DBBS SACademic Guide

Washington University in St. Louis
School of Medicine
RISK: The Game of PhD Domination 2009 Edition

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Graduate School: 2009 Edition

Welcome to RISK: The Game of PhD Domination! This guide will be your “cheat sheet,” providing you with all the clues and strategic moves to get you through graduate school as smoothly as possible. As you progress through the many levels of graduate school, reinforcements will be needed. To this end, we have enlisted experienced game players to advise you on how to properly fortify, make alliances and keep your eye on the ultimate goal: graduation. We hope the information herein will help you advance through graduate school and eventually take over the world!

Britney Moss, Elizabeth Tuck & Kara Powder, editors

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Student Advisory Committee (SAC)
The Student Advisory Committee, SAC, is a student-run organization established to foster a positive learning experience for DBBS students. SAC aims to facilitate the journey toward a PhD by advocating student needs to the administration, providing informational resources and organizing social activities. SAC’s yearly calendar of events includes the Orientation Party, “Choosing a Rotation Lab” panel discussions and Town Hall Meetings as well as collaborative projects with other student advocacy groups, such as the Graduate Student Senate and Graduate Professional Council.

Agendas for upcoming SAC meetings are distributed via e-mail prior to meetings. All DBBS students are invited to attend. The SAC web site (dbbs.wustl.edu/SAC) and Facebook group can be used for more up-to-date information about SAC events. SAC can be contacted via e-mail at wustl.sac@gmail.com.

Keep your eyes open for the following SAC events:

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<tr>
<th>FALL</th>
<th>SPRING</th>
<th>SUMMER</th>
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<td>Estimated Tax Workshop (September)</td>
<td>SAC Recruiting (February)</td>
<td>PrimeTime with BiomedRAP (June)</td>
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<td>Ice Cream Social (September)</td>
<td>Tax Seminar (February)</td>
<td>SAC Wrap-Up Dinner (June)</td>
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<tr>
<td>Re-Orientation (October)</td>
<td>Peer Mentoring Bowling Party (March)</td>
<td>Choosing a Rotation Lab Panel (August)</td>
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<td>Peer Mentoring Lunch (November)</td>
<td>Financial/Realty Seminars (March/April)</td>
<td>Orientation Party (August)</td>
</tr>
<tr>
<td>Town Hall Meeting with Deans (December)</td>
<td>Breakfast Recess (April)</td>
<td>SAC BBQ (May)</td>
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Note: Please check the SAC web site or Facebook group for exact dates of upcoming events.
Game ONE: The Game of PhD Life

What will you be when you grow up? Play The Game of PhD Life and travel through your life as a Washington University graduate student, from orientation through thesis defense. Start with some hints for how to succeed, then move to the next step and become familiar with the Division and its policies. Choose your path, and reach the milestones of rotations, picking a lab, passing your prelim, and of course, defending your thesis sometime before you hit retirement. Don’t miss the PAYDAY spaces along the way!

Round 1: Top 10 Ways to be a Good Graduate Student

— David Grotsky

10. Develop a Support Network Including Your PI, Other PIs and Peers.

You need peers and other principal investigators (PIs) with whom you can talk. Find them before you really need them. One good way to develop a network is to be involved in activities like SAC, YSP, FE, GSS, GPC and others (play Game THREE: PhDopoly for more information). You also should become acquainted with students from years other than your own. Senior students and postdocs can be a great source of information.


When your experiments aren’t working, get help from your PI and your support network. Your steering and thesis committees are there to help you. When you go through the “Why Am I in Grad School?” phase, you need to be able to talk to someone.


You only have so many hours in the day. Every day, you need to know what the most important experiments and class work are. Do those things first. Sorry, e-mail is probably not one of the most important things.

7. Ask for Constructive Criticism and Take It Seriously.

Ask your PI and other PIs what you are doing well and what you could do better. Work on doing better in the areas they suggest. Ask for critiques of your presentations and practice to become better.

6. Talk with Others About Your Project.

Talking with others about your project is a great way to get feedback. Sometimes you will get great ideas that you never would have thought of. Go to meetings, retreats, etc., and present your work.

5. Focus on Your Project.

Minimize distractions. Pick a few activities that you feel are important and do them, and at the same time make sure you are making progress on your project. Focusing on your project doesn’t mean you have to lose balance in your life; you can have other interests. You just have to make sure your project is moving forward. Some outside interests are good. They help you stay sane during grad school.

4. Read the Literature.

By the time you finish here, you will be an expert in your area. That doesn’t happen overnight; you need to read articles and know what is going on in your scientific field.

3. Think About Your Project.

What would be the crucial experiment to test your hypothesis? Figure that out and do it. A good hour of thinking now can save you hours of time later. Don’t be caught off-guard by not having the materials and experience you need. Consider asking people in other labs for assistance. Completing experiments is one part of grad school, but being able to direct and plan your project is another.

2. Communicate with Your PI.

Listen to your PI’s expectations and express yours. Work out minor differences before they become major problems. Keep in mind your PI is only human and will have good and bad days too. Ask how you are doing and what you could do better. Take your PI’s suggestions seriously.

1. Work Hard.

Move your project forward every day. Do the most important things on your priority list. Be efficient while in lab. You will likely work long hours and weekends (at least some of the time).

Round 2: The Division

The Division of Biology and Biomedical Sciences is the umbrella program under which the individual graduate programs are run. This arrangement encourages collaboration and cooperation among both faculty and students and provides an inexhaustible source of knowledge and resources that we can draw upon.

While most graduate programs are structured similarly, there are some important differences, such as the classes students need to take and the timing of qualifying exams. To help you understand the differences between
Orientation and Paperwork
— Marie Strand
When you first arrive, you will receive a large packet of paperwork and forms. The forms you fill out will be the first of many. The only way the Division can keep track of the many students that complete graduate school is through this important paperwork. This paperwork is to your benefit, allowing you to access evaluation forms, monitor your progress through graduate school, and stay on the right track toward graduation.

You’ll find the following forms, among others, in your orientation packet. If you don’t have them, get them from your coordinator.

Identification/Access Control Badge Request: Fill out the form and take it to the Division office for a signature from one of the payroll employees and then to the lobby of the School of Medicine where Protective Services is located to get your ID badge. This is important for accessing campus buildings, including the library, between 6 p.m. and 6 a.m.

Monthly/Bi-Weekly Direct Deposit Authorization: If you want direct deposit of your paycheck or stipend check, attach a voided check or savings deposit slip to the completed form and return it to your coordinator or via interoffice mail to Payroll Direct Deposit, Campus Box 1000. This is very convenient, saves time and you’ll never lose your check.

DBBS Diversity Programs Office
— Rochelle Smith
The Diversity Programs Office in the Division of Biology and Biomedical Sciences is a resource that seeks to promote a climate and culture that celebrates and respects diversity. The office is dedicated to the recruitment and retention of a diverse student body. All students are invited to get involved with the Diversity Program Office’s initiatives, projects and programs.

Opportunities for student involvement include participation in community outreach events, mentorship of undergraduates in the Biomedical Research Apprenticeship Program (BioMedRAP), and attendance at various recruitment activities. Additionally, students are selected to serve on the DBBS Coordinators
— Hannah Arnson
The DBBS has assigned a skilled coordinator to each program; this person is equipped with tools to enable the smooth running of your graduate school training. As a first-year student, your coordinator will maintain records of your rotation projects as well as the progress reports written by the rotation PIs. This is helpful in the important decision involved in picking a thesis lab. Coordinators also schedule advising meetings, during which you meet with the coordinator and directors of your program to evaluate your progress, course grades and future directions. Throughout your graduate school career, your program coordinator will be accessible for advice, support and encouragement. DBBS coordinators are professionally prepared to maintain the organization of your course work, qualifying exam, thesis proposal and defense and help to always keep you on track throughout your PhD years. The various coordinators’ contact information is available from the DBBS office at (314) 362-3365 or online at dbbs.wustl.edu.
Diversity Steering Committee, composed of Division students, faculty and staff, which supports students traditionally underrepresented in the biomedical sciences by offering research opportunities and career guidance.

For more information, please contact Rochelle Smith, manager of diversity programs, at (314) 362-7963 or rsmith@wustl.edu. Her office is on the fifth floor of Becker Medical Library if you would like to visit.

Medical Scientist Training Program (MSTP)
— Antonina Frolova

Students enrolled in the Medical Scientist Training Program (MSTP) train to become physician-scientists by concurrently earning both MD and PhD degrees. With approximately 25 students entering the program each year, Washington University is home to the largest fully funded such program in the country. By providing funding support both from the National Institutes of Health (NIH) and private grants, Washington University fully funds U.S. and non-U.S. citizens.

The structure of the program integrates medical and scientific training, with students typically beginning the program with two years of medical school along with some graduate school coursework. Students also complete laboratory rotations during the summer months with the goal of entering a thesis lab at the beginning of their third year. A small number of students also apply and join the program after completing one or two years of medical school and realizing that they want to pursue research as well. All MSTP students then spend three to five years in the lab fulfilling graduate school requirements and completing thesis research. After their thesis defenses, students return to medical school for 15 to 24 months of clinical clerkships, with the total average time to graduation being seven to eight years. The integration of the clinical departments and the graduate school make this institution one of the best places for bridging basic and clinical research.

“MSTPs” at Washington University not only enjoy peer support from others in the program (one perk of having a large class), but also strong program support from the outstanding administration. Led by director Wayne Yokoyama, co-director Jean Schaffer, and administrators Brian Sullivan, Christy Durbin, Liz Bayer, and Linda Perniciaro, the Washington University MSTP remains the best place in the United States to train to become a physician-scientist. For more information, please contact Brian Sullivan, the administrative director, at sullivab@dbbs.wustl.edu or visit the MSTP web site at mstp.wustl.edu.

Round 3: Milestones in a Graduate Student’s Career Registration
— Marie Strand

You will receive an e-mail Registration Form every semester. This form will tell the Division your current address, lab rotation/thesis advisor, and what classes you will be taking. To find a list of classes online, go to WebSTAC (https://acadinfo.wustl.edu/). If you are not in a thesis lab, you can fill out the form after advising (when you can discuss what classes to take, etc.) and then return it to your coordinator.

Besides the paper registration form, you also will need to register online using WebSTAC. Specific instructions for registering will be mailed to you each semester. Even if you are not taking classes and are only doing lab work, you still need to register. Pay attention to the dates you need to register! You must register by the due date or else you will not get paid — or worse, lose your legal status as an international student!

Once you reach 72 units (usually in your fourth year), you should have completed your required coursework and concentrate on your thesis work only. This means you will register for “Continuing Doctoral Status.” Using WebSTAC, register for course 884 (department/division code is still “L41”), audit, 0 units.

Choosing the Right Rotations (and Making the Most of Them)
— Heidi Arjes

During your first year of graduate school, you will rotate through several labs of your choice. Rotations give you a chance to gain firsthand knowledge of the daily workings of labs in which you may choose to do your dissertation research. Choosing the right lab for you is key to your satisfaction and success in graduate school, since you will spend the majority of your years at Washington University doing research in that lab. During each rotation, you should have ample opportunity to interact with the PI and individuals in his or her research group. You should come away from a rotation with a good sense for the lab’s research interests and what sorts of opportunities exist for you if you decide to join that group. Moreover, the time you spend working in the lab during each rotation will give you a feel for the working environment you can expect as a dissertation student.

Selecting rotation labs can be a daunting task, so where do you start? First, make a list of all the PIs whose research sounds interesting to you. Be adventurous: Don’t be afraid to consider a research area you’ve never
One of the best ways to be successful and satisfied in graduate school is to choose the right lab. The first step toward making a good choice is to select rotations that represent your best alternatives. In the long run, you won’t regret putting some time and effort into selecting excellent rotations.

You can get more information about this topic at the Choosing a Rotation Lab Panel during orientation.
Choosing a Thesis Lab
— Hannah Arnson

Choosing your thesis lab is the most important decision you will make in graduate school. It will be the place where you spend much of your time, your “home away from home.” The work you do in your thesis lab will influence the rest of your career. The recommendation you receive from your thesis advisor will have a bearing on what options will be open to you after you receive your degree. Therefore, it is an important decision process that takes time, experimentation and communication.

Choosing a thesis lab where you can thrive begins with choosing excellent rotation labs (see Choosing the Right Rotations above). If you selected your rotation labs carefully, you should have the luxury of choosing among several superb labs in which you could thrive. Think about your experiences during your rotations. Think about how the PI interacted with you, along with the other students, technicians and postdocs in the lab. That is probably how the PI will interact with you if you choose that lab. Some PIs are more hands-on, while others allow you to work more independently or with postdocs. Does the PI expect a set work schedule or is there flexibility about when you work? The PI will interact with you if you choose that lab. Some PIs are more hands-on, while others allow you to work more independently or with postdocs. Does the PI expect a set work schedule or is there flexibility about when you work? Does the PI expect a set work schedule or is there flexibility about when you work?

Think about the projects in the labs. Are they well-planned and specific? Will you be expected to come up with your own project, or will you work on one that has already been established? Discuss your options with the PI. Also share your thoughts with other students, including those in the labs that you are considering. Many times older students can give you a lot of insight into the satisfaction of graduate students already in the lab and the overall personality of the PI.

For some students, a more important factor than the PI and lab environment is the research. However, the happiest students are consistently those who have a good relationship with their PIs and feel comfortable interacting with them, along with the other people in the lab. Research that will motivate you and a PI that you can depend on produce a successful setting. Good mentors bring out the best in their students; they point out things that you do well and help you improve in areas in which you are weak. They have a track record of graduating students in a reasonable period of time.

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**Choosing a Thesis Lab**

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**Division of Biology and Biomedical Sciences**

**Graduate Programs**

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<thead>
<tr>
<th>Program</th>
<th>Core Courses</th>
<th>Journal Club/Seminar</th>
<th>Qualifying Exams</th>
<th>Teaching Assistant-ship</th>
<th>Thesis Proposal</th>
<th>Coordinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biochemistry</td>
<td>GR1 – Fall 2 courses; Spring 2 courses</td>
<td>5 units Journal Club special topics</td>
<td>5/11 GR2 Fall or Spring</td>
<td>1-2 electives</td>
<td>6-12 months after passing QE</td>
<td>Melissa Torres</td>
</tr>
<tr>
<td>Computational Biology</td>
<td>GR1 – Fall 2 courses; Spring 1-2 electives</td>
<td>Journal club weekly</td>
<td>6/10 GR2 Fall or Spring</td>
<td>1 elective</td>
<td>Summer following GR2, no later than 8/01</td>
<td>Melanie Puhar</td>
</tr>
<tr>
<td>Developmental Biology</td>
<td>GR1 – Fall 2 courses</td>
<td>GR2 Fall/Spring</td>
<td>Fall GR2 Fall or Spring</td>
<td>12/31 GR3</td>
<td>Stacy Tafts</td>
<td></td>
</tr>
<tr>
<td>Evolution, Ecology &amp; Population Biology</td>
<td>GR1 – Fall 2 courses; Spring 1 course</td>
<td>Seminar GR1 &amp; GR2</td>
<td>Spring GR2 Fall or Spring</td>
<td>Within 12 months after passing QE</td>
<td>1-2 courses</td>
<td>Melissa Torres</td>
</tr>
<tr>
<td>Immunology</td>
<td>GR1 – Fall 2 courses; Spring 1-2 electives</td>
<td>Journal Club - 1 bi-weekly Seminar - 1 weekly (all years)</td>
<td>1/01 GR3 Fall or Spring</td>
<td>1-2 electives</td>
<td>6-12 months after passing QE</td>
<td>Melanie Puhar</td>
</tr>
<tr>
<td>Molecular Microbiology</td>
<td>GR1 – Fall 2 courses; Spring 1-2 electives</td>
<td>5 credits special topics and journal clubs required.</td>
<td>1/01 GR2 Fall or Spring (preferred)</td>
<td>2 electives</td>
<td>12/31 GR3</td>
<td>Kristine Hedtklamp</td>
</tr>
<tr>
<td>Molecular Biophysics</td>
<td>GR1 – Fall 2 courses; Spring 1 course</td>
<td>5 units Journal Club special topics</td>
<td>5/31 GR2 Fall or Spring</td>
<td>2 electives</td>
<td>6-12 months after passing QE</td>
<td>Melissa Torres</td>
</tr>
<tr>
<td>Molecular Cell Biology</td>
<td>GR1 – Fall 1 course</td>
<td>GR2 Fall/Spring</td>
<td>Fall Spring GR2 Fall or Spring</td>
<td>12/31 GR3</td>
<td>Stacy Tafts</td>
<td></td>
</tr>
<tr>
<td>Molecular Genetics</td>
<td>GR1 – Fall 1 course; Spring 1 course</td>
<td>Journal club - 2 Seminar -1 weekly</td>
<td>7/31 GR1 Fall or Spring</td>
<td>1-2 electives</td>
<td>End of GR2, no later than 12/31 GR3</td>
<td>Melanie Puhar</td>
</tr>
<tr>
<td>Neurosciences</td>
<td>GR1 – Fall 1 course</td>
<td>Encouraged to attend several journal clubs</td>
<td>May-July GR1 Fall or Spring</td>
<td>Spring 1 course</td>
<td>GR3, no later than end of Fall semester</td>
<td>Sally Vogt</td>
</tr>
<tr>
<td>Plant Biology</td>
<td>GR1 – Fall 2 courses; Spring – 1 course; GR2 – Spring 1 course</td>
<td>Journal clubs - 2 semesters required (weekly)</td>
<td>2/28 GR2 Fall or Spring</td>
<td>1-2 electives</td>
<td>Within 12 months after passing QE</td>
<td>Melissa Torres</td>
</tr>
<tr>
<td>Human and Statistical Genetics</td>
<td>GR1 – Fall 2 courses, 1-2 electives; Spring – 2 courses, 1-2 electives</td>
<td>Encouraged to attend several journal clubs (1 is required)</td>
<td>6/30 GR2 Fall or Spring</td>
<td>1-2 electives</td>
<td>6/30 GR2, no later than 12/31 GR2</td>
<td>Kristine Hedtklamp</td>
</tr>
</tbody>
</table>
mentors are also fair and generous and can be trusted to give you credit for the work you do. In the end, choose a lab that fits your individual needs and that will be the most productive for you.

