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

BioMASS is a student run organization that represents graduate students from biology-related fields in both the School of Medicine and the School of Humanities and Sciences. Our mission is to promote social and professional interaction and impart a political voice to graduate students in biomedical related fields by providing services and information that are useful for graduate students.

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 and professional activities that give students the opportunity to get interact with people outside of their department. These activities include:

- New student orientation
- Monthly social hours (free food!)
- Quarterly dinners with people in different careers
- Intramural sports teams

As you can see, BioMASS is a fun and active organization. We welcome your input, energy, and enthusiasm! If you’re interested in becoming involved, we have monthly lunch time meetings that are open to all biomedically affiliated students. Check the BioMASS website (under “Events”) for exact meeting dates.

In addition to our monthly meetings, you can stay abreast of upcoming BioMASS events in three ways:

- The **BioMASS mailing list**. Sent out weekly, it will keep you up-to-date on activities inside and outside of BioMASS. To subscribe go to [http://mailman.stanford.edu](http://mailman.stanford.edu) and type “biomass- all” into the “Go to Subscriber Page” box.
- The **BioMASS calendar**. To find the calendar, go to Google Calendar ([http://calendar.google.com/](http://calendar.google.com/)) and search for “biomass.”

For more information, e-mail the BioMASS President, Moria Chambers ([moriac@stanford.edu](mailto:moriac@stanford.edu)), or Vice President, Jeremy Chang ([jbchang@stanford.edu](mailto:jbchang@stanford.edu)).

**Good luck in your first year!**
Editors: Karen Colbert and Murtaza Mogri

Cover Designed by Charlie Anderson.

We thank Amy Radermacher for substantial contributions to the BioMASS Graduate Student Handbook in the past; the medical students for generously sharing information from their Medical Student Guide; the Stanford Department of Parking and Transportation and the Stanford Library System for the use of their maps; Suzanne Bethard and the bioscience graduate students for their pictures.

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The Departments and Programs that are represented by BioMASS include:

- Biochemistry
- Bioengineering
- Biology
- Biomedical Informatics
- Biophysics
- Cancer Biology
- Chemical and Systems Biology
- Chemistry
- Developmental Biology
- Epidemiology
- Genetics
- Health Services Research
- Human Genetics and Genetic Counseling
- Immunology
- Microbiology and Immunology
- Molecular and Cellular Physiology
- Neurobiology
- Neurosciences
- Structural Biology
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Day Trips & Weekend Getaways
Guide to Good Eats
Getting Around
Maps
Contacts in Graduate Education

Dean’s Office

[Image]

Philip Pizzo
Dean of the School of Medicine
724- 5688
Alway M121
philip.pizzo@stanford.edu

[Image]

John Pringle
Senior Associate Dean for Graduate Education and Postdoctoral Affairs
723- 8523
Alway M322
jpringle@stanford.edu
Biosciences Education

John Bray
Assistant Dean For Graduate Education
Director of Biosciences Admissions & Administration
723-9455
Alway M105
jrbray@stanford.edu

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Biosciences Admissions Coordinator
736-1804
Always M105
epeairs@stanford.edu

Jennifer Visitacion
Biosciences Diversity Program Assistant
725-7423
Alway M105
jenniev@stanford.edu

Office of Student Life

Zera Murphy
Director of Student Life
498-4945
MSOB 3rd Floor
zera.murphy@stanford.edu

Suzanne Bethard
Student Affairs Associate
725-3944
MSOB 3rd Floor
sbethard@stanford.edu
BioMASS Officers

Moria Chambers
Microbiology & Immunology
President
LKC Liaison

Jeremy Chang
Chemical & Systems Biology
Vice President
Graduate Student Survey Coordinator

Louis Fernandes
Biophysics
Treasurer
Social Chair

Murtaza Mogri
Bioengineering
Webmaster
Interschool Liaison

Karen Colbert
Structural Biology
Handbook Coordinator
Social Chair

Amy Palin
Immunology
LKSC Liaison
Lane Library Liaison
Andrew Roos  
Biochemistry  
New Student Orientation  
Camping Trip Coordinator

Thomas Roos  
Biochemistry  
Camping Trip Coordinator

Scott Woody  
Biophysics  
Career Center Liaison  
Alumni Association Liaison

Johanna Schaub  
Cancer Biology  
CTL Liaison  
LKSC Liaison

Masoud Sadaghiani  
Chemical & Systems Biology  
New Student Orientation
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<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Event Description</th>
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<td><strong>AUTUMN QUARTER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sep 11</td>
<td>Fri</td>
<td>Last day to register for courses to receive stipend or refund check on first day of term</td>
</tr>
<tr>
<td>Sep 21</td>
<td>Mon</td>
<td>First day of quarter, instruction begins</td>
</tr>
<tr>
<td>Oct 9</td>
<td>Fri</td>
<td>Last day for filing Study List</td>
</tr>
<tr>
<td>Oct 9</td>
<td>Fri</td>
<td>Last day for adding courses or units</td>
</tr>
<tr>
<td>Oct 9</td>
<td>Fri</td>
<td>Last day for dropping courses or units</td>
</tr>
<tr>
<td>Nov 13</td>
<td>Fri</td>
<td>Last day for declaring or dropping credit/no credit grading option</td>
</tr>
<tr>
<td>Nov 13</td>
<td>Fri</td>
<td>Last day for withdrawing from courses</td>
</tr>
<tr>
<td>Nov 23-27</td>
<td>Mon-Fri</td>
<td>Thanksgiving Recess (<em>holiday, no classes</em>)</td>
</tr>
<tr>
<td>Dec 4</td>
<td>Fri</td>
<td>Last day of classes (unless class meets on Saturday)</td>
</tr>
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<td>Dec 7-11</td>
<td>Mon-Fri</td>
<td>End-Quarter examinations</td>
</tr>
<tr>
<td><strong>WINTER QUARTER</strong></td>
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<td>Dec 11</td>
<td>Fri</td>
<td>Last day to register for courses to receive stipend or refund check on first day of term</td>
</tr>
<tr>
<td>Jan 4</td>
<td>Mon</td>
<td>First day of the quarter, instruction begins</td>
</tr>
<tr>
<td>Jan 18</td>
<td>Mon</td>
<td>Observance of Martin Luther King Day (<em>holiday, no classes</em>)</td>
</tr>
<tr>
<td>Jan 22</td>
<td>Fri</td>
<td>Last day for filing Study List</td>
</tr>
<tr>
<td>Jan 22</td>
<td>Fri</td>
<td>Last day for adding courses or units</td>
</tr>
<tr>
<td>Jan 22</td>
<td>Fri</td>
<td>Last day for dropping courses or units</td>
</tr>
<tr>
<td>Feb 26</td>
<td>Fri</td>
<td>Last day for declaring or dropping credit/no credit grading option</td>
</tr>
<tr>
<td>Feb 15</td>
<td>Mon</td>
<td>Observance of Presidents' Day (<em>holiday, no classes</em>)</td>
</tr>
<tr>
<td>Feb 26</td>
<td>Fri</td>
<td>Last day to withdraw from courses</td>
</tr>
<tr>
<td>Mar 12</td>
<td>Fri</td>
<td>Last day of classes (unless class meets Saturday)</td>
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<tr>
<td>Mar 15-19</td>
<td>Mon-Fri</td>
<td>End-Quarter examinations</td>
</tr>
<tr>
<td><strong>SPRING QUARTER</strong></td>
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<td></td>
</tr>
<tr>
<td>Mar 19</td>
<td>Fri</td>
<td>Last day to register for courses to receive stipend or refund check on first day of term</td>
</tr>
<tr>
<td>Mar 20</td>
<td>Tue</td>
<td>First day of the quarter, instruction begins</td>
</tr>
<tr>
<td>Apr 16</td>
<td>Fri</td>
<td>Last day for filing Study List</td>
</tr>
<tr>
<td>Apr 16</td>
<td>Fri</td>
<td>Last day for adding courses or units</td>
</tr>
<tr>
<td>Apr 16</td>
<td>Fri</td>
<td>Last day for dropping courses or units</td>
</tr>
<tr>
<td>May 21</td>
<td>Fri</td>
<td>Last day for declaring or dropping credit/no credit grading option</td>
</tr>
<tr>
<td>May 21</td>
<td>Fri</td>
<td>Last day to withdraw from courses</td>
</tr>
<tr>
<td>May 31</td>
<td>Fri</td>
<td>Observance of Memorial Day (<em>holiday, no classes</em>)</td>
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<tr>
<td>June 2</td>
<td>Wed</td>
<td>Last day of classes</td>
</tr>
<tr>
<td>June 3</td>
<td>Thu</td>
<td>Day before finals, <em>no classes</em></td>
</tr>
<tr>
<td>June 4-9</td>
<td>Fri-Wed</td>
<td>End-Quarter examinations</td>
</tr>
<tr>
<td>June 13</td>
<td>Sun</td>
<td>Commencement</td>
</tr>
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<td><strong>SUMMER QUARTER</strong></td>
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<td></td>
</tr>
<tr>
<td>June 11</td>
<td>Fri</td>
<td>Last day to register for courses to receive stipend or refund check on first day of term</td>
</tr>
<tr>
<td>June 21</td>
<td>Mon</td>
<td>First day of the quarter, instruction begins</td>
</tr>
<tr>
<td>July 2</td>
<td>Fri</td>
<td>Last day for filing Study List</td>
</tr>
<tr>
<td>July 5</td>
<td>Mon</td>
<td>Independence Day observance (<em>holiday, no classes</em>)</td>
</tr>
<tr>
<td>July 2</td>
<td>Fri</td>
<td>Last day for adding courses or units</td>
</tr>
<tr>
<td>July 2</td>
<td>Fri</td>
<td>Last day for dropping courses or units</td>
</tr>
<tr>
<td>July 30</td>
<td>Fri</td>
<td>Last day for declaring or dropping credit/no credit grading option</td>
</tr>
<tr>
<td>July 30</td>
<td>Fri</td>
<td>Last day for withdrawing from courses</td>
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<tr>
<td>Aug 7-12</td>
<td>Sat-Thur</td>
<td>End-Quarter Period</td>
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<tr>
<td>Aug 12</td>
<td>Thu</td>
<td>Last day of classes</td>
</tr>
<tr>
<td>Aug 13-14</td>
<td>Fri-Sat</td>
<td>End-Quarter examinations</td>
</tr>
</tbody>
</table>
# Useful Stanford Websites

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<thead>
<tr>
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<th>Phone</th>
<th>Website</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>BioAIMS</td>
<td></td>
<td><a href="http://bioaims.stanford.edu/">http://bioaims.stanford.edu/</a></td>
<td></td>
</tr>
<tr>
<td>BioMASS</td>
<td></td>
<td><a href="http://biomass.stanford.edu/">http://biomass.stanford.edu/</a></td>
<td></td>
</tr>
<tr>
<td>Student Financial Services</td>
<td>723-7772</td>
<td><a href="http://fingate.stanford.edu/students/">http://fingate.stanford.edu/students/</a></td>
<td>632 Serra St Suite 150</td>
</tr>
<tr>
<td>Career Center, School of Medicine</td>
<td>725-7687</td>
<td><a href="http://med.stanford.edu/careercenter">http://med.stanford.edu/careercenter</a></td>
<td>300 Pasteur Dr. Grant SD05</td>
</tr>
<tr>
<td>Career Development Center (CDC)</td>
<td>723-3963</td>
<td><a href="http://cardinalcareers.stanford.edu/">http://cardinalcareers.stanford.edu/</a></td>
<td>563 Salvatierra Walk</td>
</tr>
<tr>
<td>Counseling and Psychological Services</td>
<td>723-3785</td>
<td><a href="http://vaden.stanford.edu/caps/">http://vaden.stanford.edu/caps/</a></td>
<td>866 Campus Dr. 2nd Floor</td>
</tr>
<tr>
<td>Graduate Student Council</td>
<td></td>
<td><a href="http://gsc.stanford.edu/">http://gsc.stanford.edu/</a></td>
<td></td>
</tr>
<tr>
<td>Graduate Education, School of Medicine</td>
<td>724-5688</td>
<td><a href="http://med.stanford.edu/phd/">http://med.stanford.edu/phd/</a></td>
<td>M105, School of Medicine</td>
</tr>
<tr>
<td>Housing</td>
<td>725-2810</td>
<td><a href="http://www.stanford.edu/dept/rde/shs/">http://www.stanford.edu/dept/rde/shs/</a></td>
<td>630 Serra St Suite 110</td>
</tr>
<tr>
<td>Housing, Off-campus</td>
<td>723-3906</td>
<td><a href="http://www.stanford.edu/dept/rde/chs/">http://www.stanford.edu/dept/rde/chs/</a></td>
<td>630 Serra St Suite 110</td>
</tr>
<tr>
<td>ID Cards</td>
<td>498-2273</td>
<td><a href="http://www.stanford.edu/services/campuscard/cardoffice.html">http://www.stanford.edu/services/campuscard/cardoffice.html</a></td>
<td>Tresidder Union 459 Lagunita Dr.</td>
</tr>
<tr>
<td>Lane Medical Library</td>
<td>723-6831</td>
<td><a href="http://lane.stanford.edu/">http://lane.stanford.edu/</a></td>
<td>L109, School of Medicine</td>
</tr>
<tr>
<td>Parking and Transportation</td>
<td>723-9362</td>
<td><a href="http://transportation.stanford.edu/">http://transportation.stanford.edu/</a></td>
<td>340 Bonair Siding</td>
</tr>
<tr>
<td>Registrar</td>
<td>723-4291</td>
<td><a href="http://registrar.stanford.edu/">http://registrar.stanford.edu/</a></td>
<td>630 Serra St Suite 120</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>
</tr>
</tbody>
</table>
Watch for Mailings

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

Student ID Number

For the sake of privacy, Stanford doesn't use social security numbers. Instead, upon admittance, you are given an eight-digit student ID number, a.k.a. your University ID number. Your Stanford University ID (SUID) is a number assigned to your academic record and is required for any inquiries you make. The ID is printed on your registration commitment letter, your student ID card, and all enrollment and grading-related documents distributed by the Registrar. A PIN (personal identification number) is associated with your SUID. You will need your SUID and PIN to obtain your SUNet ID and password. As trivial as it sounds, make sure that you are assigned a number! Without it, you are not in the system, which can make things very difficult, particularly when dealing with the housing office. Call the Registrar's Office at (650) 723-4291, M-F, 9a-5p, for help.

