The unofficial guide to

GRADUATE STUDENT LIFE

2017-2018

ASU SCHOOL OF
Life Sciences
ARIZONA STATE UNIVERSITY
Dear SOLS Graduate Students,

Welcome to life as an Arizona State University graduate student. This guide, compiled through the years by graduate students, is an invaluable resource for you during your first years of graduate school. When you have a question about any aspect of your new life here, look through the guide. As you become more familiar with ASU and central AZ, please pass along additional information (or pictures) you think would be useful! We hope this guide will provide answers to many of your questions, but if anything is still unclear, please ask any of the grad representatives (see page 16 for a list).

We hope your graduate years at ASU will be successful, happy, fun, and progress quickly. The best thing that you can do to enhance your graduate student career is become involved. You will meet more graduate students and future colleagues and find people with similar research and personal interests if you mingle at a party, a happy hour, or a reading group. As you will discover in this document, there are also many opportunities to volunteer and get involved with the local community. Other graduate students are your best resource for figuring out life on campus, where to go when you’re off campus, and how to meet people OUTSIDE of graduate school. Go consistently to the weekly “Brown Bag” meeting to learn about the research activities and latest discoveries of fellow students and get free pizza (you will also be advised of happy hours and parties at this meeting!). Reading groups and journal clubs meet regularly to discuss papers in virtually every life science discipline. Lastly, there are more or less informal groups of theater buffs, softball aficionados, ultimate Frisbee addicts, and more. Have fun, be social, and get to know your graduate peers and SOLS faculty. Again, welcome and good luck with your studies, research, and teaching. Drink lots of water and apply sunscreen liberally!

Your SOLS Representatives:

Amalia Handler
President

Chris Jernigan
Vice President
GRANTS and AWARDS 26
LEGAL SERVICES 28
LIBRARIES 28
LIFE SCIENCES VISUALIZATION LABORATORY (LSVL) 29
MAIL 29
OFFICE SUPPLIES 30
PHONE CALLS AND FAX 30
PHOTOCOPIES 30
READING GROUPS 31
RECYCLING 31
RESIDENCY CLASSIFICATION 31
SAFETY TRAINING 32
SCIENCE OUTREACH 32
THE GYM – a.k.a SUN DEVIL FITNESS COMPLEX 33
SUMMER SUPPORT 33
TAXES 33
TRAVEL AUTHORIZATION 34
VEHICLE REGISTRATION AND DRIVER'S LICENSE 34

CHAPTER 6: Food, Entertainment and Amenities 36
AT SCHOOL 36
CLOSE TO CAMPUS – BEER 36
CLOSE TO CAMPUS – RESTAURANTS 37
AROUND TOWN – RESTAURANTS 38
AROUND TOWN – COFFEE SHOPS 39
AROUND TOWN – SUPERMARKETS 40
AROUND TOWN - HIKING 40
AROUND TOWN – PET STUFF AND VETS 41
AROUND TOWN - DENTISTS 43
AROUND TOWN - MENTAL HEALTH 44
AROUND TOWN - CAR MECHANICS 45
AROUND TOWN - OTHER SERVICES 46
MOVIES 47
LGBTQ 47
Bars and Clubs 48
SUGGESTED READINGS 48
CHAPTER 1: First Things First!

FINDING SOMEWHERE TO LIVE
Finding a place to live without being able to view the property beforehand is a daunting task. Luckily, you have a few resources at your disposal to make this a less painful process. First, ask your future lab mates for recommendations on landlords and apartments. Secondly, ASU holds an off campus housing service (https://eoss.asu.edu/offcampushousing). Furthermore, the website (http://http://livingasu.com/) provides a good source of information by listing over 150 apartments in the Tempe area, with information on price, contact details, and location; it also indicates whether apartments come furnished or not, pets are permitted, and if they are situated on a bus line. Online sites like craigslist (http://phoenix.craigslist.org/evl/) can serve as an option for locating housing in Tempe and across the valley. Also check out Padmapper (https://www.padmapper.com) (combines multiple rental search engines into one map); and Zillow (http://www.zillow.com).

CHECKLIST (do these things first – more specific information below)

If you are an international student, report to the International Students and Scholars Center (ISSC Student Services Building #170) as soon as you get to campus

___ If you are an international student, get a Social Security Number (inquire at ISSC)
___ If you are TA-ing, get your paperwork set up with Human Resources according to your TA offer letter.
___ If you are an international student and TA-ing, take the Speak Test as indicated by your TA offer letter.
___ Get your Immunization shots if you still need them!
___ Register for classes and purchase Health Insurance
___ Get a Sun Card at the Memorial Union
___ Get a computer/email account
___ Get your keys from Judy Swartz (LSE 237)
___ Find a bank, get checks
___ Set up direct deposit of your paychecks
___ Get a student bus pass http://cfo.asu.edu/pts-transit
___ Find a parking space—QUICK! https://cfo.asu.edu/pts
___ If you don’t want your personal information listed in the ASU Directory, fill out the Withhold Directory Information Request form and take it to the Registrar’s Office, 1st floor of the Student Services Building (http://www.asu.edu/registrar/forms/regforms.html#2). (To prevent your information from being printed in the annual university telephone directory, you must take this step before the end of the third week of the fall semester. Note: It is important to remember that your decision remains in effect until you request in writing to change it.)
WHERE AM I?

Life Sciences Center officially has five wings (A, B, C, D and E), and getting oriented around here can be a challenge at first. You will no doubt learn quickly that SOLS administrative offices, including the business office, faculty mailboxes, facilities offices, Visualization Lab and information technology offices are located in the tallest of these wings, the E wing (abbreviated LSE for Life Sciences E wing). Graduate and undergraduate programs’ offices are located on the first floor of LSA. The LSA wing is connected to the East side of LSC by an outdoor walkway, and LSC is also connected by outdoor walkways to LSE. LSB and LSD are located to the South of the A wing, and house the Animal Care Facility.

There are basements in the LSA, LSC and LSE wings, and the LSC and LSE buildings also have a sub-basement. There are no classrooms or teaching labs in the sub-basement of LSC; several teaching labs are, however, located in the basement. A room on the first floor of the C wing might be labeled LSC-102 and one on the second floor would be LSC-202, but a room in the basement would be LSC L1-02 and one in the sub-basement would be LSC L2-02. There are teaching labs in the sub-basement of LSE; these rooms are labeled with an S as in LSE – S21. Many folks will confuse these rooms with rooms on the fifth floor which are labeled with a 5 as in LSE – 521. Get it? Expect to direct several undergraduates toward L1 classrooms in the first weeks of every semester.

The Social Insect Research Group is housed on the 3rd floor of Interdisciplinary Science and Technology Building #1 (ISTB1), across from the bookstore. The space consists of research labs, faculty and grad student offices, and several conference rooms where there are occasional seminars. Visitors must enter through the main lobby and take the elevator up. The 4th floor is home to the interdisciplinary Center for Social Dynamics and Complexity, which hosts seminars in ISTB1-401.

Other SOLS courses, labs and offices are in the Social Science Building, Interdisciplinary Science and Technology Building #4 (ISTB4) or the BioDesign complex. Another location of note is the machine shop where you can get materials cut or built for experiments. These buildings can all be found by consulting the ASU map online: http://www.asu.edu/map.
HOW IS THE SCHOOL OF LIFE SCIENCES DIVIDED UP? (SOLS FACULTIES)

Back in 2003, our school really led the charge by integrating the Departments of Biology, Plant Biology, and Microbiology, and the Program in Molecular and Cellular Biology, into the gargantuan School of Life Sciences (SOLS). The following is a list of the SOLS “faculties,” which are sub-units of SOLS to which faculty are assigned according to their research interests.

- Biomedicine and Biotechnology
- Cellular and Molecular Biosciences
- Genomics, Evolution, and Bioinformatics
- Ecology, Evolution, and Environmental Science
- Human Dimensions of Biology
- Organismal, Integrative, and Systems Biology

Grad students within SOLS are currently divided into degrees in Animal Behavior, Biology, Biology & Society, Environmental Life Sciences, Evolutionary Biology, History of Philosophy in Science, Human & Social Dimension, Microbiology, Molecular and Cellular Biology, and Neuroscience. Each has its own requirements for Comprehensive Exams, etc., so make sure to investigate these requirements early. Early on, opportunities exist to transfer between these programs.

INTERNATIONAL STUDENTS

International students who have been admitted to ASU must go to the International Students Office (http://students.asu.edu/international/issc) located inside the 1st floor of the Student Services Building in Room #170, with their passport and immigration documents as soon as they arrive on campus. During the first week or so, carry a few photocopies of your passport’s photo page; lots of offices will need a copy of this. Students must be enrolled as full-time students throughout the academic year (6 credit hours for TAs or RAs, and 9 credit hours for graduate students not employed by ASU). Passport and I-20 or DS-2019 must be kept valid at all times. You will also need to ask them about how to obtain a social security card. The ISSC website is also great source for information (https://global.asu.edu/). And don’t forget that you MUST attend the mandatory international student orientation look for dates on the orientation calendar you will be sent for New Grad Orientation.

CLASSES AND REGISTRATION

You can also get all the registration information you need online at MyASU (http://my.asu.edu; see following page). From here, you can register for classes’ online, check your financial aid status, pay any outstanding balances. Class schedules are available by clicking on “Class Search” under “My Classes”. Your faculty mentor can help you decide what courses you will need to take your first semester, but we also recommend asking fellow grad students and not biting off more than you can chew.

IMMUNIZATION REQUIREMENTS

Before you attempt to register, make sure you have proof of TWO current measles vaccinations; otherwise, you will not be able to register. If you have already had two shots, more information and the submission form is available on the Student Health Services website: http://www.asu.edu/studentaffairs/health/. If you need a vaccination (or vaccinations), you can get it at the Student Health Services Center -- the cost is approximately $65-70 per shot. Alternatively, if you’re missing one set in a vaccination series, you can get a titer measurement done at the Student Health Services Center for $15.
IF YOU NEED HEALTH INSURANCE, MAKE SURE YOU PURCHASE IT WHEN YOU REGISTER (link on the front page of your Student Center). **Health insurance is free (fee waived) for all TAs and RAs. You must sign up for it within the allotted timeframe, however, so do not delay.** All international students are required to carry health insurance and are automatically enrolled in ASU Health Insurance after registering for classes.

If you want to register for any courses that require instructor approval, you must contact the instructor of record for that course and ask them if you can take the class. If they approve, they will enter an override on the system for you, then you can register.

If you want to register for Research (592 – Masters or 792 – PhD), Reading and Conference (590 or 790), Thesis (599), or Dissertation (799) credit hours (recommended), you must obtain a class override from the SOLS Graduate Programs Office – email Teresa Plaskett (teresa.plaskett@asu.edu) and Amina Hajdarovic (amina.hajdarovic@asu.edu) make sure to include your full name and ASU ID#. Also, registration for the SOLS Friday afternoon seminar and the Graduate Student “Brown Bag” (Current Topics in Life Sciences) seminar requires overrides from Teresa and Amina (more on “Brown Bag” later on).

**WHAT IS MYASU?**
You can also get all the registration information you need online at MyASU ([http://my.asu.edu](http://my.asu.edu); see screenshots below). From the “student” view, you can register for classes, check your financial aid status and pay any outstanding balances. Class schedules are available by clicking on “Class Search” under “My Classes”. You can keep track of degree progress under “My Programs and Degree Progress.” MyASU is customized for each individual ASU student to not only receive information, but also to perform all ASU functions as a student. This is where you go to access email, register for classes, find your grades, request transcripts, look at a student checklist, view your progress through your degree program, manage your finances, set up your direct deposit information, view the ASU calendar, etc. Below are screen shots of what your MyASU page looks like (either from the “student” or, for TA’s/RA’s, the “faculty” or “employee” view), and how to find key information.
FEES FOR TUITION / MAXIMUM CREDIT HOURS

Most of you will not have to worry about tuition fees. Although tuition fees are on the rise, tuition remissions have been implemented for teaching assistants (TAs – remission paid by ASU) and research assistants (RAs – remission paid by faculty member you are working under) working 20 hours/week (50% FTE) to cover tuition up to 18 credit hours each semester. TAs and RAs should theoretically NOT have to pay any tuition other than INCIDENTAL FEES. The SOLS Graduate Programs Office will enter Tuition Remission and Health Insurance Coverage into the ASU Financial Aid system for you. However, regardless of tuition remission, the Tuition Payment Office will bill you for your non-tuition fees after the semester starts. Fees (usually around $200 per semester) can be paid by cash or check or using a debit card (you may use credit cards but there is an associated fee), or online by electronic funds transfer from a bank account. If you have any questions regarding fees, you can contact the Tuition Office (Tempe Campus) at (480) 965-6341.

TAs and RAs employed at 50% FTE will have to take at least 6 credit hours of graduate level coursework (no audit hours!) to maintain full-time student status. But we recommend you go ahead and take the maximum 18 credit hours each semester – or you will be at ASU longer than you anticipate trying to fill in all your credits. Just add on research credits to bring your total up to 18 credits each semester.

If you are not on payroll at ASU as a TA or RA, or you are on a scholarship or fellowship, the minimum number of credits hours to be considered a full time student is 9 in the fall and spring and 5 in the summer – the maximum you can sign up for each semester is 18 credit hours. Note, there is a huge difference in tuition costs as an Arizona resident and a Non-resident! We strongly urge you to submit the paperwork for residency status after you have been in Arizona for one year. If you are an Arizona resident and in a situation where you do have to pay your own tuition the cost is the same for 7–15 credits. If you do have to take 9 credit hours for full time status, you may as well take 12-18 credits each semester as the price is the same for 7+ credits. Even if you don’t have to pay your tuition, residency will make RA’s cheaper for the faculty member offering the RA and can be necessary for some fellowships.