Once you have figured out the best lab for you, talk with the PI and tell him or her that you would like to join the lab. Then fill out the Thesis Laboratory Affiliation form. You can get this from the mailboxes in the Division office or online under “Student Forms/Information” in the “Graduate Students” section of the DBBS web site. You will need the signature of your PI, your department/division chair and your program director before you turn in the form to your coordinator. Once you have joined the lab that’s right for you, you are well on your way to success.

Evaluations
— Beth Tuck & Stacy Kiel
Each semester your mentor submits a rotation/thesis evaluation. These are kept in your file and may be viewed by contacting your coordinator. Other evaluations are in the format of commentary about your qualifying exam, thesis proposal and thesis update provided by the respective committee chairs. The reports are detailed to enable the student to evaluate his or her growth and advancement in graduate school. These documents are maintained by your program coordinator. Students will be sent a copy of these reports to ensure they are aware of how their graduate career is advancing.

Teaching Assistantship
— Vera Valakh
Becoming a teaching assistant (TA) is a requirement for all graduate students. Though most TA in second year, some are deferred to third year. You are required to TA for one semester, but can TA for longer, depending on your interest. At the end of first year, you will be given a list of classes that require TAs for the following year (fall and spring semesters), along with a TA form, on which you indicate which classes (five choices) you would like to TA. Students are usually assigned to one of their top three choices, though this is not always the case. If there is a class that you really want to TA, you should feel free to contact the coursemaster and make your interest known. She or he can ask to have you assigned to that class.

Your TA duties will depend entirely on the class to which you are assigned. Duties can include leading discussion section once a week, preparing and/or grading quizzes/exams, preparing and/or giving lectures, holding office hours and leading lab sections. To ensure that you select classes that will fit your individual needs, you should contact the TAs from the current academic year. They are a good resource and will be able to tell you exactly what you will be responsible for — so use them! A list of current TAs is sent out along with the TA form. Overall, you should expect to spend between five and 10 hours per week on TA duties. Unfortunately, your TA time can cut into your research time, so it is important that you do not get frustrated and accept the fact that you probably will not get a lot done in lab.

The Graduate School of Arts & Sciences (GSAS) has a three-hour TA Orientation a week before the beginning of your second-year fall semester. The goal of this orientation is to familiarize you with University policies — your responsibilities as a TA, the student/TA relationship — and the resources available to you on campus. Attendance is mandatory! Although the orientation gives you a good idea of what you need to be aware of and your responsibilities, it does not teach you how to teach. If you are losing sleep over having to TA, don’t fret; the Teaching Center on the Danforth Campus is available to help you become a good teacher. (Play Game FOUR: PhD Clue for more information.)

If you plan to teach in the future, you should try to TA a course that will give you good teaching experience; that is, a course in which you are required to plan and/or give lectures and design quizzes/exams. In addition, you may want to take on TA responsibilities for more than one semester. These experiences will make you better qualified, and as a result, a more attractive job candidate when you start your search for a faculty position. Washington University focuses on training research scientists and has some great resources in this area. One such resource is the Future Educators group. (Play Game THREE: PhDopoly for more information.)

Regardless of what you are expecting to get out of your TA assignment, remember to have fun!

The Qualifying Exam (‘Prelim’)
— Kate Chiappinelli
The first major step toward your PhD is the qualifying exam. Though the different programs in the Division of Biology and Biomedical Sciences (DBBS) approach the exam differently, the premise of the exam is the same: to ensure that you have gained sufficient knowledge and the ability to think critically, and to give you the opportunity to prepare and defend a research
The Game of Game ONE: PhD Life

Most programs require that you take the prelim sometime in your second year, though some (Molecular Genetics and Neuroscience) have you take it at the end of your first year. You should talk to the program director, student coordinator and/or senior students to find out the requirements for your program, or check online at dbbs.wustl.edu.

Programs that have a written general knowledge exam (Molecular Genetics, Molecular Cell Biology) require that you pass the written exam before you can take the oral exam. Exams from previous years are available, and you should talk to senior students about what to expect on the written exam.

Once you pass your written exam, you need to come up with an idea for your grant. (Not all programs write a grant, so again, check your program's requirements.) Programs usually require that your topic not be related to your thesis work in any way. You can get good ideas by reading articles in the latest scientific journals. Some programs hand out Qualifying Exam Packets, which contain old grants. If your program does not do so, make sure to ask senior students for their grants. The earlier you get your hands on old grants, the quicker you can familiarize yourself with the format and requirements. Most programs have a deadline by which you need to have your topic picked. At this point, your topic will most likely need to be approved by either the chair of your prelim committee or a faculty member.

After your grant topic is approved, you will need to start reading the literature and writing your grant. The important thing is to not get overwhelmed! Start slowly, writing a little at a time; set goals, but make them reasonable. Remember that there are people and resources out there to help you. If you are stuck and need some feedback, do not hesitate to ask senior students, postdoctoral fellows in your lab or even faculty members. It is good practice to have a few people read your grant to advise you on the feasibility of your proposed experiments and the overall flow of your proposal.

During this time, you will select or be assigned a prelim committee. When you are done writing your grant, you will need to set a date for your exam. Though it may seem attractive to postpone setting a date, keep in mind that faculty are not always available. Get their schedules from them as early as possible, and set the date! A few weeks before your prelim (time varies depending on program requirements), you will send your completed grant to your committee members and start preparing for the oral exam. If your program does have a written general knowledge exam, then your oral examination will consist of general knowledge questions, in addition to questions pertaining to your grant. Part of the oral exam is to give a presentation on your grant. Make sure to talk to your committee chair about expectations for your presentation and the format of the examination.

One major hurdle that students face is how to study for the prelim. Though there is no defined set of things to study, you should cover all the questions that can be triggered by your grant. In addition, studying class notes is a good idea if you are being tested on your general knowledge.

Another concern students usually have is how much time to spend in lab. Though some students can manage to study and be productive in lab, others cannot. The best thing to do is inform your mentor of your plans. Most PIs understand that this is something that needs to be done and are sympathetic.

If for some reason you do not pass your prelim, do not panic! A significant number of students do not pass the first time. Keep in mind that your committee is not out to get you, but rather is looking out for your best interests. They want to make sure that you are completely prepared for the next four to five years. If they do not pass you, it is probably because they see some weakness in your experimental design or general knowledge that needs to be corrected. Fortunately, they do give you a chance to correct your mistake(s). Make sure you talk to your committee members and ask them what you need to improve on. Take the time and work hard to address the concerns of your committee members; ask your peers and faculty members for help. Above all, do not let this get you down — just take it in stride and work extra hard to nail it the second time around!

**Thesis Proposal**

— Namiko Abe & Beth Tuck

So you are done with your coursework, your qualifying/preliminary exam and have decided on a lab. What other hurdles can your program throw at you? Well, next up on the long road to freedom is "The Proposal." There are a few steps you must undertake to make this event work. These are general guidelines — always check with your program as to the exact requirements.

1. **Talk with your advisor about possible projects before you join the lab.**

   Once you are in the lab, make sure your advisor is aware of your progress and that you are getting help with the direction of your project. Discuss your specific aims with your advisor earlier than your proposal date to make sure you don't rush things!
2. **Think about a committee.** You need to consider this step carefully, since these are the faculty who will be deciding if you graduate. However, the main thing you should be looking for is people who can offer you advice on your project. That's what they're there for. In addition, you should look for faculty with whom you and your advisor get along. I think it is useful to discuss possible members with your advisor. Finally, you need to consider how many committee members you will have for your proposal. I think it is better to start with a smaller committee of four (includes your PI) and add more members later. It makes the scheduling easier and as your project might change direction, you might want to add faculty that have experience in that topic. Your chair is the most important person you choose. Choose somebody with whom you have interacted before, since it is a great feeling to be done with your proposal or meetings and talk to somebody you are comfortable with when the rest of the committee leaves. Also, you need to be able to talk to this person about conflicts with other members and your PI.

3. **Talk to your committee members.** Don’t just pick your members and then give them your final proposal. They are there to help you from the beginning. You can discuss your aims with them before you start writing your proposal; it builds your confidence! Get their advice early!

4. **Inform your program that you have formulated your committee.** (This involves turning in a form with their signatures and a tentative meeting date.) The earlier you propose, the better. In the first year of your thesis, you might feel unfocused, and the proposal definitely helps with that.

5. **The pre-proposal meeting is optional except for Neuroscience.** Often, students choose to meet before going through the pain of writing the entire proposal. Prior to the meeting, it is nice to give your committee members a one-page summary of what you want to propose. This meeting is a good time to see what the committee as a whole feels about the project. If there are major issues, it is better to get them out before you write. Use this time when everyone is together to arrange a proposal date.

6. **Write it!** Most people follow the NIH grant outline with 10-15 pages. Keep in mind that the committee is looking more at what you want to do and if you are aware of problems and alternative approaches rather than how extensive your background knowledge is. This isn’t the prelim exam. They are not there to grill you; they are there to help. Give copies of drafts to lab members and your advisor. Once you feel you are finished, give a copy to each committee member at least one week to 10 days prior to proposing.

7. **Prepare for the proposal meeting.** If you did your job writing the proposal, this step shouldn’t be much work. PowerPoint is the most common way to present the information. Try to make your presentation easy to follow and interesting. You can either ask your committee members to save their questions until the end or let them interrupt you. It is to your benefit to discuss as you proceed, since they might forget what they were thinking by the time you are done presenting. Concentrate on why you are proposing each experiment and how you will perform them. Many students buy or make snacks for this meeting.

8. **Propose and have the committee chair fill out the necessary paperwork to document that the meeting took place:** Thesis Proposal and/or Update Report Form. You can get this from the mailboxes in the Division office or online under Student Forms/Information in the Graduate Students section of dbbs.wustl.edu or you can get it from your coordinator prior to the meeting.

9. **Don’t stress out!** Most people have no problems with the proposal. The worst that can happen is that they might give you better ideas about your thesis and require a sooner update than normal.

Now that you are done, go enjoy yourself for a little bit! Definitely take a small break so you can come back fresh and do what you proposed to do.

**Thesis Update**

— Namiko Abe

You’ve jumped through the grad school hoops known as the preliminary exam and the thesis proposal. Congratulations! Now for the smaller hoops that are thesis updates. These are the check-up meetings that allow you to get valuable feedback, encouragement and direction from your thesis committee. For all the programs, these happen six to 12 months after your proposal or last update, depending on the nature of the experiments you have proposed or how much progress you have made. In some rare cases, the committee may want to meet sooner. Make sure to give yourself approximately two months to schedule the meeting because it is hard to find a two-hour time slot during which all members of the committee are available. Your job is to set up the meeting, which can be done in the same way as the proposal (i.e., reserve the room, coordinate your committee members’ schedules, reserve a projector, etc.). As with the proposal, you need to give a written report that describes your progress to your committee members at least a week in advance. The extent of this report varies greatly; you may want to talk to your thesis chair or your thesis mentor to determine what is expected of you.
Often it is a one- to three-page document that concisely states any changes you may have made to your specific aims or proposed experiments, important data acquired and future studies. You also will want to bring a copy of the Thesis Proposal and/or Update Report Form to your thesis update to be filled out by your committee chair. This is the same form that was filled out at your proposal and is available online on the DBBS web site (dbbs.wustl.edu) in the Graduate Students section under Student Forms.

The actual presentation falls somewhere between a lab meeting and a seminar talk. Go through enough background to refresh the memories of your committee members, and then describe your recent data in a clear manner. If you have made significant changes in your approach or hypothesis since your proposal or last meeting, it may be a good idea to explain your rationale in detail. Don’t be afraid of not following your aims exactly as they were described in your proposal! With all their years of experience as scientists, your committee members should appreciate the need to adapt and make changes as necessary. In many cases, they can even help you troubleshoot! A valuable piece of advice is that it is perfectly acceptable to say: “I don’t know,” even at this stage. The committee is looking to see that you are making an effort to master your field of research, but they are rarely unreasonable about what they expect you to know.

The rest of the meeting proceeds like the proposal: You step out of the room while the committee discusses your progress in private. They then call you back in to announce their formal recommendations. This may be followed by a private meeting between you and your committee chairperson. The most important thing to remember is that the committee wants you to succeed. Take advantage of these regular meetings with a group of faculty who are focused on your work; it is the only time in our scientific careers that we will get such personalized help! In many cases, their suggestions can streamline your work. They also may act as a buffer between you and your thesis advisor, and in most cases, you should be able to discuss any relevant issues with your committee chairperson. Through this series of updates, your thesis committee will give you the help you need to succeed with your project and, of course, graduate on time.

**Thesis Defense**
— *Kara Powder*

You’re nearing the finish line of your PhD, but how do you actually finish? This is a general outline of your last six months of graduate school.

As when you entered graduate school, your program coordinator will be your guide through this process. Contact your coordinator to get your Defense Packet, which contains all the forms you’ll need and the manila binders for your written work. Some forms are due SIX MONTHS prior to your defense. Many forms can be submitted through your coordinator, while other forms can be mailed or hand-delivered to the appropriate office. Your coordinator can answer most of your questions.

At least six months prior to your defense, you’ll need to discuss your intent to defend with your committee. Barring any problems, your advisor and thesis committee will determine when you will be able to defend your thesis. You should schedule your defense date at this time. Besides your committee’s schedule, you might want to check with family and out-of-town guests before deciding on a date. If you are an international student, you MUST see the International Office prior to setting up a defense date to discuss your visa status and its implication. Once you determine your date and time, you’ll need to schedule a room and equipment (computer, projector). Rooms in the Farrell Learning and Teaching Center are popular and convenient choices. You can reserve these rooms at aladdin.wustl.edu/reservations. Inform your coordinator of the date, time and room location of your defense.

Next, you have to write your dissertation, pass it out to your committee, and prepare your oral thesis defense. The actual writing of your defense can be a long process depending on how many papers you have written and your writing style. Three months before the thesis defense, try to eliminate all wet experiments and begin writing. This will give you time to perform one or two critical experiments that may arise during the course of writing the thesis. The Defense Packet contains a guide from the Graduate School about the format for your defense. There are strict rules about font size, margins, page numbers, etc. Set these formats in Microsoft Word as soon as you start, to minimize the amount of reformatting required. To save additional time, you may also want to familiarize yourself with all tools of Microsoft Word.
Game ONE: The Game of PhD Life

Two weeks prior to your defense, you should edit your final draft, looking for typos, grammatical errors and spelling mistakes. (PIs notice these more than we think.) Use the manila covers and metal bindings provided in your Defense Packet to bind your thesis.

One week prior to your defense, you should hand deliver your thesis to your committee members and verify that they will be able to attend your defense. An invitation to your defense is also sent from the Graduate School to each of your committee members.

While there are no firm rules, it is suggested that you plan on two weeks to prepare for your defense. Practice your oral defense in front of lab members and classmates to get feedback and determine areas for improvement. Remember, this is your time to shine in front of faculty and students. Be sure to have your Thesis Defense form (included in Defense Packet) for your committee to sign. Once signed, it is recommended you make a copy of it in case something happens to the original. Your thesis committee may require changes to your thesis, and after the thesis is completed, you must turn in the packet and several other forms in the packet to the Danforth Campus.

Very likely, officials at the Danforth Campus will have additional changes for you to make, so plan on one week post-defense to finish everything.

And just think … these last six months will be long and painful, but you can and will finish. Once your big day arrives, you can relax; you’ll know your thesis backwards and forwards!

Round 4: Academic Policies

The following policies are important to know so you can sail smoothly through graduate school. We have taken these policies from their written sources. For more information, consult the DBBS Student Policies tab on the Graduate Students page accessible from the main DBBS web site (dbbs.wustl.edu) and the Washington University Policies and Procedures web site (www.wustl.edu/policies). Some of the policies are vague. We have tried to interpret them for you as we understand them.

Travel Grant — Travis Chapa

The DBBS provides up to $600 for travel to scientific meetings for all students during their graduate training. It need not be used all at the same time. The funds are available after the student's thesis proposal has been approved by the Thesis Advisory Committee. The student and PI must petition the Program Director to use the funds. Normally, the funds are used to attend a meeting at which the student presents data in a poster or talk. The funds are not normally granted if the student is not presenting his or her own work.

Student Vacation Policy — Travis Chapa

The following is taken directly from the DBBS Student Policies regarding vacations: “Student appointments to the Division are considered to be 52-week appointments and do not follow academic vacation schedules. Planned absences should be approved by the supervisor and unplanned absences reported to them. ‘Supervisors’ in the graduate years are program directors, rotation mentors, TA supervisors and/or thesis mentors, as is appropriate. For MSTP students during their medical training, the Director of the MSTP program will serve as the supervisor. The total amount of excused absence should be consistent with that of academic employees of the University. This would include: University approved holidays, 22 days of vacation and 12 days of sick time off annually. Sick time off and vacation are not carried over from year to year, are not accrued (available from time of appointment), and are not subject to payout at the termination of the graduate student appointment. Therefore, informal monitoring of this time off by supervisors and students will normally be sufficient. For students in PhD training, disputes between supervisors and students should first be addressed by the Program Director. For MSTP students in medical training, disputes will be resolved by consensus between the MSTP Director and the clinical supervisor.”