Student ID Card

http://www.stanford.edu/dept/itss/services/campuscard/cardoffice.html
Stanford Card Office
Tresidder Union
459 Lagunita Drive, 2nd floor
(650) 498-CARD

The Stanford ID Card serves as an identification card, an electronic key and a debit card, allowing you to use services for which you have privileges, to enter facilities, and to make purchases. For example:

- Library access and borrowing
- Access to recreational facilities
- Use of Vaden Health Services
- Add money to your card and tap into various on-campus meal plans
- Use of Community Housing services for off-campus housing

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

Courtesy Cards are available for spouses, same-sex domestic partners of students, opposite-sex domestic partners of students, employees of Stanford Hospital and Clinics, and certain other University affiliates as defined by the administration (contact the Card Office for a complete list). There is a $15 fee for the courtesy card.
**SUNet ID**

http://www.stanford.edu/dept/as/mais/applications/sunetid/

When you accepted your offer of admission, you chose a username, a.k.a. your SUNet ID, and a password. This SUNet ID is permanently assigned to you. It will even be on your alumni association e-mail address if you choose to join after you graduate. Thus, it might be a wise idea to pick a “professional” sounding SUNet ID. You will be prompted to change your password every 180 days for security purposes.

The SUNet ID provides access to the Stanford University Network (SUNet) and its services. With a regular SUNet ID, you’ll get an account and its associated services:

- Email service and an email address (SUNetID@stanford.edu).
- 200 MB personal storage on Stanford’s network.
- Directory listing in StanfordWho (http://stanfordwho.stanford.edu/)
- Personal website at www.stanford.edu/~SUNetID
- Email list service to create, post to, and subscribe to @lists.stanford.edu email lists (http://mailman.stanford.edu/)
- Free or discounted software (http://www.stanford.edu/home/computing/software_resources.shtml)
THE HAROLD & MAUDE BUILDINGS

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

Toward Palm Dr. & the middle of campus

Maude Building (632 Serra St)

Suite 150: Cashier's Office
ID Card Office

Suite 160: Student Financial Services (aka Bursar's Office)

Harold Building (630 Serra)

Suite 110: Student Housing Services
Suite 120: Registrar's Office

PS: Hoover Tower is a useful landmark.
AXESS Account

http://axess.stanford.edu
AXESS is Stanford's information system available via the web. It is generally available 24 hours a day, 7 days a week. To access AXESS, use your SUNet ID and password. Using AXESS, you will be able to
- File or adjust your study list and elect grading options
- Review your grades
- Request an official or unofficial transcript
- Print a history of your courses and grades
- Apply to graduate
- Update your address(es) (e.g., email, permanent, parent, etc.)
- Apply for housing
- View your account with the Registrar
- Obtain a certificate of enrollment
- Pay your bills online

Be sure to use the functions located under "Student Center/Personal Info" to update your address and to protect your privacy. Call the Registrar's Office (http://registrar.stanford.edu/) at (650) 723-4291 for help.

Class Registration

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

Housing

http://housing.stanford.edu
Housing Offices
Harold Modular Building
Numerous on-campus housing options exist for Stanford graduate students, ranging from family housing, apartments, dormitories, to co-ops. Demand is high and space is limited, but new students are guaranteed housing if they willing to accept any assignment. When you arrive on campus, skip gleefully to your residence office (Escondido Village, Rains, or Lyman) to pick up your keys. Telephone “land-line” service and Ethernet service are now mandatory parts of your on-campus housing bill as part of the Telecom Fee; you cannot opt-out of these services. The Telecom Fee includes basic phone service with call waiting and an in-room network connection with multiple IP addresses. The only optional features are Caller ID and Voice Mail. These two features are bundled in a single package which you can order through AXESS. A personal access code (PAC) is handy as it allows you to call long distance from any campus phone. Call 650-725-HELP or see http://www.stanford.edu/services/telephone/students/

The university most recently built a huge grad student “dorm” called Munzer Graduate Residences (http://mungerhousing.stanford.edu/), opening this fall.

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

- The University rents apartments from many complexes in Palo Alto, Menlo Park, Mountain View and Redwood City. The complexes in general are quite nice. Community Housing Services, located in the housing office, has tons of information to help you out. You can browse nearby off-campus openings at http://www.stanford.edu/dept/hds/chs/ and arrange times to view them before you arrive.
- Tresidder Union has a wall of housing postings in the lobby between Jamba Juice and the Bass Ticket window.
- At the Med Center, check for housing postings on the bulletin board in the hallway leading to the Office of Graduate Education (M105).
- The online Wednesday and Saturday editions of the Palo Alto Weekly classifieds at http://www.fogster.com/ are helpful.
- At Craig’s List, http://www.craigslist.org, you can search for housing according to the location as well as your price range. Craig’s List has been overlaid on Google Maps at http://www.housingmaps.com/.
- Vittoria Management rentals can be browsed at http://www.vrent.com/.
- If you’re desperate for housing, you can also become a “walk-in.” For walk-ins, names are drawn from the waitlist on specified days. For more info on the waitlist, check http://www.stanford.edu/dept/rde/shs/grad/assign_process_09.htm#lot_wait_walk.

Be warned that places are rented very quickly. 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.

Parking

http://transportation.stanford.edu
Parking and Transportation Services
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 significantly more per year. One option is to buy the cheaper “C” permit and a number of “A” daily to use on days when you’re running late and need to quickly find a convenient parking space. Other programs include matching carpoolers, carpool discounts, and rebates for not driving. Students living on-campus are only allowed to purchase permits for the lots around their residence. Permits and scratchers can also be purchased at the Medical Center’s parking/paging office, but with a slower turnaround of a few days. If you have a checking account and a SUNet ID, parking permits can be purchased online at: http://transportation.stanford.edu/parking_info/HowToPurchase.shtml. If you purchase a parking permit in person, be sure to bring your University ID. “A”, “C”, and “shared” resident/commuter lots are enforced Monday-Friday, 6 a.m. to 4 p.m. Meters are enforced 8 a.m. to 4 p.m. Resident student lots are supposedly enforced 24 hours a day, 7 days a week. Parking tickets range from $35 for a permit violation to $336 for illegally parking in a disabled space.

**Commute Club**

Stanford will pay you not to drive to campus! Carpooling counts too! If you live off-campus and don’t purchase a parking permit or carpool with a friend regularly, you’re eligible for the Commute Club. Stanford will pay you up to more than $200 per year (it increases every year) to be in the Commute Club. Besides driving there are many other ways to get to campus including:

- Carpooling & vanpooling
- Caltrain & other Bay Area public transit
- Biking
- Shuttles

For more information and to join, go to http://transportation.stanford.edu/alt_transportation/Commute_Club.shtml

If you already know someone in the Commute Club, they can refer you and get $50. Convince them to split that with you so you get $25. See http://transportation.stanford.edu/alt_transportation/Commute_Club.shtml#refer for the referral form.

**Car Registration and Smog Tests**


If you brought a car with you to Stanford, you need to register it within 20 days of arriving unless your car is already registered in California. It is best to make a DMV appointment online because lines at the DMV can be very long. To find your nearest DMV office, see http://www.dmv.ca.gov/fo/fotoc.htm. **Be sure to bring proof of insurance with you when you register your car.** Usually you need to have your car smog checked before you register it. The following vehicles are exempt from smog checks:

- Hybrids
- 1975 year model or older
- Diesel powered
- Electric
- Motorcycles
- Vehicles 6 or less model years old are eligible for a smog abatement fee instead of a smog check

For more information about smog checks, see: [http://www.dmv.ca.gov/vr/smogfaq.htm#BM2535](http://www.dmv.ca.gov/vr/smogfaq.htm#BM2535)

**Banking**

Wells Fargo ([http://www.wellsfargo.com](http://www.wellsfargo.com)), Bank of America ([http://www.bofa.com](http://www.bofa.com)) Stanford Federal Credit Union ([http://www.sfcu.org](http://www.sfcu.org)), and Chase ([http://www.chase.com](http://www.chase.com)) are popular banks for Stanford students. On campus, you can find a branch of the Credit Union at the hospital and at the corner of Serra Street and Pampas Lane (near Escondido Village), and Wells Fargo and the Credit Union at Tresidder. Wells Fargo, the Credit Union, and BoA have ATMs on the second floor of Tresidder Union and the first two have ATMs near the hospital cafeteria.
**Health Requirements**

http://vaden.stanford.edu/new_students/entrance_req.html

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

Starting in September of 2009, the university will institute a Campus Health Service Fee for many of the services provided at Vaden Health Center. The fee is mandatory for graduate students enrolled on the Stanford campus. The fee will be $167 per quarter for the 2009-2010 academic year. Read more about it here: http://vaden.stanford.edu/fees/index.html

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**Doctors**

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

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**Dentists**

The Biosciences Home Programs reimburse bioscience graduate students for up to $97 of dental insurance. You can get a dental resource packet by going to http://vaden.stanford.edu/insurance/dental_vision_ins.html. E-mail the address given and Vaden Student Health Center will send you a packet. These packets contain resources that you may use in order to obtain the valued dental services you may need. There are several voluntary, individual plan preferred provider dental plans. In addition, Vaden maintains a list of local dental providers who give discounts to students.

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

National Science Foundation Fellowships

https://www.fastlane.nsf.gov/grfp/
The NSF Pre-Doctoral Graduate Research Fellowship is a three-year prestigious, nationally-competitive (about 10% of applicants are successful) fellowship. **Everyone who is eligible should apply!** Ph.D. students may apply during their first and second years of their Ph.D. This year’s application deadline for the life sciences is November 6, 2009 for the Life Sciences. The award for 2008-2009 is $30,000, $1,500 more than the regular bioscience stipends. Citizenship requirements apply. For more information, application details, and eligibility requirements, see the website.

**Estimated Taxes**
http://www.irs.gov/businesses/small/article/0,,id=110413,00.html
If taxes are not taken out of your stipend (likely they are not), you will need to pay quarterly estimated taxes to the IRS. Quarterly taxes, for which you are responsible if your taxes will be $1000 or more and you paid taxes last year, are due each year on April 15 (Q1), June 15 (Q2), September 15 (Q3), and January 15 (Q4) of each year. You are subject to a fine plus interest if you don’t pay estimated taxes. Form 1040-ES is used to pay estimated taxes and can be downloaded from the above IRS website. To determine how to estimate your quarterly taxes go to: http://www.fairmark.com/estimate/
Internet

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

- WIRELESS COMPUTING information can be obtained at http://irt.stanford.edu/. For set up help contact IRT at (help@medit.stanford.edu) or 723-8000
- Off campus connections (DSL & modem pool) information http://www.stanford.edu/dept/its/index.html

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. You can also use a web-based email like Yahoo!, Hotmail or Gmail. They are free, accessible from any computer and have plenty of storage space.

Webmail

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

Getting Stanford E-mail on your Computer
You can configure all the main e-mail programs (Outlook, Eudora, Thunderbird, Apple Mail) to download (POP) or sync (IMAP) your Stanford e-mail with the university servers. For instructions, see http://www.stanford.edu/services/email/config/

Mailing Lists

http://mailman.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.

Mailman has been set up to serve as a mailing list hub or server for the Stanford community. To subscribe to a
list, go to http://mailman.stanford.edu/. Scroll down to the “Looking for a Specific List?” area and input the list name in the “Go to Subscriber Page” box. Put your e-mail address in the “Subscribing” section and following the remaining instructions. You may receive a confirmation e-mail with a link to confirm that you want to be added to the list. For example, to subscribe to the BioMASS email list, put send “biomass-all” in the “Go to Subscribe Page” box.

Some useful mailing lists to subscribe to:
- **biomass-all** – weekly BioMASS newsletters
- **bio-seminars** – bio-related seminars
- **bio-x_program** – Bio-X seminars, courses, news, and event notices
- **climbing** – rock, ice, alpine, sport and big wall climbers at Stanford
- **free-food-alert** – free food on campus
- **grad-announce** – activities and programs for graduate students
- **grad-events** – events for graduate students
- **outing** – updates on planned hiking and backpacking trips
- **powderbound** – for snowboarders and skiers
- **redwood** – info for the outdoor community: trips, equipment, general interest
- **redwood-summer** – outdoor trips over the summer
- **stemcellrems** – info on the Stem Cell & Regenerative Medicine seminar series

**Newsgroups**

Newsgroups are electronic bulletin boards and there are thousands of them, covering all imaginable topics, ranging from the pedestrian to the absolutely sick. There are a variety of newsgroups that may be of interest to the Stanford biomedical community, found here http://cmgm.stanford.edu/community/newsgroups.html. To read more about newsgroups, see http://www.stanford.edu/services/usenet/newsgroups.html.

**Computer Resources**

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

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

**Tresidder LAIR Computer Cluster**
(650) 723-1315
Open 24- hours a day
The LAIR on the second floor of Tresidder Union has a color scanning station, black and white and color laser printers, plenty of Macs with zip drives.

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

**Visual Arts**
http://www.stanford.edu/dept/VAS/
(650) 723-6813
1st Floor, MSOB
If you need to produce high quality slides, posters, or color handouts, visit Visual Arts, located several buildings west of the med school.
Residential Computer Consultants
(on-campus housing)
http://rescomp.stanford.edu
If you live on campus and have a personal computer, you can hook up to the network from your room. Ask your Residential Computer Consultant (RCC) for more details about PhoneNet and Ethernet connections or visit their web site.