If you have pre-registered, tuition and fees are due by the last day of the registration period (this is before the first day of classes). If you register later, tuition and fees are due the same day you register. If you do not pay, you will be automatically enrolled in a tuition installment plan with a fee (unless you have financial aid). If you decide to drop any credits and want a refund, do it ASAP. Full refunds are only given before the first day of class. Each week thereafter the refund you receive will be docked an additional 20%.

TUITION INSTALLMENT PLAN

For those who must pay their own tuition (not TAs and RAs)

Information on the Tuition Installment Plan can be found at http://students.asu.edu/tuitionandfees. This provides students with an option to budget payment of their tuition over several months and to pay tuition with multiple credit cards or from multiple bank accounts. If you choose to enroll in the Plan, tuition and fees will be billed on Student Accounts Receivable in installments with staggered due dates.
Enrollment in the Tuition Installment Payment Plan
All students are eligible to enroll in the Tuition Installment Plan after registering for classes. For more information see [http://students.asu.edu/tuitioninstallmentplan](http://students.asu.edu/tuitioninstallmentplan). To enroll in the Tuition Installment Plan, select *ONE* of the following options:

- Log onto [MyASU](http://my.asu.edu) and select the option "Finances", then "Tuition Installment Plan".
- Complete and mail the Tuition Method of Payment form available at [www.asu.edu/registrar/forms](http://www.asu.edu/registrar/forms)
- Visit the Student Accounts Office on the second floor of the Student Services Building.

If you select to pay your tuition through this plan, you must enroll in the Tuition Installment Plan each fall and spring semester and each summer session. Nonfinancial aid students (those who are not TAs and RAs or Fellowship) neglecting to pay tuition by the applicable tuition payment deadline will automatically be enrolled in the Tuition Installment Plan.

Enrollment in classes completes the registration process. By registering for classes you agree to pay all applicable tuition and registration fees. If you decide not to attend classes, you must officially withdraw from the University.

**Enrollment Fee**
Students enrolling in the Tuition Installment Plan, or automatically enrolled in the Plan due to failure to make payment by the tuition payment deadline, will be charged a per semester nonrefundable enrollment fee of $100 (AZ residents) and $200 (non-residents) each Fall and Spring semester and $50 (AZ residents) and $100 (non-residents) each Summer session. The enrollment fee will be billed on Student Accounts Receivable and is due at the same time as the first tuition installment. The enrollment fee is nonrefundable, even if you drop or withdraw from classes.

**HEALTH INSURANCE**
ASU and faculty mentors provide health insurance coverage for TAs and RAs, respectively. Each grad employed as a TA or RA for 50% FTE gets single coverage through the ASU student health plan. **To enroll for the health insurance, you must indicate that you wish to “purchase” it when you register for classes.** For more information and instructions on how to sign up, visit the following web site: [http://students.asu.edu/healthcoverageoptions](http://students.asu.edu/healthcoverageoptions). It’s important to note that student health insurance does not cover prescriptions. If you have any insurance questions, call 965-2411.

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**A word to the wise...**

*Make sure to get a referral from campus health before going to the ER or Urgent Care. I had to go to Urgent Care once when the health center was closed (the day after Thanksgiving) and even then they tried to work me over and it took a lot of work to get the insurance settled, even though it is supposed to be ok to go directly when the health center is closed.*

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*On the other hand, when I went to Urgent Care after hours with no referral, there was no problem with insurance. But you must obtain a referral to all specialists. Also, for a work-related injury (fieldwork, teaching), go in ASAP and tell the health center it was work-related.*

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*– Melissa Meadows*

*– Mar Mancha*

Appointments for medical services are made at the Student Health Services Center (just north of LSA) and there’s a referral service if a specialist is needed. Call for an appointment (480-965-3349), make one online at [https://students.asu.edu/healthservicesappointment](https://students.asu.edu/healthservicesappointment), or walk-in if desperate. Like all university health centers, there can be lots of students waiting to be treated for runny noses, so bring a good book or paper to read during the wait. For more information, check the website at [http://www.asu.edu/studentaffairs/health/](http://www.asu.edu/studentaffairs/health/).
**ID CARD – SUN CARD**

The ASU student ID card is called the Sun Card – you can get your Sun Card after you register for classes. This card is your student identification card, library card, copy card, and sometimes your building and elevator key. You will also be able to use it like a credit card for things like vending machines, charging items to your student account, and paying for phone calls, if you sign up for this service. Your Sun Card gets you into the Student Recreation Complex (i.e., the gym) and, when validated, gets you into some ASU athletic and cultural events for free or at a reduced rate. Validation for the current semester can be obtained at the Gammage Center or University Athletic Center ticket offices. Take it with you to Harkins Movie Theaters to get a reduced student rate.

Your ASU Sun Card can be obtained at the beginning of the semester after you register for classes. The Sun Card office is in the Lower Level of the Memorial Union (south end) inside Union Station, MU 59. You will be asked to fill out a card with your name, ASU ID number, and classification (Student, Faculty/Staff, or Other). Students pay $25 for their card -- they accept cash, check, Visa, MasterCard, or you can have the charge posted to your University Student Account. You must show a valid photo ID such as a: U.S. Driver’s License, Passport, or high school ID, so they can verify who you are before your Sun Card is created. Afterward, they take your picture & produce your card right on the spot. The process takes about 3 to 5 minutes (without lines) and you will walk away with your new Sun Card. More information is available at [http://cfo.asu.edu/cardservices](http://cfo.asu.edu/cardservices).

**STUDENT EMAIL ACCOUNTS AT ASU**

With their ASU admission letter, a new student will receive an ASURITE UserID, an activation code and instructions to go to [http://www.asu.edu/asurite](http://www.asu.edu/asurite) in order to activate their account. This site will allow the new student to activate their ASURITE UserID from an off-campus computer and create his/her own passphrase. After asking you to review our policies and security information, the system will verify your identity by requesting your date of birth. You will then be required to select your passphrase. Please practice good password security. You are require to change your password every so often..

The system will then ask you if you have an e-mail account. If you want to continue using your current email system, be sure to select "Yes, I have an e-mail account" and then enter the address of your personal e-mail mailbox. This important step will ensure that you get all correspondence that ASU sends you via e-mail.

If you want to use an ASU email as your primary email, you have two options. First, ASU has partnered with Google to provide ASU email via a gmail interface. More information can be found at [http://www.asu.edu/emails_signup](http://www.asu.edu/emails_signup). Some students love this interface, whereas others prefer to use another client program. In this case ASU gmail can be configured for IMAP. You can also set up ASU email on your smartphone, and use email forwarding. Finally, technically, employees (TA’s and RA’s) should be able to use Microsoft Exchange (all the features of outlook). Grad students have had variable success with this. More info on all of this can be found at: [http://help.asu.edu](http://help.asu.edu).

**How do I subscribe for ASURITE services?**

Once the ASURITE UserID has been activated, a student can add services, such as a statistics cluster and webspaces (note: for some services, the student must have registered and paid for classes). To add services follow these instructions:

2. Log in using your ASURITE UserID and passphrase.
3. Select the services to which you wish to subscribe.

Accessing your ASU E-mail
Google is now partnering with ASU, providing all students a gmail based e-mail interface, which allows you to check your ASU e-mail from anywhere you can gain access to an Internet connection:
   1. Open up a browser and go to http://email.asu.edu.
   2. Enter your ASURITE UserID and passphrase.
For additional information about your ASU gmail an how to create an additional email addresses, aliases, see this link:
if you would like to send your email as you alias, not your ASURITE address, then follow the instructions here: https://support.google.com/mail/answer/22370?hl=en.

Resources for Help with E-Mail
   Submit a question online (http://help.asu.edu) or call the IT Help Desk at 480.965.6500.
   • Your ASURITE UserID and passphrase is used to log on to site computers, into your e-mail account, and other online services.
To find e-mail addresses for other ASU students or faculty, the ASU directory is very useful -- (http://www.asu.edu/directory)

KEYS
You can get your keys from Judy Swartz or Robert Booher (LSE 237). See Judy or Robert to get a form to request the keys – your faculty mentor must approve the form to which keys you can get. You may have as many as 4-5 keys (main door, office, research lab, teaching lab, and maybe one to your advisor's office).

You can gain access to the Graduate Student Resource Center (LSC 126) by punching in the appropriate keypad combinations. These combinations are available from the personnel in the SOLS Graduate Programs Office, LSC 226.

BANK ACCOUNTS
   You should establish a local bank account within the first week you are in Tempe. There is one bank and some ATMs located in the Memorial Union.

   Arizona State Savings & Credit Union
   Hours: Mon. - Fri. 9 a.m. - 5 p.m.
   Automated Tellers: Mon. - Fri. 8:30 a.m. - 5:30 p.m.
   (602) 644-4780

   Arizona State Savings & Credit Union ATM
   lower level of the Memorial Union

   Chase (formerly Bank One) ATM
   main level of the Memorial Union

   ATMs are also scattered around other places on campus, including outside the bookstore. Near campus, there is also a Wells Fargo bank located close to the corner of University & Mill Ave (with
ATMs, plus another ATM on College Ave & 7th st., and a Bank of America around Mill Ave plus 2 ATMs on 7th st).

DIRECT DEPOSIT PAYCHECKS FOR TAs AND RAs
If you are employed by ASU as a TA or RA, you may be able to have your paychecks deposited directly into your account, if your bank provides this service. Once you set up your local bank account, you might want to check if that service is available to you. This means you do not have to pick up your check and deposit it (otherwise known as manual labor); your pay is added directly to your account and you can view your pay receipt online through ASU Interactive. This is particularly wonderful if you are off in the field doing research or have an all-day experiment running on payday.

To enroll in Direct Deposit for your paychecks, click on the Direct Deposit link under the Employment heading on the “Faculty” or “Employee” page. Student Employees will not use the "Enroll in Direct Deposit" link under Financial Aid of the My Finances section of My ASU. This is to receive your Financial Aid refunds, not your paycheck.

Your paycheck can be deposited in up to 5 accounts. The Direct Deposit account is normally active within 24 hours, unless it is set up during a pay week. If the Direct Deposit information is submitted after 5 PM of the Monday of a pay week, it may not go into effect until the following pay day. Your paycheck will be distributed in the form of a paper check until the direct deposit enrollment is complete.

It usually takes a couple of pay periods to activate this service. The ASU Credit Union, Wells Fargo, Bank of America, Chase Bank and Bank One all offer direct deposit, and at least Wells Fargo offers to do all the ASU paperwork and submission for you, so ask at the bank you choose if they have an arrangement already worked out with ASU.

BUS AND LIGHT RAIL PASSES
ASU offers the U-Pass, an annual transit pass that grants unlimited access on all Valley Metro bus routes and the METRO light rail, for a fee of $200 for fall and spring semesters and $75 for the summer semester. With the U-Pass, you can travel between the Tempe & Downtown Phoenix campuses, hitch a
ride to the airport or arrive at nearly any destination in the greater-Phoenix area. This option is a lot cheaper than parking on campus. Many students park at light rail stations, and ride the light rail into campus. These passes can be obtained from the Parking and Transit Services office in the University Towers by the Sun Devil stadium at any time, or a few other locations at the beginning of each semester (look for emails about locations). You can find a bus schedule at http://www.valleymetro.org/bus/. For more information about transportation services at ASU, visit http://pts.asu.edu/commuteroptions.

OTHER TRANSIT OPTIONS
ASU provides free on-campus shuttles at the Tempe Campus that transport students from outlying parking areas and campus buildings to other on-campus destinations, as well as free intercampus shuttles that connect all four ASU campuses. ASU is a part of Zipcar, a car-sharing program that provides low-emission; fuel-efficient vehicles parked right on campus for use by members of the campus community, and will be available on all four ASU campuses. Bike racks are conveniently located around campus and accommodate thousands of bikes each day at ASU for those who choose biking as a transportation option. And, the City of Tempe’s Orbit Shuttle system is a free neighborhood circulator that makes stops at the Tempe campus as well as nearby restaurants, shopping centers and other local points of interest. The City of Phoenix operates a similar free shuttle called the DASH. If you have any questions, you can call (480) 727-7053 or visit http://cfo.asu.edu/pts.

PARKING AND BIKING
As on many large campuses, parking is a hassle and is expensive. The best alternative is to live near campus and ride your bike. Tempe is, however, a very busy city so it is essential to keep highly alert for bad drivers, wear a helmet, and obey all bike laws – you can get an expensive ticket for violations (e.g., for riding on the sidewalk against vehicle traffic or not having a front light on at night,...see http://www.azbikeped.org/index.html). We strongly urge bike riding, busing or walking if you live near campus. For more information on biking see the section in Chapter 5.

If you must drive, you can purchase parking decals for the year (August 16th through August 15th of next year) from the Parking and Transit Services Office (http://www.asu.edu/parking/) in the University Towers by the Sun Devil stadium. The price of parking decals ranges from $210 (lot 59E, open air parking 15-20 minute walk from main campus) to $780 (for several covered parking structures). If you'll be using one of the lots daily, obtain the sticker as soon as possible after your arrival on campus to get as close to the Life Sciences buildings as possible (Structure 2 or 3). You'll need to sign (or provide proof) that your car has a current emissions certificate (see Chapter 5, VEHICLE REGISTRATION), car registration (out-of-state is fine), and picture ID. Check http://uabf.asu.edu/parking_information for more details.

Some free parking can be had weekdays around the S. Farmer St. area on the West side of campus. Similar parking opportunities are available on the East side of the campus (e.g. along 8th street) and the south side of campus (along Apache), but you may need to arrive early in the day to be guaranteed a parking spot. On weekends and after 6 or 7 PM (depending on the lot), some campus lots and all metered spaces are open to all for free parking. Again, these lots tend to fill quickly in the evenings and on the weekends during the semester. Parking fines are hefty so be sure to read any signs.