(master templates and the index and table functions) and EndNote (for references). You should also save different drafts of your thesis as well as backups on a disk or on another computer.
Here's the "English" interpretation: The 52-week appointment means that graduate students are year-round students (goodbye fall, spring and summer breaks), BUT we are allowed to have vacation time of roughly three to four weeks. This vacation time can be distributed throughout a given year as one wishes; just let your rotation mentor/thesis mentor know about your vacation plans. If you want to take a vacation between rotations, this should probably be discussed with your Program Director. The professors should be aware of the vacation policy and are very good about letting their students have time off. Make sure to find out the exact vacation policy of a lab that you are considering for a thesis lab. For first-years, this means take care planning your vacation time for December holidays since advising starts the first week of January (i.e., you are expected to be in St. Louis at this time).

If you need to take more time off for family care or emergencies, please contact your program coordinator for more information on the policies addressing these situations.

**Leave of Absence Policy**
— Beth Tuck

There are times when a graduate student has to take a leave of absence. Usually these are only granted to students who have extenuating circumstances (i.e., health or personal issues that will affect their performance as a grad student). Although you can take up to a year of leave, you must be a student “making satisfactory academic progress” (in other words, you are successfully completing required course work/rotations/qualifying exams/thesis proposals in a timely manner). It is possible to get an extension on a leave of absence, but it is difficult to get, and your circumstances must warrant it. During a leave of absence for personal reasons, you are not paid a stipend nor do you receive health benefits. In addition, you are required to pay a nonresident candidate fee to remain registered as a student. During a leave of absence for medical reasons, you must have a physician’s letter indicating that you must take a leave of absence and you are required to provide a note from your physician declaring you medically fit to return to school. While you are on medical leave, you receive no stipend, but your health benefits are still provided in full. You also are required to pay the nonresident candidate fee to remain registered as a student.

**Sexual Harassment Policy**
— Beth Tuck

Sexual harassment is taken seriously at Washington University. The sexual harassment policy outlined on the Policies and Procedures web site (www.wustl.edu/policies/sexharas.html) is extensive. It includes definitions of sexual harassment and details both formal and informal means to report harassment claims: “This policy applies to all members of the Washington University community. It allocates responsibilities for helping to ensure that University policy is fairly applied, explains the process by which complaints of sexual harassment may be brought forward and provides sanctions for sexual harassment, which may range from reprimands to termination or dismissal, depending upon the severity of the offense. If you believe you have been sexually harassed, Sections IV and V describe options about what you can do and where you can get help. If you believe you have been falsely accused of sexual harassment, the procedures set out below are also available to you. Those charged with implementation of this Policy will, whenever appropriate, encourage and assist those who believe they may have been sexually harassed to pursue the assorted informal means outlined in Section IV below for securing the cessation of unwelcome and offensive conduct.”

If you find yourself a victim of sexual harassment or are concerned that you may be, please access this web site for more information and/or contact the Sexual Harassment Response Coordinator at (314) 362-4900.

**How to Resolve Differences**

There are some issues that SAC felt should be addressed by non-students. Just as we have done with other questions or concerns throughout our graduate studies, we went to the DBBS office for the answers. John Russell, PhD, associate dean for graduate education, was able to answer our questions about how to resolve differences.

**Academic Issues**
— John Russell, Ph.D.

You may have concerns about your interactions with advisors or committees, or even concerns about the direction that your PI is asking you to take. In every case, it is the responsibility of both you and your advisor or committee to communicate and attempt to resolve the differences or concerns between
If that is unsuccessful, the next level of resolution depends on the nature of the problem and the stage of your training. If you have not chosen a lab or if the difference/concern does not relate to your thesis project, the program director should be the next person to address the problem. If the problem relates to the thesis project, the chair of the thesis committee should be asked for advice and should convene the committee to resolve the issue, if necessary. If that is unsuccessful, it should be addressed by the program director, who may convene the Program Steering Committee to resolve the question.

In the very rare cases that cannot be resolved at any of these levels, especially if the matter involves questions about DBBS policy, the case should go to the chair of the Program and Student Affairs Committee to be resolved by that group. Currently, the associate dean for graduate education, John Russell, PhD, is the chair of the Program and Student Affairs Committee. DBBS policies are policies unique to DBBS or adaptations of GSAS policies to fit specific DBBS circumstances. These policies are kept up to date under Policies and Procedures at dbbs.wustl.edu and refer to the Policy section under Graduate Students. If the issue concerns Graduate School of Arts & Sciences policies not covered by DBBS (e.g., academic integrity), it should be taken to the dean of the Graduate School of Arts & Sciences, currently Dean Richard Smith. GSAS policies can be found through the GSAS home page at www.artsci.wustl.edu/GSAS.

Interpersonal Issues
— John Russell, PhD

Again, it is always best to attempt to resolve these issues directly with the people involved. If that is not possible, there are clear University policies and procedures to resolve issues of discrimination, sexual harassment, faculty-student relationships, etc. These are available at www.wustl.edu/policies. There are links to this page under Graduate Students and DBBS Student Policies from the DBBS home page at dbbs.wustl.edu.

You might find it helpful to talk to your program director and student coordinator. You might be surprised by how helpful they will be. A lot of students also appreciate the opportunity to talk with a mental health care professional at Student Health Services — an “outside” party with an open ear. (Play Game FIVE: PhDeration for more information.)
It is best to arrive in St. Louis at least two weeks before the DBBS orientation. Your first stop should be the OISS. This is important to ensure that your paperwork is processed and filed. You will have to attend the international student orientation in addition to the DBBS orientation. The international student orientation will cover topics ranging from immigration policies to culture shock.

The OISS makes a great effort to bring international students together. Two successful programs are the Tuesday Free Lunch Program and the Host Family Program. The OISS also sends a periodic newsletter to all international students, informing them about upcoming activities, immigration changes and policies, and other useful topics.

Your next stop should be the DBBS office to do just a little bit more paperwork to ensure that you obtain a Social Security number. This is important for payroll purposes, filing taxes and identification. You want to ensure you receive your first paycheck in a timely manner. They will also make sure your contact information is properly registered in the DBBS system. If you arrive between 11 a.m. and 2 p.m. on a Monday, Wednesday or Friday, you can also get a school ID that will allow you to start enjoying your student privileges. Moreover, you will get to meet your program coordinators. They are an invaluable resource. They will either answer your questions or get you in touch with the people who can. You can find a list of coordinators at the Division’s web site at dbbs.wustl.edu.

### Round 2: Things to Do Before You Travel Outside the United States

— Aditi Alaganan & Varsha Raghavan

#### 1. Documents:

One of the most important things to do (and one of the easiest to forget) before you leave the United States is to get your I-20 signed. This can take up to three days at the busiest times. Make sure you get it done at least a week in advance. You may have to drop off your I-20 at the Office for International Students and Scholars (OISS) on the Danforth Campus and pick it up a few days later. When you pick up your I-20, check to make sure it is yours and that it is signed and dated before you leave the office. Try not to do this at the very end of the working day, so that you can get any mistakes corrected and sort out any mix-ups.

Make sure you have a valid passport and visa (valid till you get back into US) to ensure that you can re-enter the country with ease. It is often recommended that you keep other documents that will help verify your status as a student: a copy of your letter of admission to Washington University, a copy of your grades and a recent paycheck. It may also help to have copies of your bank statement and/or a recent phone or utility bill, which help to verify your address and demonstrate that you have sufficient funds to live in the country.

#### 2. Health Issues:

Student Health Services recommends you to set up a travel appointment before you leave the country. They can then provide appropriate prophylaxis and/or emergency medication you may need, depending on the country you’ll be visiting. This is also a good opportunity to ensure that you have sufficient prescription medicines to last until you get back. You should take this opportunity to verify how insurance coverage works and what you should do in the unfortunate event of a serious illness while abroad. Under certain circumstances, it might be best to obtain travel insurance.

#### 3. Be Aware of Regulations:

The regulations governing both entry and exit of foreign nationals from the United States are constantly being updated. One new system is the Department of Homeland Security’s US-VISIT, with all visitors holding nonimmigrant visas required to provide a photograph and fingerprint scan upon entry and exit from the country. The entry procedures are initiated by airport officials at all airports, but the exit procedures must be performed by the traveler. Make sure you are aware of the specific manner in which this is carried out at the airport from which you will be leaving the country. Make yourself a reminder and place it where you will be sure to see it — perhaps on your passport or ticket.

Finally, remember that if you are not a U.S. citizen or permanent resident, the rules that apply to you may be different from those that apply to your friends. Always do your research; don’t join your friends on a spontaneous trip to Canada or Mexico without knowing the visa requirements! Embassies for most countries have a web site where you can check whether a visa is required and download any necessary forms. Some countries also require a transit visa — a document you will need even if you are merely changing airplanes and not exiting the airport in that country. Travel agents will often provide such information, but it is safest to check on your own to avoid any trouble during your journey. Once again, make sure you give yourself enough time to obtain any documents that may be required. Ideally, start looking into this a month before your trip.

With just a little advance planning, your trips outside the United States can be fun and carefree! Bon voyage!
Round 3: Survival Tips
— Prasanna Ramachandran

Obtaining Proper Identification

Security measures are highly enforced in the United States. The most common security regulation is verifying your identification (ID). You need an ID for everything: entering bars and clubs, traveling via airlines and opening a bank account, among others. While your passport serves as a legitimate form of identification, things are easier if you have a U.S. Social Security number and state identification. I would recommend that you get a driver’s license right away. (Your car insurance rates will take the number of years you’ve been officially “driving” into account.) If you don’t drive, you should get the state ID.*

1. How to get a driver’s license

If you have a valid driver’s license from another state, you can take your current license to the Missouri Department of Motor Vehicles (DMV) to have it exchanged. If you are already in the United States and thinking about getting a driver’s license, check your state’s requirements. It might be an easier process than Missouri’s. If you do not have a U.S. driver’s license, these are the steps:

A. Individuals who are not U.S. citizens must provide:
• Proof of Lawful Presence
• Proof of Identity
• Proof of Residency

The documents required to prove your lawful presence depend on your immigration status. For example, F-1 status requirements are: passport, 1-94, I-20 and written verification of attendance at the school. This is all detailed on the web site www.dor.mo.gov/mvdl/drivers/idrequirements.pdf. This process will take some time. It is also new, so make sure you are obtaining up-to-date information. Note that they will require original documents, not copies.

B. You will take a written test to prove you understand the rules of the road in Missouri. You can find a manual for the test at www.dor.mo.gov/mvdl/drivers/forms. The manual is available in English, Spanish and Bosnian. The Department of Revenue office closest to the medical campus is at 4628 S. Kingshighway Blvd., (314) 752-3177. Payments are easiest if made in cash. This place is a little tricky to find; it’s tucked into a “strip mall”-like area.

C. After passing the written test, you will obtain a driving permit. With the permit, you can practice for the driving exam. By law, you should be driving accompanied by only one person — someone who has a valid driver’s license. Make sure the car you take for the exam meets the requirements (e.g., has working lights, proper registration with plates in the front and back, etc.). Try to arrive early in the day, because the line tends to be long. Lastly, you will not actually get the card right away; you will get it by mail. You do get a paper acknowledging that you can drive, but this won’t get you into clubs.

*Note: The procedure for obtaining a state ID is similar to that for obtaining a driver’s license but without the driving exam.

Purchasing Ethnic Food

You will be experiencing a lot of changes; missing the food you love shouldn’t be one of them. Below is a list of the most popular places to buy international groceries. A few of these stores are small family businesses; it is recommended that you take cash with you.

786 Pakistani-Indian Middle Eastern and Halal Meats
13007 Olive Blvd.
St. Louis, MO 63141
(314) 439-5599

African Grocery Store
3558 S. Grand Blvd.
St. Louis, MO 63118
(314) 664-6010

Akbar Grocery
10606 Page Ave.
St. Louis, MO 63132
(314) 428-1900

Carniceria Latino Americana
2800 Cherokee St.
St. Louis, MO 63118
(314) 773-1707
Cherokee Food Market
2850 Cherokee St.
St. Louis, MO 63118
(314) 771-0244

Diamant’s Kosher Meat Market & Delicatessen
618 North and South Road
St. Louis, MO 63130
(314) 721-9624

Digregorio’s Italian Foods
5200 Daggett Ave.
St. Louis, MO 63110
(314) 776-1062

Din Ho Market
8322 Olive Blvd.
St. Louis, MO 63132
(314) 997-2022

East Oriental Grocery Store
8619 Olive Street Road
St. Louis, MO 63124
(314) 432-5590

El Caporal Mexicana Grocery
10041 Natural Bridge Rd
Saint Louis MO 6313
(314) 423-0503

Europa Market
5005 Gravois Ave
Saint Louis MO 63116
(314) 865-0547

Evergreen Oriental Food
3640 Windsor Place
St. Louis, MO 63113
(314) 535-9898

Global Foods Market
421 N. Kirkwood Road
Kirkwood, MO 63122
(314) 835-1112

Golden Phoenix International Food Inc.
701 Park Ave
St. Louis, MO 63104
(314) 588-9888

International Foods
3905 S. Grand Blvd.
St. Louis, MO 63118
(314) 351-9495

Jay International Food Co. — Retail
3172 S. Grand Blvd.
St. Louis, MO 63118
(314) 772-2552

Kohn’s Kosher Meat & Deli
10405 Old Olive Street Road
St. Louis, MO 63141
(314) 569-0727

Pita Plus Company
13005 Olive Blvd.
St. Louis, MO 63141
(314) 453-9558

Soulard Farmers’ Market
730 Caroll Street
St. Louis, MO 63104
(314) 622-4180
Round 4: Meeting International Students

— Khushbu Patel

The easiest way to get integrated in the community is to be active from the beginning. Orientation Week is the perfect time to meet the most people. The graduate student community of the DBBS is cohesive, so it’s easy to make friends. The Student Advisory Committee (SAC) sponsors activities to maintain this sense of community. An additional source of information is the manager for diversity programs and community outreach, Rochelle D. Smith. Her office is on the fifth floor of Becker Library; you may reach her at (314) 362-7963.

You can also find a list of the cultural, religious and ethnic organizations on campus at su.wustl.edu/directory. Below are some examples of popular organizations, including their contact information.

Chinese Student and Scholars Association (CSSA)
cssa.grad.wustl.edu
— Cheng ‘Cynthia’ Li

The Chinese Students and Scholars Association (CSSA) is the biggest international student group at Washington University. CSSA strives to serve the Chinese community and to improve cultural diversity at the University.

The two major cultural events each year are Mid-Autumn Festival (September to October) and Chinese New Year (January to February). At these parties, Chinese students and scholars share the splendid Chinese culture and wonderful Chinese food with the University community. In addition, CSSA hosts a full calendar of activities, including a new student welcome party, Chinese dance training, sports events, Chinese Movie Show, and so on. All of the events organized by CSSA are free and open to everyone at the University. For more information, please visit the CSSA web site at cssa.grad.wustl.edu or contact CSSA at washu.cssa@gmail.com.

Umang
umang.grad.wustl.edu
— Anurag Agarwal

Umang, the Indian Graduate Student Association, is composed of students representing the diverse states of both India and the United States. The association provides a forum for people of Indian origin and others here at Washington University to interact and exchange cultural and academic ideas and values. Umang also aims to promote awareness of the rich culture and heritage of India among the St. Louis community, beginning with the University. Over the course of the academic year, Umang organizes a number of major events, starting with an orientation party for incoming Indian students, celebrations of Diwali, Holi (which have been wildly successful and are widely anticipated), New Year Dhamaka and other Indian festivals, as well as movie nights throughout the semester. Umang's biggest asset is its vast and diverse membership; each member offers something unique to the organization. Membership is open to all people in the University community for a nominal fee. Umang has a number of services for incoming Indian students to enable them to transition comfortably into their new environment. Please visit our web site at umang.grad.wustl.edu or write to umang@artscl.wustl.edu for more information. Umang hopes you have a safe journey and welcomes you to Washington University.

SOMOS: Washington University Latino Outreach Network
— Leila Revollo

SOMOS works to aid in the recruitment and retention of Latino students, faculty and staff at Washington University. We strive to support the Washington University Alumni Association and Alumni and Parents Admissions Program (APAP), as well as the Washington University Latino student initiatives and development. Also, we direct our efforts to provide a network of resources for current students and connect Latino faculty, staff, alumni and graduate students through social, education and other programming. Regular members of SOMOS include alumni, graduate students, faculty and staff of Washington University.