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

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

You can access AFS directly, from one of the public workstations in the Lane Library, or from the convenience of your desktop computer. To access AFS from your home computer, you must have the Essential Stanford Software package’s OpenAFS/ MacAFS client installed and be connected to the Internet. After installing OpenAFS/ MacAFS, you transfer files from your computer to your AFS space (or vice versa) by mounting your AFS drive on your computer. Your AFS drive appears as another disk drive on your computer. For instructions on how to use AFS for file transfer, see the above website. Note: You cannot mount AFS drives with Mac OS 9, Windows 95/98/NT/ME or earlier.

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

Windows:
- Anti-virus software
- OpenAFS for Windows
- SecureFX – for secure FTP access

Mac
- Anti-virus software
- MacAFS
- Fetch – for secure FTP access
Printing

Use your Stanford ID or a Cash Card to pay for your print jobs in Lane Library and the Computer Lab (FLRC/MITL). The charge for B&W printing is $.15 per printed page.

Virtual Private Network

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

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

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

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

Buying a Computer

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

Now-a-days Intel Macs are the most versatile machines because they can run Windows in addition to the Mac OS if Parallels Desktop for Mac or VMWARE Fusion is installed. Macs will allow you to use essential software in both operating systems. For more information on Parallels and VMWARE, see http://www.parallels.com/ or http://www.vmware.com/.
**Apple Products**
The Stanford bookstore also has great deals on Apple products (http://www.stanford.edu/group/bookstore/). Occasionally, you can find more than a 15% discount on select products.

There’s an Apple store on University and in the Stanford Mall. Make sure to tell them you’re a student; it will save you 10 to 15% (This works for iPods, iPhones and other Apple merchandise too). You also can access an online Apple store that is particular to Stanford to get the student discounts via the web. Navigate from here: http://store.apple.com/us/browse/home/education_routing/.

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

**Campus Bookstore**
519 Lasuen Mall, Stanford, Ca
http://www.stanfordbookstore.com
(650) 329-1217 or 800-533-2670

The Stanford University Bookstore also contains the Medical School Bookstore. It 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. Although, be sure to still check prices on online book retailers like Amazon.com.

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.

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**Lane Medical Library**

http://lane.stanford.edu
Lane Building

Lane has mostly medically related journals with online access to all e-journals subscribed to by Stanford libraries. If you need anything involving evolution/ecology, which is not online, you will have to go to Falconer. Lane is non-air conditioned and almost unbearable on extremely hot days. Marilyn Tinsley, your library liaison, can answer your questions about library or technology resources at Stanford University. There are a few library resources you should know about as you begin your studies here at the School of Medicine.

**Accessing Online Journals**
Stanford has site licenses to many journals that work automatically when you're on campus

- Sometimes sites that we have licenses for don't automatically work, but may be accessible using “FindIt@Stanford.” For more information http://lane.stanford.edu/online/ej.html
  - PubMed and other databases will show a golden Stanford button next to each citation, to see this, you need to start with Lane’s link to the database. The Stanford button links to a menu, which leads to full text or DocXpress, Lane’s document request system.
- A few journals and resources (including TRANSFAC) have specific username/password information that you need to login, which can be found here: https://lane.stanford.edu/secure/eipw_list.html. This site requires SUNet ID login.
- Off campus, start from Lane’s website, then click on the ejournal or database you want to access. You will be prompted for your SUNet ID. No special configuration is needed when you start from LaneConnex. If a journal is supplied by the main campus library and is not linked from LaneConnex, you may need to set up a proxy configuration. For detailed instructions, go to http://www-
• For things not covered by site licenses, hard copies may be available on campus, or scanned copies from other libraries can be obtained through DocXpress. Check Lane Catalog (http://lane.stanford.edu) or SUL’s catalog (http://socrates.stanford.edu) for information about what is available in print and electronically.

Lane Library Liaisons and Librarians
Marilyn Tinsely
Liaison to Bioscience Graduate Students
(650) 723-5969
marilyn.tinsley@stanford.edu

Yannick Pouliot
Bioresearch informationist
ypouliot@stanford.edu

Departmental liaisons are listed on the liaison page at Lane’s website: http://lane.stanford.edu/contacts/index.html?loadTab=liaisons

Liaisons offer assistance in finding information, selecting a database or tool for a specific question, and conducting literature searches in PubMed, Biosis, Web of Science, and other databases. Call or email to make an appointment.

LaneConnex
http://lane.stanford.edu
LaneConnex is your starting point for information. Search for services and resources, titles, or topics, using the LaneConnex search box.

Clinical Portal
http://lane.stanford.edu/portals/clinical.html
You can simultaneously search over 100 important resources, including PubMed, ebooks, drug information, and images.

Bioresearch Portal
http://lane.stanford.edu/portals/bioresearch.html
Find links to hundreds of tools and databases relevant to genetics, proteins, sequence analysis, and more.

Lane’s ejournals Page
http://lane.stanford.edu/online/ej.html
Access over 4000 electronic journals in a variety of subjects relating to biomedical and clinical sciences; the FindIt@Stanford search accesses over 14,000 journals from all disciplines, representing the combined collections of all Stanford libraries.

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

Register Your Laptop for Wireless Access
Wireless connectivity is available throughout the campus and School of Medicine, including in many outdoor areas. If you live on campus, register your wireless card through Residential Computing (http://rescomp.stanford.edu/inrooms/). Computing help, including wireless registration for those living off-campus, is available from the IRT Help Desk Monday through Friday. Call 650-725-8000 between 7 am and 7 pm, or drop in at the TECH Desk, room M224 in the Alway Building, M-F, 11 am - 2 pm.

For wired access, usually you will be asked to complete registration when you first connect with an ethernet cord on campus.

Falconer Biology Library
http://www-sul.stanford.edu/depts/falconer/
Herrin Hall, 3rd Floor
Located in Herrin, Falconer has a lot of biology related journals including many older years, a few medical journals (such as JAMA), and biology books. Facilities include high speed copiers for all those papers you will read for class and lab.

Other Libraries
In addition to the two main libraries, Meyer and Green, there are more than twelve research branch or coordinate libraries, all housing special troves of material. Here are just some of the special treats in store...
  • Green library has a media desk from which you can “rent” DVD’s for free. They rival Blockbuster in selection of current hits, plus they have all that obscure stuff too.
  • The Music library has tons of CD’s from various composers and artists (even poets) that you can listen to in the library, possibly even check out.
  • The art library has great art books to stimulate the artistic side of you that might have been crushed by grad school.
  • Hoover Library and the Green Library Special Collections desk house a lot of amazing things, ranging from propaganda posters from WWII, original editions of rare and famous books, and much, much more. They have special rules that you need to follow in order to view their materials, please check ahead of time.

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

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

ON CAMPUS — non-libraries
Axe & Palm
For those who like a little background noise (sometimes more than background!) while studying. Near Tresidder.
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; 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 - Palo Alto/Menlo Park

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

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. Good, interesting salads for about $7.

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

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

Venturing Out of Palo Alto

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

San Francisco
Cafés abound in a variety of neighborhoods. Explore SF by visiting cafés. If you drive during off hours, it takes only 35 min to get there! Parking can be an issue, so allow time to hunt down a space.
### Library Phone Numbers and Hours for 2009-2010

http://library.stanford.edu/hours

#### Library Hours

<table>
<thead>
<tr>
<th>Library</th>
<th>Mon-Thurs</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
<th>Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GREEN LIBRARY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Circulation/Reserves</td>
<td>8am-2am</td>
<td>8am-10pm</td>
<td>9am-9pm</td>
<td>Noon-2am</td>
<td></td>
</tr>
<tr>
<td>(including print reserves)</td>
<td>8am-11:30pm</td>
<td>8am-5:30pm</td>
<td>9am-9pm</td>
<td>Noon-11:30pm</td>
<td></td>
</tr>
<tr>
<td>Circulation/Bing Wing</td>
<td>8am-2am</td>
<td>8am-10pm</td>
<td>9am-9pm</td>
<td>Noon-2am</td>
<td></td>
</tr>
<tr>
<td>Information Center Desk</td>
<td>10am-6pm</td>
<td>Closed</td>
<td>Noon-5pm</td>
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<td></td>
</tr>
<tr>
<td>Media &amp; Morotext (including media reserves)</td>
<td>8am-8:55pm</td>
<td>8am-5:55pm</td>
<td>Noon-5:55pm</td>
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</tr>
<tr>
<td>Privilages Desk</td>
<td>8am-1:30pm</td>
<td>8am-5:55pm</td>
<td>Noon-1:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Special Collections (including Univ. Archives)</td>
<td>10am-5pm</td>
<td>10am-5pm</td>
<td>Closed</td>
<td>Closed</td>
<td></td>
</tr>
<tr>
<td>Government Documents (Jonsson)</td>
<td>8am-2am</td>
<td>8am-10pm</td>
<td>9am-9pm</td>
<td>Noon-2am</td>
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</table>

| **MEYER LIBRARY**        |           |        |          |        |            |
| Youth, Deans, Languages, 2nd Floor Computer Clusters |           |        |          |        |            |
| First Floor Lobby        | 24 Hours  | 24 Hours | 24 Hours |         |
| 24 Hour Study Room       | 24 Hours  | 24 Hours | 24 Hours |         |
| Tresidder Lair Computer Cluster (Tresidder Union) | 24 Hours | 24 Hours | 24 Hours | 24 Hours |

| **BRANCH LIBRARIES**     |           |        |          |        |            |
| Art & Architecture       | 9am-10pm  | 9am-5pm | 9am-5pm  | 1pm-10pm | Reduced hours in first week of academic quarter: Mon-Thurs, 9am-5pm. Fri 9am-5pm |
| Biology (Falconer)       | 9am-5pm   | 9am-5pm | Closed   | 4pm-9pm  | Nov. 22: Closed |
| Chemistry & Chemical Engineering (Swain) | 9am-5pm | 9am-5pm | Closed | 4pm-8pm | Sept. 22: 9am-5pm |
| Earth Sciences & Map Collections (Brammer) | 9am-5pm | 9am-5pm | Closed | 4pm-8pm | |
| East Asia Library (Meyer) | 8am-5pm | 8am-5pm | Closed | 1pm-5pm |
| Education (Gublerley)    | 9am-5pm   | 9am-5pm | Closed   | 1pm-5pm  |
| Engineering              | 9am-10pm  | 9am-8pm | 9am-6pm  | 2pm-10pm |
| Marine Biology (Miller-Pacific Grove) | 9am-5pm | 9am-5pm | Closed | Closed |
| Mathematical & Computer Sciences | 9am-5pm | 9am-5pm | Closed | 4pm-9pm |
| Music                    | 9am-10pm  | 9am-6pm | Closed   | 1pm-10pm |
| Archive of Recorded Sound | 1pm-5pm | 1pm-5pm | Closed | Closed |
| Physics                  | 9am-6pm   | 9am-6pm | Closed   |          |

<table>
<thead>
<tr>
<th><strong>STANFORD AUXILIARY LIBRARY</strong></th>
<th>SAL &amp; 12</th>
<th>Mon-Thurs</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
<th>Exceptions</th>
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<td>1pm-5pm</td>
<td>1pm-5pm</td>
<td>1pm-5pm</td>
<td>Closed</td>
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| **COORDINATE LIBRARIES**     |           |        |          |        |            |
| Business Library (Jackson)   | 7:45am-7pm | 7:45am-6pm | Closed | Closed |
| Hoover Institution Library   | 8am-5pm   | 8am-5pm  | Closed   | Closed   |
| Hoover Institution Archives  | 8am-4:45pm | 8am-4:45pm | Closed | Closed |
| Law Library (Robert Crown)   | 8am-Midnight | 8am-9pm | 9am-9pm | 10am- Midnight |
| Medical Library (Lane)       | 8am-10pm  | 8am-8pm  | 10am-8pm | Noon-Midnight |
| SLAC National Accelerator Laboratory Library | 8am-5pm | 8am-5pm | Closed | Closed |

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Graduate Education
Resources
**Graduate Education Offices**

Dr. John Pringle is the Senior Associate Dean for Graduate Education in the Medical School. He 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. His contact information is:

John Pringle  
jpingle@stanford.edu

**School of Medicine Career Resources**

**School of Medicine Career Center (SoMCC)**  
http://med.stanford.edu/careercenter  
Michael Alvarez, Director  
Stephanie Eberle, Manager  
Suzanne Frasca, Program Coordinator  
Grant Building, S-005  
650-725-7687  
somcareers@stanford.edu

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

Support and professional consultation are available regarding all aspects of professional development, including the most effective techniques for researching options, career planning and management, opportunity assessment, credentials preparation, interview training, and offer evaluation and negotiation. The Center coordinates courses and seminars bringing scientists (often alumni) to Stanford to describe from first-hand experience the broad range of viable career pathways available. SoMCC is home to a career resource library and also offers a variety of web-based services. All these services and programs are structured to supplement and integrate the wide range of resources available throughout the campus, thus enhancing the Center’s ability to support the career-related needs of all medical and life scientists across the University.

To arrange an appointment, please call the Career Center, (650) 725-7687, or send email to somcareers@stanford.edu
The mission of the Stanford University Medical Center Alumni Association (SUMCAA) is to advance medical education at Stanford. We will promote and celebrate excellence, diversity, collegiality, alumni interactions with students and faculty, and support the School of Medicine and the Medical Center. The definition of a Medical Center alumnus/a is anyone who has finished three quarters of a degree-granting program and all former post-docs, residents, interns, and fellows.

Specifically, SUMCAA makes possible a variety of programs for graduate students at Stanford. These include the 1st year camping trip that has given students some of their closest friends in graduate school over the years. The Career Dinner program is sponsored by SUMCAA in conjunction with the School of Medicine Career Center. These career discussion dinners bring 6-8 students and one alum from the Medical School together for an informal dinner. The goal here is for the alum to share his or her experience and advice so current students can better plan their own careers. There are 6 career dinners per academic year. In addition, 1-2 tailgate parties are arranged per year. This is a fun opportunity for alumni and students to mingle before a Stanford athletic event.