For quick loading and unloading trips, you can park for 20 minutes in one of the two loading zone spaces in the Health Center lot off of University (entrance just west of the walkway over that thoroughfare) behind LSA near the South East corner of LSE, or behind ISTB1.
BROWN BAG
A class definitely worth signing up for is the SOLS Brown Bag -- a weekly meeting of graduate students for a highly informal and very entertaining lunchtime seminar (hence the name “Brown Bag”). Brown Bag takes place on Fridays at 12:00 PM-12:50 PM in LSE 244. However, food usually arrives around 11:30 and many people chose to come before noon to eat and chat!

Brown bag is a faculty-free, low pressure environment for graduate students to practice giving talks to an interdisciplinary audience and receive feedback from students with a wide range of expertise. Any and all presentation ideas are welcome and encouraged. Possible topics include, but are not limited to:
• Preliminary ideas about research topics/projects
• Practice for conference talks, proposal defense, thesis/dissertation defense
• Talks about involvement in programs or experiences outside SOLS such as working with/in industry, internships, international research, working with large collaborative networks, funding opportunities, external courses, and other resources that may be available to graduate students, etc.

Brown bag provides a casual meeting place that facilitates communication and camaraderie in the graduate student community over FREE LUNCH. Hang out with your friends, make new ones, hear about cool science, and gorge yourself on pizza: what’s not to like? Graduate students can connect with one another to exchange ideas, form collaborations, advertise upcoming events, and express concerns. The first meeting each year (usually the first Friday after classes begin) departs from this general format and will be primarily an opportunity for new graduate students to be introduced to the current group of graduate students.

Brown bag is a forum for graduate students to communicate with the graduate student executive board, the Associated Director of Graduate Programs, the SOLS director, and the Graduate Programs staff for discussions about funding, annual reports, health care, and other topics

For students in programs without a program-specific seminar, Brown Bag is a great option to practice talks and get feedback outside of your specific lab group. For students that do have program-specific seminars, Brown Bag is a chance to practice talks for an interdisciplinary audience.

Brown Bag is listed as BIO 591 Current Topics in Life Sciences. There are numerous BIO 591 courses listed in the schedule, so make sure you’re signing up for the right one. Most graduate courses require an override, so you may have to obtain the override from Teresa and Amina, just email them (Teresa.Plaskett@asu.edu or Amina.Hajdarovic@asu.edu)! If you wish to attend “Brown Bag” (more information about it later on), it is really important that you do register for it. By registering, you are NOT required to attend, but the fees paid for by your tuition will fund the pizza provided at this Brown Bag seminar, so it’s good to register!

SCHOOL OF LIFE SCIENCES SEMINARS
Be sure to attend the SOLS Seminars, which brings national and international scientists to present their research results to members of SOLS. SOLS is currently working on a website to organize its seminar schedule; in the meantime, information will be available on the SOLS Graduate Programs Blackboard (see its section for more information). Seminar announcements are also made via e-mail from the Research & Training Initiatives (RTI) office (recently changed to the Research Advancement Office).

If you wish to meet with one of the speakers for a one-on-one discussion (usually half-hour slots), you
should arrange this in advance with Denise Pittman (denise.pittman@asu.edu) 480.727.3617. Graduate students often can have lunch with the speaker on the day of, or the day before the seminar, so this presents an additional informal opportunity to network and chat with the invited speaker.

CHAPTER 2: Who’s Who?

For phone numbers and email addresses, all of the following individuals can be found via the Directory search on the main ASU webpage (http://www.asu.edu/directory/).

THE STUDENTS:
To start off, let’s introduce you to the students of SOLS Graduate Student Executive Board! The current students in SOLS government this year are as follows:

- President: Amalia Handler
- Vice President: Chris Jernigan
- RTI Representative: Nate Smith
- Graduate Programs Representative: Alexis Abboud
- Events Coordinator: Christian Ross
- Brown Bag Coordinator: Chris Albin-Brooks
- IT Coordinator: Michelle Sullivan
- Undergrad Representative: Emily Webb
- Secretary: Andrew Burchill
- Grad Student Recruitment Coordinator: Romain Dahan
- International Student Representative: Ana Giraldo

THE FACULTY:
Apart from your advisor and committee members (to be determined), you may need to know several faculty members in SOLS including:

- Director: Bertram Jacobs
- Graduate Director: Stephen Pratt / Susanne Neuer
- Undergraduate Director: Michael Angillette
- Research Advancement Office Director: Wim Vermaas
- Facilities Director: Kevin McGraw

THE ADMINISTRATION:
And last, but by no means least, are the people that make everything here run smoothly. BE RESPECTFUL AND NICE TO THEM!!! They all have very busy jobs, especially under the reorganized SOLS. They can help you a great deal while you are here but do not abuse their help and do not demand things of them, ask nicely! Here is a list of some of the key individuals that you are likely to interact with (for a complete updated list, see the links on the left side of http://sols.asu.edu/directory/faculty_list.php):

- Graduate Office: Wendi Simonson LSA 181
  Teresa Plaskett LSA 181
CHAPTER 3: How to Get Involved?

The best thing that you can do to enhance your graduate student career is to become involved. That way, you will meet other graduate students, have a group of people you can easily find when you have questions, and learn how to make the Valley of the Sun your new home. Here are some good ways to get involved:

- Attend the weekly “Brown Bag” meeting to learn about the research activities and latest discoveries of fellow students (you will also be advised of happy hours and parties at this meeting!).

- Attend reading groups. They meet regularly to discuss papers in virtually every life science discipline.

- Join the SOLS talk listserv and get emails about parties, events, groups to join, and other happenings (there may also be discussions of a political nature, etc., at times). Just email Michelle Sullivan (mksulli3@asu.edu) to be added.

- Mentor Undergraduates, high schoolers, or middle schoolers through a variety of programs offered by SOLS. Ask-a-Biologist (www.askabiologist.asu.edu/), SOLUR (https://sols.asu.edu/research/solur; must be in conjunction with a faculty member, contact SOLSEP@asu.edu for more information), SCENE (http://scene.asu.edu/; contact Kathryn Kyle for more information - kkyle@asu.edu), SHADES (http://graduate.asu.edu/diversity/shades;
contact Zachary Reeves-Burton for more information: zachary.Reeves-Blurton@asu.edu), GPSE (http://gpse.asu.edu; contact Jonathan Jackson for more information - joncolej@asu.edu ), and Ecology Explorers (http://ecologyexplorers.asu.edu/; contact Lisa Herrmann for more information - lisa.herrmann@asu.edu) are all programs in need of quality mentors and you get important experience mentoring. The opportunities are as varied as the acronyms.

- Participate in Frontiers in Life Sciences. The School of Life Sciences’ Research and Training Initiatives has funding to support a scientific conference and workshop conceived, organized and managed entirely by graduate students. The aim of this program, named ‘Frontiers in Life Sciences’ (FiLS), is to highlight cutting-edge interdisciplinary issues and discoveries in the life sciences. For more information, see http://sols.asu.edu/frontiers/index.php. According to all that have been involved in FiLS, it is a fantastic opportunity to gain experience planning a conference/workshop and is a great chance to meet influential researchers in your field. So, get thinking about what issue you would like to see at the next conference!

- Finally, there are more or less informal groups of theater buffs, softball aficionados, soccer fanatics, ultimate Frisbee addicts, and more—ask around!

SOCIAL LIFE?

“If you plan it, we will come.” (See the cover picture for proof!) Small living spaces are no excuse not to have a party! Although we work hard, we also manage to find time to relax a little bit and pursue non-academic activities. The following are just some activities that SOLS graduate students managed to find time for during the last few years:

- Hiking, camping, rock-climbing, mountain-biking
- Attending ASU musicals, plays, dance performances (http://music.asu.edu/events/)
- ASU Choral Union
- Softball, soccer, racquetball, tennis, yoga, fencing, kickball
- Movie nights and B-movie nights
- Tubing down the Salt River
- Pool parties, Halloween Parties, Alley Parties, Potlucks, and Field Days
- Visiting the Desert Botanical Gardens, the Phoenix Zoo, the Arizona-Sonora Desert Museum, the Heard Museum
- Attending First Fridays on the first Friday of every month in Downtown Phoenix: live music, art galleries open late, free admission to museums (more info on museum free days here). Transport and other info at http://artlinkphoenix.com/first-fridays/
- Escaping the heat by heading up to Flagstaff, Prescott, Jerome, or Sedona
- Drinking beer at the local pubs and attending pretty much every other beer-related event within a 40 mile radius
- Exploring the local live music scene (yes, there is one, and it can be great if you know where to look.)
- Taking great cheap classes at Tempe’s community center (painting, pottery, dance, etc.).
Other grads will usually be your best resource for figuring out what is happening around town, but you can also check out local papers like the Phoenix New Times (http://www.phoenixnewtimes.com) or the College Times (http://www.ecollegetimes.com) for listings of events. Also, Tucson, Los Angeles, San Diego, Las Vegas, and the Mexican coast are all well within a day’s drive away if you are itching to get out of town and try other places in the Southwest.

CHAPTER 4: Teaching

For many this may be your first experience as a teaching assistant. Thus we want to offer some practical advice for getting off to a good start as a TA at ASU.

1. BE PROFESSIONAL and RELAX. Although you are expected to perform research at ASU, you are also expected to perform your duties as a teaching assistant to the utmost of your ability. You owe it to your students to do your best to prepare for every lab. No doubt you will learn much along the way about the material that you cover in your lab sessions, but there is no substitute for preparation. If you know the laboratory material well, you will be able to handle almost any challenge presented by your students. Also, standing in front of a room full of students is only daunting for the first few minutes of any lab, so it’s a good idea to take a deep breath, remember that you prepared well, and relax!

2. The first TA meeting will be largely organizational, so bring your class schedule to the first TA meeting to facilitate the assignment of lab sections.

3. YOU ARE THE AUTHORITY IN THE CLASSROOM AND STUDENTS ARE EXPECTED TO FOLLOW YOUR INSTRUCTIONS. As the authority, you should conduct yourself in a professional manner. Set guidelines for behavior and course expectations right at the beginning, advertise them frequently, and stick to your guns.

4. Ask other grad students who have been through the course for advice - draw on their experience. Many will be happy to let you sit in on their sections to observe how they handle the labs, share resources etc. Likewise, don't hesitate to ask the professor in charge if you're not clear on something.

5. Address cheating in the classroom. Unfortunately this is a problem at ASU (as elsewhere). At the first TA meeting, you should ask the professor about his or her position on cheating. It’s also a good idea to remind students that cheating will not be tolerated and what the limits are to group efforts.
Furthermore, be warned that many students have not been taught that restating a report line by line while changing every third word is indeed plagiarism (or what plagiarism is and why it is wrong).

6. Get a ‘strangle hold’ on your time. Teaching can eat up more time than you realize. Juggling teaching, research, and coursework is one of the greatest challenges of grad school (second only to deciding on a research project and trying to schedule a committee meeting). Unfortunately, there is no easy solution to this problem, but you will get better at it over time. Remember – you are expected to put in no more than 20 hours/week for your TA assignment unless otherwise notified in your TA letters from SOLS.

7. Office hours. Your TA assignment usually requires that you be available to students for 1-3 hours a week outside of class. Several points to note:
   a. Be considerate of your office mates; your students' behavior while they're in the office is your responsibility. Restrict the number of students in the office or hold office hours outside if the weather is agreeable, or consider holding them in an empty classroom (leaving a note as to your location for latecomers).
   b. If you tend not to get many students for office hours, go ahead and work in your lab (again, leave a note as to your location).
   c. Schedule office hours between other responsibilities. This keeps large blocks of time free for research and prevents students from taking over your day.
   d. If you find yourself alone in a room with only one student, it is a good idea to keep the door open.

8. Problems. If you find yourself in the unfortunate situation of running into problems associated with teaching (be it with students, lab setups, class policy, or other matters), talk to the course instructor for help. Faculty usually wants to know if you are struggling with an issue and can provide help.

CHAPTER 5: Resources for Later On

AUDIOVISUAL EQUIPMENT
Laptop computers, digital projectors, etc., are available for check-out to you as a SOLS graduate student. To check out equipment, see Miguel in LSE 229W or fill out the online form. [https://sols.asu.edu/resources/facilities-and-services](https://sols.asu.edu/resources/facilities-and-services) if you need something that Miguel does not have, you can also check out equipment from classroom support services. There are several offices throughout campus; one is located on the first floor of Computing Commons. Bring your graduate student ID card and be ready to argue with inexperienced employees to get permission, required usage periods, and delivery of some items (e.g. projector carts). If you make a reservation, triple check it.

BICYCLES
Bicycles are the vehicles of choice at ASU. New graduate students should check out the Tempe Transportation Center, across the street from Parking and Transit Services. There's information on the bus system, plus there's the Bicycle Cellar ([http://www.thebicyclecellar.com/](http://www.thebicyclecellar.com/)), which is a great starting point for bicycling resources, including maps of Tempe and the greater Phoenix area. The Bicycle Cellar mostly focuses on bikes and parts for commuter-type cyclists.
Safety – Helmets and Locks
A good lock (i.e., a U-lock – cable is too easy to cut through), used wisely, is an *absolute necessity* (you may have already noticed a plethora of lonely bicycle tires securely locked to the bicycle racks around campus...*minus the bicycle*). Bike theft is one of the most common crimes experienced on ASU campus, so lock your bike up carefully (although a lock is no guarantee). You can obtain discounted helmets and lights from parking and transit services [http://cfo.asu.edu/bike-gear](http://cfo.asu.edu/bike-gear). Here’s some useful advice on keeping your bike safe [http://www.sheldonbrown.com/lock-strategy.html](http://www.sheldonbrown.com/lock-strategy.html).

Bikes can be registered with the campus police at [http://cfo.asu.edu/bike-regform](http://cfo.asu.edu/bike-regform) or in person at the valet stations around campus. If your registered bike is stolen you may possibly be able to get it back (unlikely) or at least make it easier to get insurance money for it. At the very least, record your bicycle’s serial number somewhere.