For more information, contact us at somos.wulon@gmail.com or join our Facebook group: SOMOS.
Round 5: What Can St. Louis Do for You?
— Maria Praggastis

Apart from all the great activities that these organizations provide for you, venture out to look for cultural activities in St. Louis. The Internet is the best tool. There should be no shortage of opportunities. The Riverfront Times has a whole section for world and reggae music events. Many bars and clubs dedicate a night or more to “world” music. It can be a broad variety, like Bar Italia’s Thursdays International, or more specific, like Viva’s occasional Brazilian night. Word of caution: Ask around to gauge what activities people recommend. For example, Club La Onda plays amazing Latin music, but I would highly recommend not going there unless you are in a big mixed-gender group (like the Washington University/Med School ballroom dancing club). You are also likely to find your favorite country’s St. Louis association and different dance groups. You will probably see them participating during the World Fair (Forest Park), Festival of Nations (Tower Grove, sponsored by the International Institute, www.iistl.org), Hispanic Fair (Downtown), Greek Festival (Central West End, sponsored by St. Nicholas Greek Orthodox Church), and many other festivals. If you love good, cheap international food, summer will be a joyous time. The Missouri History Museum also makes a great effort to promote cultural diversity in St. Louis year-round. Keep an eye on activities sponsored by Washington University and other St. Louis universities by subscribing to the list servers. The St. Louis International Film Festival (www.cinemastlouis.org) runs for 11 days and should certainly be on your to-do list for November. Webster University participates in this festival and sponsors similar activities regularly. There are St. Louis organizations for young professionals that sponsor international awareness and service opportunities for immigrant communities. Some links to these organizations can be found at www.connectwithstlouis.com.

Game THREE: PhDopoly

Advancing through graduate school offers not only an opportunity to deepen your scientific knowledge and skills, but also to work on personal and professional development, thus opening the door to greater opportunities and success in the future. One of the key ways you can do this is through involvement in student groups and community volunteer activities. Groups on campus can bring together students from different programs and backgrounds, making it a great opportunity to meet new people as well as quell the inevitable stress of graduate school. The opportunities to network, explore an interest, or advocate a special cause can help you tune into the bigger picture … the world outside of lab! Furthermore, the social and leadership skills gained through involvement in such groups can aid in your professional development, making you a more marketable commodity. So don’t leave it up to Chance, but take full advantage of the Community Chest of opportunities available to you in graduate school.

For a more complete listing of graduate and professional student groups on the Danforth and medical campuses at Washington University, please visit the Graduate Professional Council organizational listings at gpc.wustl.edu/site/content/graduate-student-university-wide-groups.

Round 1: Student Government
— Britney Moss

Student Advisory Committee
dlbs.wustl.edu/sac

The primary aim of the Student Advisory Committee (SAC) is to foster a positive graduate school experience for students within the DBBS. SAC recognizes that while much of the graduate student learning experience occurs in class and lab, it is additionally beneficial for students to have opportunities to interact with peers in a non-work context. The DBBS provides SAC with a yearly budget, which allows SAC to organize a variety of educational, social and peer mentoring events including the Tax Help Seminar, student panel discussions on choosing a lab, Prime Time social hours, and get-togethers for first-year students with a senior peer mentor. We are also responsible for putting together the SACademic Guide, a resource book for graduate students.

In addition to organizing student events, SAC serves as the student advocate for DBBS. SAC maintains an active dialogue with John Russell, PhD, associate dean for graduate education, to report on issues within the DBBS student community and to discuss opportunities for improvement. Our Town Hall Meetings provide a popular forum for DBBS students to discuss issues and concerns with administrators.
SAC members are an eclectic mix of motivated DBBS students who meet once a month to discuss student issues and plan events. Volunteers determine their level of time commitment, and all students are welcome to attend our meetings. Participating in groups like SAC can give you valuable experiences for your professional development that you may not receive in lab. Getting involved is also a great way to make friends with active students of all years and programs.

SAC’s activities are publicized by e-mail, fliers, Facebook and web page announcements. The web page (dbbs.wustl.edu/sac) also features our annual event calendar, SAC guidelines, and the online edition of the SACademic Guide. SAC is always open to student feedback. If you have any questions, ideas or suggestions, e-mail us at wustl.sac@gmail.com or join our Facebook group (Student Advisory Committee).

Graduate Student Senate of the Graduate School of Arts & Sciences (GSS)
artsci.wustl.edu/~gss

Established in 1993, the GSS is a student governance association composed of one graduate student representative from each degree-granting department or program within the Graduate School of Arts & Sciences (GSAS). However, graduate students need not be a department/program representative to participate in GSS. All graduate students are encouraged to participate in our monthly GSS meetings as well as any of our various committees.

The GSS represents graduate students in Arts & Sciences by providing a channel of communication between these graduate students and other members of the Washington University community and by enhancing the professional and social lives of graduate students in Arts & Sciences. To this end, the GSS works with Washington University faculty, staff and administrators to encourage and facilitate academic activities, graduate student governance associations within each department/program, and interdepartmental social activities within the GSAS. The GSS sponsors and participates in a wide variety of activities on campus and across the nation. Established GSS programs and initiatives include orientation for new graduate students in Arts & Sciences, Graduate Student Research Symposium, Outstanding Faculty Mentor Awards, panel discussion events, conversations with the Dean (open forum discussions between the Dean of the GSAS and graduate students), health insurance plans for graduate students, teaching workshops and the teaching citation, career and professional development workshops for graduate students, peer-mentoring development for graduate students and social events. For more information, visit the GSS web site (artsci.wustl.edu/~gss).

Please note: If you have an issue or concern that pertains to the lives of Arts & Sciences graduate students at Washington University, contact your program senator or e-mail the GSS directly at gss@artsci.wustl.edu.

Graduate Professional Council (GPC)
gpc.wustl.edu

The Graduate Professional Council (GPC) is the only multidisciplinary student group that represents the more than 6,000 graduate and professional students at Washington University in St. Louis. Two graduate students from each school are appointed to be GPC representatives, but all graduate and professional students are invited to attend events and participate in the planning process.

The GPC’s central purpose is to advocate the mutual interests of the graduate and professional students to the faculty and administration. In addition, GPC supports graduate and professional student organizations and interschool interaction via campus-wide social events. Past GPC functions have included an evening with the Saint Louis Symphony Orchestra, discounted tickets to St. Louis Cardinals and Blues games, various community service activities, “Nights Out” to various locations around St. Louis, and much more.

Look for GPC representatives at orientation, pick up a calendar of events, and learn how to get involved with the GPC. A complete listing of graduate and professional student groups and the GPC’s online event calendar are on the GPC web site (gpc.wustl.edu).

Meetings are held monthly and are open to all graduate and professional students. Participating in GPC is a great way to meet students from other disciplines at Washington University. For more information, take a look at the web site or e-mail GPC at gpc@wustl.edu.
Round 2: Professional Associations

— Mary Olanich

National Association of Graduate and Professional Students (NAGPS)

www.nagps.org

The National Association of Graduate Professional Students (NAGPS) is a nonprofit organization dedicated to improving the quality of graduate and professional student life in the United States. To this end, NAGPS works to actively promote the interests and welfare of graduate and professional degree-seeking students in public and private universities, as well as in the public and private agencies at the local, state and national levels. In addition, through its national office and regional networks, NAGPS acts as a clearinghouse of information on graduate and professional student groups at all stages of development. NAGPS offers special benefits to graduate and professional students, such as information on grants and fellowships, a job bank, health and dental plans and an 8 percent discount on GEICO car insurance. The NAGPS web site at www.nagps.org has all the details. At Washington University, the Graduate Professional Council and the Graduate Student Senate are paid members of NAGPS and regularly send graduate students to its national and regional conferences.

Association for Women in Science — St. Louis Chapter (AWIS-STL)

groups.yahoo.com/group/awis-stlouis/

awis.wustl.edu

AWIS is a national nonprofit organization working to promote women’s activities in all fields of science, mathematics and engineering. AWIS has more than 70 chapters nationwide, including one in St. Louis, founded at Washington University School of Medicine! The Association for Women in Science in St. Louis:

• Is for students, fellows, staff and faculty, women and men, practitioners of academic, industry-based and community oriented science, and MORE!
• Holds special seminars and provides outreach opportunities, including:
  – Women in Science Day, which brings 100 St. Louis public high school girls to campus for hands-on activities and a career panel
  – AWIS networking event (co-hosted) at the American Association for the Advancement of Science (AAAS) meeting in St. Louis
  – Financial Literacy for Scientists and Engineers

• Provides networking opportunities with women in academia and industry at a monthly AWIS-STL happy hour
• Is a chapter of the national AWIS, which advocates for women in science and provides resources to local members, including a quarterly news magazine

AWIS provides information about science funding, careers, policy and mentoring and how these issues affect women in science. AWIS works to expand opportunities of participation for all scientists; men interested in promoting diversity are encouraged to actively participate. AWIS is affiliated with the American Association for the Advancement of Science (AAAS), and is viewed by the White House and Congress as an important national resource. More information can be found on the national web site (www.awis.org).

Put yourself on our mailing list! If you are interested in joining, go to groups.yahoo.com/group/awis-stlouis and click “Join this Group!” in the upper right corner. We’ll keep you informed about upcoming local events of particular interest to women.

Future Educators

— Kara Powder

We are a student-run group of graduate students and postdocs who meet once a month over lunch to discuss ideas related to teaching. We also host a number of workshops through the year in collaboration with the Teaching Center at Washington University, intended for both people committed to teaching in the future and those who just want to improve their teaching skills. For instance, this past year we discussed improving mentorships in the lab, writing exam questions, and developing a teaching philosophy and teaching portfolio. If you are interested in being placed on the Future Educators e-mail list to receive information about meetings, events and teaching opportunities, e-mail futureeducators.wustl@gmail.com.

BioEntrepreneurship Core

— Brian Miller

grad.wustl.edu/~bec/

The BioEntrepreneurship Core (BEC) is a group of Washington University students, postdoctoral fellows and staff dedicated to forming relationships with the local biotechnology industry and fostering a spirit of entrepreneurship that will result in exciting new collaborations. The BEC provides
a platform for scientists seeking to learn about the business world and biotechnology industry, as well as serving as a valuable networking resource for scientists who want to take an invention or idea to market. We also provide career information for scientists interested in finding a job outside of academia. In collaboration with the Olin School of Business, the BEC is involved in the Olin Cup, a competition that provides funding for Washington University-based start-up companies. For more information, please visit our web page at grad.wustl.edu/~bec/ or e-mail bec@grad.wustl.edu.

Round 3: Support Networks
— Carl Franz

WUSPA (Washington University Spouses & Partners Association)
wuspa.wustl.edu
WUSPA is a support network for the spouses and partners of Washington University affiliates (spouses/partners of students, postdocs, staff and faculty). It is funded by a grant from the Women’s Society of Washington University.

There are many students, postdocs and employees at Washington University who move with their spouses/partners to St. Louis from abroad or from other states. In addition to starting their own studies or work, their spouses/partners must settle in and get used to their new neighborhood, lifestyle and culture. The goal of WUSPA is to help these spouses/partners make their start easier and their lives in St. Louis more enjoyable by providing useful information and various activities.

We have daytime meetings once or twice a month and monthly potluck parties. We also provide information and referrals that connect spouses/partners with resources at Washington University and in the St. Louis area. This information is designed to foster friendship in a new community, support personal and professional growth of our members, and encourage spouses/partners to take initiative by organizing and leading activities according to their interests. The following are interest groups that are currently active: Cooking Group, Craft Group, Dining Out Group, Flower Arrangement Class, Language Exchange (group or one-on-one), Outing Group, Play Group and Potluck Group. We welcome any members to create and lead new interest groups. Any ideas for WUSPA activities and any help with organizing WUSPA are welcome!

If you have any questions or would like to join WUSPA, visit the WUSPA website and/or e-mail them at wuspa.stl@gmail.com.

Chabad on Campus
— Rabbi Hershey Novack
www.ChabadonCampus.org
Rohr Center for Jewish Life is a leading resource for Jewish students at St. Louis-area colleges and universities. Chabad aims to engage students with accessible and meaningful Jewish experiences, helping to ensure a Jewish tomorrow. Chabad offers students weekly Shabbat dinners, Jewish learning opportunities, social projects, and free trips to Israel with the Taglit-birthright Israel program.

Additional information about the program is available at www.ChabadonCampus.org. A new facility has just been purchased at 7018 Forsyth Blvd., just west of Big Bend Boulevard, near Washington University. For more information, contact Rabbi Hershey Novack at (314) 721-2884 or rabbi@chabadoncampus.org.

Round 4: Creative Outlet
Hippocrene
hippocrene.wustl.edu
Hippocrene is the literary and artistic voice of Washington University School of Medicine. The print magazine features poetry, short stories, essays, photography and artwork — all from your colleagues at Washington University. Watch for the publication in your mailboxes and common areas.

Submissions are accepted year-round from students, faculty and staff affiliated with biology or medicine at Washington University. Submissions need not relate to science or medicine; form and subject matter are constrained only by your talent and imagination. Please let the editors know if you would like to get involved with any of their endeavors.

Check out the most recent issue, browse a complete archive of past issues, find out about upcoming arts events and much more at medicine.wustl.edu/~litmag. Submissions, comments and questions can be sent to the editors at litmag@medicine.wustl.edu.
Round 5: Cultural/Professional Organizations
— Kelly Flentie

Association of Black Biomedical Graduate Students (ABBGS)
— Tracy Nicholson
www.abbgs.org

ABBGS is a network of students on the Danforth and medical campuses that is dedicated to strengthening the social, cultural and academic well-being of black biomedical graduate students while enhancing the graduate experience for all members of the campus community. In addition to meeting regularly, the group sponsors programs that promote diversity and cultural awareness within a social and professional environment. Past events have included a jazz and classical concert with the Saint Louis Symphony, a postdoc panel discussing career skills, a fund-raiser and medical textbook collection party hosted by Bar Italia, and various other community service activities.

While serving the current student body, ABBGS also supports active recruitment of a diverse student population, thereby helping to increase the number of underrepresented doctoral candidates and later PhD faculty. To support this effort, ABBGS helped host the first DBBS diversity revisit weekend for accepted underrepresented applicants. ABBGS hosted the opening reception, and members volunteered as student escorts to the undecided candidates. This event gave candidates an opportunity to interact more closely with students and faculty as they were immersed in the culture of Washington University.

ABBGS membership represents a wide range of ethnicities and nationalities and welcomes all graduate students to join. If you are interested in participating or in learning more about ABBGS, we encourage you to attend one of our upcoming meetings or events by visiting www.abbgs.org. You can also e-mail the group with ideas or questions at ABBGS.info@gmail.com.

Graduate Association of Latin American Students in DBBS (GALAS)
— Monica Vega-Hernandez

GALAS was created in 2006 in response to the growing Latin/Hispanic student community in DBBS. Our group strives to:

- work to increase diversity within DBBS by supporting the recruitment of more Hispanic/Latin graduate students
- assist in establishing a professional network among Hispanic/Latin graduate students, faculty and staff of DBBS

Student National Medical Association (SNMA)
— A.C. Williams
snma.wustl.edu

The Washington University chapter of the SNMA is part of a larger regional and national organization that represents minority medical students. This larger organization provides minority students at Washington University the opportunity to make contacts and associate with other future and present minority physicians both locally and throughout the nation. The main objectives of our local chapter are:

- dedication to academic excellence
- hosting culturally diverse social events
- community service

Our dedication to academic excellence is epitomized by the way members work together to help each other reach the highest level of achievement. This informal system pairs second-year medical students with first-year medical students to “show them the ropes” and help them adjust to the academic demands of medical school. Socially diverse events include activities during Latino History Month, Black History Month and Diversity Week, as well as fun and informative events throughout the year that celebrate our diverse cultures here at Washington University.

SNMA is dedicated to decreasing health care disparities in medically underserved areas and increasing social consciousness within the medical community. Current programs include Minority Association of Pre-Health Students (MAPS), Health Professions Recruitment and Exposure Program (HPREP), and Saturday Scholars, which showcase SNMA’s commitment to educating and mentoring high school and undergraduate students. We also organize and participate in community health fairs as well as blood and bone marrow drives.

If you would like more information, visit the website at snma.wustl.edu or e-mail Julio Benitez at benitezj@wusm.wustl.edu.
• share the Hispanic/Latin heritage with the DBBS community by organizing educational and cultural events that foster diversity and
tolerance among the graduate population
• serve as an advocate for the Hispanic/Latin graduate community in DBBS

We work during the year to create several educational and cultural events that include Latino Thanksgiving Dinner, Salsa Outing, Hispanic Biomedical Roundtable and Hispanic Scientists Display for Hispanic Heritage Month. Look for information about our upcoming events through our Facebook group, “GALAS,” or contact Carlos Michel at cimchel@wustl.edu.

Jewish Graduate Student Association (JGrads)
— Michele Nudelman
www.jgrads.org

JGrads seeks to provide Jewish graduate students with a sense of Jewish community in the St. Louis area. We provide Jewish students with cultural, religious, social and political programming to foster a sense of Jewish identity within our small community. JGrads programming is open to other Jewish graduate students at nearby schools along with recent graduates in the St. Louis metropolitan area.

If you have questions or would like more information, you can e-mail info@jgrads.com or go to www.jgrads.org for event info.

Round 6: Outreach

Young Scientist Program (YSP)
— Britney Moss
ysp.wustl.edu

The Young Scientist Program (YSP) is a science education outreach program targeting the St. Louis City public high schools. The group was founded in 1991 by graduate/medical students who were interested in providing local high school students and teachers with access to unique, hands-on scientific activities not normally available in the traditional high school curriculum.

The YSP has grown to encompass several programs, all of which are designed and directed by student volunteers. The teaching teams bring exciting, hands-on science directly into the high school classroom. In this program, groups of graduate/medical students teach curricula in anatomy, chemistry, evolution and ecology, forensics, genetics, genomics, microbiology, neuroscience and physics. The lesson plans include demonstrations and experiments, making student involvement a key focus. The Summer Focus program invites 12 high school juniors to the medical center for an eight-week summer research internship. In addition to participating in a research lab, the students attend a weekly seminar series and a journal club and tour several Washington University facilities including the The Genome Center and the Neuroimaging Lab. The Teacher and Researcher Partnership (TRP) promotes the teaching of science in new and effective ways by providing teachers in the St. Louis public schools with the opportunity to work with fellow teachers and in collaboration with a Washington University research partner to translate laboratory research into active learning for students. In addition to the experiences gained through laboratory research, teachers attend a weekly seminar series that exposes them to new areas in scientific research. A weekly journal club challenges the teachers to consider some of the most controversial topics in science.