Keeping alumnus/a in the loop, SUMCAA publishes a quarterly magazine called “Bench & Bedside”. In it alumni and current students stories are told. The alumni association also supports a number of alumni-student mixers throughout the year. These include social hours, weekend events and tailgate parties. Stay tuned for upcoming events advertised through the Biomass newsletter and Bench & Bedside.

BioAIMS
http://bioaims.stanford.edu/

The Bioscience Association for the Interest of Minority Students (BioAIMS) is a student organization created to address the needs and concerns of minority students in Bioscience programs.

BioAIMS works to promote a supportive community and enrich the opportunities available for minority students pursuing an advanced degree in science. The organization’s goals are to 1) promote the recruitment and active retention of minority students for graduate studies in the biomedical sciences, 2) stimulate professional growth through career development sessions, 3) make an impact on the surrounding Stanford communities through various outreach and mentoring programs, and 4) foster a student support network through social interactions.

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

BioAIMS meets the second Wednesday of every month and welcomes new members (you don’t have to be a minority to join!). To learn more, please contact BioAIMS President Andrea Hartsock at ahart17@stanford.edu or go to the website.

Main Campus Career Resources

Career Development Center (CDC)
http://cardinalcareers.stanford.edu/
563 Salvatierra Walk
(650) 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.

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

Several recent books might also be of interest:

Center for Teaching and Learning
http://ctl.stanford.edu/
(650) 723-1326

The Center for Teaching and Learning’s (CTL) purpose is to promote excellence in teaching at all ranks and excellence in student learning inside and outside the classroom. They offer FREE oral communication tutoring to all Stanford students... even over the summer.

CTL can help you with:
- Oral presentations
- Job talks & job interviews
- Conference presentations
- Oral exams
- Using visual aids effectively
- Overcoming speech anxiety, and more!

The Oral Communication Program also offers a range of classes and workshops. To make an appointment and for more information, see http://speakinghelp.stanford.edu.

They also offer many services for TA’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

**Vice Provost for Graduate Education**

http://vpge.stanford.edu/students/index.html

The VPGE was created in 2007 in response to the commission on graduate education. The “For Current Students” section of their website is an excellent resource for looking into opportunities outside of your department. This section contains information and resources in the following areas:

• Funding
• Graduate Academic Policies & Procedures
• Graduate Diversity Programs
• Interdisciplinary Opportunities
• Leadership & Professional Development

### Summer Institute for Entrepreneurship

Hosted by the Graduate School of Business, the Summer Institute for Entrepreneurship offers current graduate students the unique opportunity to build the analytical and practical skills critical to launching a successful business in an intensive 4 week program.

You'll be taught by the renowned Stanford Graduate School of Business faculty and gain an intimate knowledge of the processes and challenges that face any entrepreneur. In the process, you will acquire both the hard skills (such as finance, marketing, and accounting) and the soft skills (such as public speaking, leadership, and networking) needed to excel in a business environment. The program concludes with an exciting opportunity for teams to present their business plans to a panel of experienced venture capitalists from renowned Silicon Valley firms.

The Summer Institute for Entrepreneurship offers the unique, enriching setting of Stanford and provides you with the necessary tools to get your business idea off the ground. For more information and to apply, go to http://www.gsb.stanford.edu/sie/. The application is due in March.

### Stanford Graduate Summer Institute

Stanford Graduate Summer Institute (SGSI) courses are **FREE** interdisciplinary, non-credit bearing courses, typically for one-week in September for graduate students and post-docs. These courses are on a range of topics depending upon which professors have decided to teach each year. You’ll get to interact with graduate
students from a variety of different disciplines. Past courses include Global Warming, Managing Groups & Teams, Music & Human Behavior, and Adventures in Design Thinking. Applications are due in typically May. For more information and to apply, go to http://sgsi.stanford.edu/. Applications are due in May.

**Useful Non-Science Classes**

Don’t forget to take advantage of the plethora of courses offered by Stanford! As a graduate student, you can take up to 10 credits of coursework each quarter. Once you’ve gone TGR, you can still take 3 credits per quarter. If you haven’t filled your 10 credits with other classes, you are free to take courses throughout Stanford. You may want to consider taking course that will help you after you graduate. Courses on people skills are always helpful (leadership, communication, negotiation) because no matter what you chose to do, you’ll always need to deal with people. Additionally, content-based courses related to your future career can be very helpful (science writing, public speaking, public policy, biotech). Here are some suggestions to get you started.

**Classes in the business school require** a special sign-up process. To see what classes are available, go to http://gsbapps.stanford.edu/nongsbreg. Before each quarter begins, a list of classes is posted. Fill out the “Add Request Form” and return as stated on the website.

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**ENGR 103 - Public Speaking**

3 units, Aut, Win, Spr

Priority to Engineering students. Speaking activities, from impromptu talks to carefully rehearsed formal professional presentations. How to organize and write speeches, analyze audiences, create and use visual aids, combat nervousness, and deliver informative and persuasive speeches effectively. Weekly class practice, rehearsals in one-on-one tutorials, videotaped feedback. In addition to registering for the course on Axess, students must sign the class list in Terman 201. Limited enrollment.

**ENGR 202W - Technical & Professional Writing**

3 units, Aut, Win, Spr

The process of writing technical and professional documents. Analyzing audiences; defining purpose; generating and selecting appropriate report materials; structuring, designing, and drafting clear and convincing reports; and clear, concise, emphatic, and mechanically and grammatically clean editing. Weekly writing assignments and individual conferences.

**GSBGEN 374 - Interpersonal Influence & Leadership**

3 or 4 units, Win, Spr

https://gsbapps.stanford.edu/nongsbreg/gsbgen%5F374/index.html

Business School course. How to build working relationships; foundational skills of face-to-face leadership. Factors that increase or decrease influence and the ability to work effectively with others. How to work through difficult issues; feedback; and group work. Learning from experience; leading organizations through a changing environment. You must submit a pre-qualification statement. See

**GSBGEN 559 - Leadership Labs Condensed**
Leadership Laboratories- Condensed Spring course (Spring Labs) focuses on improving students' abilities to build relationships, motivate others, and influence outcomes. Spring Labs provide students with structured time to practice these skills with role-playing and other interactive, experiential exercises in a "learn-by-doing" environment. Spring Labs' concentration on interactive, skill-based programming is geared toward ensuring that students actually develop their leadership skills, rather than solely gain knowledge about leadership.

To facilitate students' individual development, Leadership Laboratories create a feedback-intensive environment. Classes are conducted by specially trained GSB students who have been selected through a rigorous selection process during Winter quarter to receive a Leadership Fellow position. Running interactive skill-based programming requires a small instructor-to-student ratio and by leveraging Leadership Fellows, we are able to offer that ratio. In preparation for running the Spring Labs, Leadership Fellows participate in an intensive immersion program conducted by faculty and executive coaches from the Center for Leadership Development and Research. In addition to mastering the material covered in the Spring Labs, Leadership Fellows also master the facilitation, coaching and mentoring skills essential for effective delivery of the program.

**IMMUNOL 240 - Professional & Leadership Development**

http://immunol240.stanford.edu/

Build foundational skills for professional and leadership development. How to communicate, resolve conflict, negotiate, and present. Workshop format integrating intellectual and experiential learning. Application required before the first day of class. For more information and the application see the website. Limited enrollment.

**LAW 615 - Negotiation**

4 units, Win (check to be sure)

http://www.law.stanford.edu/program/courses/details/615/Negotiation/

Law School course.

This course is designed to: (1) develop your understanding of negotiation, and your awareness of yourself as a negotiator; (2) give you some tools and concepts for analyzing and preparing for negotiations; (3) enhance your negotiating skills through frequent role plays, reflection, and feedback; and (4) teach you how to keep learning from your own negotiation experience. In addition to negotiation skills and theory, students are introduced to issues of representation, ethics, and the place of negotiation in our legal system.

**MS&E 245G - Finance for Non-MBAs**

4 units, Aut

(Same as FINANCE 221, ECON 135)

For graduate students and advanced undergraduates. The foundations of finance; applications in corporate finance and investment management. Financial decisions made by corporate managers and investors with focus on process valuation. Topics include criteria for investment decisions, valuation of financial assets and liabilities, relationships between risk and return, market efficiency, and the valuation of derivative securities. Major corporate financial instruments including debt, equity, and convertible securities. Equivalent to core MBA finance course, FINANCE 220. Prerequisites: 51, or ENGR 60, or equivalent; ability to use spreadsheets, and basic probability and statistics concepts including random variables, expected value, variance, covariance, and simple estimation and regression.

**MS&E 285 - Negotiation**

3 units, Spr

(Same as CEE 151/251, ME 207.) Negotiation styles and processes to help students conduct and review negotiations. Workshop format integrating intellectual and experiential learning. Exercises, live and field examples, individual and small group reviews. Application required before first day of class; see http://www.stanford.edu/class/msande285/. Enrollment limited to 50.

**PUBLPOL 101 - Politics and Public Policy**

5 units, Aut

(Same as POLISCI 123.) How policies come to be formed. How interests compete within public institutions to turn ideas into policies. Examples of this process from contemporary policy areas, including tax, social welfare, and environmental policy; results evaluated using equity and efficiency criteria. Prerequisite: POLISCI 2. GER:DB- SocSci
S356 - Evaluating Entrepreneurial Opportunities
4 units, Win
Business School course.
A combination of class work and team project work. The class sessions are primarily lectures to support the process of evaluating your specific business idea. The project work is the more intense part of the course and can potentially span both winter and spring quarters. The idea is for each student team to identify a business idea (prior to admission to the course) and consult with an assigned mentor and faculty member during the course. Teams will develop the components of a business plan evaluation and then compile a comprehensive evaluation at the end of spring quarter. The components of the evaluation will be presented to your student cohort (groups of 4 student teams) throughout the winter and spring quarters. At the end of winter quarter a written paper is due at which time the student team, in conjunction with the faculty member, assesses if it makes sense to continue through spring quarter.

STRAMGT 353 – Formation of New Ventures
Spr
http://gsbapps.stanford.edu/nongsbreg
Foundational entrepreneurship course offered by the Business School. The course will have two sections, each with a combination of GSB and non-GSB students.

STRAMGT 353 is for students who would like to understand what is involved in starting a new business and pursuing an entrepreneurial career. Topics include: how to identify and evolve a business idea; elements of a viable business model; staffing, financing and managing a new business; managing intellectual property; scaling a business; dealing with failure; gaining sales and distribution traction; and harvesting value. The course is taught primarily by the case method; visitors also will contribute to class discussions.

The classes will be taught from an entrepreneur’s point of view rather than that of a passive investor or employee. The instructors and class examples will emphasize business issues faced by young science and technology companies (e.g., biotech, computer science/software, scientific instruments, and electronic hardware); however, we will also touch on issues faced by consumer product and service companies. Students interested in attending should have an interest in founding a new business at some point in their careers. Students must also be willing to take an active part in class discussions and projects. A prior business background is not essential.
Research Facilities

Department of Biology

The Biology Department has three main sites:

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

**Hopkins Marine Station: Monterey Peninsula**
Hopkins Marine Station is a marine biology research and educational facility that operates as a branch of Stanford University's Department of Biology. 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 Biology, also across the street from the Medical Center.
**Bio- X/ The Clark Center**

http://biox.stanford.edu/clark/

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

**SLAC**

http://www.slac.stanford.edu/

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

**VA Medical Center**

Palo Alto Veterans Affairs Medical Center is on Junipero Serra, about 5 miles south of campus. It was totally reconstructed in 1997 and houses research labs of faculty that participate in the Biosciences programs. The departments/research centers that are at the VA include:

- Anesthesia
- Alzheimer’s Disease research center
- Blood Center
- Cardiovascular research labs
- Neurology
- Psychiatry
- Rehabilitation Clinics

**Medical Center**

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

**Main Research Buildings at the Medical Center**

**Beckman Center for Molecular and Genetic Medicine**

The Beckman Center houses several core facilities (see [http://med.stanford.edu/research/core_facilities/](http://med.stanford.edu/research/core_facilities/) for a full list) for the medical center. Munzer Auditorium, a popular lecture hall since it’s nicer than most on the medical campus, is located in the basement of the Beckman Center, Room B060. And definitely check out the burrito bar in the Bistro located in the basement as well. Beckman houses the following departments:

- First Floor: Molecular & Cellular Physiology
- Second Floor: Howard Hughes Medical Institute Investigators
- Third Floor: Developmental Biology
• Fourth Floor: Biochemistry

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

Fairchild Research Building
Fairchild houses the following departments:
• First Floor: Structural Biology
• Second Floor: Neuroscience
• Third Floor: Microbiology & Immunology

Grant/Alway/Lane/Edwards and M-Wing
This is the main building (oldest research facilities) at the medical center, adjacent to the hospitals. Various labs from the Department of Genetics, Pathology, and others are housed here. The M-wing is the main medical school building, with the Dean’s Office and the Office of Graduate Education, as well as the medical 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 conduct cancer research, as its name states.

MSOB (Medical School Office Building)
Lots of offices for administration, including the Office of Student Life, are in this building. The Stanford Center for Biomedical Informatics Research has space here as well on the second floor.

MSLS/ Lucas Center for MRS (Medical School Lab Surgery/Magnetic Resonance Spectroscopy)
This building (two adjoined centers) houses the facilities as listed in the name, as well as labs from the Departments of:
• Psychiatry
• Dermatology
• Gastroenterology
• Immunology and Rheumatology
• Surgery
Advice from Graduate Students
Rotations

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

Choosing a Lab

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

Questions to Ask When Choosing a Lab

• What is the average time to degree in the lab?
• Why did people choose the lab? Is it what they expected? Would they recommend the lab?
• What are the strengths and weaknesses of the lab?
• How many people have left the lab prematurely and why? Where have they gone?
• Will the PI be up for tenure or considering other job offers during your time in the lab? Are you willing to move with the lab?
• What is the financial situation of the lab? Is the PI a good money manager? Can he/she support you?
• What is the male/female ratio in the lab and is there a significant reason if the ratio is skewed?
• How many hours per week do people usually work? Do people work on weekends? What is expected?
• What is the vacation policy?
• How competitive is the lab? Within the lab: do people compete on projects? Outside the lab: are there direct competitors in the field?
• How does the PI distribute projects among lab members?
• How much input does the PI give in the conception of projects?
• How much freedom in choosing projects and designing experiments does the PI give to students and post-docs?
• What is the PI’s mentoring style? Hands-on or hands-off? High pressure or laid-back? Does he/she care about graduate education?
• How loyal is the PI to his/her students and post-docs?
• Does the PI help his/her people to get good post-docs/jobs?
• How much time does the PI spend with lab members? How busy does he/she get with other duties such as teaching, committees, reviewing papers, consulting, conferences, etc.?
• How does the PI handle collaborations?
• What is the lab publication record? (Also check PubMed)
• How long does it take for the PI to get a paper out once the experimental work has been done?
• How supportive is the PI of alternative (non-academic or non-research) careers?
• How supportive is the PI of lifestyle choices (spouses, children, etc.)?
• Are the people happy? Do they get along?
• Ask yourself if you like the people in the lab.