Again, when riding your bike, be HIGHLY alert for bad drivers, WEAR A HELMET, and obey all bike laws. You can get an expensive ticket for breaking bicycle laws (e.g. for riding on the sidewalk against vehicle traffic, etc. When in doubt, assume that you are subject to the same rights and responsibilities as motor vehicles (in actuality, there are also additional rights and responsibilities for bicycles). Arizona Cycling Street Smarts ([http://www.azbikeped.org/azbss.htm](http://www.azbikeped.org/azbss.htm)) is a good introductory guide to vehicular cycling.

Bike Shops
There is a good variety of bike stores in Tempe with a range of prices. Rebecca Clark, a SOLS grad student with a penchant for cycling, has provided a review of each of these stores...

- **Tempe Bike** – two locations (Apache Blvd. and Dorsey Ln. and Rural Rd. and University Dr.), sell moderately-priced bikes, quality varies.
- **Domenic's two Wheelers**, sells high-end, good quality bikes (Rural Rd. and Broadway Rd.).
- **Landis Cyclery**, sells good stuff for commuters and pretty good high-end bikes, good mechanics there (Southern Ave. and Price Rd.).
- **Bike Saviours** bicycle co-op, open Sundays 12-6, focus on teaching people bicycling repair skills. Open shop with tools available for use and volunteer staff who help out. They get donations of old bikes and make those available for pretty cheap ($50/full bike), but the person purchasing the bike is responsible for refurbishing it (University Dr. and Roosevelt St.).

More Information:
Tempe Bicycle Action Group (Yep, TBAG; [http://www.biketempe.org/](http://www.biketempe.org/)) is a good starting point for learning more about broader bicycling issues and can also help you find safe and fun leisure rides.

Bicycle paths for exercise and/or scenery are located in Papago Park, the Scottsdale Greenbelt, Tempe Town Lake and along the numerous canals in the Tempe area.

**CAMPUS PHONE DIRECTORY**
Free student/faculty phone directories are available at the bookstore a few weeks after the beginning of the semester. If you do not want your home phone and/or address included in the ASU directory, go to any registrar site and ask for the appropriate card to keep this information confidential.

**COMPUTERS**
Within SOLS, the most convenient computing site is the Graduate Student Resource Center (LSA 187).
There is a combination lock on this room and an individual code is necessary to use the printer; get the codes from the Graduate Programs Office (LSA 181). This room is also used for meeting and conferences, so please take note of any signs designating these below the room number plaque. Do not enter if a meeting is in session. There is an additional computer and printer available for use in the Graduate Programs Office (LSA 181) if needed. The official grad computing resource policy is available in the documents section of blackboard, is short, and should be read by every grad. KEEP THIS ROOM CLEAN AT ALL TIMES.

Computer support inquiries (lab or personal) should be made to the ASU UTO Support area. Do not e-mail them with questions; rather, make requests for support via their web submission form (http://sols.asu.edu/it/request_form.php).

Some years ago, the Graduate Computer Committee in the Biology and Plant Biology Departments convinced the Department to run Ethernet connections into graduate student offices. As this is experimental so far, only some of the offices were connected. If you are one of the lucky ones, you can get connected to the local network and Internet. You need to provide your own Ethernet card (and computer) and then talk to IT to get the I.P. address and configurations. However, wireless internet is now available throughout the Life Sciences buildings and across much of the campus.

CONFERENCE ROOMS
Several conference rooms in LSE are available for you to use. When you need to reserve a conference room for a committee meeting or your comprehensive exams, contact Teresa or Amina. There is also a conference table in the Grad Resource Center (LSA 187) which will be available for informal or formal meetings - again contact Teresa or Amina for more information on formal meetings there.

CREDIT UNION
As an official State employee, you are eligible to be a member of the Arizona State Employees' Savings and Credit Union. To open an account, you must buy a $50 share, which constitutes your minimum balance in a savings account. To qualify for a Share Draft (checking) account, you must either keep a $500 minimum balance in your savings account or qualify for a $500 line of credit (not hard to do as an ASU employee). Applications for credit and more information are available at the branch office in the basement of the Memorial Union (south end of building). The credit union has no monthly or per-check fees and has direct deposit of paychecks, sells traveler's checks, and has a car-buying service, should you have occasion to use them.

Although there is an ATM just outside of the Credit Union in the MU, this is only one of two in the Tempe area; so one disadvantage of the Credit union will be the withdrawal fees that you are charged for using the ATMs from other banks. However, you can use any Federal Credit Union ATM with no fee (Desert Schools Credit Union has lots around – even one near Mill Ave.). A list of locations of available Credit Unions in the area is available from the Arizona State Credit Union (in the MU).

Keep in mind that Bank of America, Wells Fargo, and several other banks also offer free checking and certainly have more ATMs around, including in the MU, where Wells Fargo even has a branch office.

E-JOURNALS
Many journal articles are available for free downloading from ASU computers. For a list of links to available e-journals, see https://library.lib.asu.edu/search/s/. You can also gain access to these online journals from home, by logging into your campus account using your ASURite ID and password. There
are also many library resources available and SOLS even has their own library representative. For more info, browse http://www.asu.edu/lib. If you’re interested in an article that ASU does not currently have access to, you should be able to request it through interlibrary loan (http://libguides.asu.edu/ill). Don’t hesitate to follow up on a request if you receive no response within a few days - just be polite.

**GIFT SHOPS**
If a sweatshirt from the Bookstore won’t cut it for Mom, try the gift shops in the Nelson Fine Arts Museum and Grady Gammage Center, or the little stores downtown.

**SOLS Graduate Program Blackboard page**
You can stay updated with all the announcements, deadlines, funding opportunities, seminars, graduate program specific information (such as requirements), etc., happening within SOLS and at ASU by going to the SOLS Graduate Program Blackboard page (to access it, go to Blackboard > Organizations > SOLS Graduate Program). This is SOLS most complete repository for any official information you may need to know and is constantly being updated by Wendi, Amina and Teresa. Make sure you check it every now and then.

**GRAD STUDENT LISTSERVE**
As a SOLS graduate student, you will automatically be added to the SOLS graduate student listserv, known as LSGRADS. To send to this listserv, send to LSGRADS@asu.edu. You must send this from your asu.edu account. This is a broadcast e-mailing system that allows you to reach all of the grad students in SOLS via one email address. (If you reply to one of these emails, it will only go to the sender, which will hopefully prevent a lot of embarrassing gaffs we’ve seen in the past.) It’s indispensable for keeping up-to-date on departmental issues, events and grad concerns. The list is the official means of communication to all SOLS grads and so our current LSGRADS list gatekeeper, Michelle Sullivan, will automatically sign everyone up using their ASURITE email [asurite user name]@asu.edu. She also manages the SOLSTALK listserve (see above). If you absolutely must, you can un-subscribe yourself from the list by following the instructions that you’ll receive automatically when you are subscribed. Here are the rules:
The University stipulates that our campus accounts have these ‘specifically acceptable’ uses: communication associated with professional issues, grants administration, teaching, or other ASU business.

- The following are ‘specifically unacceptable’ uses per ASU: use for chain letters, for-profit activities, ‘spam’, harassment, mailings that are anonymous or impersonate another individual, allowing anyone else to use your account, uses that overload the network, and anything illegal or that violates University policy.
- Our list policy elaborates on the above by stating that jokes and commentary that are unrelated to departmental or grad issues (particularly anything that could be considered spam or harassment as indicated above) are not acceptable.

Information Technology enforces the University’s Acceptable Use Policy in consultation with Student Life, Legal Counsel, and/or management. Violation results in the termination of your account.

A word to the wise...

Don’t get the listservs all twisted! If you are thinking of asking for advice on a restaurant or advertising a party, please use SOLSTALK and stay within the limits of decency!
Questions about the policy can be addressed to EMAIL-Q@asu.edu.

Our own policy addendum is enforced with peer pressure, so it is the responsibility of users to ensure that they comply with the standards. Likewise, if any of us receives a message that we think is outside the realm of acceptability, it is our own responsibility to inform the message sender that he or she is out of line. Many grad students enjoy exchanging jokes, etc., over email, which is certainly allowable as long as it is not done on the listserv. Joke connoisseurs should set up personal email lists on individual accounts. Informational messages about grad student social gatherings or other activities that invite grads as a whole are also acceptable. For those of us who actually conduct scientific research on things like sex, discussions about topics of this touchy nature are perfectly admissible when they are professional in context and tone.

We also have a voluntary and separate listserv called SOLSTALK. The main LSGRADS listserv will thus be reserved for SOLS-related messages dealing with reading groups, requests for books/equipment/reagents, seminar notices, etc. The secondary listserv is used primarily for messages regarding social events, biology policy debates, for sale ads, etc. If these topics are of interest to you, email Michelle Sullivan (mksulli3@asu.edu) to get signed up. If you would like even more notices about items for sale, apartments for rent, etc. a great resource is the GRADAD listserv. Go to http://lists.asu.edu/cgi-bin/wa for more information on signing up.

**GRAD STUDENT RESOURCE CENTER**

There is a Grad Student Resource Center in LSA 187. To get into this room, get the door combination code along with a copier code from the graduate office next door in LSA 181. The Grad Resource Center will be where you get your mail, send out mail, make photocopies, use grad computing resources. There is also a file drawer in the resource center into which grad students deposit copies of successful grant proposals (which can also be found on the SOLS Graduate Programs Blackboard), and other items of interest. There are various office supplies in this area, and you can ask the graduate office for other supplies. Share your success— if you were fortunate enough to get a big fellowship, or a small research grant, please put a copy in the file folder so others can emulate you.

Please note that this is **OUR AREA**, and we are responsible for decorating it, keeping it clean, and stocking the file cabinet with any items you feel may be of interest to other grad students. Remember – This is a shared space and thus each person should clean up after themselves. The officers and your other fellow colleagues are not responsible for cleaning up after you.

**GRANTS and AWARDS**

Several funding opportunities are available within ASU for travel and research. Be sure to apply for these to minimize your expenses and maximize your CV. You can learn about all the current funding opportunities at ASU by going to the SOLS Graduate Program Blackboard page (Go to Blackboard > Organizations > SOLS Graduate Program > Funding information). Below is a brief description of each opportunity and a web-site to get more information. For information on some of these funding opportunities: [https://sols.asu.edu/student-life/graduate-student-resources](https://sols.asu.edu/student-life/graduate-student-resources).

1. Graduate and Professional Student Association Research Fellowships (applications due early September): up to $2000 for dissertation/thesis research, and up to $750 for independent research. See [https://gpsa.asu.edu/funding/research/graduate-research-support-program/](https://gpsa.asu.edu/funding/research/graduate-research-support-program/). Note that these grants are highly competitive. It is also a good idea to volunteer to be a reviewer in a year you are not applying ([https://gpsa.asu.edu/volunteer/](https://gpsa.asu.edu/volunteer/)).
2. Assistance with facilities through RTI: Eligible for one $1500 award per academic year to
support SoLS graduate students in using ASU facilities in cases where there are no other funds available.

3. Assistance with Field Work through RTI: Eligible for one $1500 award per year to support SoLS graduate students on conducting field work in cases where there are no other funds available.

4. Graduate and Professional Student Association Travel Fellowships (applications due the 1st of every month): up to $950 per academic year for travel, lodging, and registration to a scientific conference, or attendance at a training course or workshop. See https://gpsa.asu.edu/funding/travel/.

5. SOLS Graduate Support Fund (applications due end of Sept, December, March, and June): variable funding for travel to scientific conferences IF you are presenting a poster and/or talk about your research. You can receive only one per year and you MUST complete the SoLS Travel Grant application.

6. Other SOLS grants (FiLS grant for putting on your own conference, GIFT grants for workshop attendance): see https://sols.asu.edu/student-life/graduate-student-resources

7. Other GPSA grants (https://gpsa.asu.edu/funding/)

8. Graduate College Research/Travel Grants (applications due beginning of October, January, April, and July): up to $500 for airfare to a scientific conference IF you are presenting a poster and/or talk about your research. You can receive only one per year and must have matching funds from SOLS or GPSA or some other resource. Your application for these grants MUST go through SOLS first and MUST be accompanied by the SOLS application from number 4 above. See https://graduate.asu.edu/awards/travel

9. Ask your fellow graduate students what they are applying for and be proactive.

SOLS graduate students are STRONGLY encouraged to apply for national graduate research fellowship competitions during their first year (and later, when applicable). Many application deadlines for pre-doctoral fellowships are in November, so start working on them soon!

1. National Science Foundation Graduate Research Pre-doctoral Fellowships (applications due early November): living stipend plus all tuition and fees, for three years: https://www.nsfgrfp.org

2. NIH F31 Pre-doctoral Fellowships: grants.nih.gov/training/F_files_nrsa.htm

3. Howard Hughes Medical Institute Pre-doctoral Fellowships in Biological Sciences (applications due mid-November): living stipend plus all tuition and fees, for five years.

4. Ford Foundation Pre-doctoral Fellowships for Minorities (applications due mid-November): living stipend plus all tuition and fees, for three years: http://sites.nationalacademies.org/pga/fordfellowships/index.htm

5. EPA STAR fellowship (applications due late November): living stipend plus tuition and research/equipment funding for 3 years.

6. For help finding other external grants, see Graduate College web-site: http://graduate.asu.edu/financing/other_helpful_resources or GrantsNet: http://www.grantsnet.org/.

IF YOU GET A GRANT PLEASE PUT A COPY OF YOUR APPLICATION IN THE FILE DRAWER IN THE RESOURCE CENTER AND UPLOAD ON COPY ONTO BLACKBOARD!!!

Finally, consider getting a nomination for some teaching awards given at ASU such as the SOLS Teaching Associate of the Year (which includes a small cash prize), or the Graduate and Professional Student Association Teaching Excellence Award. Teaching awards highlight your success in another
very important area of your education: how to become a good teacher.

LEGAL SERVICES
Student Legal Assistance is no longer offered through Arizona State University (http://www.asu.edu/studentaffairs/mu/legal/index.htm). Any student who wishes to consult with David Swain, the attorney for the previous program, or obtain information or documents from a case which the Student Legal office has handled for the student can contact Mr. Swain at 480-966-3110 or email him at dswain@azlawman.com or at david.swain@asu.edu.