The YSP provides an excellent opportunity for students interested in teaching and education to be involved with a highly successful program. Our volunteers participate in all aspects of program development and implementation. For more information, please contact Jennifer Mosher, Campus Box 8213, (314) 362-4841, mosherj@wusm.wustl.edu.

Community Service Off Campus
— Tracy Nicholson

If you are interested in volunteering your time for a worthy cause, there are a number of organizations around St. Louis that provide an opportunity to give back to the community. The list below represents a small sampling of the organizations available.

Metropolis
www.mstl.org

Metropolis St. Louis is an independent, nonprofit organization working to create and promote an environment in the city of St. Louis that attracts and retains young people. Begun as a conversation in March of 1997, Metropolis has grown into a movement with more than 1,400 members. All of its many projects are initiated, planned and carried out by volunteers in true grassroots fashion. In short, Metropolis is a civic organization with an edge.
FOCUS St. Louis
www.focus-stl.org
FOCUS St. Louis is a nonprofit organization dedicated to creating a
cooperative, thriving region by engaging citizens in active leadership roles
to influence positive community change. The organization also functions
as the region's citizen's league.

United Way of Greater St. Louis
www.stl.unitedway.org
Today, the United Way of Greater St. Louis supports the programs of 200
local health and human service organizations that help more than 1 million
people each year. The United Way of Greater St. Louis unites people of
diverse backgrounds and interests who work together to strengthen health
and human services in Missouri and Illinois. The Volunteer Center provides
a searchable database of volunteer opportunities in the St. Louis area.

Big Brothers/Big Sisters
www.bbbsemo.org
For more than 100 years, Big Brothers Big Sisters has been recognized as one
of the most effective youth-service groups in the United States. It is the old-
est and largest mentoring organization in the country, serving young people
nationwide — including Eastern Missouri.

The Sierra Club
missouri.sierraclub.org/emg
The Sierra Club's members and supporters are more than 1.3 million strong. Inspired by nature, they work together to protect our communities and
the planet. The Sierra Club is America's oldest, largest and most influential
grassroots environmental organization.

St. Louis Science Center
www.slsc.org
The St. Louis Science Center seeks enthusiastic volunteers ranging from
19 years of age and up to assist as Exhibit Gallery Leaders in a variety of
activities. A science background is not required. Volunteers learn while
having fun and help the community understand the past, present and future
scientific and technological developments in a very playful and hands-on
environment.

Saint Louis Zoo
www.stlzoo.org/supportthezoo/volunteer
The Saint Louis Zoo welcomes enthusiastic volunteers who have a love
for animals and a passion for serving the people of our community. Zoo
volunteers come from diverse backgrounds and bring a variety of experi-
ence, knowledge and skill to the Zoo's operations. No prior experience
is necessary.

Game FOUR: PhD Clue
In this game, you must unravel a mystery: how to live and survive in your
new city, St. Louis. Will Colonel Mustard use the wrench in your new apart-
ment to help you get cable TV at your new home? Or maybe Mrs. White will
use the pipe in Olin to point you towards the everyday basics like cafeterias,
coffee stands, and libraries. But watch out for Professor Plum in the Labora-
tory ... he's known to use that rope to get you to go to lots of seminars and
journal clubs. If you can solve the mystery, you'll also know everything you
need to about life after graduate school at Washington University!

Round 1: Housing Information
Finding an Apartment
— Diana Schorry
There are several sources of information on apartments for rent. Washing-
ton University has an off-campus housing affiliate — Quadrangle Housing,
(314) 935-9511, offcampushousing.wustl.edu/index.asp — that carries a list
of apartments for rent and people looking for roommates. A good web site
with St. Louis neighborhood descriptions and many links to neighborhood
pages is stlouis.missouri.org/neighborhoods. You can also get free apartment
guides on the web, at supermarkets, gas stations and Blockbuster Video. If
you are out of town, ask your coordinator to send you one. Another option is
to buy the St. Louis Post-Dispatch or pick up a free Riverfront Times and look
in the classified sections. If you know where you would prefer to live, you
can drive around that neighborhood and look for “For Rent” signs.
The next issue is where you should live in St. Louis. If you want to be within walking distance of the medical center, you should live in the Central West End (CWE). A variety of pubs, restaurants, cafes and shops are conveniently located in the CWE (stlouis.missouri.org/cwe/). Apartments around DeBaliviere Place, Pershing Avenue and Waterman Boulevard are along the Washington University shuttle route and near the Forest Park MetroLink stop. Some students prefer to take St. Louis public transportation (see below). The Skinker/DeBaliviere neighborhood is also within walking distance of the Forest Park MetroLink stop and single-family homes and apartments are available.

Many graduate students live in Clayton (and its DeMun neighborhood), Richmond Heights or Dogtown (the area east of Skinker and south of I-64/Hwy 40, just south of the Zoo), or in the Shaw neighborhood near the Botanical Garden. Others choose to live in University City (U City) near the Delmar Loop. All of the above-mentioned locations are about a 10-minute drive from the medical school and about a 30-minute bike ride. If you do not mind commuting half an hour (one way without heavy traffic, longer during rush hour), you can live in the suburbs in West, South or North counties.

St. Louis is patchy; you can be in a good neighborhood on one block and in a sketchy neighborhood just a couple blocks away. Most students prefer areas north of Delmar and west of Skinker, especially the farther west you go. It’s a good idea to talk to current students or native St. Louisans. Your coordinator will be glad to set you up with someone who can answer your questions.

Keep personal preferences in mind. Some people may live in areas that you wouldn’t feel comfortable in. Likewise, you may be fine living in an area that other students might avoid. A good test is to drive the area at night to see if you would feel safe walking around.

Reasonable rent for an unfurnished, one-bedroom apartment ranges from $400 to $900, depending on location (Clayton and CWE prices tend to be higher), size (studio vs. one-bedroom vs. loft), and amenities (cable, water, heat, electricity). Other considerations when looking for an apartment are smoking/nonsmoking policies, pet policies, parking, management, size of the apartment complex and air conditioning. Not all apartments are equipped with air conditioning; some will provide window units for a rental fee in the summer. It is recommended that you have air conditioning (central or window units) in St. Louis, especially when the temperature stays above 80°F (27°C) with high humidity for about six months out of the year.

For those of you who are new to being on your own, make sure you set up your utility services (see below). You can set up all of these services anytime after you find an apartment and before you move to St. Louis. Setting up your telephone first might be a good idea, since it may take a week or more to activate.

Local telephone (AT&T), (800) 464-7298
You can set up local telephone service via the Internet at www.att.com. On the AT&T homepage, click “Residential Customers.” Next, click on “Order New/Move Phone Service” and follow the instructions to order your service. Keep in mind that alternative local phone companies might provide services in your area.

Electricity (AmerenUE)
(314) 342-1111, or (800) 552-7583

Gas, if needed (Laclede Gas Company)
(314) 621-6960 or (800) 887-4173

Cable Service (Charter Communications)
(888-GET-CHARTER) www.charter.com

Cable Service (AT&T Cable Services)
(314) 361-7300 (check for availability in your area)
In summary, you will need the following information when you look for housing in St. Louis: a list of apartments in which you are interested, a list of references (some applications require them), money for application fees and a deposit (usually one month's rent), some form of transportation, a copy of your Washington University acceptance letter with the stipend amount listed, and most importantly, luck and patience. Looking for an apartment in a new city can be stressful, but with some careful planning, you will be able to find a cozy crib to call home for the next few years.

On a final note, sharing a place with a roommate can make things in St. Louis much more affordable. The DBBS office collects and publishes information from students seeking roommates at the beginning of each academic year.

Purchasing a Home in St. Louis

— Diana Schorry

Wherever you may be coming from, be it from undergrad on the Danforth Campus or a master's program in Korea, St. Louis is going to be your home for the foreseeable future. As graduate students, we can consider ourselves bright and practical. For these reasons, it is not surprising that some of your fellow students are homeowners, and you may be considering purchasing a home of your own. Purchasing a home is an investment that makes sense, regardless of whether you want to make St. Louis your forever home or are looking forward to a postdoc somewhere far away. One of the first obstacles any new homeowner faces is figuring out how to purchase a house. There are a number of broad steps that you must take to figure out your budget, find a home, make an offer and then pay a mortgage.

First, you need to determine your limits based upon your income. To do this, you need to meet with a mortgage broker who will help you determine your price range for a home, and what sort of monthly mortgage you can expect to pay depending on the price of the home. It may also help to make a budget including utility expenses in your new home to determine how large a monthly mortgage payment you would be comfortable with. Remember to plan for regular maintenance costs. Once you have an idea of your constraints, you should go to a professional real estate agent.

What I’ve omitted here are the numerous details and the “fine print” that goes into closing a home, figuring out a mortgage and all the financial and legal minutiae required to become a homeowner. However, I will point you to a book. *Home Buying for Dummies* by Eric Tyson and Ray Brown is easy to read and a valuable resource if you want to become a homeowner.

In addition, if you are a first-time homebuyer and purchase your home after January 1, 2009, and before December 1, 2009, you may be eligible for an $8,000 tax credit from the federal government (www.federalhousings tax-credit.com/2009/home2.html).

With the federal tax credit, in addition to the recent drop in home values, now is a great time for first-time homebuyers. It may seem daunting, but it is well within your reach as a graduate student.

Round 2: Everyday Essentials
Cafeterias and Other Places to Eat

— Hanako Yashiro

It’s noon and your stomach is telling you that it’s time for lunch. For many graduate students, bringing a lunch is the budget-conscious thing to do. But this doesn’t mean you have to eat by yourself. Most departments have a common break area with access to a refrigerator and a microwave. You also can meet with friends at one of the cafeterias. On warm days, you can eat outside in the courtyard adjacent to the McDonnell Medical Sciences Building. Near the Central Institute for the Deaf is a small park area that can be fun for a picnic-style lunch. There also are various benches and ledges scattered around McDonnell and the Pediatric Research Building.

If you choose to buy lunch, there are several options. The Olin Cafeteria next to the Seashell Lobby in McDonnell serves breakfast and lunch. Choices include a deli, grill, salad bar and entrees. Check the menu posted outside the entrance for the week’s offerings. The cafeteria in St. Louis Children’s Hospital (SLCH) is also a popular stop. Choices there include a deli, grill, salad bar, Pizza Hut personal pan pizzas and Dairy Queen ice cream. SLCH serves breakfast, lunch and dinner and offers a 30 percent discount after 4 p.m. with a student ID. Barnes-Jewish Hospital South also has a cafeteria, open from morning through night. No discount here, but in addition to the standard cafeteria fare, it offers several specialty items. Also, the bookstore in the McDonnell Pediatric Research Building has a cafe, which in addition to coffee...
drinks and sweets offers sandwiches, salads and soups. If you want to get away and celebrate a co-worker’s birthday or your PI being out of town, there are a number of eateries in the Central West End within a 10- to 20-minute walk of the medical center. Another good choice (and better coffee and great pastries, say some) is the little coffee shop in Barnes-Jewish South tucked away near the parking garage entrance. Finally, be on the lookout for seminars and journal clubs where you can snag a free meal.

Hours of operation for medical campus eateries:
- Aramark, Mon-Fri: Breakfast, 7–10:30 a.m.; Lunch, 11 a.m.–2 p.m.; Snack, 2–3:00 p.m.
- St. Louis Children's Hospital, Daily: 6 a.m.–2:30 a.m.
- Barnes-Jewish Cafeteria, Daily: 5:45 a.m.–3 a.m., but entree line closed 4–4:45 p.m. and 7:30–8:45 p.m.
- Bookstore Café, Mon-Thu: 8 a.m.–6 p.m.; Fri: 8 a.m.–5 p.m.; Closed Sat and Sun.

Bookstore
The medical campus bookstore is actually a Barnes & Noble, so it contains your standard book store selection and not just scientific textbooks. It also offers Washington University paraphernalia such as clothes, cups and keychains, as well as non-Washington University gifts like stuffed animals, flowers and even Godiva chocolates. It also has a small selection of office supplies and sweet and salty snacks, so it doubles as a small convenience store. Finally, a café serving Starbucks coffee and drinks is inside so you can do leisure reading, study or listen to PIs casually chatting over cappuccinos during an afternoon break.

Student Lounge and Other Meeting Places
A student lounge for the medical campus recently has been established in the Spencer T. Olin Residence Hall, across from the help desk. This lounge is open to all students on the Medical Campus and can be entered by swiping your student ID. There are several couches, tables and chairs, a big screen TV, and a few desk areas with outlets for laptops. Just outside the lounge are vending machines. If you are hunting for a private space for a group meeting or other event, there are several rooms you can reserve.

- A number of rooms on the second floor of the Farrell Learning and Teaching Center (FLTC) can be reserved for functions. Specifically, some of the rooms have priority for DBBS students and functions. Reserve the rooms on the web at fltc.wustl.edu (click on Request a Room) or call (314) 747-3284.
- You can book Erlanger or Cori auditoriums (capacity: 150 each) in McDonnell Medical Sciences Building and the Moore Auditorium in North Building (capacity: 275) through the registrar/Room 100 or by calling (314) 362-3848.
- The King Center, on the seventh floor of Becker Library (capacity: 100) is a relatively elegant room with a small kitchen, although there is a rental fee that varies with the type of event. You can call (314) 747-0034 to schedule a time.
- On the sixth floor of Becker Library, rooms 601A and 601B (capacity: 30 each) can be reserved by calling (314) 362-2793. 601B has computers and is typically used for classes or help sessions.
- Near the Division offices on the fifth floor of Becker Library are two classrooms (capacity: 24 and 32) and a conference room (capacity: 14) that can be reserved by talking to the receptionist.
- In McDonnell Pediatric Research Building, the Shaffer Conference Room (capacity: 25) can be reserved by calling (314) 362-6827.
- In Olin by the student lounge, there is a study room (capacity: 10) that you can reserve at the Olin help desk.
- Lastly, departments tend to have conference rooms and libraries that you can reserve by contacting the specific offices.

Coffee
— Hanako Yashiro
Coffee. It’s the thing that makes crappy data seem not so crappy. Caffeine is an antidepressant, and when in coffee, it’s a delicious one at that. Let’s be honest, though — bad coffee can ruin your day. I don’t want to point fingers, but … some purveyors might as well serve warm mud with sugar. That said, here are some quality coffee places around campus, in the Central West End and beyond.
PhD Clue

Game FOUR:

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seating is limited, although they have outdoor seating. Their sweets are a must-have for an afternoon snack. Bear in mind that they are not open at night or on the weekends. In addition, there are two Ritazza coffee vendors on the medical campus. One is tucked around the corner from the main lobby of Barnes-Jewish Hospital South (just inside of the walkway to the garage) and the other is in the lobby of the Center for Advanced Medicine. Open Monday to Friday from 6:30 a.m. to 6 p.m. and Saturday from 8 a.m. to 2 p.m., they offer good coffee and espresso drinks as well as dessert-style snacks and treats.

CWE: Closest to campus, you’ll find St. Louis Bread Company (a.k.a. Panera) at the corner of Euclid Avenue and Forest Park Parkway, where they serve bagels, sandwiches, soup/salad, pastries and coffee. Not to mention, they have free Wi-Fi, in case you want a slight change in scenery to work on your paper, but without going too far out. Another favorite among students and staff is Einstein Bagels at the corner of Euclid and Laclede avenues. Einstein's has great bagels and very good house coffee, including bottomless cups for enjoyment in their establishment. For those who are not a big fan of coffee, their freshly squeezed orange juice will immediately wake you up. They have weekend hours, but close a bit on the early side (by 5 p.m. most days of the week). They also have plenty of seating when you need to get out of your apartment or the lab to study. Further down Euclid, at Maryland Avenue, is Coffee Cartel. First off, Coffee Cartel is open 24 hours. They offer a number of drinks and lots of desserts, and in good weather they have outdoor seating for people-watching. However, all this does not come cheap. Walk half a block westward, and you’ll find The Cupcakery, which is famous for its wide variety of cupcakes. The café has just recently expanded in size due to its popularity, so there is a larger sitting area for you and your friends to enjoy your cupcakes and coffee. East on Maryland you’ll find a Starbucks and Companion Bakery, which serves pastries and lunch, as well as coffee. Its homely atmosphere draws many students and faculty to do work there on weekends, or to simply catch up with friends. New to the CWE is 6 North Coffee. Located at the corner of Laclede and Sarah, 6 North has a variety of coffees, teas and fruit smoothies. In addition, they offer free wireless Internet and often circulate with samples of their desserts and sandwiches. Indoor seating is limited, although they have outdoor seating.

