trust us, it is plenty. Farmer’s Greens are terrific for veggie lovers.

Taxis
403 University Ave., Palo Alto (650) 322–8294
Open late. Good spicy curly fries and milkshakes. Hotdogs are overpriced.

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
Hobee’s
4224 El Camino Real, Palo Alto (650) 856–6124 and 4 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.

Stacis
600 Santa Cruz Ave., Palo Alto (650) 482–2850
Great breakfast fair and huge stacks of pancakes!

Café
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.

Torrefazione Italia
419 University Ave., Palo Alto (650) 325–7731
Very attractive on the inside. Try to get a seat on the second floor. Generous coffee beverages

University Coffee Café
271 University Ave, Palo Alto (650) 322–5301
Great egg dishes with a Californian flair. Espresso drinks are fair, but the fresh orange juice is nice. Try to grab a seat at the bar. Also open late for dessert.

Cajun
Blue Chalk
630 Ramona St., Palo Alto (650) 326–1020
Not memorable. Good for late-night scoping and pool.

Nola
535 Ramona St., Palo Alto (650) 328–2722
Very hip. Good appetizers and entrees, bad desserts. Great place for a drink after work (or after school). Can be pricey and the cuisine is far from being truly Cajun!

Californian
California 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
Fresh Taste Mandarin Kitchen
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. Opened 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**

**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) dimsum. Be ready for a line on the weekdays.

**Hong Kong Flower Lounge**

560 Waverly St., Palo Alto (650) 326-3830

51 Millbrae Ave., Millbrae (415) 692-6666

5322 Geary St., San Francisco (415) 668-8998

(3 locations Palo Alto, Millbrae and SF) While Palo Alto location is good, Millbrae is much, much better. At the Palo Alto location, stick to dumplings…particularly the spinach/mushroom dumpling and chive dumpling. Be more adventurous at the Millbrae location.

**Ming’s**

1700 Embarcadero Rd., Palo Alto (650) 856-7700

Super-greasy dim sum. Favorite of the techie crowd.

**French**

**Café Brioche**

445 California Ave., Palo Alto (650) 326-8640

Tasty, authentic French food. Clafloutis are yummy.

**Chez Sophie**

201 California Ave., Palo Alto (650) 322-8586

Quaint atmosphere & good, authentic French food. Make reservations.

**L’Amie Donia**

530 Byrant 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**
Excellent. Favorites include the Calamari, Greek salad, Whole Striped Bass with Lemon and Oregano, and the Braised Lamb Shank with Orzo. Great desserts. $$$$$$

**Indian**

**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. Critics’ pick are aloo mater. 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.

**New India Palace**
448 University Ave, Palo Alto (650) 327–3445
Good location next to Border’s Bookstore. Tasty chicken tikka masala and channa masala. Service can be variable.

**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.

**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. Nice place for a special dinner.

**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.

**Palermo**
452 University Ave., Palo Alto (650) 321–9908
Great seafood pastas. Yum.

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

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

**Japanese**

**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.

**Higashi West**
636 Emerson St., Palo Alto (650) 323–WEST
Japanese fusion cuisine. Great shrimp rolls and wasabi flavored mashed potatoes. Excellent, pricey sushi.

**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!

**Minokichi**
150 University Ave., Palo Alto (650) 324–9536
All you can eat sushi. Not great food, but worth the money. Great place for a large group of friends.

**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.

**Mediterranean**

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

**Benbo’s**
460 Ramona St., Palo Alto (650) 323–2555
Yummy hummus and baba ganoush. Drop by to pick up something for lunch or stay for dinner.

**Gyros Gyros**
468 University Ave., Palo Alto (650) 327–0107
Pretty good souvlaki plates and relatively inexpensive. Sit outside and people watch as well.  
**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**  
**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 Mexican food. Share the taco fiesta with a friend.  
**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.

**Pizza**  
**California Pizza Kitchen**  
521 Cowper St., Palo Alto (650) 323–7332  
Inventive pizza, but not gourmet. Inconsistent service. Popular Thai Chicken Pizza.  
**Domino’s**  
2408 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 review 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**  
263 University Ave., Palo Alto (650) 322–2893  
3407 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.

**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**  
3295 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**  
**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.

**Menlo Park**

**American**

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  

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.

**Breakfast**

Stack’s. Located on El Camino Real and Santa Cruz, Menlo Park. 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

**Cafés**

Café Borrone  
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.

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.

**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.

**French**

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

**Chinese**

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.

**Italian**

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

**Japanese**

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.

Gombéi’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.

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.

Seafood
Cook’s Seafood
751 El Camino Real, Menlo Park (650) 325-0604
Fabulous 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.

Vietnamese
Vietnam Restaurant
1010 Doyle St., Menlo Park (650) 326-2501
Inexpensive and super tasty. Cozy restaurant with very pleasant staff. Start with the spring rolls, please let the staff give you eating instruction. For an entrée, go for the seafood steamboat.