LIBRARIES
Many journals are available online from ASU computers (see E-JOURNALS), so you may be able to get most of what you need from the comfort of your desk. Once in awhile, however, you may need to go to the library. ASU has several library branches, but two in particular are likely to be of interest to you. These are the Hayden Library and the Noble Science and Engineering Library. The ASU libraries are described on the webpage: http://lib.asu.edu/

- **Hayden Library**: Hayden library is located on Cady Mall (it's underground – a good place to hang out in the summer) and contains materials in the humanities and social sciences, including some behavior and psychology journals. It also carries specialized collections including Government Documents (U.S. federal, Arizona state and local, and United Nations), Arizona Collection, Special Collections, and others. There are coin-operated typewriters, photocopy services, and study rooms.

- **Noble Science and Engineering Library**: The Noble library is located on Tyler Mall. This library houses the collections in engineering, physical and life sciences, mathematics, nursing and health sciences, and geography. The Map Collection is also located here. Additionally, the library features an extensive collection of U.S. Patents, Copy Services, and group study rooms.

**Renewing books**: You can renew library books with a simple mouse click online or by phone. There is no limit on how many times you can do this, but you may at any time receive a RECALL notice for one or more of them, in which case you must return the book(s) or receive a fine. If there is a book that you need that is checked out, you might save a colleague the trouble of returning the book if you ask around among those who may have it (it may be someone in your own lab!). Grad students commonly email the LSGRADS listserv to check if a fellow grad has a book checked out before recalling it from the library.

**Interlibrary Loan**: If you find a journal article or book chapter that you need, but an ASU library does not carry the journal or book, don’t despair. The Interlibrary Loan system here is very good about finding those articles, acquiring a photocopy, and usually delivering it right to your mailbox, almost always free of charge, and usually within 2-3 days. The forms for interlibrary loan requests are online, accessible via the library home page. In some cases, especially for book requests, ILL may take quite a while (weeks or months) so submit your requests early! *Note: if the copies come from ASU West there is a charge.*

LIFE SCIENCES VISUALIZATION LABORATORY (LSVL)
The LSVL is part of the Life Sciences Visualization Group (aka “Vis Lab”) and is managed by Jacob Sahertian. The LSVL is located in the E-wing (LSE B61) and offers a wide range of slide making, photographic, and graphic services. For details regarding the many services available through the LSVL check out their website at http://sols.asu.edu/lsvl/index.php. It is
well worth the look!

Information available on the LSVL web site includes processing schedules and anticipated turn-around times for: slides, photographic prints, charts, graphs, illustrations, image scanning, poster presentations, and related media services. Also available on the LSVL web site are the names, locations, and contact numbers for support staff that specialize in: visual media material, computer and photographic images, laser confocal microscopy, ratio/basic imaging microscopy. Information regarding the Silicon Graphics workstation that runs GCG (DNA sequence analysis package) is also available on this website.

The LSVL is open to all persons who do research in SOLS. The primary function of the lab is to facilitate the production of visual materials used in manuscripts, grants, poster presentations and slides for professional talks. Researchers are welcome to submit projects to the staff, but under no circumstances is the lab open for self-help.

MAIL
Grad mail is delivered to hanging folders in LSA 187. Outgoing mail can be dropped off in LSA 181 or LSE 218. Briefly, SOLS will cover the expense of letters sent to colleagues and mail for other professional activities if a departmental envelope (available in the office) is used, and your name is included in the return address. DO NOT PUT A STAMP ON A SOLS ENVELOPE IF YOU WILL BE MAILING IT FROM SOLS. SOLS will also pick up the tab for overnight sending of grant proposals, but other uses are chargeable to you or your advisor's grant. Forms for UPS and FED-EX mail can be obtained from Miguel Carrillo Dominguez in LSE 229W. Always use the 9-numeral zip code (85287-4601) when giving out your address. Re-usable brown envelopes are available in the offices for intra-campus mail; use the proper four-digit campus code (listed in campus telephone directory). If you want to do a mass mailing, ask in the office for the proper protocols (believe me, it can be complicated). For personal mailing, post office mailboxes are located around campus and are collected once a day.

The address for the mail folders in LSA 187 is:
Arizona State University
School of Life Sciences
PO Box 874601
Tempe, AZ 85287-4601

Unfortunately, we no longer have a Post Office on campus. The closest Post Office branch is on the corner of Mill Ave. and 5th, a ten minute walk from the Life Sciences Complex.

OFFICE SUPPLIES
Office supplies, including copier paper, should be available in LSE 222 ask for what you need.

PHONE CALLS AND FAX
There are telephones that you can use located in LSA 187. Most on-campus numbers begin with 965-xxxx or 727-xxxx and from a campus phone you can simply dial 5 or 7 (depending on the prefix) and the four digit extension. To get an off-campus line, simply dial 9 and then the number.

You may use one of the phones in LSA 181 for research-related long-distance calls or sending a fax if you don't have access to one through your advisor, but be sure to leave a note as to the number called and the date for the person whose phone you are using. The Graduate office (965-1768) can take
messages for you (they'll be put in the mail basket to be delivered with the next day's mail, unless it's an urgent message in which case they'll sometimes tape it to your office door or at least put it into your mail box right away).

**Phoenix metro area codes:** The Phoenix metro area is split into three area codes: Phoenix proper is 602; the East Valley (including Tempe and ASU, Mesa, Scottsdale, etc.) is area code 480; and the western/northern suburbs of Phoenix (Peoria, Sun City, Glendale) are 623. Within your local calling area you can use the prefix (e.g., 480-965-5555) or not (965-5555). However, when calling between area codes, you must use the prefix (e.g., calling from a 480 number to a 602 number). Do not dial a "1" or a "0" before the ten-digit local number; this will prevent the call from being completed.

You may also use the fax machine in LSA 181 to send and receive faxes. The fax number is 480-965-7599.

**PHOTOCOPIES**

The copy center at the ASU libraries charges 10 cents per single copy if you pay directly with cash. If you purchase a copy card (for 50 cents) or use your SunCard the cost is reduced to 8 cents per copy. SOLS has an account with the copy center at the ASU libraries, and in special cases, you can charge your copying to SOLS. Pick up a library copy center form in LSA 181. Please use this privilege sparingly, as we are sure to lose this if use is excessive.

There is a Xerox machine in LSA 187 that is for graduate student use, limited to research-related items. Graduate students also have their own copier codes for research-related items (ask Wendi, Amina, or Teresa for your code). When using the free copy service, keep in mind that this service is revocable, and grad students as a whole may lose some copy privileges if we drive SOLS to the poor house making copies. You can also send pdfs and faxes using this machine! Do NOT print undergraduate teaching-related materials in LSA 187! There is a special copy machine for that purpose in LSC 426 (see below).

Use the copy machines in LSC 426 for undergraduate teaching-related items ONLY (TA stuff).

**READING GROUPS**

Journal articles are reviewed and discussed in several different reading groups within SOLS. See the list of representatives and reading groups above. Look for announcements from the representatives on the LSGRADS listserv regarding the club logistics and the blackboard website for the papers.

Some journal club meetings are held on campus, and others are held in the afternoons in off-campus bars. Far more than mere drinking clubs, these reading groups engender lively and interesting professional (and a bit of non-academic) discussions amongst peers and faculty. They are all very informal and a great way to meet other students in your field. Find a journal club or reading group that captures your interest and start participating; it’s definitely worth fitting something like this into your regular weekly schedule.
RECYCLING

Please recycle! There are blue recycling bins on campus for plastic, aluminum and paper. Most labs have a recycling bin which will take all recyclables except for large cardboard boxes. Please take cardboard boxes down to the bins in front of the LSC or LSE elevator on the basement floor.

The City of Tempe and City of Mesa both have residential recycling programs. This permits one to recycle glass bottles, some plastics, and other materials that can’t be recycled on campus. If you live in an apartment, there are a few other collection sites such as the Tempe Library (Rural and Southern). The City of Tempe also holds a weekly household hazardous waste collection at 1320 E. University from 7-12 on Friday and 7-1 on Saturday (www.tempe.gov). You may also be able to obtain a free compost bin from the city of Tempe (and several other cities) by calling in your request.

RESIDENCY CLASSIFICATION

FOR THOSE WHO HAVE ARRIVED FROM ANOTHER STATE: although you are given in-state tuition rates as a TA or RA, you should try to obtain Arizona residency as soon as possible (you may have to pay taxes on waived out-of-state tuition and an RA will cost your advisor more for their share of your tuition remission and health insurance coverage). You must "officially" apply for residency; it does not happen automatically. In brief, you will need to prove that you have lived in the state for at least one year (including summer) and that you have been self-supporting financially for at least 2 years (this means you must also not be covered by parents’ car insurance or health insurance). As soon as you can, obtain an Arizona driver’s license, register your vehicle (which will require an AZ driver’s license and proof of Arizona car insurance), and register to vote (can be done when obtaining an AZ driver’s license). SAVE all your pay stubs and final grade reports. If possible, keep some record of your rent payments (e.g., canceled rent checks) or copies of utility bills with your name and address on them; such documents proving that you lived in Arizona during the summer are crucial. Obtain copies of your tax returns and W-2 forms from the previous year. If you are under 25, you will probably need a copy of your parents' tax returns showing that you were not claimed as a dependent. Documents explaining the classification process may be obtained from the residency classification office, located on the first floor of the Student Services Building. It is at this office that you will apply for residency classification. More information: http://students.asu.edu/residency.

SAFETY TRAINING

Attending mandatory safety trainings is required. The requirements vary according to your lab responsibilities, so make sure you’re covered. At a minimum, you should be attending fire safety training this fall. Other trainings include laser safety, lab safety, hazardous waste management, radiation safety, hazardous materials in transportation. Until then, figure out what the exit plan is for your lab, and be proactive about protecting your health and safety. Environmental Health & Safety offers most of these classes. You need to contact Learning & Performance Solutions Group, Office of Human Resources to reserve a space in one of their classes. As a general rule, it is probably worth it to show up if you are on the wait list, as people often forget to go. Their phone number is 480-965-4751. You can also register for safety courses online at http://cfo.asu.edu.

You can also sign up for text alerts from ASU to keep you informed about building closures, fires, and other emergencies that might interrupt your day or change your decision to come in. Sign up by going to http://www.asu.edu/uagc/emergency/textmessaging.html.

SCIENCE OUTREACH

Interested in communicating with non-scientists and the general public about science? The
School of Life Sciences has a number of opportunities for getting involved in community outreach. One that is geared specifically for SOLS grads is a grad-student-run program called Graduate Partners in Science Education (http://gpse.asu.edu) or contact Jonathan Jackson (joncolej@asu.edu). In this program, each pair of grad students works with economically disadvantaged middle school students at a Phoenix area school one afternoon a week during the spring semester. Grad mentors work in small groups with students to help them design, implement and report a science project of their own choosing. The program requires you take a one hour a week class in the fall prior to teaching; however, you need only take the class once and it is taught every fall. Explore their website or contact for more info.

Also, check out the ‘Ask a Biologist’ website at http://askabiologist.asu.edu/home. If you have an interest in scientific journalism, or if you’ve always wanted to respond to the scientific curiosity of K-12 students, you may be able to gain some of this experience by getting involved with the Ask a Biologist website. Explore the site and contact Denise Pittman (denise.pittman@asu.edu) with any inquiries that you might have. http://askabiologist.asu.edu/contact/volunteer.

The Southwest Center for Education and the Natural Environment, associated with the Global Institute of Sustainability, runs an outreach program where exceptional high school students from the Phoenix area perform research projects in labs at ASU. If you are interested in becoming a mentor for this program, contact Kathryn Kyle (kkyle@asu.edu). http://scene.asu.edu/

The Office of Research Publications produces CHAIN REACTION, an annual ASU magazine that features topics in science and research (http://chainreaction.asu.edu/), which may provide an opportunity for you to try your hand at scientific journalism.

Lisa Herrmann (lisa.herrmann@asu.edu) is the education liaison for the CAP-LTER and runs the Ecology Explorers program (http://ecologyexplorers.asu.edu/). She would be a good person to talk with about educational outreach and the like. And lastly, there are numerous elementary schools that love to have grads come to give talks, science fairs that need judges, and a couple of high school student mentoring programs.

THE GYM – a.k.a SUN DEVIL FITNESS COMPLEX

For a healthy body, to go with your healthy mind, you'll find tennis, yoga, weight rooms, stationary bikes, stairmasters, elliptical machines, treadmills, swimming pool, basketball and racquetball courts, etc. at the Sun Devil Fitness Complex (SRC, http://fitness.asu.edu/). There is also a great selection of fitness classes, such as aerobics, circuits, and spinning. You automatically
pay for membership (fees are charged to all students’ accounts), so you might as well use it! Note, however, that unless you are registered for classes during the summer you will need to pay a $100 summer fee. Daily locker use is available -- bring your own lock each time you exercise. Semester-long rental lockers are also available for $30.00, but inquire as early as possible since the demand for these lockers can be heavy (i.e. sold-out within hours of their initial availability). Recreation equipment (i.e. towels, racquetball and tennis rackets, camping gear, diving masks and snorkels, etc.) is also available for cheap rental through the fitness complex. Note that group classes, such as yoga, will cost extra. In addition, pools at the Mona Plummer Aquatic Center (just north of University on College Ave.) are open daily for lap swimming. Call the aquatic center for pool hours at 965-4040.

Summer Support

In general, you can get summer support one of four ways: 1) TA-ing summer school, 2) an RA from your advisor, 3) an outside fellowship, or 4) a SOLS university fellowship award. Many students will have a combination of the above sources to fund any given summer. There are several TA positions available in each of the two 5-week summer sessions; the actual number depends on the courses and number of lab sections being taught each year. Make sure that you meet all of your annual progress requirements if you want to be eligible for summer funding!