Beyond: In most areas you can find chains that you’ll recognize. Just to be sure, here are some things you’ll find in various neighborhoods. On Delmar in University City, there is a Starbucks and a St. Louis Bread Company close to the west end of the Loop. The St. Louis Bread Company is fairly large and can be a good study place if you don’t require absolute silence. Off of Clayton Road near Big Bend there’s an Einstein Bagels in the Schnucks shopping center. On DeMun Avenue is Kaldi’s, a relatively small and quite intimate café. Seating is minimal, but they offer coffee from ceramic mugs (bottomless) and light fare. In the Brentwood area you’ll find a Border's bookstore and another St. Louis Bread Company. Both are in busy, high-traffic shopping centers and can be (and often are) very crowded. Coming back east to Lafayette Square there is Perc in the Park, which offers wireless Internet but no writing surfaces. Just south of Tower Grove Park is Hartford Coffee Co., a cozy neighborhood café at Arsenal and Roger. Not only do they offer delicious food and bottomless coffee, but they also display local artwork and host live music performances on the weekends. Our neighboring school, Saint Louis University, also has many cafes within its vicinity. For example, Café Ventana on West Pine and Vandeventer provides a chic atmosphere with a fireplace and comfortable couches, with jazz playing in the background. Not only will you have free Wi-Fi access here, but they also have a tasty brunch/lunch/dinner menu and bottomless coffee. Additionally, if you bike there, you will get free beignets, which are definitely to die for. In the neighborhood of The Hill, the Italian district of St Louis, there are several restaurants and bars, but one favorite café among students is Shaw's Coffee on Shaw Avenue for its relaxing atmosphere and good coffee.

This list is far from complete, and you can find more places at www.saucemagazine.com replete with customer reviews, directions and hours.

How to Survive Being a Graduate Student on the Danforth Campus

— Rachel Schwope

Alright, so you’ve picked your thesis lab and you are destined to spend the next few years on the lovely, tree-filled Danforth Campus, free from the asphalt and concrete world of the medical campus. But, unless you’re a student in the plant or evolution population disciplines, the majority of your department will be on the medical campus. Although the choice may seem isolating, there is a significant representation of biology graduate students
and labs on the Danforth Campus. Although the community here is smaller in size, we are a friendly, familiar group who are doing top-notch science, as shown by the several labs that have published in multiple high-profile journals in recent years. Additionally there’s even a DBBS representative in 301 Monsanto Laboratory several days a week to help you no matter what your program.

Although traveling to the medical campus for seminars and classes might seem like a headache, the trip has been made easy with the advent of free Metro travel for full-time Washington University students, paid for by the University. There are two MetroLink stops nearby, and the trip takes less than 10 minutes, but you can also drive between the two campuses via the revamped Forest Park Parkway or through Forest Park. The MetroBus system is also a reliable way to get to campus regardless of where you live, so you can even live in the Central West End while still having an easy commute to the lab.

Since the Biology Department on the Danforth Campus is a conglomerate of different programs, there is a diverse array of labs and seminars, and with them, the opportunity to broaden your scientific horizons. Bioforum is a Friday afternoon seminar series that gives graduate students and postdocs from any lab an opportunity to present their work while everyone enjoys ending the week with pizza and a beer. Plant Lunch is on Tuesdays, with speakers from campus or from other universities. There are also departmental seminars on Monday afternoons with invited speakers chosen by members of the Biology Department.

Aside from academics, there are places to grab a bite for any meal of the day. Holmes Lounge is a popular place to study or grab a coffee or sandwich in a cozy atmosphere. Holmes Lounge also hosts free music, such as jazz, on Thursday nights. Mallinckrodt was the student union and the last shuttle stop on the Danforth Campus, but it has been replaced by the brand new Danforth University Center, which includes a variety of food options, as well as a cafe to get a snack any time of the day. The third floor of the DUC, as it’s known, also houses a grad student lounge where you can relax, get a free coffee, and meet with grad and professional students of other disciplines. Mallinckrodt still houses a Bank of America, a bookstore, a Kinkos/FedEx and a bakery, with doughnuts, smoothies, ice cream, Kaldi’s coffee, muffins, etc. Many of the inhabitants of the Danforth Campus are also fans of the Cheap Lunch, where you can get pizza, coke, chips and a cookie for $2. Another popular choice is the Rathskellar, where you’ll find a Subway. The Loop, with tons of restaurants, is always a quick walk from campus and a great place for lab “outings,” or you can always brown bag it and have lunch on the beautiful, grassy Quad.

Whether or not you are a Danforth Campus student, there are tons of places to go and opportunities to take advantage of on and near campus. Edison Theatre in Mallinckrodt showcases dance, theater and musical artists from around the world. Student groups also give cultural performances, such as the Chinese New Year’s Festival, Diwali Night and Black Anthologies. The music department gives recitals in Graham Chapel that are free or have a nominal fee, there are art galleries at Steinberg Hall, and Bears sporting events at the new Athletic Complex. Access to the Athletic Complex is free to all students with a Washington University ID, although some activities have a nominal fee. The Athletic Complex houses a pool, racquetball courts, a fitness room, weight room, etc. Outside there are tennis courts and a track. Intramural sports are also available. The Assembly Series is popular with students and the public and is free. Speakers have included Kurt Vonnegut, the Dalai Lama, Christopher Buckley and Seth McFarlane (writer for “Family Guy”). Thurtene is a yearly carnival with activities for all ages. There are also many student groups — religious, political, environmental — you name it.

So, if you find yourself as a graduate student on the Danforth Campus, don’t fret. Check out www.wustl.edu for more information!

Round 3: Communication

Newsletters/Magazines

— Matthew Cain

One well-established magazine on the medical campus is Outlook. It provides information on medical accomplishments and research at the School of Medicine. Additionally, there is a literary magazine, Hippocrene, which features creative writing and artwork submitted by students, faculty and staff. The University administration publishes the Record newspaper, the official source for news and information to all members of the campus community. It contains listings for lectures, exhibitions, musical performances, sports and religious events. Outlook and Hippocrene should be delivered to your student mailbox; the Record can be found in the Seashell Lobby of the McDonnell Medical Sciences Building or accessed online at record.wustl.edu.

A very helpful weekly St. Louis newspaper is the Riverfront Times. It is published every Wednesday and is free at various restaurants, street corners and just outside McDonnell and Moore Auditorium. The RFT has information about movie show times, concerts, theatre performances, restaurants, stores and other events occurring throughout St. Louis. It is definitely brimming with information!
Web and E-mail Access
Each DBBS student is given an e-mail account on the artscl.wustl.edu server. Using a web browser, you can access your e-mail account by going to artscl.wustl.edu/webmail. To gain access to your account, you need to choose an e-mail client (program) — Squirrelmail, SakeMail or Horde Mail. For additional guidance in managing your email account, go to computing.artsci.wustl.edu. This page also contains a wealth of information about the various networks and electronic resources on campus.

Round 4: Seminars and Educational Opportunities

SAC Seminars/Resources
SAC offers a variety of seminars throughout the year tailored to your needs. Have you just arrived at Washington University and don’t know where to do your first rotation? Attend the How to Choose a Rotation Lab seminar during fall orientation and get advice from your peers. Have you finished a couple of rotations and wonder which lab to spend the rest of your student life in? Make sure to read the How to Choose a Thesis Lab handout and get advice from students who have been there and done that at SAC peer mentoring/social functions in the spring or summer semester. Is it your first time having to deal with estimated taxes? The Tax Help seminar in the fall and spring should clue you in. Are you concerned about the pressures of lab life? Hear some approaches for dealing with stressors at the Stress and Time Management workshops given in conjunction with Student Health Services.

Washington University Seminars
For a predoctoral student, it is important to keep up to date with current scientific research. One great way is to attend seminars offered so frequently that you could go to one every hour of the week. Presenters range from your fellow students to Washington University faculty to Nobel laureates. Seminars are also useful opportunities to interact with professors, see friends, and get ideas for grant proposals or journal clubs. As an added bonus, some sort of refreshment — from coffee to a full lunch — is often provided. Keep your eyes open for seminar fliers near elevators and on bulletin boards as well as e-mails. A complete list of seminars, including thesis defenses, can be found at dbbs.wustl.edu/dbbs/website.nsf/SDN.

Teaching Center
— Kara Powder
The Teaching Center at Washington University, located in 105 Eads Hall on the Danforth Campus, was established in 1990 to maintain and enhance the effectiveness of classroom teaching. The Teaching Center is intended to support faculty and graduate student teaching assistants in fulfilling their teaching responsibilities. Teaching Center staff work with individual faculty members and hold numerous workshops for faculty and graduate teaching assistants. The staff also is active in classroom improvement and in assisting instructors with classroom technology.

The director of the Center is available to consult with instructors on teaching, classroom issues and course evaluation results. On request, the director will review course syllabi and teaching portfolios. Detailed information about the Teaching Center, a schedule of upcoming workshops, and many useful handouts are available on the Center’s web site (teachingcenter.wustl.edu). The director is Gina Frey. She can be reached by phone at (314) 935-7474 or by e-mail at gfrey@wustl.edu. Liz Peterson is the associate director for instructional technology. She can be reached by phone at (314) 935-4513 or by e-mail at liz@wustl.edu.

Markey Pathway
— Khushbu Patel
Physicians and physician-scientists at Washington University possess a wealth of knowledge about a variety of clinical conditions and problems. These scientists constantly improve patient care and, at the same time, develop a better understanding for the underlying causes of disease. However, for the majority of graduate students, these doctors and their expertise lie outside of their experience here at Washington University. For others the Markey Pathway helps link them with physician-scientists to facilitate interactions, which can shed new light on clinical questions.

Each spring, approximately eight PhD-track graduate students representing a range of disciplines are selected to enter the program the following semester. The Markey pathway is a two-year program, which requires students to take the Pathobiology of Human Disease States Course during the two fall semesters for which they are in the pathway. Half of the class is composed of second-years in the pathway; the other half is filled by the incoming first-years, making a class size of approximately 16 students.
There are two main components of the Pathway — the class and the clinical mentorship. The class, Pathobiology of Human Disease States, brings in expert physician-scientists from Washington University and beyond to discuss their research. Three disease topics are presented each year. In the past, the Markey course has covered a wide variety of important diseases and conditions, including Alzheimer’s Disease, lupus, chronic myelogenous leukemia, heart disease, diabetes, sickle cell anemia and high-risk pregnancy. Layout for the course comes in four styles: lecture, lab, patient interviews, literature discussion. Lectures cover material related to each disease on every level, from organ systems to the cell and physiological state to symptoms. The coursemasters and Markey organizers encourage students to interrupt the presentation with questions and discussions. The lab portion varies and can involve anything from observing procedures, introduction into organ anatomy, or taking part in clinical rounds. Finally, the patient interviews allow class members to meet with patients and their families to better appreciate the human impact of these diseases and conditions. To close out every section, the presenting faculty and students gather to summarize the relevant issues regarding the disease and important questions that can be answered by good basic science research.

Outside of the classroom, the Markey Pathway offers several other venues for students to interact with faculty. New students meet each other and the program faculty at a summer get-together. Everyone has the opportunity to discuss science, policy and careers, all over a relaxing meal and fun activities in the park.

In the spring semester of the first year, each student is assigned a clinical mentor. It is encouraged that the student complete one year of mentorship at the student and mentor’s convenience. The nature of this mentor/student relationship depends entirely on the student and the mentor. They can meet as frequently as they want, and these meetings can be anything from discussion sessions to clinical rounds. The field in which your clinical mentor works need not pertain to your immediate research goals and is meant to expand your research experiences.

To round out each academic year, there is a retreat that starts with a cocktail reception and dinner. Students listen to a talk by a prominent scientist, and the senior graduate students present their current research.

Washington University offers the unique Markey Pathway as a way to foster scientific and collaborative interactions between the graduate students in basic science research with physician-scientists in hospitals. If you are interested in applying to this rewarding pathway, visit dbbs.wustl.edu/markeypathway or see Kristina Hedtkamp, hedtkampk@dbbs.wustl.edu or (314) 362-4806, in the administrative offices, Becker Library, Room 530.

Cancer Biology Pathway

— Mike Kuchenreuther

Part of being a good scientist and student is having a solid grip on the big picture. The Cancer Biology Pathway provides a multifaceted approach for students to gain a better understanding of the complex and fascinating world of cancer biology. Acceptance into the pathway requires filling out an application and providing a short description of your cancer-related research along with a personal statement and three letters of recommendation.

During their enrollment in the Cancer Biology Pathway, students take two classes (one each spring semester). These two courses place an emphasis on both adult and pediatric oncology and provide students with an integrated view of cancer research including basic science, translational science, and clinical investigation. Each week, a faculty member presents work that relates to a specific area of cancer biology. Following the lecture, students of the Cancer Biology Pathway participate in a discussion of a relevant paper.

Students choose from a variety of cancer journal clubs and enroll in two of them in the fall during their involvement in the Pathway. In addition to fulfilling the general program requirements, this provides students with an opportunity to present and discuss a variety of laboratory models and molecular mechanisms of malignancy. It should be noted that each student is also provided a two-year subscription to Nature Reviews in Cancer which is a great resource to keep students up to date on a number of topics.

Last, many scientists study devastating diseases but never really get a chance to understand how a particular disease affects the life of a patient. In order to expose graduate students to translational and clinical research approaches, the Pathway allows students to shadow physicians while they are interacting with colleagues and patients. This is a unique and exciting experience that provides insight into how physicians work together to provide the best patient care.

The Pathway is open to all DBBS students in their second or third year. Applications are submitted in mid-June, and the two-year program begins September 1 of that year. For more information, please go to the DBBS website (dbbs.wustl.edu) or contact Brian Springer at brian.springer@wustl.edu. As an added bonus, part of the student’s stipend is paid by the Siteman Cancer Center.
Round 5: Thinking Beyond Graduate School
Career Resources for Graduate Students
— Arlene Taich
The Career Center on the Danforth Campus serves all undergraduate and graduate students in Arts & Sciences. Recently, a professional career strategist with significant professorial and collegiate administrative experience was employed to focus on the career-planning and job-seeking needs of graduate and postdoctoral fellows on both the Danforth and medical campuses. The Center offers workshops, colloquia, online resources and one-on-one career development services. The Center’s web site is careers.wustl.edu. There you can find:

• A calendar of workshops events
• Career Connections, an alumni database that can be used to build a valuable network of contacts

Also available is CAREERLink, a web-based college recruiting database. CAREERLink allows employers to post job, internship and co-op listings in order to facilitate the recruitment of graduate students and postdoctoral appointees.

Workshops and Colloquia
Over the past few years, the Graduate School of Arts & Sciences (GSAS) and the Graduate Student Senate (GSS) have collaborated with the Career Center to design and present workshops specifically targeting the job-seeking and career-development needs of graduate and postdoctoral fellows. The Center offers workshops on networking, the real key to finding a job and building a career, resume/CV writing, interviewing, negotiations, maintaining career resilience, and making your job search more productive. These workshops are held on both the Danforth and medical campuses and are advertised through the Career Center web site, through the GSS and via e-mails from the GSAS.

Beginning in June 2003, the Center introduced a job search effectiveness model proven to dramatically speed the time between the beginning of one's search and one's hiring. To obtain information about this technique and to enroll in one of the small job search productivity groups, please call the Center at (314) 935-5930. To learn about upcoming workshops and colloquia related to graduate career development, please contact the Career Center or GSS.

Lunch with a Pro
Throughout the year, the Career Center invites noted professionals from various occupational fields to meet with interested students over lunch. This provides a less formal venue in which to chat with people regarding career paths. Check the Career Center calendar for a schedule of these lunches. To attend, one must RSVP at (314) 935-5930.

Other Career Development Resources
— Matthew Cain
Other sources for career development services and information include:

• The Graduate School of Arts & Sciences web site at careers.wustl.edu/Gr_Students/ghome.html. In addition to hosting a wealth of other career links, this site lists campus resources to assist graduate students and postdoctoral fellows in their career development such as the Teaching Center. You may also wish to visit the Graduate School home page at artsci.wustl.edu/GSAS for other resources.
• The Graduate Student Senate web site at www.artsci.wustl.edu/~gss. This site has a section with links to other useful sources.
• There are also links within the DBBS web site at dbbs.wustl.edu.
• Science’s Next Wave web site at nextwave.sciencemag.org, sponsored by the AAAS, which publishes Science, is one of the best web resources for graduate students. It has career advice and tips, descriptions of different career options for scientists, testimonials and much more. Washington University has a subscription.

Office of Post Graduate Affairs (OPGA)
— Mary Bradley
The Office of Post Graduate Affairs (OPGA) supports postdoctoral appointees at Washington University School of Medicine and within the Division. It is located within DBBS and was established in November 2002. Washington University is one of many universities with postdoc offices and established policies that provide support and resources to the postdoctoral community. Washington University realizes that postdoctoral appointees make a critical contribution to the University’s overall research mission through the generation of new
ideas, sharing of research knowledge, and publication of research results. Washington University also recognizes that postdoctoral appointments are temporary training positions designed to enhance both scientific and other skills in order to move on to a new position and career.

The Office of Post Graduate Affairs is a resource center and an advocate for postdoctoral appointees. OPGA oversees postdoctoral policy, maintains a list of current postdoctoral appointees, and works with department administrators and faculty on postdoctoral appointments, recruiting and other issues. Additionally, OPGA presents at orientation and provides welcome packets to new postdocs. OPGA maintains the postdoc web site at dbbs.wustl.edu/postdoc, writes the postdoc newsletter and hosts social events with the WU Postdoctoral Society.

Please visit the OPGA web site for information about the postdoctoral experience at Washington University, including policies, benefits and career and professional development. If you plan to do a postdoc after you graduate, the website can provide a good basis to evaluate other universities and institutes. You may also contact OPGA if you have questions about the postdoctoral experience, what to look for in a postdoctoral position at another institution and other questions.

The Office of Post Graduate Affairs is on the fifth floor of Becker Library in the Division offices. If you have any questions about OPGA, contact Mary Bradley, director, at (314) 362-2591, postdoc@dbbs.wustl.edu or Campus Box 8226.