Never eat more than you can lift.
— Miss Piggy

Mountain View
Chinese
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 & dimsum.

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.

Indian
Deedees Indian Fast Food
2551 Middlefield Rd., Mt. View (650) 967-9333
Fast food Gujarati. 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.

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 mild means mild.

Italian
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.

Mexican
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.

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

Vietnamese
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.

Los Altos
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. Great BBQ sauce.

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.

Chinese
Chef Chus
1067 El Camino Real, Los Altos (650) 948–2696
Tasty family-style Chinese food. Great chicken salad.

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

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

Italian
Oregano’s
4546 El Camino Real, Los Altos (650) 941–3600
Decent & not too expensive

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. Frequent by Steve Young.

Redwood City
Breakfast
Stacks
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.

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

Mexican/Tex-Mex
Chevy’s
2907 El Camino Real, Redwood City (650) 367–6892
2116 El Camino Real, Mt. View (650) 691–9955
Perhaps not the most authentic Mexican food, but a fun party place. Great for birthday parties — they give sombreros to the birthday boy/girl. Buy a tequila popper for the birthday person. Chips and salsa are heavenly. Fajita platter is great.

Berkeley
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.

**Los Gatos**

*How to get there: 280 south exit I–85 to Gilroy to I–17 Santa Cruz to the 2nd exit to Downtown Los Gatos.*

**Café**

Fleur de Cocoa
59 N. Santa Cruz Ave., Los Gatos (408) 354–6974
Patisserie 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.

**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.

**Milpitas**

*How to get there: 101 south exit 237 towards Milpitas exit MacArthur*

**Chinese**

ABC Seafood Restaurant
768 Barber Ln, Milpitas (408) 435–8888
Popular place to get dimsum. 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.

Fantasia Tea Shop
Milpitas Ranch 99 Complex (408) 955–0588
Amazing pearl tea. If you haven't tried it, you must!

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.

**Oakland**

**Cambodian**

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

**San Francisco**

**American**

Metreon Café
At 5th 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

Ankgor 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.

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.

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

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

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).

Santa Clara

Indian

Pasand
Nationally renowned for their dosas and uttapums. Live music on the weekends. An Indian community favorite. Critics’ picks include masala dosa.

**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.

Shaun Kunnavantana, SMS II
Skunn@stanford.edu
Trisha Ma, SMS II tjma@stanford.edu

Previous additions from:
Shan Pai, shanpai@stanford
Kavita Trivedi, ktrivedi@stanford
Dhara MacDermed, dhara@stanford

**Bay Area Nightlife**

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.

**The Edge**: 260 California Ave. Palo Alto. (650) 289–0222
One of the newest hotspots in Palo Alto for dancing, The Edge (formerly the Icon Supper Club) is a classy establishment. On Tuesdays, Fridays and Saturdays, Icon’s two dance floors feature diverse musical events, featuring some of the hottest DJs and live music in the bay area.

**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.

**Q Café**: 529 Alma St. Palo Alto. (650) 322–3311.
Originally a pool hall, this place has grown into a fairly popular bar and disco featuring 70s and 80s night on Thursdays, Hip Hop, House and Old School on Fridays and Top-40’s hits on Saturdays.

**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’s**: 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.

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, Phone: (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://bubbleloungesf.citysearch.com/
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.

Justice League: 628 Divisadero St. San Francisco, (415) 440-0409
Showcasing top names in hip-hop and electronica, this club helped put San Francisco on the map as a DJ music mecca. Formerly the site of the Kennel Club, this extremely popular spot attracts the most charismatic cats and dawgs of the international dance music scene to the Bay Area while providing a much-needed venue for local luminaries to strut their stuff.

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 appetinis 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.

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.

Up and Down Club: 1151 Folsom Street. San Francisco, (415) 626-2388
Catch some great jazz downstairs in one of the most enjoyable venues in the city to do so (it's so small that if you're in there, you've got a great view). It gets very crowded, so come early for the show and snag a table. The same amount of space upstairs offers DJs (call for more information about music genres and DJs) and a compact dance floor, so if the hip-hop tunes tickle your fancy, you'll be groovin' in no time.

**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 and 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, fisherman 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** — 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 (http://www.parks.ca.gov/default.asp?page_id=523/).

**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** — 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 (http://jrabold.net/bigsur/bigs_prk.htm) 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 in advance.
FINDING CHEAP FLIGHTS

INEXPENSIVE FLIGHTS
For many of us, most of our friends and families reside on the East Coast, 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 nonrefundable.

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.msn.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 their website.
When and Where to Buy

Books

Stanford Medical Bookstore
614–0280
M–F 9–9, Sat 9:30–6, Sun 11–6
135 University Ave, Palo Alto

Main Campus Bookstore
329–1217 or 800–533–2570
M–F 7:45 a.m.–9 p.m., Sat 9–6, Sun 11–5

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.