Thesis Projects

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

Thesis Committees:

• Your thesis committee is an important complement and counterbalance to your advisor. Although it is important to choose committee members who can contribute scientifically, it is also important that they be supportive of your graduate career. These people have the power to defend your cause or to kick you out...
of graduate school. They will also be writing you letters of recommendation. 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.)

![Image](http://vaden.stanford.edu)

**Balancing Life & Lab**

- A well-balanced life starts with the basics of wellness. Take excellent care of yourself. This includes healthy nutrition, enjoyable exercise, getting plenty of sleep, and frequent relaxation of mind, body and spirit.
- Take some time for self-reflection. List the activities you are involved in. Select the top 5 activities which best support your personal and academic goals. Make sure your week includes dedicated time for those activities.
- If you often feel stressed, consider whether you might be overcommitted. Select the one or two activities that are least important, or can be postponed to a later time, and drop them for now.
- Make a few unscheduled hours in your planner to do something enjoyable and spontaneous each week.
- Every month, on the numerical day of your birthday, take a moment to do something fun, new, and/or different. It could be something as simple as visiting a new place on campus, or going out for a special dinner.
- Consider the idea of simplicity to balance your demanding academic life. Try Yoga, NIA, and other mind-body classes. Fly a kite, take a walk in nature, or spend time in peaceful solitude around Lake Lag or the Dish. Massage, art and music may enhance peacefulness and balance. Cultivate strong relationships with friends and family. Stay in close touch with people you most care about. Send a note or greeting card to a loved family member for no special reason.
- Think of time as a resource. Learn the skills of time management. For example, you can get the most from your time by alternating types of activities. Do vigorous exercise after concentrated study; do laundry after challenging classes.
- Beat procrastination. Activate yourself by starting the simplest task that can be completed in the shortest amount of time. This can help you get going, free up your time to take care of yourself.
- Make choices based on your own values and beliefs. When we live with a sense of purpose, we often experience an inner sense of clarity and balance. This makes us stronger, enlivens us and enhances our vitality.

**Switching Departments**

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

- **Take an extended absence from your Ph.D. program rather than withdrawing** altogether because you leave the door open to return to your program should you so desire.
- Once you have passed your qualifying exams, you can leave your Ph.D. program with a Masters.
- If you are thinking of leaving graduate school, talk to the School of Medicine Career Center or the Career Development Center on main campus to explore your options and decide if leaving is the best choice for you.
- Do not leave without an alternative plan in place.
- Discuss your decision over with family, friends, and counselors to determine if leaving would be the right solution for you.

Problems

- Problems of one sort or another may arise during your graduate career. You are not alone. Talk to other graduate students, trusted post-docs, other PIs, and/or the ombudsperson early BEFORE the problem gets out of hand. There may be options that you haven't thought of. Problems will not go away; they will only get worse. Take action early.
- Open communication lines are key. If you are having a conflict, let the other person know. They might not be aware.
- Some graduate students take 7 years or more to graduate. **If the 7-year plan doesn't appeal to you, be proactive.** As early as possible, have committee meetings at least once a year so that you know exactly what you have to do to graduate.
- Occasionally, graduate students find their lab situations intolerable and feel that switching labs is the best option. This isn't an easy option, but it is still an option. Get help and support from your committee, the ombudsperson, and deans including: the Senior Associate Dean for Graduate Education, the Student Life Office and from other students, post-docs, and PIs.
- For additional support, refer to the “Support Services” section (p. 48) in the “Life on Campus” chapter.
Guidelines for Good Practices in the Graduate Student- Faculty Advisor Relationship
High-quality graduate education depends upon the professional and ethical conduct of the participants. Although the University is composed of many distinct disciplinary “cultures,” its faculty and students together form a community of scholars. As such, they have complementary responsibilities for upholding academic standards and sustaining a creative and collegial environment.

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

**Faculty Advisors should:**

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

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

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

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

Prepare students to be competitive for employment, by:

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

Maintain a high level of professionalism, including:

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

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

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

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

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

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

- observing the University's policy on scientific misconduct. This policy applies to researchers in all disciplines and to students as well as faculty and staff.
- maintaining absolute integrity in taking examinations and in collecting, analyzing, and presenting research data.
- taking special care to preserve the data collected during experiments or noted during research (with precise identification of sources) in order to avoid future confusion or disputes about access or ownership.
- acknowledging the contributions of the faculty advisor and other members of the research team to the student's work in all publications and conference presentations. It is also appropriate to acknowledge the sources of financial support. Students should familiarize themselves with the statement on Academic Authorship.
- maintaining the confidentiality of the faculty advisor's professional activities and research prior to presentation or publication, in accordance with existing practices and policies of the discipline.
- informing faculty of conflicts and working towards a clear resolution.
- interacting with faculty, staff and other students in a mature, professional, and civil manner in accordance with University policies.
University Ombudsperson  
http://www.stanford.edu/dept/ombuds/  
David Rasch  
Mariposa House  
585 Capistrano Way  
2nd floor, Rm. 210  
(650) 723-3682  
rasch@stanford.edu

What does the Ombudsperson do?  
The 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.

Please note that email is NOT a CONFIDENTIAL means of communication. If you reach voice mail, please leave a phone number and instructions about leaving a message. To protect confidentiality, the Ombudsperson will leave messages only if given instructions to do so.

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

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

Drop-In Counseling  
581 Capistrano Way  
Open 9 a.m. to midnight during the school year (the hours vary when school is not in session).

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

**Office of Accessible Education**
http://www.stanford.edu/group/DRC
563 Salvatierra Walk
Stanford, CA 94305
(650) 723-1066 [voice]
(650) 723-1067 [TYY]
(650) 725-5301 [Fax]

The Office of Accessible Education (OAE) 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 OAE provides disabled students equal access to all facets of university life: education, housing, recreation, and extracurricular activities.

**ASSU Legal Counseling Office**
http://assu.stanford.edu/lco/
lco@assu.stanford.edu
(650) 375-2481

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

**Office of Religious Life/ Campus Ministries**
http://religiouslife.stanford.edu
Round Room, on the west side of Memorial Church
(650) 723-1762

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

Baha’i Faith
Buddhism at Stanford
Hinduism: Vivekananda Vedanta Society
Humanist Community
Hillel Foundation Jewish Student Center
Zoroastrianism
Asian American Christian Fellowship
Baptist Student Ministries
Campus Crusade for Christ
Campus Evangelistic Fellowship
Canterbury 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

**The Stanford Help Center**
http://www.stanford.edu/dept/helpcenter
585 Capistrano Way in the Mariposa House
Stanford, CA 94305
Hours: Monday-Friday, 8 a.m. to 6 p.m.
Telephone: (650) 723-4577
helpcenter@lists.stanford.edu

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

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

Athletic Facilities
http://www.stanford.edu/dept/pe/index-main.html
Athletic facilities on Stanford campus are available for student use, both instructional and recreational. These facilities include:

- 26 tennis courts (some are lit for night play), and a tennis stadium
- A really nice golf course
- Golf driving range (lit at night)
- Riding stables
- Olympic-sized outdoor training pool, plus additional outdoor pools (located at DeGuerre Pool Complex and Roble Complex)
- Playing fields and fields for recreational track
- Handball, squash and racquetball courts (DeGuerre Courts)
- Facilities for badminton, fencing, martial arts, weight training and dance (Roble Complex, Ford Center and Arrillaga Family Sports Center)
- Lake Lagunita (if it rains enough Winter Quarter)
- Indoor basketball courts
- A rock climbing wall
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/dept/pe/index-main.html. It's a good idea for some facilities to sign up for them in advance (i.e. the tennis courts). Arrillaga Sports Center Weight Room and Tresidder exercise facilities tend to be most crowded at the dinnertime hour (5p –7p). Least crowded day is Friday. Watch for more crowded facilities in the beginning of January after the break….must be all those “New Year’s Resolutions”! Usually tapers off after Spring Break.

Courses/Programs

http://www.stanford.edu/dept/pe/
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.

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 Center for Sports & Recreation 724-9872
Arrillaga Weight Room 723-1499
Avery Aquatic Center 725-0725
Golf Course 323-0944
Golf Driving Range 323-9516
Roble Gym Complex 723-7686
Intramurals
http://www.stanford.edu/dept/pe/cgi-bin/services/intramural-sports/
(650) 723-1081
Fun, recreational team sports are available for Stanford students, faculty and staff through the Intramural Program. Teams are created each quarter, and compete in a round-robin format, culminating in a championship match. Different sports are available each quarter. Sports which have been organized in the past include softball, soccer, 6 vs. 6 volleyball, floor hockey, tennis singles and doubles, badminton, racquetball, basketball (both team and 2 vs. 2), triathlon, ultimate Frisbee, fencing, handball doubles, pool (8-ball), table tennis singles, squash doubles, two on two volleyball, inner tube water polo, wrestling, and tag football. BioMASS sponsors IM teams for any sport—watch for IM announcements in the BioMASS newsletters, or contact the officers for more information.

Club Sports
http://www.stanford.edu/dept/pe/cgi-bin/services/club-sports/
(650) 723-3089
Highly competitive team sports are available to students, faculty and staff through the Stanford Club Sports Program. Club teams meet regularly for practice, and compete against teams from other universities. The Stanford Club teams are:

- Badminton
- Cricket
- Cycling
- Equestrian
- Ice Hockey
- Judo
- Lacrosse
- Polo (horse)
- Rugby (men)
- Rugby (women)
- Running Club
- Ski Team
- Ultimate Frisbee (men)
- Ultimate Frisbee (women)
- Windsurfing

Student Organizations

Graduate Student Organizations
Asian American Graduate Students Association
http://aagsa.stanford.edu/


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

Bioscience Association for the Interest of Minority Students (BioAIMS)
http://bioaims.stanford.edu/

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

Chicano/ Latino Graduate Students Association (CLGSA)
http://www.stanford.edu/group/CLGSA/

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

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

Graduate Student Council (GSC)
http://gsc.stanford.edu/
grad-events@lists.stanford.edu

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

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

Umbrella Student Organizations
Associated Students of Stanford University
http://assu.stanford.edu/

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

Black Student Union (BSU)
http://www.stanford.edu/group/bsu/

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

Movimiento Estudiantil Chicanos de Aztlan
mecha@lists.stanford.edu

Mexican Students Association
http://www.stanford.edu/group/mexicanos/
mexicanos@lists.stanford.edu

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

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

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

Stanford Martial Arts Program (SMAP)
http://smap.stanford.edu

Aikido
http://www.stanford.edu/group/aikido

Capoeira
http://stanfordcapoeira.org/

Esgrima
http://www.stanford.edu/group/eskrima/

Judo
http://www.stanford.edu/group/judo

Jujitsu
http://jujitsu.stanford.edu/

Kenpo Karate
http://www.stanford.edu/group/kenpo/

Muay Thai Kickboxing
http://kickboxing.stanford.edu/

Wing Chun Kung Fu
http://www.stanford.edu/group/wingchun/

Shotokan Karate
http://karate.stanford.edu/

Taekwondo
http://tkd.stanford.edu/
Wushu
http://wushu.stanford.edu/

Various Campus Centers
Native American Cultural Center
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
http://www.stanford.edu/group/QR/
lgbcc-staff@lists.stanford.edu

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

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

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

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

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/

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

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

Chi Alpha at Stanford
http://xastanford.org/

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

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

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

Islamic Society of Stanford University (ISSU)
http://issu1.stanford.edu/

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/

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

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

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

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

Stanford African Students Association
http://www.stanford.edu/group/sasa/
sasa@lists.stanford.edu

Stanford Egyptian Association (SEA)
http://www.stanford.edu/group/Egypt/

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

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

Stanford Taiwanese Student Association
http://www.stanford.edu/group/stsa
**Campus Cultural and Community Resources**

**Asian American Activities Center**  
http://www.stanford.edu/group/a3c

**Asian America Student Association (AASA)**  
http://www.stanford.edu/group/AASA/

**Asian Baptist Student Koinonia**  
http://www.a2cf.net/stanford

**Bechtel International Center**  
http://www.stanford.edu/dept/icenter/

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

**Buddhist Community at Stanford**  
http://www.stanford.edu/group/bcas/

**Catholic Community at Stanford**  
http://www.stanford.edu/group/catholic/

**Office of Accessible Education**  
http://www.stanford.edu/group/DRC/

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

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

**Fellowship in Christ at Stanford - SAM**  
http://www.stanford.edu/group/fics/cgi-bin/index.php

**Hindu Students Council**  
http://www.stanford.edu/group/hsc/

**Islamic Society of Stanford University**  
http://issu1.stanford.edu/

**Jewish Graduate Student Association**  
http://hillel.stanford.edu/

**LGBT Community Resources Center**  
www.stanford.edu/group/QR
Muslim Student Awareness Network
http://msan1.stanford.edu/

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

Office for Religious Life and Memorial Church
http://religiouslife.stanford.edu
University Public Worship: 10 a.m. Sundays at Memorial Church

Stanford Events
http://stanfordevents.stanford.edu

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

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

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

The Women's Community Center
http://www.stanford.edu/group/womenscntr/
The Bridge Peer Counseling Center (1st floor)

Vaden Health Center
http://vaden.stanford.edu
866 Campus Drive
(650) 49-VADEN

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

- Appointments
- Emergencies
- Medical advice
- Consultations and specialized tests
- Confidentiality
- Additional services
- Medical staff
Premiums are currently $756 per quarter. Children, domestic partners and spouses can participate as dependents. You are automatically enrolled in Cardinal Care unless you waive coverage. To waive Cardinal Care, log onto AXESS or visit their site at http://vaden.stanford.edu/insurance.html. For benefits information, visit http://www.aetnastudenthealth.com/.