Professional and Career Development Opportunities

— Mary Bradley

There are a variety of professional and career development opportunities for graduate students. The Office of Post Graduate Affairs (OPGA) coordinates a monthly (September-May) Professional Development Program (PDP), which focuses on non-scientific skills. Seminars include How to Find Funding, Mentoring, Communication and Conflict Resolution, Presentation Skills, Research Integrity, Lab Finances, Lab Management and Time Management.

Additionally, OPGA and Academic Publishing Services (APS) organize a four-session Grant-writing Workshop each fall. There are two lecture seminars and two small group meetings and attendance on all four dates is required. OPGA and APS also arrange a three-session Strategies for Writing and Publishing Journal Articles workshop each spring. Information on these programs is available on the postdoc website at dbbs.wustl.edu/postdoc, and then select Current Postdocs.

In the 2008–09 year, OPGA started a new program, Alumni Career Talks. Several DBBS or postdoc alumni are invited back each year to speak to graduate students and postdocs about their career choices. In this way, OPGA and DBBS hope to give students and postdocs access to alumni in a variety of different careers and fields.

In addition to the websites, announcements about upcoming seminars and workshops are sent via the DBBS-Student Announcement e-mail.

**Game FIVE: OPhDeration**

During your tenure in grad school, it is possible that you may find yourself with a wrenched ankle or water on the knee or (more likely) writer's cramp. But lucky for you, Washington University has many doctors and specialists on hand to avail you of what ails you. These physical and mental health professionals are here to keep you operating at 100 percent capacity so that you can reach the final round of this game: GRADUATION! A big part of staying sane in grad school is knowing who else is playing on your team, and in this Game, you will learn that list includes the WUSM Department of Protective Services, the Student Health and Activities Center (SHAC), and your labmates, friends and family.

**Round 1: Maintaining Student Health**

— Diana Schorry

After spending a year or two in St. Louis, you will understand why it is one of the toughest places in the United States for people with allergies. The humidity is getting to your sore knee, you have almost finished the prescriptions you stocked up on before moving here, the stress of graduate school is overwhelming you, and you can't read road signs at night.

It sounds like it is time to meet the caregivers at the School of Medicine Student Health Services! The primary care physician is Karen Winters, MD. Depending on your problem, you will probably not meet with her right away. You will first be seen by a nurse practitioner, and if you need a more detailed check-up, you will see Dr. Winters. You can get an appointment
with a doctor within 24 hours, depending on the problem you have. It is critical to call ahead, as there are many students using Student Health Services, so walk-ins are strongly discouraged.

Please note: Doctor availability, co-pays, etc., in the following section are all current at time of publication but subject to change. Please contact Student Health Services to get the most up-to-date information.

- An allergist is available by appointment only at (314) 362-3523. There is a $10 co-pay for each visit. You must see a physician at Student Health Services prior to making an appointment with the allergist.
- To make a dermatology appointment, call the Dermatology Clinic at (314) 362-2643 (5th floor CAM). There is a co-pay of $15 per visit. Student Health Services is charged for each of your visits, so if you will be unable to keep an appointment, try to give 48 hours’ notice. If you fail to do so, you will be responsible for paying the full fee of $45.
- If you are in need of a counselor, you can obtain a list of available counselors from Student Health Services. There is a $10 co-pay per visit. Please check with Student Health Services for additional policies. Students or their immediate families can also contact the Student Assistance Program 24 hours a day to speak to a counselor about personal concerns. The phone number is 1-800-327-2255, prompt #3.
- Our health plan includes dental coverage through Assurant for full-time students. All students are enrolled automatically, but must select their dentist from Assurant’s Heritage Network before they can use the benefit. To select a dentist go to www.assurantemployeebenefits.com, click on the “Find a Dentist” link under the “For Members” section, then select Heritage. Family members of full time students can also be enrolled at an additional cost. The co-pay for a regular appointment is $10, with fixed co-pays for other dental work.

Another important time to visit the doctor is when you are planning to travel overseas. As soon as travel plans are finalized, check if you need to get any vaccines. Student Health Services functions like an HMO, so we can obtain diagnostic tests, physical therapy, maternity care and other benefits with referrals from Dr. Winters. Student Health Services is the place to go for your yearly TB and pap tests, allergy shots, flu shots and travel counseling. They also have a full-service pharmacy. Visits for medical care are covered by our health plan, as are most prescriptions. Call 24 hours in advance for prescription refills. Co-pays range from $5 to $35 for common medications such as those for allergy, dermatology and birth control.

If you urgently need to contact Dr. Winters, you can call the after-hours number at (314) 362-3526 and leave a voicemail. This service is available 5 to 9 p.m. Monday–Friday and 8 a.m. to 5 p.m. Saturdays, Sundays and holidays. If you are experiencing an emergency, you should go to the Barnes-Jewish Hospital Emergency Room immediately and do not need to call this number.

Student Health Services is located in Room 3420 of the East Building, 4525 Scott Ave., and is open from 8 a.m. to 4 p.m. Monday through Friday, with walk-ins accepted until 3:30 p.m. Coverage is described in detail in the Student Health Services health benefits booklet. Information on benefits, contact numbers and hours of operation is available at wusmhealth.wustl.edu. Visit Student Health Services or call (314) 362-3523 to make an appointment, and you will soon be feeling better!

**Taking Care of Your Mental Health**

There are some health issues that SAC felt should be written by a non-student. We went to Student Health Services and asked Bridget Martin, PhD, a psychologist, to write on mental health care.

— Bridget Martin, PhD

Congratulations on beginning your career as a scientist-in-training! You have worked hard to get here and endured many challenges along the way. You will continue to work hard and face challenges over the course of your graduate training in the next few years. Some of those challenges will be as familiar as moving to a new city, unpacking, meeting new friends and studying hard. Others will be as new as preparing for comprehensive exams, writing and defending a thesis, balancing work and play, and exploring and identifying your career goals.

There is one constant that accompanies these personal and professional challenges. That constant is that you will experience STRESS! I highlight this not to alarm you, but to help you prepare for the reality of managing the many changes that occur while you are in graduate school. Most of us think that stress implies the presence of a negative life event. However, stress also accompanies positive life events. Stress, whether positive or negative, has an impact on the homeostasis of our lives. As a result of stress, we often experience physiological, intellectual and emotional phenomena as healthy reactions to getting used to any changes in our normal way of doing things. Stress often creates anxiety for most of us. You will manage these responses in adapting to stress by:

- accepting that a change has occurred
- talking to family, friends and colleagues
- setting priorities and balancing your time
Healthy strategies to reduce the anxiety associated with stress, change and transition must be in your survival kit for graduate school. Some of you may want to talk with an objective party in dealing with the personal and professional stressors you will face. Others may want to seek additional support if you are feeling tense, down or alone and are having difficulty handling stress or find that it is impairing your academics, health, relationships or life satisfaction. Still others will want more information about the normal reactions to stress and various stress management techniques.

At Washington University, you have excellent resources available to support you in dealing with stress. One of those resources is the group of health care and mental health care professionals affiliated with Student Health Services. We are easily accessible, confidential and highly trained with a variety of areas of expertise, and as well as affordable.

You can find out more about Student Health and the services we provide by obtaining a handout (the Blue Sheet that is passed out at orientation and can be picked up at the Health Service or the DBBS office) or by contacting us at (314) 362-3523. Please know we are here for you. Best wishes for success, wellness and growth in the years ahead!

Round 2: How to Survive Graduate School

— Kelsey Tinkum

To graduate or not to graduate? Unfortunately, this is too often the question for many students upon entering their third and fourth years of graduate work. Indeed, failed projects are demoralizing, and the sight of old undergraduate friends making good money with their BAs is also distressing. Interestingly enough, you will find those same friends reminiscing about how great it was to be in school and clamoring to get into graduate school in the coming years. The reasons for this are simple: to achieve true intellectual satisfaction and to escape the “real” world. My fellow students, these will be the best years of your lives if you simply let them be.

The faculty and students at Washington University provide among the best learning environments in the country, if not the world. Nevertheless, without maintaining proper mental health, one will find graduate school harrowing to say the least. The first key to staying happy (in any profession) is to make friends. Make tons of them and spend time with them outside of the lab.

Another piece of advice to “survive” graduate school and maintain sanity is to simply have patience. Grad school is like taking the Greyhound bus cross-country. You will go through several ups and downs, delays, stops, and slow and quick phases, but eventually the bus always makes it to its destination. A majority of students fall into a sort of depression during their second year. Many stresses come during this time, including classwork, TAships, prelim/qualifying examinations and choosing a thesis lab. In addition, the adjustment to the St. Louis area takes longer for some students, thus compounding stresses from school. Patience will get a person through these rough times. Trust that eventually the following things will occur: you will pass your prelim on the first or second try, your experiments will work, you will publish, you will be satisfied, you will eventually graduate. Also, know that St. Louis is actually a decent place to live, and you and your friends will find fun ways to spend free time (and all that money from our generous stipend). (Play Game SEVEN: Hungry, Hungry Grad Student for more information.)

Lastly, one of the most important lessons in grad school is learning how to balance your life. Too much work and time spent in lab with no time for you will lead to burnout (although your advisor will love you). Too little time spent in lab and all of a sudden grad school is a decade-long journey. Learning to balance time spent in lab with social activities is an important lesson to maintain mental health, not just for grad school but for the future as well. This is something that one learns quickly in this environment and is part of this education experience.

In summation, graduate school is its own growing experience. We start as newbies and leave as doctors of science. The achievement of such a level of education will provide a lifetime of satisfaction regardless of income. Nevertheless, taking time to maintain a healthy mind during this “process of enlightenment” will ensure that you graduate with the mental health and vigor needed to effectively use your talents to change the world.
Stream of Advice from a Senior Graduate Student
— Antonina Frolova

Attend your classes, attend seminars.
One of the first things you’ll notice when you start graduate school is that your grades don’t matter very much any more. Having said that, it’s not going to hurt you to actually go to class and get good grades. In graduate school, we are no longer merely inputting information into our brains. We are also expected to generate and disseminate new information. However, the generation of new information can only take place when you have a firm understanding of the basics, and that is exactly what your graduate courses are providing. They are intense courses designed to strengthen our foundations in a variety of fields, and getting good grades will serve you well in the long run. Remember that you’re here to learn. The same goes for seminars. It’ll help you in the long run to watch people present, see the types of questions they get asked, and hear about new data on both familiar and unfamiliar territory.

Keep at it.
So, you’ve chosen the lab that suits you best and are now working on your favorite project. It’s important to keep at your research project. And I’m not just referring to the bench work. I’m referring to keeping up with the literature, discussing ideas with your colleagues, thinking about new experiments and of course some staring into blank space. And try not to fall into the trap of a dead-end project. One way of reducing this risk is collaboration. Work with people whenever possible. This not only helps keep the ideas coming in, it also keeps you on track. Plus, it helps your project get done a lot faster.

Stay focused.
Yeah, give it a little time, and many of us reach that point: a crisis when we have to deal with the insecurities, worries and perhaps even boredom that comes from having been doing the same thing for a while. First of all, you’re not alone in this. And I suggest the best way to get over it (and get over it you must) is by talking to someone. It can be anyone. Remember that the work you’re doing is important. Make little daily goals for yourself and make sure to accomplish them. You might have to force yourself to do them in the beginning, but it gets a lot easier.

Remember to breathe.
Work hard, but you also need to take the time to do the things you enjoy (not that I’m saying you don’t enjoy your work). And remember to conserve your energy. This here is a marathon, not a 100-meter sprint. Pace yourself, or you not only run the risk of not completing the race, you might also hurt yourself. Take things slow. In the words of Charlie Brown, “Dread one day at a time.”

Attend conferences and network.
It’s never too early to start. And it’s one of the best ways of preventing tunnel vision. It’s important to meet other people in your field, see what they’re doing and get their input on your work. This will not only help you come up with ideas you wouldn’t have thought of otherwise, it will also give you a better idea of the current state of research in your field. Maintain the relationships you form at these meetings by e-mail and by looking people up at the next conference you both attend.

Learn to say “no.”
You don’t have to do anything you don’t want to do. And more importantly, you don’t have to do everything you think you must do. Prioritize. It’s not possible to attend every journal club and seminar. And if you don’t think it’s going to contribute anything to your growth as a scientist, feel free to say “no.”

Channel your aggression.
Your experiment didn’t work again? Yeah, it happens. Didn’t get enough sleep last night? Yeah, we’ve all been there. The autoclave across the hall is beeping incessantly again? No reason to go ballistic. Remember that you’re working with people, all of whom are dealing with their own problems. So leave the hostility at home and don’t take it out on the technician. It’s not going to help you in the long run. Find alternative means of getting all that pent-up energy out.

Your self-worth is not defined by your success in the laboratory.
I think that’s pretty self-explanatory. And probably one of the most important pieces of advice I can give you. Keep your optimism at all times.

You win some, you lose some.
Sometimes things go great at work and not so great outside. Sometimes it’s the opposite. So count your blessings where you can find them.
Be nice.

Everyone around you is going through similar things. Remember to be nice and help out when you can. What goes around, comes around. We’re all in this together.

Okay, back to work now…

**How to Get Along with Others in Grad School**
— Nick Tran

Graduate school is intended to be a challenging, but ultimately rewarding experience. However, it can at times be demanding and stressful. Developing and maintaining healthy relationships, both socially and professionally, is an important aspect that can increase the satisfaction level of your time in grad school.

As a graduate student, it is particularly important to develop and maintain good professional relationships with your PI and others in the lab. Science is a collaborative effort and having strong working relationships with fellow lab members will lead to a happy and productive work environment. It is important to respect the beliefs and goals of your lab members and to be straightforward about your own personal goals and beliefs in order to avoid misunderstandings and assumptions. Effective communication is the key to mutual understanding. Obviously if you enjoy the time you spend in lab, you will be a happier and more effective student and researcher. As you are selecting a thesis lab, openly discuss potential research projects. Try to find a project that fits your interests and don’t feel pressured into projects that you will not find rewarding. Whether you are rotating in a lab or have joined a thesis lab, communication within the lab is important. When conflicts arise, being open and honest with those involved will alleviate the problem in most cases. In all instances, remember to be respectful and tactful when dealing with tricky issues.

Developing and maintaining a social network is a great way to offset the pressures of grad school. A social network can be family, friends, colleagues or significant others. In many cases, starting graduate school means moving to a new, unfamiliar place. Be social and get to know your classmates both within your program and in other programs. Your fellow students should be viewed as a source of camaraderie, not competition. Although it comes naturally to some people, if you are not very extroverted, make an extra effort to introduce yourself to others. Attend events, join an intramural team, or most importantly, participate in the semi-annual CWE Pubcrawl. For coursework, studying in groups makes the material easier to digest and is more motivating than studying alone. Discussing your research with someone outside of your lab is a great way to gain a different perspective or new insight. Even when you leave grad school, you will continue to see your classmates at conferences or other meetings. By making acquaintances now, you will have more opportunities to establish professional connections in the future.

Your graduate school experience will be much more fulfilling if you take an active role in pursuing something that you enjoy. Developing professional relationships is an important part of beginning a career. Meeting other scientists and discussing ideas should be viewed as a goal, rather than a consequence of your training. Developing and improving your communication skills with your peers is a critical part of your graduate training and will greatly aid you as you enter your professional career.

**Round 3: Having Children in Graduate School**
— Desiree Hunt-Floyd & Sarah VanVickle-Chavez

Having kids in grad school! Are you crazy?! Well, if you’re one of the brave souls who choose not to wait for the post-tenure baby boom, congratulations! You’ve chosen a decent place for it, and here are some tips for surviving:

Be realistic.

Although it’s not impossible to raise a child with both parents working full-time on graduate student stipends (and is definitely possible with one parent working at a “real” job), a realistic work schedule for a graduate student parent (male or female) of a young child or multiple children (under 2 years) is about 45-50 hours per week. Day care costs $275-$300 per week for 6:30 a.m. to 6 p.m. coverage, and wait lists are long (six to 12 months). Nannies are usually $10 per hour or more, and unemployment, Social Security and Medicare must be withheld as well as taxes. If you want to get a nanny, and one person’s work schedule is flexible, consider that 45 hours per week of work is the bare minimum for finishing your degree in a timely manner. Most importantly, it takes people time to adjust to being parents — the hormonal surges alone are sometimes difficult to handle, so you need to figure in about a two- to three-month setback in your research. Our program allows for four and a half weeks of paid maternity leave, but you can always ask your advisor to fudge it up to six
weeks. If you are female, you will probably find that it is better to plan on six
weeks for you to focus completely on your new baby and another two weeks to
ease back into the work schedule and try out childcare options. However, these
warnings aside, it is possible to balance graduate school and parenting. Here
are some more tips for those who believe that they can do this. Most of these
were learned by trial and error.

Consider timing.
Wait until after you qualify and/or propose your thesis and have your teach-
ing commitment out of the way. Essentially, wait the two or three years until
you're ABD (all but dissertation). Also, if you wait until after you qualify, you
will probably already have been through all the “Do I really want to do this
with my life?” thoughts. You will know you want to finish grad school, and
that having a baby is part of your work/life balance.

Take care of your health.
Be healthy in general before you or your spouse gets pregnant. This is a
no-brainer for anyone, but consider this: I had a disk injury that went away
when I was pregnant and came back with a vengeance after I gave birth. I ended
up having major spinal surgery. This was very hard to deal with since my son
was only eight months old at the time. Don't count on your youth to get you
around persistent health problems. Solve them before getting pregnant.