Taxes

You must pay Federal and Arizona State taxes on your graduate assistant income. You will get a W-2 form from ASU. But fellowship amounts used for educational expenses are usually non-taxable, so keep receipts should you be in this enviable position. See http://www.irs.gov/individuals/students/ for more information and links to relevant tax guides. Also an organization on campus (V.I.T.A.) offers free tax help during the spring months before taxes are due. Mostly international students use this service but it is open to all. See the international student office website for announcements regarding VITA (https://students.asu.edu/international/issc/taxes). Another online option is the H&R block-collaborative (http://www.unitedway.org/myfreetaxes/) for both state and federal taxes.

Travel Authorization

You should see the travel specialist in the business office (LSE 222) before you leave campus for professional meetings or field work. For trips where you will not receive financial compensation, fill out the Travel Authorization for Insurance Purposes Only form. This has to do with work-related compensation benefits should something happen to you while "representing the university". If you will receive financial support for your trip, fill out the appropriate normal Travel Authorization/Claim form (https://travel.asu.edu/ASUTravel/ssl/TravelCenter).

If your advisor will reimburse you for expenses involved in travel, indicate the account number from which you will be reimbursed (Area/Org) and estimate how much you will be spending on the Travel Authorization/Claim Form. While traveling, make sure to keep all receipts and something that proves you were doing research-related things (e.g. conference announcement). When you return, bring all receipts to the Business Office (LSE 222) and fill out the travel claim part of the Travel Authorization/Claim Form, indicating how much you wish to be reimbursed for. If you need money ahead of time, you can get a Travel Advance (i.e., a check!) using the Travel Authorization/Claim Form as well. Just make sure you bring the receipts in later, otherwise the money you spent will be taken out of your paycheck.
However, SOLS has very recently (summer 2015) transitioned to a new online travel system called “My ASU TRIP” for all ASU faculty, staff, graduate students as well as Sun Devil Athletics. All travel requests should be submitted through My ASU TRIP accessed through here: https://cfo.asu.edu/myasutrip. Because of the university-wide implementation of this new system, there is wide series of instructional documents and video walkthroughs if the most common tasks on the new system, which will continued to be updated with more training content as it is created. So, bookmark these links so you can review them when you begin planning any trips with this new system: https://cfo.asu.edu/travel-training. Therefore, a lot of these instructions may change/simplify with this new system, so stay tuned!

**VEHICLE REGISTRATION AND DRIVER’S LICENSE**

Within six months of arrival in Arizona you must register your vehicle with the State of Arizona. Realistically, you can get away without changing it until your old registration expires. A helpful guide to registering your vehicle in AZ can be found at http://phoenix.about.com/library/weekly/uc032702a.htm or http://www.azdot.gov/mvd/azwelcome.asp, and the Motor Vehicle Division website is http://www.azdot.gov/mvd/index.asp. These are the general steps:

**Stage 1**: Have your vehicle emissions tested at any testing site (closest to campus: 1951 W 1st Avenue, Mesa; M-F 8-7, Sat 8-5). If your car is five years old or older then registration requires a form stating the vehicle has passed the emissions test. If the vehicle fails the emissions test, you may have a mechanic make the necessary adjustments and return for a free re-test. The initial test costs about $25 (1981 models & newer = $27.75 and all others = $19). Credit/debit cards are accepted; however, out-of-state checks or third party checks will NOT be accepted. For questions regarding emissions, call ADOT at (602) 255-0072.

**Stage 2**: Take the emissions test certificate, current registration and title, PROOF OF ARIZONA AUTO INSURANCE (you need either an Arizona insurance policy, or your out of state policy must cover you in Arizona), a screwdriver (see stage 3), and picture ID (you can’t do anything in this state without a picture ID!) and the vehicle to the registration site (1703 Larkspur Lane, off Hayden/McClintock Road). At the registration site you will be given the necessary paperwork and the vehicle will be inspected to verify that the ID number on your vehicle matches the title/registration. If the title shows a lien holder, you will need to have a note from them saying that the car is paid off or what's remaining to be paid. Make sure the note referring to the lien is official, or you will be making another trip.

**Stage 3**: Remove your old plates from the vehicle (hence, the screwdriver!) and take them plus the paperwork to the "New Registration" window. After you pay the registration fee ($12 + about 2% of the blue book value of the vehicle) you will receive your new plate and current year stickers. Renewal forms will be sent to your home address before your Arizona registration expires. Each annual renewal requires an emissions test, but the rest can be done by mail. For some cars, depending on year, emissions tests are every other year now.

**Driver's License**: You can get an Arizona Driver's License at 1703 Larkspur Lane, off Hayden Road. Exchanging licenses usually does not require a behind-the-wheel test, only an eye exam. You should be issued your permanent license the same day (which won’t expire until you’re about 65 years old!). The cost is about $25. Inquire at the Driver's License Office for details and cost information. New licenses may fade, but they will replace them for free. Note: This is also a good time and place to register as an
Arizona voter! SUGGESTION: Begin early; everything opens at 8 AM. Lines are shortest mid-week (and mid-month for emissions testing). Avoid the end of the month. For more information: http://phoenix.about.com/cs/car/ht/driverlicense.htm.
CHAPTER 6: Food, Entertainment and Amenities

AT SCHOOL
If you’re looking for food on campus, there are many fast-food options in the Memorial Union ([http://www.asu.edu/studentaffairs/mu/map/](http://www.asu.edu/studentaffairs/mu/map/)). There is a coffee, soda and sandwich shop at the Hayden Library, there is also another by the picnic area near the math building as well as in other areas around campus. E2 is a great little organic wrap/sandwich/salad spot located on orange mall toward the west side of campus. Engrained is our sustainable cafe located upstairs in the Memorial Union, it features locally grown food fare. If you’d like to quickly heat something up, there is a microwave in LSC 187. Please help us keep this room in order by cleaning up each time you use the microwave, the table, etc. The janitorial service only covers emptying trash and recycling cans. Please be courteous by cleaning up after yourself and others.

CLOSE TO CAMPUS – BEER
Unfortunately, engaging with interesting and fun places in Phoenix requires planning. Aside from Mill Avenue (which is often inundated with undergraduates) the options are fairly widespread. Although there are other places, the bars in close proximity to ASU, popular with graduate students include but are not limited to (New places constantly spring up!):
- Blasted Barley Beer Co. on Mill – A small brewery with a decent selection of food and a over 30 types of local and imported craft beers on tap, it also has arcade games, ping-pong table, and other games and entertainment options including dancing part 10pm. Seating indoors and outdoors.
- El Hefe – A new tequila bar with great outdoor seating.
- Casey Moore’s – A great local pub/oyster house with poor service but plenty of outdoor seating
- Cornish Pasty Co. – Great food and excellent beers. $3 Irish car bombs all the time. Seating indoors and outdoors.
- Fat Tuesday’s – A New Orleans bar with only slushy drinks, and lots of them
- Four Peaks – A local brewery with very good beer and food.
- Gringo Starr – Sports Bar with a taste of a Video/Arcade Game Bar, with good food and great happy hour specials.
- Handle Bar – New, bicycle-themed bar on Mill Ave with micro-brews on tap.
- Low Key Piano Bar – A piano bar on Mill...lots of fun to watch and sing along.
- Mellow Mushroom – Great happy hour specials on a great selection of beer.
- Mill Ave. Cue Club – A fun place to play Pool and later get some good Long Island Iced Teas
- Monkey Pants – Their advertisements (and the name) make this place look like it would be crawling with undergrads, but that is misleading. You can play table shuffleboard or BuckHunter, and eat cheaply.
- Palo Verde Lounge – An awesomely eclectic dive bar that serves PBR and has an old-school jukebox.
- Papago Brewery (SW corner of McDowell & Scottsdale Rd.) – #1 bar in the area for good beer, undergrad-free environment, and free darts (great sliders & pizza too)!
- Public House on Sixth- A newer, fun Irish pub on Mill
- Rula Bula – A fun Irish pub on 3rd and Mill
- Taste of Tops – A small bar with an awesome selection of beers both on tap and bottled. This place allows bringing take-out food and it’s next to the liquor store with the same name and broad beer selection.
- The Vine – A great sports-bar just south of campus with cheap drinks and pub food, pool tables, and a jukebox. Seating indoors and outdoors.
- Yucca Tap Room – recently, this bar added...Taps! Also a good table shuffleboard place and live band karaoke one day a week
CLOSE TO CAMPUS – RESTAURANTS

If you find that you cannot survive on beer alone, here is a list of some good local restaurants and cafes:

- Café Boa -- good Italian food on Mill & 4th St. (north-west of campus)… a little pricy.
- Café Lalibela (University and Hardy) -- excellent Ethiopian food!
- Chompie’s -- (North side of University, between Rural and McClintock), great New York deli, fresh bagels, great sandwiches.
- Chuckbox – An awesome burger place north of campus.
- Cornish Pasty Co. – Kind of like an empanada but from the UK. They have a great selection of vegetarian options and good beer selection as well. Northeast corner of Hardy and University. Now also on Mill just past 5th as well.
- The Dhaba - a fan-friggin-tastic Indian place on Apache in between Rural and McClintock.
- Delhi Palace – A very good Indian Restaurant with a great lunch buffet (southeast corner of University and Rural).
- Engrained – (on campus on the second floor of the Memorial Union) is good. It is open for lunch and has delicious gourmet food made in a sustainable way (all local produce) for around $7-10. Only open for lunch, but cheap deals after 5PM!
- Essence Bakery – Café that is great for brunch and has amazing macaroons (Hardy and University)
- Fat Burger – Burger place (Mill north of 5th)
- Harlow’s Café – A diner on University W of Hardy. Great Peaches ‘N’ Cream muffins!
- House of Tricks – (on 7th St) modern gourmet cuisine ($$), a popular spot for those special occasions, an absolute must when entertaining out-of-town visitors (particularly if they’re paying!). Lunches are more affordable often for the same plates!
- Khai Hoan – A cheap but excellent Vietnamese (Apache W of McClintock).
- La Bocca – A great pizza (and wine/sangria) place on Mill Ave.
- Lorenzo’s - Pizza & calzone place north of campus.
- Ma’I Island Grill – (Forest north of University Ave.) – Great Hawaiian plate lunch and Filipino food—especially the BBQ chicken.
- Moroccan Paradise - great Moroccan food, including crepes (and gelato and poutine?), on Apache
- Oregano’s – Everyone’s favorite Italian, kitschy atmosphere, long lines (esp. weekend nights), south side of University, a little further west of Mill Ave and the railroad.
- Panda Express – A fast food-style Chinese restaurant on college Ave. just north of University Dr.
- P.F. Chang’s - (Mill and University), Asian fusion
- Pita Jungle - Mediterranean cuisine with great vegetarian options (Apache, past Rural. east of campus; Also corner of University and Mill)
- Phoenicia Cafe - Good middle-eastern food, north of campus. Haji Baba is also great, on Apache between Rural and McClintock.
- Port of Subs - On College Ave. just north of University Dr.
- Postinos - Wine bar with great bruschetta and outdoor seating. $20 Bruschetta board and bottle of wine deal Monday and Tuesday nights after 8PM!
- MyPie – Fast, casual custom pizza place on College Ave.
- RA Sushi – (5th and Mill Ave.) great Sushi with happy hour daily, 4-7 and reverse happy hour (10-close)
- Restaurant Mexico -- A good Mexican place on Mill Ave, just west of campus.
- Rosita’s – Sit-down Mexican (good, not too expensive) at Hardy and University (North Side of University).
- Sack’s – Great sandwich place (southeast corner of Mill and University)
- Salut! - Great place for happy hour and mixed American fare on E University, between Dorsey and McClintock. S’mores is a dessert option.
- Shady Park - pizza with nice outdoor seating (and 1 cent pitchers of beer during happy hour with any pie). (University, just east of Mill)
- Snooze AM - great brunch place on College; go early or be prepared to wait (caveat: waiting includes free
coffee).
- Subway - On College Ave. just north of University Dr.
- Thai Basil – A great Thai place just west of campus (southwest corner of S. Farmer and University)
- Venezia’s pizza – Pizzeria on Southern Ave. and Mill Ave.
- Café Istanbul – Middle Eastern restaurant on Dorsey Ln. and Apache Blvd.
- Cheba Hut – Sandwich place on University Dr. and Hardy Dr.
- Ncounters - Chic little breakfast/sandwich spot on the north side of Mill Ave.