**Appointments**
Services include diagnosis and treatment of acute illness, injury, and chronic conditions, and preventive counseling and education. Vaden offers expertise in the following areas:

- General medicine
- Women’s health
- Gynecology
- Orthopedics/ sports medicine
- Nutrition

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

**Counseling and Psychological Services (CAPS)**
http://vaden.stanford.edu/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.

**Travel Clinic**
The Travel Clinic at Vaden Health Center is a comprehensive clinic serving the needs of overseas travelers. Complete evaluations are customized to the patient’s health status and travel plans. The clinic provides advice, immunizations and prescriptions as needed.

The Travel Clinic offers the following services:
- Individualized health consultations with a registered nurse specializing in travel health for overseas travel
- All recommended and required immunizations and International Certificates of Vaccination
- Prescriptions and information for prevention of malaria and other illnesses
- Up- to- date health and travel advisories

Schedule your appointment for a date at least six to eight weeks before departure. Bring your immunization record and/or International Certificate of Vaccination (“the yellow card”) with you. Available to Stanford students, faculty, staff, spouses, partners and alumni. There is a consultation fee of $30.00 for students and $45.00 for non-students. Immunizations are billed separately.

**Women’s Health**
A variety of women’s health services are available on an appointment basis including annual well woman exams; birth control advice, counseling and planning; STD checks; and diagnosis of gynecological infections. Well woman exams include pap smears and other routine screenings, pelvic exams, counseling concerns regarding STDs and contraception. A yearly medical history is required to be completed prior to each well woman annual exam. Call 498-2336 for an appointment and further information.

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

**Medical Advice**
(650) 498-2336
A nurse is available during office hours to answer routine medical questions in person or by phone. Advice for
urgent conditions is provided 24 hours a day by Vaden’s on-call physician.

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

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

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

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

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

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

Chamber Chorale - a select 24-member choir performing Renaissance and 20th century small choral ensemble music.

Symphonic Chorus - largest choral group on campus, performing major chorale works.

University Singers - a 40 to 50 member group performing a broad range of a cappella and accompanied pieces.
Memorial Church Choir -- provides choral music for services at Stanford Memorial Church.

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

**Stanford Music Groups**

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

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

**Stanford Band**  
http://www.stanford.edu/group/lsjumb/  
(Leland Stanford Junior University Marching Band, or LSJUMB). This infamous group is open to both student and community participation.

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

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

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

**Stanford Dance Groups**  
http://www.stanford.edu/dept/dance/  
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.

**Stanford Drama Groups**

**Ram's Head Theatrical Society**  
http://www.stanford.edu/group/rams-head  
rams-head@lists.stanford.edu  
Ram's Head is Stanford's oldest theatrical organization, and performs both original and traditional productions throughout the year (including Big Game Gaities, 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 Shakespeare Society
http://shakespeare.stanford.edu/
The Stanford Shakespeare Society is a student-run repertory theater troupe at Stanford University that produces a FREE full season of Shakespeare's plays for the Stanford and Peninsula communities.

Cool Things On Campus

Events @ Stanford
http://events.stanford.edu
You can find out everything that is going on around campus by visiting the online Stanford calendar at the above website.

Graduate Student Community Center
http://glo.stanford.edu/gcc/
The center located in Espandido Village, is a focal point of graduate student life, and contains social, academic, multipurpose and administrative spaces. Some of the social and academic functions include a coffeehouse/café, recreation areas, meeting rooms and study space. The building accommodates aerobics classes, student organization meetings, study groups, and kitchen facilities.

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

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

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

**Sunday Flicks**  
http://flicks.stanford.edu  
Sunday Flicks present recent films at 7 and 10 p.m. in Memorial Auditorium. Flicks is free for all Stanford Students. To subscribe to Flicks News, go to http://mailman.stanford.edu and put “flicks” in the “Go to Subscriber Page” box. 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.

**Stanford Linear Accelerator Center (SLAC)**  
http://www.slac.stanford.edu/  
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](image)

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

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

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

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

Old Time Cinema

http://www.stanfordtheatre.org/stf/

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. Check the website for listings.

Volunteer Opportunities

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

Haas Center for Public Service

http://studentaffairs.stanford.edu/haas
562 Salvatierra Walk
(650) 723-0992
info@haas.stanford.edu

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

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

49er Academy

http://www.49ers-academy.org/
Contact: Carolyn Phillips, phillica@stanford.edu

The 49ers Academy serves 6th, 7th and 8th grade students in East Palo Alto who benefit from a small, nurturing and personalized environment. The population is primarily made up of low-income minority youth and it is safe to say that many of the kids served by the 49ers Academy exhibit high-risk behaviors. These children are often characterized as hard to reach and hard to teach. Next to the family, the Academy is the major source of development for these students. Our goal, quite simply, is to keep these kids in school. The 49ers Academy provides a caring community where the emphasis is on one-on-one relationships to promote academic success in children who have struggled in other school programs.
**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.

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

**East Palo Alto Stanford Academy (EPASA)**  
http://hs.eastpaloaltoacademy.org/  
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.

**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.

**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.

**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.

**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.
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.

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

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.

Ravenswood Reads
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.

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.

SAT Success
http://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
http://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.

Science Buddies
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.

**Sierra Club**
http://www.sierraclub.org/welcome/
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.

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.

**Upward Bound**
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.

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

Shopping
**Grocery Stores**

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

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

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

**Farmers' Markets**  
Local farmers and cultivators sell their goods. Grab a coffee and stroll through the colorful displays of seasonal organic vegetables and fruits, honey, flowers, fresh breads, herbs, seafood, jams and plants. Go early if you want a big selection; go late if you want to get bargains.  
**Saturdays May-Dec in Palo Alto**  
http://www.pafarmersmarket.org (8 a.m.-12 p.m.), behind the post office, just off Hamilton.  
**Sundays year round in Palo Alto on California Ave** (9 a.m.-1 p.m.), http://www.urbanvillageonline.com/markets/california.php  
**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.  
**Sundays year round in Menlo Park**  
http://www.localharvest.org/farmers-markets/M3662 (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. Also,

**JJ&F**  
520 College Ave., Palo Alto, (650) 857-0901. For all you car-less wanderers, this 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, (650) 941-2505. Formerly a drive-through dairy (only in California...), this market has expanded to carry a fine assortment of cheeses and breads as well as other produce.

**Mollie Stone's Markets**  
164 N California Ave., Palo Alto, (650) 323-8361 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. 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. Both are open 24 hours.
**Sigona’s Farmers Market**  
Stanford Shopping Center. Located next to Max’s Opera Café. 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 and Los Altos farmers’ markets close. Beware, Sigona’s charges for the quality and convenience.

**Trader Joe’s**  
720 Menlo Ave. and in 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, Portola Valley, (650) 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, (650) 365-6510.  
775 Arguello St, Redwood City, (650) 367-8819  
Specializes in Mexican produce.

**Dittmer’s Gourmet Meats & Wurst-Haus**  
400 San Antonio Rd., Mt. View, (650) 941-3800. German and Central European specialties.

**La Tiendita Market**  
2875 Middlefield Rd., Redwood City, near Fiesta Mart. Mexican and Central American foods.

**Nak’s Oriental Market**  

**Bargain Shopping**  
**Costco**  
This is a “membership only” warehouse with yearly dues, but it’s worth it if you’re an active consumer. You have to buy in massive quantities, so shop with friends. Costco is located in Redwood City on Middlefield south of Woodside Road. In Mountain View, it is at Rengstorff and 101. Note: there is also an In and Out Burger and Krispy Kreme Donuts at this location.
**Target**
On El Camino Real near Woodside Rd, 5 miles north in Redwood City. There’s also one in Mountain View. Take El Camino south and turn left on Showers Blvd., one street south of San Antonio.

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

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**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. Take note of the amazing, seasonal floral arrangements. You can easily walk or bike there or take the Marguerite. It houses a Macy’s, Nordstrom, Bloomingdale’s, Banana Republic, Victoria’s Secret, J. Crew, Max’s Opera Café, Sigona’s Produce Market, Coach, and more. There are also seasonal jazz concerts on Thursday evenings.

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

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

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

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**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, 24-hour Fitness and yet another Safeway are all in the same massive shopping center. By bus, catch the 22 heading south along El Camino.

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

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

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

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

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

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

**Electronics**  
**Fry’s**  
360 Portage Ave., (650) 496-6000. Has great prices and lots of selection, but the service leaves a lot to be desired. Take El Camino south; just past Oregon Expressway/Page Mill, when you see the Footlocker, turn left. There's also always Target and Wal-Mart.

**Best Buy**  
San Carlos and in East Palo Alto.

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

**Boardwalk Auto Center**  
El Camino in Redwood City

**Movie Theatres**  
For information on what movies are playing where and when, for movie reviews, and to purchase tickets online, see [http://www.moviefone.com/](http://www.moviefone.com/) , [http://www.fandango.com](http://www.fandango.com). You can also use Yahoo! Movies to check local listings at the theaters below.

**Sunday Flicks**  
Sunday Flicks at Stanford present recent films at 7 and 10 p.m. in Memorial Auditorium on campus. Flicks is free to all students. You can get weekly email updates via [flicks@lists.stanford.edu](mailto:Flicks@lists.stanford.edu). Subscribe through Mailman ([http://mailman.stanford.edu](http://mailman.stanford.edu)).

**The Stanford Theater**
5 minutes from campus
http://www.stanfordtheatre.org
221 University Ave, Palo Alto
(650) 324-3700
Recently renovated, the revamped Stanford Theater shows oldies. A great place for a date — the movies with ambiance!

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

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

**French Cine-Club**
http://www.frenchfilmclubofpaloalto.org/
Palo Alto Art Center
1313 Newell Road, Palo Alto
(650) 329-2366
The organization has public screenings of subtitled French films every other Wednesday night in the auditorium of the Palo Alto Cultural Center.

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

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

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

**Century Park 12**
15 minutes from campus.
557 E Bayshore Rd, Redwood City, (650) 365-9000
Shows current, independent movies

**Century Redwood City 20**
15 minutes from campus.
825 Middlefield Road, Redwood City
(650) 266-9260. Shows current movies

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

Museums

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

San Francisco

California Academy of Sciences
http://www.calacademy.org/
55 Music Concourse Drive, in San Francisco’s Golden Gate Park.
The California Academy of Sciences is a multifaceted scientific institution committed to leading-edge research, to education outreach, and to finding new and innovative ways to engage and inspire the public. Exhibits include a four-story tropical rainforest, a state-of-the art planetarium, an aquarium, and a living roof!

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

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

**Asian Art Museum of San Francisco**  
http://www.asianart.org/  
200 Larkin Street, San Francisco, CA  
The Asian Art Museum of San Francisco is one of the largest museums in the Western world devoted exclusively to Asian art. Here you can travel through 6,000 years of history, trek across seven major regions, and sample the cultures of numerous countries. The collection includes more than 14,000 objects ranging from tiny jades to monumental sculptures of stone, bronze, wood and other materials, paintings on screens, hanging scrolls and other formats, porcelains and ceramics, lacquers, textiles, furniture, arms and armor, puppets, and basketry.

**San Francisco Museum of Modern Art**  
(SF MOMA)  
http://www.sfmoma.org/  
151 Third Street (between Mission and Howard Streets) San Francisco, CA  
The Museum of Modern Art is committed to establishing, preserving, and documenting a permanent collection of the highest order that reflects the vitality, complexity, and unfolding patterns of modern and contemporary art.

**Hiking**

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

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

**Subscribe to the Outing Club's Mailing list at**  
http://mailman.stanford.edu/mailman/listinfo/outing

**Borel Hill**  
30 minute drive  
http://www.openspace.org/preserves/pr_russian_ridge.asp  
The perfect place for a sunset hike/picnic: Borel Hill in the Russian Ridge Open Space Preserve, is the highest named point in San Mateo county: Photos: http://kevingong.com/Hiking/BorelHill.html

It is the prettiest spot within a 1/2 hr drive from here. You can see 360 view of the pacific ocean, the bay, the
mountains, and on a clear day also Mt. Talmapias remarkably. It is very tranquil and empty (few people) - a real secret gem. The hike up to the top of Borel Hill can take as few as 15 minutes from a parking lot. Or if you want to take a walk through the woods, you park at another lot and do an hour-long hike to end up at the hill. Bring many of layers of clothing. It gets UNBELIEVABLY COLD and windy when the sun sets.

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

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

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

**Big Basin Redwoods State Park**
1 hour drive
http://www.parks.ca.gov/default.asp?page_id=540One of the best hikes in the Bay Area! Take the 12 mile loop going out Sunset Trail and back on Skyline to the Sea Trail. You'll pass three beautiful waterfalls and go through some great Redwood groves. There is a $5 fee per car. You can make this an overnight trip as there is a campsite half way through. 280 south to 85 south, west on Saratoga Road, right on 9, right onto 236 till park. It's a good hour drive from Stanford, but worth it!

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

**Mount Tamalpais**
1.5 hour drive
http://www.parks.ca.gov/default.asp?page_id=471
This is the reason to live in Marin. Phenomenal mountain biking, great hikes, beautiful views, redwoods. Go there on a week day in the morning and hike through the fog till you just break through. It's awesome. Take 101 North over the golden gate bridge, take Shoreline Highway to Mill Valley [by the way you can take Tennessee Valley road to its end for a short walk/hike to the beach, nice and easy]), at the "T" in front of the Rug shop, make a left to stay on Shoreline, take a right on Panoramic Highway, take a right on Pan Toll Road. (I recommend the hike about five minutes up Pan Toll where you go around the bend and there is a parking lot on your right. Take the trial West towards Stinson).