Dentists

Stanford does not provide dental insurance for graduate students. We have provided some 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. For a dental resource packet, please email linda.moran@stanford.edu with your name and address so that a packet can be mailed to you.

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

We have also provided 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)

Auto Repair

We have picked a few Auto Repair places that will cover your most everyday needs. Remember to shop around and get the best deals.

Bill Young’s Automotive: 940 High Street, Palo Alto, (650) 327–4071
Campus Texaco Service: 715 Serra St, Stanford, (650) 328–7851
Cooper’s Auto Repair: 2901 Middlefield Rd, Redwood City, (650) 364–3313
Discount Auto Repair: 2655 Middlefield Rod, Redwood City, (650) 367–6890
Euro Quattro: 2455 Old Middlefield Way, Mountain View, (650) 964–6066
Heinichen’s Garage: 960 High Street, Palo Alto, (650) 328–4488
Hudson’s Shell; 495 El Camino Real, Menlo Park, (650) 324–4561
Jim Davis Automotive: 3972 El Camino Real, Palo Alto, (650) 493–9633
Kurt and Dorn’s Auto Service: 930 Emerson St, Palo Alto, (650) 321–0461
Meissners Automotive Service: 811 East Charleston, Palo Alto, (650) 494–3804
Menlo Atherton Shell: 1400 El Camino Real, Menlo Park, (650) 325–1280
Midas: 4200 El Camino Real, Palo Alto, 
(650) 493–7800
2121 El Camino Real, Redwood City, 
(650) 365–2223
725 El Camino Real, Sunnyvale, 
(408) 736–7660
Ole’s Car Shop: 801 Alma St., Palo Alto, (650) 328–6537
Palo Alto Auto Repair: 3508 El Camino Real, Palo Alto, (650) 424–8078
Planet Auto Repair: 33 Encina Ave, Palo Alto, (650) 328–0287

Student Organizations

Graduate Student Organizations

Asian American Graduate Students Association (AAGSA)
http://www.stanford.edu/group/aagsa/
Asian Pacific American Policy Forum
http://www.stanford.edu/group/apapf/
BioMASS (BioMedical Associated Stanford Students)
http://www.stanford.edu/group/biomass
email: biomass–all@lists.stanford.edu
Black Graduate Students Association (BGSA)
http://www.stanford.edu/group/bgsa/
mailto: 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/
mailto: 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/mcth/rains_mcth_what.htm
Stanford Returning Student’s Association
http://www.stanford.edu/group/srsa

Asian American Students Association (AASA)
http://www.stanford.edu/group/AASA/
Black Student Union (BSU)
http://www.stanford.edu/group/bsu/
mailto: bsu–1997–1998@lists.Stanford.EDU
Entrepreneurship: BASES
http://bases.stanford.edu
Movimiento Estudiantil Chicanos de Aztlan (MEChA)
mailto: mecha@lists.stanford.edu
Mexican Students Association
http://www.stanford.edu/group/mexicanos/
mailto: mexicanos@lists.stanford.edu
Latino Students Association (LSA)
mailto: 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
mailto: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/
mailto: 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/
mailto: StanfordBGLAD@yahoo.com
Caribbean Students Association (CSA)
http://www.stanford.edu/group/CSA/
mailto: csa@lists.stanford.edu

Umbrella Student Organizations

Associated Students of Stanford University
http://assu.stanford.edu/
(The mothership of Stanford student organizations)
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/
mailto: 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/
mailto: 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/
mailto: q-a-news@lists.stanford.edu
Queer Resources
http://www.stanford.edu/group/QR/
Stanford African Students Association (SASA)
http://www.stanford.edu/group/sasa/
mailto: 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/sttsa

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

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
Advice

Rotations:
• Set up your rotations as early as possible
• Talk to as many PIs as possible 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
• Get the scoop from the other students in the department (if a PI doesn’t have any students, there’s usually a reason)
• Avoid rotating in labs that you know you can’t or don’t want to join, unless you already have a commitment (signed in blood) from your top-choice lab. Maximize your options
• 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 T.A.)
• 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? What is expected?
• 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-doc/jobs?
• Does the PI fulfill the promises and commitments he/she makes?
• 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? Have there been authorship conflicts? If so, why?
• How long does it take for the PI to get a paper
out once the experimental work has been done?

- Will the PI compromise his/her/your integrity in order to get a paper published?
- How supportive is the PI of alternative (non—academic 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? 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. You can set up a sci—alert account at http://scisearch2.lanl.gov
- 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.)

**Problems:**

- Problems of one sort or another will 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. If the problem is bad and involves your PI, the consequences can sometimes be severe (like leaving without your Ph.D.). 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 8 years or more to graduate. If the 8—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, and from other students,
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
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.