AROUND TOWN – RESTAURANTS
Sometimes you need to get away from campus for a little more variety. These restaurants are worth the trip.
- B.J.’s – (Chandler Fashion Square)- happy hour 4-7 and 10-close, with pizzas, microbrews, that they make on premise and a great pizza cookie
- Buffalo Wild Wings – Giant sportsbar with great wings and other bar food, corner of Rural and University.
- Buca di Beppo –(Ray and Priest) family Italian meals, also featuring full meals for two.
- Cibo – Awesome woodfired pizzas in a sweet bungalow in downtown Phoenix Breakfast too! (603 N 5th Ave Phoenix).
- Fez – A Moroccan ‘fusion’ restaurant that turns into a bar at night. They also have a great brunch menu too (Central Ave, between Indian School Rd and Osborn Rd).
- Gelato Spot – Scottsdale & 3rd, gelato & coffee, their gelato is just perfect.
- Grazie Pizzeria (and wine bar) – serves terrific authentic Italian pizzas for $10-15; the service is good and the terrace/patio is lovely, so it’s a good spot for a bit nicer dinner (Scottsdale, 6952 E Main St).
- Green – New Vegetarian Cuisine -- great vegan food at a reasonable price, on Scottsdale Rd, a couple miles north of campus, on the left side.
o Haji Baba’s – Mediterranean food – Apache W of McClintock
o Jerusalem Pita Grill – 10211 N. Scottsdale Rd. in Paradise Valley (480) 315-3778
o Kona Grill – (Scottsdale Fashion Square and Chandler Fashion Square) – another fun place for young grad students/professionals for sushi and other great appetizers at half price from 4-7 and reverse, 10-close.
o La Santisima – A gourmet taco shop on 16th St north of McDowell Rd.
o Los Dos Molinos – (Alma School & Main, Mesa or S. Mtn and Central Ave in Phoenix) Great Mexican (Food is hot & the margaritas come in fishbowls!)
o Los Sombreros – Another great Mexican restaurant, on Scottsdale Rd. Not particularly vegetarian friendly.
o Mariscos Sinaloa – (3135 S 48th St # 110 Tempe) Mariscos Sinaloa is awesome. Their fish tacos and breaded shrimp tacos are amazing ($2.50 each)! They also have this wonderful orange colored, creamy chipotle-like sauce that is served in a squeeze bottle and is a must for the top of the tacos! They also serve each beer with a frosted, salted mug...classy. And, they serve margaritas (ok), and shots which look amazing.
o Nello's- great eat-in pizza place with good salads as well! 1806 E Southern Ave, Tempe - (480) 897-2060
o Oregano’s – (about a ¼ mi. west of campus on university) good Italian food, sometimes a wait on the weekend, but they give you free soda for the trouble.
o Phoenicia Café – Inexpensive and a nice walk from campus. 616 S Forest Ave, Tempe - (480) 967-8009
www.phoeniciagrill.com
o Pita Jungle – Very inexpensive and tasty Greek food! They are awesome for eat in (hardly ever have to wait, even though always packed) or for take-out. Offer a good vegan breakfast. 1250 E Apache Blvd # 110, Tempe. (480) 804-0234 www.pitajungle.com
o Pizzeria Bianco – “The best pizza in America” ...that’s per USA Today and it’s also why this is a place for patient people who love fresh ingredients and delicious culinary genius (623 E Adams St, Phoenix)
o US Egg – A popular Brunch, but long lines (S side of Baseline, E of Mill)
o Wildflower Bread Co. (SW corner of McClintock and Guadalupe) – Great sandwiches, soups, pasta; fresh loaves of bread and desserts: Opens into Changing Hands, a great independent book store.
o Wong’s Place – a good authentic Chinese place (Baseline and McClintock)
o Matt’s Big Breakfast – Great breakfast and lunch place in Phoenix (801 North 1st St., Phoenix).

o Americas Taco Shop – Quality Mexican fare available at two locations (2041 N. 7th Street, & 4447 N. 7th Avenue, Phoenix).
o Durants – A fine dining steakhouse in central Phoenix (2611 N Central Ave., Phoenix)
o Houston’s – A fine dining restaurant (two locations; 2425 East Camelback Rd., Phoenix, & 6113 N Scottsdale Rd., Scottsdale).
o Richardson’s – A New Mexican cuisine restaurant (1582 East Bethany Home Rd., Phoenix) Phx
o Le Grande Orange – A quality pizzeria (4410 N. 40th St., Phoenix)
o The Breakfast Club – Great quality breakfasts and lunches (4400 N Scottsdale Rd # 100, Scottsdale)
o Spinato’s Pizza – Great pizzeria close to Tempe Market place (227 S Smith Rd., Tempe).
o Tapas Papa Frita - Fantastic Spanish wine bar, lots of tasty tapas and a darn fine sangria ($$$)
o El Tlacoyo Mexican Food – Authentic Mexican food, best in town, on University past the 101.

AROUND TOWN – COFFEE SHOPS

When I’m reading papers or writing on the weekends, I like to take myself on “coffee dates.” It means staying away from my office on the weekend and keeping myself happy AND my time to degree under a decade!
o Cartel Coffee Lab – SW corner of University and Ash. Best coffee around, indie atmosphere, and the baristas know what they’re talking about. Opens at 7:30 M-F, 8 on Sat, 9 on Sun.
o Coffee Rush - SE corner of Ray & Dobson, free Wi-Fi, great lake (?!?) view!
o Coyote Cafe - E University, great place, but closes early (5 PM)
Cupz – On College Ave. just north of University Dr.

Dutch Brothers Coffee: Rural Road and Apache, great drinks loaded with caffeine, kinda pricey

Dunkin Donuts – NW corner of 5th St and Mill Avenue, for some reason they have great coffee?!?

Gold Bar Espresso - NE corner of Southern and McClintock (behind Blockbuster, in front of Basha's) 3141 S McClintock Dr. Small place with excellent coffee. Bagels and desserts.

Kona Cafe - E University; also has a drive-thru

Solo Café - This place is on Mill and Baseline and it has low prices and cool atmosphere.

Xtreme Bean Coffee House - SW Corner of McClintock and Southern 1707 E. Southern Ave. Drive thru window, bagels, desserts, local music a few nights a week, fast wireless internet.

Lux – 4404 North Central Avenue, Phoenix.

AROUND TOWN – SUPERMARKETS

Check out these grad student favorites:

- Basha's Supermarket (NE corner of Southern and McClintock) -- Local grocery store chain - newish location with good produce, some bulk natural foods, and all the typical grocery store stuff. Much less crowded than the Safeway at Rural and Broadway.
- Downtown Phoenix Public Market – Year-Round Farmer's market Wednesdays 4 p.m. - 8 p.m., Saturdays 8 a.m. to Noon 721 N. Central SE Corner of Central Ave. & McKinley St. (2 blks S of Roosevelt)
- Fry’s Food Store – Two locations on Southern Ave – one near Mill Ave and the other near Rural Rd.
- Lee Lee Oriental Supermarket – 2025 N. Dobson Road in Chandler. (480) 899-2887 (a huge warehouse where each ethnicity gets a row—plus fresh and inexpensive produce and seafood).
- Mekong Plaza (corner of Main or Apache and Dobson) – good Asian supermarket.
- Rollins Market – (5th and Beck) Small grocery store which has a limited selection focused on Mexican foods. It has a little butcher section.
- Safeway – Really close to campus, on the NE corner of Rural Rd and Broadway Rd
- Segal’s Kosher Market – 4818 N. 7th Street in Phoenix. (602) 277-5769
- Sprouts (Formerly known as Sunflower Market; NW corner of Southern and McClintock) -- Great prices on produce, some local bakery breads, olive bar, good cheeses, big liquor and wine section, lots of natural and organic products. This place rocks.
- Tempe Farmer’s Market (SE corner of Farmer and University) – Convenient, but somewhat pricey, selection of fresh produce. Open daily and late (until 11 pm or later)
- Trader Joe's (SW corner of McClintock and Guadalupe) – High quality, cheap prices
- Walmart – Another grocery store on Southern Ave (on the NW corner with Rural Rd.
- Whole foods (Rural and Baseline) – Expensive selection of a large variety of organic, local, and gourmet foods. They do have great local goat cheese, olive oil, tomatoes, etc. Huge one in Chandler on W Ray Rd also has pretty affordable eating options (good pizza! Happy hour all day Saturday!)

Also, you might consider joining the one of the Tempe Community Supported Agriculture programs. These programs work like a subscription service for produce. You pay the farm one lump sum in advance (10 weeks) and get a weekly delivery of fresh local fruits and veggies which you can pick up at various locations. If interested, see http://www.tempecsa.org See http://www.arizonalocalfood.com for more information on where to go for local beef, eggs, or other treats.

For a list of farmers markets see http://phoenix.about.com/cs/shop/a/farmers01_2.htm.

AROUND TOWN - HIKING

Just some ideas for where to look for hiking trails:

- Hayden Butte: quick hike up "A" mountain, north of campus, convenient hike in Scottsdale; VERY crowded on weekends (read: go on weekdays)
- South Mountain Park, other Regional Parks
- Tonto National Forest
- Outside Phoenix: Payson, Sedona, Camp Verde are all gorgeous, full of options, and about 2 hours from
- Alltrails: http://www.alltrails.com/explore?b_tl_lat=33.39561913298358&b_tl_lng=-112.12406158447266&b_br_lat=33.25246979589199&b_br_lng=-111.87824249267578
- And if outdoor swimming is as much of a priority to you as it is to me: http://swimmingholes.org/az.html#MAP

AROUND TOWN – PET STUFF AND VETS

Pet Stores:
- Petsmart (at the Tempe Marketplace… McClintock and Rio Salado)
- Pet Club (6350 S. McClintock Dr.)
- Ryan’s Pet Supplies (1805 E. McDowell Rd, Phoenix, AZ) This place is a huge pet warehouse, discounted items can be expected.
- Petco (SE corner of McClintock and Guadalupe)
- Pets Inc (NE corner of Mill and Southern) Local reptile, fish, and amphibian equipment.
- REI (Southwest corner of Southern and Hardy) Has a great pet section for active dogs

Vet Recommendations (alphabetical order):
Faust Animal Hospital
3111 E. Greenway, Suite 105
Phoenix, Arizona 85032
(602) 482-2161
www.faustanimalhospital.com
“Knowledgeable, professional, and great with animals” – Lisa Taylor

Ingleside Animal Hospital
5130 East Thomas Road
Phoenix, Arizona 85018
(602) 840-3446
http://www.ingleside.com/
“They are AAHA accredited, have a friendly, knowledgeable staff, the latest equipment, and work with the Humane society (adopted pets get their first visit free).” – Robin Treuer

McClintock Animal Care Center
3402 S McClintock Dr
480-820-2822
http://www.accvet.vetsuite.com/
“I take my cat here, and she is seen by Dr. Tracy Wight who is totally awesome with animals. And, they are reasonable with costs, and give you options about what your pet really needs (vaccinations, etc).” – Angela Picco

Tempe Veterinary Hospital
3400 S Mill Ave Ste 324 (Tempe)
480-966-0391
[Dr. Wells or Dr. Snyder]

Shea Animal Hospital
Considerate, adept, and genuinely caring. Full service veterinary medicine and surgery for dogs, cats, and exotics. Chinese herbal and acupuncture for dogs and cats. Also offer $25 referral discounts.

Topaz Veterinary Clinic
1804 E Southern Ave #9 Tempe, AZ 85282 (Tempe)
(480) 345-6500 [Dr. Berthiaume and Dr. Marzke]
“Both vets are very kind and understanding. They clearly explain their diagnosis and all treatments available -- they are not just trying to get your money. They also have a $25 off coupon on their website.” – Shelley Valle

University Animal Hospital
2500 S. Hardy Dr.
Tempe, AZ 85282
(480) 968-9275
www.universityvet.com

“This place is amazing. All doctors are smart and caring. The place is very upfront about costs, and asks you to pick the treatment you feel comfortable paying for. There is also a pet resort here, so it’s awesome when I go home for Christmas!”- Danielle Lussier

“This place is expensive but provides very good care. It’s the closest 24-hour vet to campus, also boards animals. There are 6 vets there; I like Dr. Carmen Bastek.” – Kris Gade

“They are excellent vets, but not cheap and they are open 7 days a week, until 8pm most nights.”
– Jon Davis

“Gone there for years. They're slicked out for helping pets get the paperwork necessary for going across borders (e.g. Canada). I’ve not had any bad vets there but Dr. Koch is my favorite - he does follow-up calls, explains things well, seems to actually LIKE dogs... Excellent care (for me and my dog!) by the vets and support staff when my small dog was ripped open by a loose dog last fall.”
– Danna Schock

“This is my all-time favorite vet hospital, these doctors are great, and will spend time with your dog. They always follow up with calls. My dog got very sick because she swallowed a squeaker, she needed 5in of her small intestine removed. Not only did they constantly update me during surgery, but they let me sit in the back with her, while she was recovering! Love this place!
– Danielle Lussier

Dog Parks
- Tempe Sports Complex Dog Park (Hardy and Carter, south of Kiwanis Park) - This is considered the best of Tempe’s many off-leash dog parks. It has a large, fenced area with lovely grass, gravel, and picnic tables.
- Papago Dog Park (Curry Rd. and College Ave. in Papago Park) – This is a fenced, off-leash dog park within Papago park, it also includes picnic tables, a pond, playground and restrooms.
- Mitchell Dog Park (Mitchell Dr and 9th St.) – Includes grassy areas, shade trees, benches and picnic tables.
- Creamery Park (1520 E 8th St) – smaller dog park.
- Jaycee Dog Park (5 St. and Hardy) - Includes picnic tables, water, shade trees, and waste bags.
- Chaparral Dog Park (Chaparral and Hayden (north McClintock)- this dog park is amazing, very
large fenced in area. People are very friendly, and it is very clean. This place is always busy too, if you like your dog to be non-stop playing

- Cosmo Dog Park (Ray Road and Val Vista)- This is the best dog park in AZ, because it has a lake inside the dog park! It is about 15 minutes from campus, and your dog will get dirty! They also have a fenced in area with lots of agility equipment.

- Arizona Dog Sports (48th and Cactus)- This is an indoor dog gym that is great for taking agility courses, advanced obedience, and more! I love this place, my dog actually got her Canine Good Citizen title from this place.

AROUND TOWN - DENTISTS

ASU does not offer dental insurance to grad students as part of their benefit package. Here are some tips for taking a little of the pain out of your dental work.