**Pinnacles National Monument**
2 hour drive
http://www.nps.gov/pinn
Extensive Rock Climbing, but the rock is a bit crumbly. There is some interesting caving at Balcanies Caves and the hikes are cool but nothing spectacular. It can be very hot in the summer. Take 101 south to Hollister Road, go through Hollister and continue south on Airline Highway (Highway 25) and turn right into park. Must pay to enter.
**Point Reyes National Seashore:**
2 hour drive
http://www.nps.gov/pore
Beautiful coast lines with endless trails. I recommend an 8 mile in and out to Drake's Head. You end up on a 100 foot cliff overlooking the ocean and some estuaries. You can actually get away from people up here. 101 North over the Golden Gate (take 280 to 19th then to 101), take the Sir Francis Drake Exit and continue on Sir Francis Drake till Highway 1, take a right on 1 and then you first left onto Bear Valley Road. Go online for more directions.

**Ventana Wilderness/Pfeiffer Big Sur State Park (Sykes Hot Springs)**
2.5 hour drive
http://www.parks.ca.gov/default.asp?page_id=570
A 10 mile hike one way to hot springs where you can spend the night. It's supposed to be great but crowded beyond belief on weekends. Take 101 South to 1 South via 156.

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

**Granite Chief Wilderness Area**
4 hour drive
Another great place to hike in Tahoe. Lots of lakes, but first mile is straight up 1-2K feet! Trail head is on road to Alpine Meadows.
Road Biking

http://transportation.stanford.edu/alt_transportation/BikingAtStanford.shtml

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

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

How to Get Up to Skyline

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

Flatter Routes

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

Commuting on Your Bike

One bummer about the Bay Area is all the traffic. Avoid this by biking — you'll get there faster and probably feel a lot 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**
Take Page Mill Road, go seven miles west of 280, look for sign on left. Mostly fire roads. Good for beginners. Canyon Trail is a long fire road with only a slight grade that is perfect for beginners. Indian Creek Trail is a steep fire road that ascends about 1000 feet from Canyon Trail to Monte Bello Road. Bella Vista Trail is a fun single-track trail of moderate difficulty.

**Los Trancos Open Space Preserve**
Take Page Mill Road, go seven miles west of 280, look for sign on right. Moderately technical single-track trails. Good for experienced riders. This park is small which means the trails are short. The park is close to Stanford, the trails are steep and the scenery is beautiful.

**El Corte de Madera Creek Open Space Preserve**
Take Woodside west, then Skyline Blvd. north, and park at Skeggs Point. Moderate to extremely technical single track. Only experienced riders should attempt El Corte. This is a mountain biking park. Trails are steep, winding, and all around treacherous. Many of the best trails are unmarked. Some of the most technical trails have recently been closed due to serious bike accidents, so RIDE CAUTIOUSLY. The scenery in the park is absolutely beautiful. Redwoods, creeks, wildflowers abound.

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

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

Overview
Northern California has some the best golf courses known to humankind, including the world's #1 course, Pebble Beach. From rocky beaches to redwoods, nature is always better appreciated with a golf bag strapped on your back. Unfortunately, Northern Cal also has one of the worst total golfers to public course ratios in the country. Fortunately for you, we've got a world-class golf course in our backyard at Stanford.

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

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

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

If you're hard core:
• Subscribe to Golf magazine or Golf Digest. Or try to read something somewhere about the swing. You'll be amazed at how much you can teach yourself.
• Private lessons: Time is precious. Private lessons are efficient and well worth the cost. Stanford instructors go for approximately $30-40 per half hour lesson.

Where to play
• Stanford: old school, classic course. A steal at $25 ($13 twilight). Tiger played here!
• Shoreline, Mountain View: good alternative when Stanford is closed. Watch for afternoon wind and goose poop.
• Palo Alto Municipal: flat, boring, windy, but an alternative when Stanford is closed. Also has classes and a great golf shop.
• Lincoln Park, San Fran: the course has seen better days, but you can't beat the panoramic views of the City and Golden Gate.
• Presidio, San Fran: somewhat pricey, huge trees, plays slowly on weekends.
• Crystal Springs, off 280 towards S.F.: pricey, windy.
Where to take your parents to play

- Stanford: http://stanfordgolfcourse.com/
- Half- Moon Bay: great course with a view of the ocean http://www.halfmoonbaygolf.com/

Bay Area Night Life

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

Local Bars/Clubs

750 GSC
750 Escondido Road  Stanford, CA 94305
(650) 724-7851
Location, Location, Location. Stanford Graduate Students own Bar/Restaurant on campus right next to Rains and EV. The food and beer selection is decent. Events include stand-up comedy night, sporting events on big screen TV’s and various holiday parties. Bottom line, it’s open late and on campus.

Alberto’s Night Club
736 W. Dana St. Mountain View, (650) 567-9670.
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.

Bistro 412 (B412)
412 Emerson St. Palo Alto
They charge a $10 cover, but before 10pm it’s free. There is a real nice patio in back. The entertainment varies, DJ’s to live bands.
Blue Chalk
630 Ramona Street, Palo Alto, CA 94301
(650) 326-1020
Offers billiards, shuffleboard, 2 distinctive bars and music all under the same roof! Our relaxed atmosphere makes us the perfect place to hang out with friends any time! Very crowded on the weekends.

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

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

Miyake
140 University Ave., Palo Alto, Ca. (650) 323-9449
Miyake is Palo Alto’s partying sushi bar where anyone that enjoys those two activities, like us, goes to dine on some of the freshest offerings around and down sake bombs till they’re falling out of their chair. It really is a cool sight to see, especially on Friday nights when slick techno beats are matched with a multicolored light show, when everybody—and we do mean everybody—in a restaurant is seriously having a great night out eating and partying, but anyone whose been here knows that’s exactly what Miyake’s of Palo Alto is known for.

Nola’s
535 Ramona St. Palo Alto, CA 94301
(650) 328-2722
Nola is a bit of New Orleans located in the historic Ramona Street Building in downtown Palo Alto. Our menu consists of Creole, Cajun, and Southwestern cuisine. Great place to go with a group for dinner.

The 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 Old Pro
541 Ramona Ave., Palo Alto, (650) 326-1446.
A great place to be if you can’t watch any Stanford event if you can’t be there in person. This is a real sports bar as every single inch of the walls in this place not covered by a television showing a sporting event is covered in some sort of sporting memorabilia.

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

**Rudy's Pub at Elbe Restaurant**
117 University Ave., Palo Alto, (650) 321-3319
Rudy's Pub in Palo Alto is a local bar haven for lovers of imported European beer featuring some beers that even our well-traveled liver hasn't sampled. This dark and cozy corner bar also sports DJ dancing on the weekends and, before that fun begins, has an accordion player supposedly warming up the crowd.

**San Francisco Nightlife**

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

**Boom Boom Room**
1601 Fillmore St. San Francisco, (415) 673-8000
Jazz & Blues
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
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 ambiance 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.

**The Cellar**
685 Sutter St. San Francisco, (415) 441-5678
Dance Club with Karaoke
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
Jazz & Blues
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
Dance Club
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
Dance Club
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) 357-0827
Dance Club
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) 431-7444
Dance Club
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.

Thieves Tavern (was Hush Hush Lounge)
496 14th St. San Francisco, (415) 252-9082
Pub
Friendly crowd. Half crescent loungy booths to sit in. Good drinks and pool tables to keep you busy. Takes credit cards.

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

111 Minna Gallery
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**
435 13th St. Oakland, (510) 451-2889
Dive Bar
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 Cocktail Lounge**
827 Sutter St. San Francisco, (415) 346-7666
Jazz & Blues
Singles love to mingle at this sharp little lounge. Drenched in hypnotic plush red decor, the Red Room evokes the decadence of the big city lounges of a lost era. Serving grown-up cocktails nightly.

**Space 550**
550 Barneveld Ave. San Francisco, (415) 550-8286
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.

**Wish**
1539 Folsom St. San Francisco, (415) 431-1661
Fulfill your every desire for a friendly nightclub experience. This nightclub sports a diverse blend of club kids, professionals, locals, bikers, poseurs and pansexuals. Tasteful, not trendy, decor includes sumptuous leather couches and red lampshades casting a minimal glow. Featured DJs play an array of danceable styles.
Day Trips & Weekend Getaways
Half Moon Bay
Thirty minutes from Stanford, Half Moon Bay is a quaint, old town that has the usual tourist attractions. Other activities include the beach, sea kayaking, and fishing. During salmon and tuna season, 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
http://www.parks.ca.gov/default.asp?page_id=523
This park is about twenty minutes south of Half Moon Bay along Highway 1. During many months of the year, you can get up close and personal with their famous elephant seals. These huge, deep-diving mammals certainly live up to the "elephant" in their name and depending on the season, you may see bulls fighting for females, cows with their young, or yearlings lounging. The walk from the visitor center to the beach is a short, easy hike. This is also a great park for geology buffs; many of the exposed sea cliffs show great stratification and lots of sea fossils. Check their on-line website before you go because reservations may be required during some months of the year.

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

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

Monterey/ Pacific Grove
For neophytes, the obligate stops include the world famous Monterey Bay Aquarium (absolutely worth a visit!) and Cannery Row. The true charm of these two towns lies a little inland, in the "downtown" districts along Alvarado in Monterey and Lighthouse in PG. If you manage to make it down on a Tuesday, there is a year-round open market on Alvarado St in downtown Monterey. A recreation path extends from downtown Monterey, along the beach and around the peninsula to Asilomar State Beach. Along the way are numerous places to stop and check out local wildlife, such as seals, otters, and some of the best intertidal communities around. Surfers and scuba divers will also find many places around the peninsula to do their thing. For a small fee, kayaks can be rented and you can enjoy first-hand the kelp beds and fauna of the Pacific. Stop and visit what is probably the most beautiful piece of Stanford University, the Hopkins Marine Station right next door to the Aquarium. Miller Library is definitely my favorite.
Big Sur
http://jrabold.net/bigsur/bigs_prk.htm
The piece of Highway 1 south of Carmel leading to Big Sur is probably my favorite scenery in the entire world. Beats anything I've seen in Hawaii, Europe or the Caribbean. Big Sur is a park where you can hike or camp and is surrounded by several other state parks that are worth visiting. Beware of ticks. Note also that here you can backpack about 10 miles in to Sykes Hot Springs. See the website for more information.

Lake Tahoe
Tahoe is only 4 and-a-half hours from Stanford and is a great spot to ski in winter or to go white water rafting in the Spring. Visitors to the area have a variety of housing options, hotels, condominiums, lodges, houses or cabins. The one piece of advice you should always make your reservations early. This is especially true if you go to Lake Tahoe during the peak periods– winter break and MLK weekend. Finally if you are 21 years or older and like to gamble, there are casinos located on the Nevada side of lake Tahoe.

Wine Country
Napa and Sonoma Valleys are homes to many vineyards, restaurants and resorts. Wine country is well renowned for its breathtaking scenery as well as award winning wines. For wine lovers this is a heaven as there are regularly scheduled tours and tastings for visitors.

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

Campus Cuisine

750 GSC
750 Escondido Road Stanford, CA 94305
(650) 724-7851
Location, Location, Location. Stanford Graduate Students own Bar/Restaurant on campus right next to Rains and EV. The food and beer selection is decent. Events include stand-up comedy night, sporting events on big screen TV’s and various holiday parties. Bottom line, it’s open late and on campus.

Axe & Palm
Near Tresidder, it has burgers and fries, other hot foods, and sushi. Reasonably priced and a good spot to get away from the Medical School.

Alumni Cafe
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.

Beckman Cafe
Located in the basement of Beckman. Beckman Café has great burritos to order.

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

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

Coupa Café
Located in the Y2E2 Building. A little spendy for a cup of coffee, but comes with a good atmosphere. Order tea and you get the whole pot.

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

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

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

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

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

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

Stanford Hospital Cafeteria
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!

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

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

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

Local Restaurants

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\begin{align*}
\$ &= \text{Average entrée price under } \$10 \\
\$ &= \$10 - \$15 \\
\$ &= \$15 - \$20 \\
\$ &= \$20 +
\end{align*}
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American

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

Chili’s Bar and Grill $$
700 El Camino Real, Menlo Park (650) 321-0330
Yes, the all-American chain. Good for ribs and burgers.
Empire Tap Room  $$
651 Emerson St., Palo Alto, (650) 321-3030
Outdoor patio seating for a romantic night on the town. Salad with pears and walnuts is delicious. Great onion rings.

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

Los Altos Grill  $$ $$
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.

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 Center (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.

The Palo Alto Creamery Fountain & Grill  $
http://www.paloaltocreamery.com/
566 Emerson St., Palo Alto (650) 323-3131, Stanford Shopping Center. Amazing milkshakes, yummy burgers, and onion rings. Very popular. Great place for a fun date or a group of friends.

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

Breakfast

Hobee’s  $
4224 El Camino Real, Palo Alto (650) 856-6124 and Town and Country Village, Palo Alto (650) 327-4111 plus another location in Mt. View, 2312 Central Expressway (Alma St.), Mt. View (650) 968-605. Highly revered for its amazing blueberry coffecake. Also has great hash browns and spiced tea.

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

Stacks  $
600 Santa Cruz Ave., Menlo Park (650) 482-2850. 314 El Camino Real, Redwood City (650) 482-2850. Hugely popular breakfast place. If you go on the weekends, prepare to wait. But once inside, go for a
blueberry wheat germ pancakes or a bacon waffle.

**Burgers**

**The Counter $**  
http://www.thecounterburger.com/  
369 California Ave, Palo Alto, 94306  
(650) 321-3900  
Great Burgers and a well stocked bar. For something different try the sweet potato fries and the burger in a salad bowl.

**JZ Cool Eatery**  
827 Santa Cruz Ave., Menlo Park (650) 325-3665  

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

**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.

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

**Cafés**

**Café Borrone $**  
1010 El Camino Real, Menlo Park (650) 327-0830  
A must-do while you’re at Stanford! 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.
**Coupa Café $**
538 Ramona St, Palo Alto (650) 322- 6872 OR
473 Via Ortega on the Stanford Campus
A little spendy for a cup of coffee, but comes with a good atmosphere. Order tea and you get the whole pot.

**Esther's German Bakery and Café $**
570 Showers Dr, Mountain View (650) 941- 4463
A family-owned bakery that sells hearty breads and tasty desserts. Great service and free wi-fi.

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

**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.

**University 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. 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 Caribbean Cafe $$-$$$**
435 Hamilton Ave., Palo Alto (650) 324- 9443
Service with a smile. Critics’ picks include smoothies (fish bowl size) and jerk chicken. If you are daring, try the curried goat!

**Chinese**

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

**Coriya Hot Pot City $$**
528 Barber Ln, Milpitas (408) 428- 0988
All you can eat. Meats and veggies that you boil/grill yourself. Very popular. Usually long wait.
**Darda Seafood** $$
Milpitas Ranch 99 Complex (408) 433-5199
Just look for lines that go outside of the restaurant. Completely misnamed. Critics’ picks include any seafood dish, Chinese pancakes with onion, any soups or noodles.

**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.

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

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

**Fantasia Coffee & Tea Shop** $$
10933 N Wolfe Rd, Cupertino, (408) 865-1689
528 Barber Ln, Milpitas, (408) 382-9168
Amazing pearl tea. You must try it!

**Fresh Taste Mandarin Kitchen** $
2107 El Camino Real, Palo Alto (650) 324-8749
Quite affordable. Delivers to campus. Boasts low-calorie dishes. While appetizers are unremarkable, the dry-sautéed string beans with shrimp and hot, spicy bean curd is good.

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

**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.

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

**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.

**Mayflower Seafood Restaurant** $$
Milpitas Ranch 99 Complex (408) 935-6999
Super dim sum. Very fresh and not very greasy. Superb shrimp dumplings.
PF Chang’s Chinese Bistro $$- $$$
Stanford Shopping Center (650) 330-1782
Americanized-Chinese food, but close to Stanford. Tends to be more pricey. Open late.

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

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

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

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

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

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

Cuban

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

Dim Sum

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

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

### French

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

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

### Fusion

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

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

Ice Cream

Cold Stone Creamery $
9 Town & Country Village, Palo Alto, CA 94301 (650) 323-2102.
611 Santa Cruz Ave, Menlo Park, CA 94025
(650) 325-4500
Great ice cream. Make your own combo or choose one of theirs. Humongous portions.

Gelato Classico $
435 Emerson St, Palo Alto, CA 94301, (650) 327-1317
Italian ice cream like you get in Italy. Great prices and a huge selection. A must-do at least once while you’re at Stanford.

Indian

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

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

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

Deedee’s Indian Fast Food $
2551 Middlefield Rd., Mt. View (650) 967-9333
Fast food Gujurati. Great samosas and always a variety of vegetable dishes. Try the chickpeas, but watch the spice.

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.

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

Suraj $$
2550 El Camino Real, Redwood City (650) 369-8899. Tasty, spicy Indian. Try the lunch buffet.

Udupi Palace $$
976 E. El Camino Real, Sunnyvale (408)830-9600. Vegetarian. Excellent southern Indian cuisine.
Buca di Beppo $$
643 Emerson St., Palo Alto (650) 329-0665
Now with reservations! Make sure to avoid the long lines by calling ahead. Decent food, truly massive portions. Great place to go with a big group. Check out the eggplant parmigiana and linguine frutti di mare. If you are ordering food for pick up, be sure to give them 30 minutes more than you anticipate.

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

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

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

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

Pasta? $ 
326 University Ave., Palo Alto (650) 328-4585
Cheap, fast, good Italian food.

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

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

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

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

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

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

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

Hakata
448 University Ave., Palo Alto (650) 325-1605
Not bad for non-Sushi Japanese restaurant. Try the noodle dishes, particularly the tensaru soba.

Le Poisson Japonais
642 Ramona St., Palo Alto (650) 330-1147
Expensive, but one of the best sushi places in the Bay Area. Very inventive. Start with the sashimi-tuna with oba drops or shitake tempura. Save room for dessert and get the warm chocolate cake....divine!

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

Korean

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!
Mediterranean

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

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

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.

Robai Falafel & Persian Bites $
496 Hamilton Ave., Palo Alto (650) 325-1994
Good falafel, great hummus and pita. Extremely cheap and fast service.

Mexican/ Tex-Mex

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

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.

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

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

Baja Fresh $
3990 El Camino Real, Palo Alto (650) 424-8599
Great new place. Definitely try the tacos “baja style”. Can get either shrimp, chicken, or steak. Great, fresh salsa. Inexpensive and next to Blockbuster - grab a movie and a taco!
Celia's  
3740 El Camino Real, Palo Alto (650) 843-0643
Nice place to celebrate with friends on the patio.  You can find better salsa at other Mexican places, but nice atmosphere.

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

Palo Alto 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.

Playa Grill  $$
Stanford Shopping Center (650) 323-8226
Good tortilla soup and fajita burrito. Great salsa bar with a free assortment of burrito toppings like cilantro, lime, and extra tomatoes. Check happy hour with frozen margaritas.

Noodles

Long Life Noodle Co & Jook Joint  
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.

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.

Pizza

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

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

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

**New York Pizza $**
325 Hamilton Ave, Palo Alto
Great delivery pizza. See their specials online. Highly recommend the Managers Special. You can bargain some with the person who takes your order.

**Patxi’s $$**
441 Emerson St Palo Alto, CA 94301, (650) 473-9999
Great Chicago-style deep dish pizza. A bit on the pricy side. It takes 30-40 minutes, so order in advance if you are rushed.

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

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

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

**Round Table Pizza $-$$**
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.

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**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.

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

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**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

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

Pho Hoa Vietnamese Noodle Soup  $
220 Castro St. Mt. View (650) 969- 5805
Cheap and delicious. Try their drinks, especially the avocado shake.

Pho To Chau  $
853 Villa St., Mt. View, (650) 961- 8069
Great Vietnamese pho and spring rolls. Cheap and fast.

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

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

Oakland

Cambodian

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

Indian

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

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

San Francisco

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

Asqew Grill $
1607 Haight St, San Francisco, (415) 701-9301
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.

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 $$$$
2237 Mason 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

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

**Spanish**

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

**Vegetarian**

**Millennium** $$$$  
580 Geary St, San Francisco (415) 345-3900  
Not too expensive with a 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).
Getting Around
Around Campus

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

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

Marguerite Goes To
• Work: Marguerite's A and B lines meet every train at the Palo Alto Caltrain station all day from 6:00 am to 8:30pm. The Palo Alto Station also serves the Dumbarton Express and other buses from all over the Peninsula.

• Class: The Marguerite's A- line connects Escondido Village to the Main campus and Medical Center. The B-line serves Rains and the East Residences, and goes to Tresidder, Terman and the Law School all day.

• Apartments: The SLAC line serves the Stanford West Residences, the Oak Creek Apartments, the Sharon Green Apartments and the Stanford Linear Accelerator.

• Shopping: Marguerite will take you directly to the Stanford Shopping Center, downtown Palo Alto, Town & Country Village, the Bookstore and the Track House. On the weekends there is service to the San Antonio Shopping Center.

• Run Errands: Marguerite goes to all your errand-running places, including 655 Serra, Encina, Old Union, the Medical Center and the Stanford Barn.

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

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

Biking at Stanford
(650) 725- BIKE (2453)
Have Bike, Can Travel around Stanford!
Bicycling is ideally suited to Stanford’s mild climate, flat terrain, and gentle, rolling hills. It’s a quiet, affordable, and healthy way to get around. It’s also an antidote to the South Bay’s growing traffic congestion, noise and air pollution.

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

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

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

Bicycle-Friendly Transit
All the public transportation options in the Bay Area are bike friendly too. Caltrain, VTA buses, VTA Light Rail, BART and even the Stanford Marguerite shuttle accommodate bicycles with bike racks to mount bikes or with on board capacity. Refer to specific sites for rules and regulations, as there are restrictions on some modes of travel. For more information, see below.
Caltrain, 800-660-4287, www.caltrain.com
BART, www.bart.gov

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

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

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

Bicycling Safety Tips:
- Register your bike
- Follow the California Vehicle Code as it pertains to cyclists
- Wear a helmet every time you ride; Make sure it fits properly
- Signal your turns
- Stop at stop signs
- Lights are required at night (front light and rear reflector)
- Be seen, wear your reflector leg band! Use your strobe light!
- Ride at a safe speed for conditions
- Yield to pedestrians in crosswalks
- Ride in the correct direction in one-way areas
- Maintain a safe bike, tune-it up; brakes must work!

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

Bicycle Protection: Lock it! Register it!

Although Stanford’s campus is a safe environment, bike theft and theft of bike parts are not uncommon. There are simple steps you can take to help prevent this from happening:

- Most thefts can be prevented by properly securing the bicycle with an adequate lock, to a secure parking facility such as a bike rack. U-locks, such as Kryptonite, are recommended, but a knowledgeable thief can easily defeat even these. A 6-foot cable or chain (the thicker the better) used with a U-lock allows you to lock to any rack and secure your wheels as well. Be aware that any cable is easily cut. Don’t entrust your good bicycle to a cable alone.

- All bicycles used on campus must be licensed with Santa Clara County. Register your bike at the Parking & Transportation Services office—it’s your only chance of recovering it if stolen.

- When parking your bike, don’t obstruct walkways, railings, doorways or ramps intended for use by pedestrians or people with disabilities. Improperly parked bikes will be removed and impounded by Stanford Public Safety. Utilize bicycle racks whenever possible.

- Do not store your bicycle for long periods of time on campus.

5 Reasons Why You Should License Your Bike:

1) Theft Prevention & Recovery - Sends a warning to would-be thieves. Registration information, including serial number, is available to law enforcement agencies.
2) Increases the likelihood that your stolen bike will be found and returned.
3) Identification - Provides a means of identifying who you are in case you crash or your bike is stolen.
4) It’s inexpensive - A new license costs $3.50, renewals/$2.50 & both are valid for up to 3 years.
5) It’s the Law - All bikes operated on the Stanford campus must be registered.

If your bike is STOLEN, please follow these instructions:

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

Bike Stores

There are over 15 bicycle shops in the area of campus, even a shop right on campus for your convenience. Listed below are a few that offer full-service bicycle sales, repairs and more within a 2-mile radius.
(Hint: Look in the back of your Stanford telephone book for bike shop coupons.) Listed below are a few that offer full-service bicycle sales, repairs and more within a 2 mile radius.

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

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

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

**Mike's Bikes**  
2180 El Camino in Menlo Park 650-493-8776

**Palo Alto Bicycles:**  
171 University Ave., 328-7411

**The Bike Connection:**  
http://www.bikeconnection.net/  
2011 El Camino, near the intersection of El Camino and Stanford Ave. 650-853-3000. Another location at 622 Santa Cruz Ave in Menlo Park. (650) 327-3318

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**Car Repair**

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

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

**Jiffy Lube**  

**Kevin's Auto Repair**  
1968 Leghorn St., Mountain View, (650) 965-7112. Near Costco. Superb craftsmen, highly ethical, costs are appropriate and work is always guaranteed.
Precision Tune Auto Care
El Camino and Arastradero, (650) 856-0333. Most students get coupons in the mail which make it even cheaper.

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

Bay Area Public Transit

Line U Stanford Express
http://transportation.stanford.edu/alt_transportation/BayAreaTransit.shtml#eastbay
This is a weekday express shuttle bus service between the East Bay and the Stanford campus. This service is FREE for Stanford faculty, staff, students, and hospital employees who have a valid university ID or hospital employee ID. The new luxury highway coaches are equipped with high back seats, individual reading lights and a tray table for your laptop or paperwork. In the East Bay, it stops at the Fremont BART, Fremont ACE/AMTRAK station (Centerville) connecting with the ACE Train and at the Ardenwood Park and Ride lot in Newark

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

Dumbarton Express
http://www.vta.org/schedules/SC_971.html
The Dumbarton Express runs weekdays from the Union City BART station across the Dumbarton bridge to the Palo Alto Caltrain station. It is probably the most convenient way of getting from Stanford to the southern part of the East Bay.

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

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

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

Bay Area Airports

There are 3 international airports in the Bay Area, San Francisco International (SFO), San Jose International (SJC) and Oakland International (OAK). SFO and SJC are each a 25-minute drive from Palo Alto while OAK takes 45 minutes without traffic. You can quickly get to SFO by public transportation by taking Caltrain North to the Millbrae Caltrain/BART Station. Then, take BART to the airport or you can take the SamTrans KX bus from the Palo Alto Caltrain station straight to SFO. BART will also take you to OAK by way of San Francisco. You can also get to SJC by taking Caltrain to the Santa Clara stop and transferring to the shuttle that will take you to the airport.

Finding Cheap Flights

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

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

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

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

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

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

Expedia.com
After registering with this site, you will receive an email each week outlining the lowest upcoming fares for the destinations you cite. They seem particularly good at informing you early of discounted fares for holiday weekends. Beware: changing tickets booked through Expedia can be a headache.
Orbitz.com
This consolidator was designed with the traveler in mind and gives access to a wide selection of low fare and rates on airline tickets. The customer relationship does not end with the purchase button. By signing up for Traveler Alerts, Orbitz stays in touch throughout the process— with alerts when weather or gates change, with local destination information 48 hours and 3 hours before departure—and much more not offered by other online travel agencies. This is my favorite website, with convenient grids to allow you to shop for flights departing up to 3 days before or after your target dates.

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

QuickTime™ and a decompressor are needed to see this picture.
San Francisco Map
http://www.sfsu.edu/faq/sfmap.jpg
# Useful Map Websites

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