Dental Plan Recomendations:
“The best thing to do is to go to www.dentalplans.com and select a discount plan. The cost of enrollment for one year will more than make up the difference in price for just one filling at any dentist in the Phoenix area. Not as good as insurance, but it's a heavy discount on all work. Some of the better plans even include a routine checkup and cleaning yearly.” – Kate Ihle

“A good, decent dental plan that students can realistically buy into is through Perfect Teeth. http://www.perfectteethdentalplan.com. I have the Diamond Plan, which gets me two annual exams for less than $200 total/year (plus a 25-50% reduction in any treatment if I need it).” – Ben Campbell

Dentist Recommendations (alphabetical order):
Arizona School of Dentistry & Oral Health
5885 E. Still Circle, Suite 101, Mesa AZ; (480) 248-8100; www.atsu.edu
Dr. Frank Brinkman, DDS
2058 S Dobson RD # 12, Mesa, Arizona 85202; (480) 838-3033
“I go to Dr. Brinkman, but he is in Mesa (on Dobson, just south of Baseline). If the office location does not turn you off, I think they are very good and reasonably affordable. They work with you on payment (e.g., they will hold a check for you if you need them to, etc.). They also tend to be conservative when it comes to dental work--I have never felt they were pushing/scaring me into doing procedures. They are also very friendly. The only major downside is they are open M-F, 6 am to 2 pm only.” – Kaesha Neil

Dr. George Carr, DDS
2072 E Southern Ave A-103, Tempe, AZ 85282; (480) 756-0194; www.georgecarr.dds.com
“He’s close, and since I pay out of pocket and I’m a grad student he’s usually willing to work with me and cut me a deal (no promises though - you'll have to talk to him).” – Gwynne Johnston

Thomas David L DMD DDS
(480) 967-9453, 2700 S Rural Rd, Tempe, AZ 85282
“He has been our dentist for over ten years and is great!” – Hoski Shaafsma
“I’m still going to him, but my wife and I are not huge fans. Got some stuff wrong for her and did not communicate charges well to me before doing treatment.” – Kevin McCluney

Dr. Daniel Kline, DDS
590 North Alma School Road, Chandler, AZ 85224-4361; (480) 899-5240
“I'd HIGHLY recommend Dr. Kline. Very oriented toward patient service.” - Ji

Dr. Rambutan DDS
Shea and 32nd St, (602) 996-0166
“I've got a great dentist and not only is he good, he's affordable. He is also, unfortunately quite a distance away.” – Cyd Hamilton

Dr. Stacy Tracy DDS and Dr. Roxanne Hubber
2210 S. Mill Avenue, # 3, Tempe, AZ 85282; (480) 829-8200
“Dr. Tracy and Dr. Hubber are close to campus, competent, and their rates are probably similar to other dentists. You also get a $50 discount card for referring a new patient” – Jen and Manuela’s comments combined.

Dr Puja Suresh and her dad Dr. Suresh in Mesa

Patient reviews of dentists in Phoenix, AZ area
http://phoenix.doctoroogle.com/dentist_reviews.cfm/pageID/8/index/B/city/all
Patient reviews of dentists – Tempe only
http://phoenix.doctoroogle.com/dentist_reviews.cfm/pageID/8/index/B/city/tempe

AROUND TOWN - MENTAL HEALTH
Graduate school can take a toll on your body and your mind. While you'll need a referral from either the counseling center or the student health clinic to go off campus, we have put together a short list of mental health professionals and graduate opinions of them to take some of the stress out of finding someone to talk to about your stress!

Counseling and Consultation
http://www.asu.edu/studentaffairs/counseling/
-Provides individual and couples counseling, group counseling, support groups, crisis intervention and referrals.
-I went to the ASU counseling place in the student services bldg. They were really great, discreet, and were able to get me in fast. I saw Carolyn Jones for the consult and then Sande D. regularly (though I think she has retired). The psychiatrist is very good too, a little serious but knowledgeable (Dr. Brogan). They were very sympathetic and understanding about the stresses of being a grad student and really helped me out. I would definitely recommend going to the center, esp. because it is very convenient being right on campus.

Counselor Training Center (CTC)
480-965-5067
-Provides individual, couple, and family counseling. Located in Payne on the fourth floor.

Clinical Psychology Center
Psychology Building PO Box 871104 950 S. McAllister Second Floor Room 289 Tempe, AZ 85287-1104
-This is a training clinic, in which advanced psychology students are closely supervised by clinical faculty. The benefit is that the cost is based on income, so it tends to be very inexpensive for graduate students.

Kim Evans
Rubenfeld Synergy Therapy
(480)471-3448
She is a holistic therapist trained in Rubenfeld Synergy work, a mind-body-spirit modality. Kim is located at Via de Ventura and the 101N in Scottsdale, and offers a sliding fee scale for payment. She does not take insurance. As someone training to be a therapist myself, I can say hands down that she is the best therapist I have ever met. She is extremely gifted across a range of issues and clients,
specifically trauma of any sort. She would be an excellent fit for someone looking to do psychological healing work in a holistic modality for affordable pay.

Stuart Fensterheim, 480.560.1981

Judy O'Donoghue, Ph.D.
3910 S. Rural Rd. Ste. A-1
Tempe, AZ 85282
480-894-2425
She has expertise in transgenderism, and professionals with this type of expertise are very hard for transpeople to find.

Jennifer Rhodes, Ph.D.
Licensed Psychologist 2120 S. Rural Rd, Suite 5 Tempe, AZ 85282  www.jenniferprhodes.com  (480) 449-9070
She specializes in anxiety and depression and practices cognitive behavioral therapy. She graduated John’s Hopkins and is very good. She was recommended by Career Counseling & Services at ASU. Dr. Rhodes has a lot of experience with grad student issues, and she's been a very helpful therapist. She tends to rely heavily on cognitive behavioral therapy and "homework", so if that's something you don't like, you might want to look elsewhere.

Dr. Greg Shrader
(602) 402-9042
I had a very POSITIVE experience with Dr. Shrader. He has a Ph.D. (in Psychology) and he is the advisor to several graduate students (Not at ASU) and has had graduate students as clients so he knows exactly what we are going through. Dr. Shrader is smart, easy to talk to, and very genuine. He has a private practice, but if you get a referral though ASU counseling services you can use ASU insurance and the co-pay is only $25 dollars. His office is also right on Mill (very close to campus). He only sees patients on Fridays.

Negative Experiences...
I had a very NEGATIVE experience with a fellow named Paul Krech. He did my intake at ASU's counseling service and was very inappropriate. He made several very vulgar jokes and talked a lot about drug use and told me he was friends with several ASU grad students. He got very upset when I told him I didn't think we were a fit. He also admitted to lying to me in order to try to get me to trust him (ironic). I checked, he doesn't work at ASU counseling services, but he could be out there somewhere.

AROUND TOWN - CAR MECHANICS
Whether you enjoy it or not, Phoenix is a driving city, and you’ll find that the hot summer sun causes funny things to fail on your car. Or, you could be like the rest of us, trying to nurse an old car through its fourth or fifth “final year”. Whatever the reason for your repair, it’s always useful to have a good mechanic on your list. We polled grads and came up with the following recommendations for places to bring your “trusty” vehicle (listed alphabetically):

All Star Transmission
NW corner of Guadalupe and Country Club in Mesa. Great service and super honest.

All Tune and Lube
On Broadway, near Roosevelt
Arizona Imports, LTD.
602-243-7447; http://www.arizonaimports.com/
I have a 1995 Nissan 240SX, which is a small Japanese 2 door coupe. This specific mechanic is someone I trust, because I have never felt "ripped off" by him, and the prices are reasonable and fair. I have had much experience with him, as my car is not always functioning the way it was intended. It breaks down a lot. This specific mechanic fixes the malfunction well, because the mechanic can properly diagnose the malfunction.

Arizona Import Specialists
Joel Bartko - 1879 E. Third St., Tempe, AZ 85281
Services all makes and models – not just imports.

Chuck's Auto Service Center
4522 N 19th Ave, Phoenix, AZ 85015; (602) 433-0518
“This man is great, and entirely trustworthy.” – Ty Hoffmann

IMM Auto Service
430 South Price Road, Tempe, AZ 85281; (480) 967-7805
http://www.immautoservice.com/
“These guys are impeccable, honest, and provide dealership service at smaller prices. They’re not the cheapest, but the quality and timeliness of the work more than make up for it. They will also work on everything from an Alpha Romeo to a Geo Prizm.” – Nate Morehouse

Ken's Auto Repair
1375 S McClintock Dr # 135; (480) 966-7108.
“A friend sent me here, and they are very cool. Helpful, don't charge for unnecessary things, and nice people.” – Angela Picco
“They're honest and reasonably priced and do a great job with older vehicles. The youngest mechanic there is like 50, so they have a lot of experienced folks working under the hoods of lots of kinds of cars. They don't suggest things you don't need and they help people like me (i.e. car idiots with old cars), prioritize things that need to be done and what can wait. I've had everything from electrical work to u-joints replaced there. They also give estimates and don't budge until you've ok'd the work. I'd send my mom there if she lived here. Be warned though - you need to get your car in early in the day or it won't get done as it's first come first served, and they're ALWAYS busy.”
- Danna Schock
They open really early – from 7 am!

Noe Auto Import
63 E Mckellips Rd # 135, Mesa, AZ; (480) 834-0114

Ronnie’s Auto Services
527 West University Drive; (480) 967-8869
“The guys at Ronnie’s autos were really helpful, fast and efficient. I would recommend them to anyone.” – Scott Davies
“It’s nearby my house and the guys are very upfront and clear, but I still think it’s a bit pricey.”
-Andrew Burchill

The Car Shop
Near Broadway and Hardy

Tempe Auto Repair, LLC
321 W Southern Avenue, Tempe, AZ 85282-4501; (480) 967-1476

Tempe Imports
622 South Hacienda, Tempe, AZ; (480) 966-6680
www.tempeimports.com
“These guys are friendly and I've always thought they charged a fair price without trying to sell you lots of extra work.” – Kris Gade

AROUND TOWN - OTHER SERVICES

Criminal Defense Attorney
Michael A. Neufeld, 1095 E. Indian School Rd., Ste. 600, Phoenix 85014 (520) 245-8027

Chiropracteur
Corrective Chiropractic, Dr. Brian Henry (Chandler)

Dr. Trevor Barry at East Valley Chiropractic NeuroDocB@aol.com. Office phone 480-756-2600
   His office is located at Warner/McClintock which is about 10 min from campus. He's excellent.
   He does take the student insurance. He has a specialty in neurology and is not just the average
   chiropractic doctor.

Locksmith
Todd E. Hogan, Alcatraz Lock & Security – (602) 677-5045; todd@alcatrazlock.com

Natural Health/Wellness Products
High quality therapeutic-grade essential oils; coconut products (soaps, cooking oil, etc.) and much
more! Call Melissa or Steve at (480) 518-7797.

Metal Supply (aluminum, brass, bronze, stainless)
Industrial Metal Supply Co., 5150 W. 48th Street, Phoenix, AZ 85040 (sells metal cheap, useful for
matching equipment/parts).

Plumbers
Benjamin Franklin Plumbers - 480-812-1855 - www.benfranklinplumbingaz.com
   Very professional, very friendly, high quality of work, punctual, all around
   a good experience. Highly recommended.

MOVIES
Keep an eye out for free sneak peek movie tickets for free advanced movie showings in Tempe.
Also, several student associations on campus present international films on a regular basis. You can get
discount tickets for local movie theaters at the front desk of the Student Recreation Complex (with
valid student ID). Check out the recently renovated Valley Art Theater (downtown Tempe) for the
more interesting and artsy movies. The Camelview 5 in Scottsdale generally shows more of the
independent, foreign, and alternative genre. For the more ardent film buff, the ASU West Film Society
(ASU West campus is about 35 minutes west of Tempe) shows classic American and foreign films on
Wednesday and Friday evenings. The closest mainstream theaters are at the new Tempe Marketplace,
corner of McClintock and Rio Salado.

LGBTQ
For information on lesbian, gay, bisexual, transgender and queer/questioning groups, communities and
listservs there are two great places to start. Within ASU, the LGBTQA Services has a wealth of
resources, including social groups on campus as well as in the wider community.
SafeZONE ([http://students.asu.edu/safezone](http://students.asu.edu/safezone)) is a program designed to increase the overall campus community's understanding and awareness of issues faced by LGBTQ persons. It also provides three workshops to increase awareness and understanding about LGBTQA communities.

There is also a listserv, OUTreach with the goal of connecting our lesbian, gay, bisexual, transgender, queer, questioning and ally communities. To subscribe to OUT_info simply send an e-mail to listserv@asu.edu with 'sub OUT_info' in both the subject and body of the message.

In the wider Phoenix area, the One Voice Community Center in central Phoenix ([http://1vcc.org/](http://1vcc.org/)) is also a great resource and maintains a list of community links on their site. Another good resource is Echo Magazine ([http://www.echomag.com/index.cfm](http://www.echomag.com/index.cfm)), which is a bi-monthly magazine with information on community events, businesses and bars.

**Bars and Clubs**

Here are a few ASU-student approved LGBTQ friendly bars:

- Amsterdam in Downtown Phoenix is huge and has a great manicures and martinis Monday. Since it's on Central it's also Light Rail friendly. (718 North Central Avenue, Phoenix).
- BS West in Old Town Scottsdale, where the drinks are 2 for 1 most nights, the dance floor is always crowded, and the drag shows are out of this world spectacular with both male and female impersonators. (7125 East 5th Avenue, Scottsdale)
- Apollo's has a great karaoke with a broad selection of songs. (5749 North 7th Street, Phoenix)
- Ice Pics Video Bar at 32nd and McDowell is a lesbian bar has two for one drinks every day from 4 to 8. (3108 E McDowell Rd, Phoenix)
- Cash Inn Country is a lesbian bar with country music and a really friendly mix of people. (2140 East McDowell Rd, Phoenix)

For a more exhaustive list of LGBTQ bars see [http://phoenix.gaycities.com/bars/](http://phoenix.gaycities.com/bars/)

**SUGGESTED READINGS**

Here are a few readings we've compiled to help you gain perspective on graduate student life in general and life in Phoenix in particular! We have found them very helpful as well as entertaining over the years. Enjoy!


- **The elements of style** by William Strunk, E. B. White. 4th edition, 1999 (guide to writing different types of papers and proposals)

- **Time management from the inside out** by Julie Morgenstern. 2004 (self-explanatory)

- **Metropolitan Phoenix: Place Making and Community Building in the Desert** by Patricia Gober, 2006 (written by a geography professor at ASU, this gives you a good understanding of how Phoenix and surrounds came to be the way they are...and it is short)
- **Cadillac Desert: The American West and Its Disappearing Water** by Marc Reisner, 1993. (Offers a look at water in the west and gives you some appreciation for why Phoenix and the desert that surrounds it look completely different from one another)