Make a budget.
Figure out if you can afford children before you get pregnant. On two
graduate student stipends with a child or two, you will pay around $200 in
health insurance per month for each baby. Diapers for two young children
cost at least $50 per month. Breast-feed or pay $3,000 per year for formula.
Quality electric breast pumps cost upwards of $300. Discuss with your
advisor the possibility of taking pumping breaks. Nanny care is $10 per
hour; at 30 hours a week, this is $300 per week — more than day care, with
fewer hours of coverage, plus you have to pay Social Security, Medicare and
unemployment taxes — the total cost is about $350 per week. Full-time day
care is $275 to $300 per week, but two-day care for a baby starts around $130
and three-day care is around $170. If both parents have flexible schedules,
a four-day work week might be arranged. Also, plan for a cushion. If your
child gets sick, the office visit co-pay for Blue Cross Blue Shield is $30. The
co-pay for prescriptions ranges from $10 to $40. If your child is in day care,
he/she WILL get sick, so you will incur these costs. If at all possible, plan to
have a nanny until your child is at least 2 years old. Otherwise, you can plan
to miss an average of one day per two weeks of work. With a nanny, you will
not miss much work, as long as he/she is on time every day. Also, budget
in the fees for finding a nanny. Going through an agency cost us more than
$1,000 and took two tries, but we also got a great nanny in the end. Finally,
be frugal; “garage sale” is my middle name. You can end up with major debt
very easily if someone gets sick. There is some financial relief: The child tax
credit shaves $1,000 off of your final taxes, plus you can claim a dependent
as an exemption. It, and the percentage you can claim for dependent care
credit, can add up to about a $3,000 savings or more on your taxes.

Find the right mentor.
Beyond your scientific aspirations, it is important that you choose a mentor
who is accepting of your parental responsibilities. The hard-charging bachelor
scientist may not understand why you need to duck out of group meeting
because your kid is throwing up at day care. Even the best, most caring
advisors who will rejoice with you over your pregnancy may worry about your
career. Reassure them by being prepared and showing them your plan — how
much time you’ll take off, what you plan to do to catch up, how organized you
are, and that the scholarly part of school is still important to you.

Look into child care now.
This is a very important decision, so talk to your peers and PIs with kids,
and look into it at your first opportunity. Look for someone to nanny-share
with if you want to go that route. Call everywhere and get put on the lists as
soon as you're pregnant if day care is what you want to do. Every dollar you
put into your child's care is your most important expense.

Arrange health care.
The University currently does not provide health coverage for your depen-
dents, so make sure you have a source of health insurance, preferably from
your spouse's employer, if applicable. If you meet the income requirement,
the State of Missouri also has a good public system. Monthly premiums for
individual child plans through Blue Cross Blue Shield of Missouri (www.bcbs.
com) run between $150 and $200 for newborns, and around $75 to $120 for
children age 1 and over. It's not that expensive, but it's there every month.

Think about your vehicle situation.
Essentially, a kid costs about as much as a car payment per month in terms
of food, clothing, extra living space and health insurance. The day care/
nanny thing is like having a house payment. Can you afford a car and a house, but you want to have a child instead? Then make sure that your current car and house are in good shape and will not have to be replaced.

Talk to your parents.
Are they the kind of people who will help you out a little bit, either financially or with their time? Do they live in the area? They might help with small purchases or with babysitting or housework. Believe it or not, having those family ties can really count when you have a child.

Final thoughts…
If you really want to do this, then do it. It is essentially no different than having children and working in the real world, it’s just that your budget is tighter. (Two grad students at Washington University take in around $50,000 per year; a good threshold income for having two kids is more like $60,000 per year). The biggest question is whether you can make the emotional commitment to having kids while still working a full day.

Round 4: Safety Tips
Working Safely: Campus Security
— Scott Purcell, Postdoc
Be aware and use a little bit of common sense. This will go a long way in ensuring your safety on campus. If you have a locker or a drawer with a lock, use it. Don’t leave your laptop and your bag out on your desk or even under your desk. Lock away your laptop and put your wallet away even if you’re just stepping out for a few minutes. A moment is all it takes for someone to pocket your purse.

When working late at night, it might be a good idea to close the doors. While our campus is pretty open to the general public, unauthorized personnel are not supposed to be in the research buildings unescorted. If you see someone suspicious, report it. You might help prevent a crime. Should you be the victim of a crime, report it. It is important to do so to prevent more of the same thing happening.

Protective Services provides an escort service, which is really great for someone working late at night. Don’t feel shy or embarrassed to call. They are always there to escort you to your car or to your home (as long as you’re not too far away). So make use of this terrific service. We also have several blue light emergency call boxes on campus. Make a note of where they are, should you ever need one.

The number to call in case of any emergency is:

Medical Campus, (314) 362-HELP (4357)
Danforth Campus, (314) 935-5555

These numbers are also the ones you call for escort services. For more information, visit police.wustl.edu. Information on crime reports and safety brochures also can be found on this website, or through police.wustl.edu/securityact.html.

Playing Safely: Off-Campus Safety
— Scott Purcell, Postdoc
In the past, St. Louis has topped the list of cities with the highest crime rate in the United States. But don’t hit the panic button yet. Most of us have managed to live safe, happy, uneventful lives here to date. So what’s the secret to successfully living one of those safe, happy uneventful lives? Remember all those warnings Mommy gave you when you were a kid? Well, this is where I reiterate them all to remind you, because a lot of off-campus safety is all about heeding her warnings, spiced with a dash of common sense.

Pick the right place to live.
Now it’s hard to be able to afford accommodation in a nice gated community in the suburbs. And it’s not really necessary. I’d suggest looking for places you’d feel comfortable driving and/or walking through at night. And by walking through, I also mean the short distance from your parking spot to your apartment.

Obtain crime statistics for your area of choice from the local police.
This is information easily obtained (www.slmpd.org) and can help you make the decision if you’re vacillating between more than one apartment.

Lock your doors and windows.
This includes sliding glass doors. Some apartments have flimsy outer doors. Shutting the outer one does not substitute for locking the inner door securely. Locking windows becomes especially important on the first floor. If you don’t already have one, you might consider installing a deadbolt lock.
Don’t walk alone.
Not if you can help it. If you have to, my personal suggestion would be to carry some pepper spray or a police whistle. Stick to well-lighted areas as much as possible.

Be aware.
Be aware of your surroundings. If you feel uncomfortable, try to move to a spot where you see more people.

Park your car in well-lighted areas.
Don’t keep valuables in the car if you can help it. And if you must, keep them out of sight. Try installing an anti-theft device. Just a lock for your steering wheel goes a long way.

Do not open your door to strangers.
If you have a peephole on your door, use it. If you don’t, ask who it is before you open the door. If the person at the door has come to service your apartment, especially if you haven’t requested service, request ID and confirm it with your landlord.

Put your mail service and newspapers on hold.
If you’re going to be gone for several days, you might consider stopping mail service and newspapers.

Provide a spare key and contact information.
You might consider keeping both with a friend or family member.

Put a lamp on a timer.
This might fool a potential thief into thinking that someone’s home. Your answering machine message does not need to include your bio data. Leave as little information as possible on your answering machine message.

Don’t be a hero.
If, despite all precautions, you find yourself the target of a mugging, it is recommended that you hand over whatever they ask for, as quickly as possible. After that, call the police.

If you see anything suspicious, call 911.
For all emergencies off campus, call 911. All of the nearby municipalities of St. Louis County use this emergency system. The local police also have non-emergency numbers, which can be found in the telephone book. For more information, check out www.streetsof 默认值.com/police.

Round 5: Ideas to Keep You Active
Fitness for Free
— Erica Schoeller
Thanks to generous donations from School of Medicine alumni and the DBBS, you can’t say that you’re too strapped for money to work out on the medical campus! In 2005–06, the second floor of the Spencer T. Olin Residence Hall was renovated to house the Student Health and Activities Center (SHAC), a fully equipped, 24-hour fitness center free to all medical students and graduate students in professional programs on the medical campus. The aerobic conditioning room offers treadmills, elliptical trainers, stationary bicycles and a rowing machine, all of which are outfitted with headset ports integrated with wall-mounted televisions that broadcast via satellite. The strength training wing has a mirrored free-weights zone as well as a full series of weight machines and a digital stereo sound system. Lockers in the aerobic conditioning room are available for short-term storage of items during your workout, and additional lockers are in the men’s and women’s restrooms adjacent to the SHAC. Shower facilities, changing areas, restrooms and long-term lockers are in the men’s and women’s locker rooms in the basement of Olin.

In addition to the SHAC, the medical campus has a gymnasium and small workout area in the basement of Olin. It’s generally available in the evenings, and a number of students enjoy informal pickup games of basketball, volleyball, broomball and floor hockey. Several free student-led classes in aerobics, pilates and yoga are offered each semester, so watch for announcements and schedules (or start your own class!). A room housing two treadmills, an elliptical trainer, two stationary bicycles and a small circuit of weight machines is located down the hall from the Olin gym and is available to all School of
Medicine students and employees (only students can access the SHAC).

If you crave a change of scenery for your workout, the Athletic Complex on the Danforth Campus is only a short (and free!) MetroLink ride away. Outdoor facilities include a track, tennis courts and several playing fields. Indoors you will find the swimming pool, field house, weight room and courts for racquetball, squash and table tennis, all accessible at no charge with your valid Washington University ID. For a small annual fee, students and their spouses can use the McWilliams Fitness Center, which houses a wide variety of cardiovascular equipment including treadmills, stationary bicycles, rowing machines, stair climbing machines and elliptical trainers. For facility hours and membership fees, visit bearsports.wustl.edu/facilities/facilities.html. Long-term lockers can be rented for an annual fee, and racquets and other equipment can be checked out from the equipment room at no charge with your valid Washington University ID.

Last, but certainly not least, Forest Park provides an inviting bridge between the medical and Danforth campuses. Here are just some of the park’s athletic attractions, so gather your friends for a study break: paved paths for walking, running, biking and in-line skating; fields for playing Frisbee, soccer, baseball, softball and rugby; racquetball, tennis and handball courts; an outdoor ice skating rink; and a public golf course. For more information and maps of Forest Park, visit www.forestparkforever.org/html.

Fitness for a Fee
— Erica Schoeller

The BJC WellAware Center is operated by BJC HealthCare and provides a comfortable workout atmosphere for members of the BJC and Washington University School of Medicine communities. For aerobic conditioning, WellAware offers treadmills, stationary bikes and elliptical, rowing and stair-climbing machines; ample free weights and a complete circuit of BodyMaster weight machines are provided for strength training. WellAware also has a small indoor track, an aerobics studio, a variety of fitness classes, lockers and shower facilities, certified personal trainers and massage therapists. The one-time $50 initiation fee includes a personal fitness assessment, and the current student rate is $28/month. Located at 600 S. Taylor Ave., WellAware is a short walk from all medical campus buildings. Call (314) 286-0525 for more information.

In addition, the St. Louis metro area offers several YMCA branches, a number of independently owned fitness centers and several franchised facilities, including Gold’s Gym, Powerhouse and Bally’s. Many gyms offer student discounts. The following fitness centers are conveniently located near the medical and Danforth campuses and are frequented by members of the Washington University community: St. Louis Workout (Central West End), (314) 633-3020; St. Louis Workout (Forest Park), (314) 367-2233; Bally’s Total Fitness (Clayton), (314) 725-1777, www.ballyfitness.com; and The Center of Clayton, (314) 290-8500. And those in search of balance and peace can find refuge at St. Louis’ booming number of yoga and pilates studios. Yoga classes also are offered at the Washington University Danforth Campus for a minimal fee.

Intramural Sports
— Katie Boehle

After a long week in lab, a great way to stay healthy is to get some exercise. Finding places to exercise near the medical center requires little effort or travel time. Thankfully, many of these athletic activities cost little or no money. Because the activities range from organized team sports to personal exercise, nearly every graduate student can participate in some sort of healthy physical activity to complement his or her daily mental workout.

At Washington University there is a wide variety of intramural sports, and by participating, graduate students can meet new people and remain physically fit. Intramural sports are open to all graduate and undergraduate students, so it will not just be the same people you see every day in lab and in class. The complete list of intramural sports including football, soccer and ultimate Frisbee can be found at www.reстех.wustl.edu/~im.

If you’ve never heard of this sport, or are an avid hucker, there is a vibrant Ultimate community in St. Louis for you! Saint Louis Ultimate Association (www.slua.org) has well-organized leagues in which you sign up and are drafted to a team. Summer league is by far the best with the greatest number of participants, multiple levels of play and most bang for your buck. DBBS also has a weekly pickup game for all levels in Forest Park. Contact Kelsey Tinkum (ktinkum@wustl.edu) to get added to the e-mail list. It’s a great way to get some good exercise while hanging out with your fellow grad students and postdocs.

If you are looking for a more departmental challenge, try the interdepartmental biomedical slow pitch softball league, described below. It’s open to all students, faculty and staff and is a great way to meet other members of the medical community. In addition, a few members of Washington University have been known to participate in the fun and exciting world of kickball. St. Louis has an excellent kickball league that plays throughout the year in Tower Grove Park called Big Balls Kickball (www.leaguelineup.com/welcome.asp?url=stlbigsballs).
**Departmental Softball League**  
— **Tom O’Reilly Pol**

The interdepartmental slow pitch softball league is a great way to break up the week. Games are held about once a week in Forest Park between April and July and help build up friendly rivalries and interactions with various departments. New teams can be formed very easily, and several have sprouted in the last year, but teams from Genetics, Cell Biology, Neuroscience, GSC, Biology, Danforth Plant Center, Pathology, and at least one team of medical students have been mainstays (among others) for several seasons. The league is coed, requiring at least two women on the field for each team. Although standings are kept and a playoff is held at the end of each season, the goal of the league is largely fun. Everyone makes the playoffs. Other than wins and losses, no official stats are kept, so there are no errors, only hits. Some teams bring refreshments to the games, and most have a “uniform” T-shirt. Teams can have students, faculty, postdocs, techs, or even friends or family. There is usually no cost to play, although equipment (bats, balls and gloves) are a team’s responsibility. Most teams do not require tryouts or even any baseball or softball experience, only enthusiasm, making it easy to join teams (just ask around a department until you meet someone on a team).

**Soccer**  
— **Ajay Bhatia**

Soccer is huge in St. Louis, and there are lots of opportunities to play, from well-organized competitive leagues to informal kickabouts in the park. One opportunity to play organized soccer outdoors is through the intramural leagues at the Danforth Campus. The women’s season is in the fall, beginning in early September. The men’s season is in the spring, beginning in late February. Many players who cannot get a team together go to the preseason organizational meeting and get drafted onto a team. Call the IM office at (314) 935-5193 for information on how to register a team. The Catholic Youth Council and Monster Sports also organize 11 vs. 11 men’s and women’s soccer leagues during the fall and spring seasons. Organized soccer can be played in the summer months as well, but the level of play is usually higher. La Liga Latina is now part of the USSF and the Bush Premier league is usually made up of current and former college and semi-pro players.

Indoor soccer can be played at one of several Vetta Sports complexes around St. Louis. (The closest is the Soccercome in Brentwood). Vetta has men’s, women’s and co-ed leagues. A season lasts only eight to nine weeks (one game/week), but seasons are continually renewed all year. Be aware that Vetta is not affiliated with Washington University, and teams will have to pay a fee. Many people also join existing teams that advertise for players at the soccer venues. You can find more information about specific leagues at www.vettasports.com.

Informal pickup games are held all over St. Louis. Chances are that if you drive around the parks, you’ll find people playing. A popular game is held at the Danforth Campus on Saturday mornings and Sunday afternoons, and the skill level is varied. Cell Biology meets on Tuesday nights to play. Games are played at Heman Park in University City. The department plays outdoor soccer at 6 p.m. (weather permitting). During the winter, soccer is played at the park’s indoor facility at 8 p.m. For more information, contact Colin Nichols, Ph.D., at cnichols@cellbio.wustl.edu. Additionally, informal games are held at the Olin gym during the winter months and at the Jewel Box fields in Forest Park on Sunday and Wednesday nights at 5:30 p.m.

**Places for Outdoor Fun**  
— **Lauren Flessner**

After a long week in lab, you may be yearning to see the light of day. Luckily, there are many places to go in the St. Louis area to satisfy your outdoor adventure cravings. If you are a runner, two web sites provide an events calendar of racing/walking events in the area: www.fleetfeetsports.com and www.stlouistrackclub.com. For those ambitious (and crazy) runners out there, the web site www.gostlouis.org/ has information about the St. Louis Marathon that takes place in the spring.

On one of those hot Missouri summer days, you may want to try canoeing on the Meramec River, which provides nearly 100 miles of floatable river with caves, springs and scenery along the course. The most floated section is between Meramec Springs and Meramec State Park. For more information, go to missouricanoe.org or www.missouriwhitewater.org depending on your boating style. These sites provide information for canoeing, kayaking, floating, rafting and tubing down many of Missouri’s rivers. They list locations of rental facilities and provide maps and descriptions of several rivers. The Alpine Shop in Kirkwood (www.alpineshop.com) also routinely holds kayaking seminars that range from free to $75, a cost that also includes equipment rental. REI in Brentwood (www.rei.com/stores/73) is also a great place to pick up brochures for various outings, wet and dry.
Check out the following links for more outdoor fun:

- [www.mostateparks.com](http://www.mostateparks.com) — Missouri state parks and historic sites
- [stlouis.missouri.org/citygov/parks](http://stlouis.missouri.org/citygov/parks) — City of St. Louis, Department of Parks, Recreation and Forestry
- [www.gorp.com/gorp/activity/hiking/hik_mo.htm](http://www.gorp.com/gorp/activity/hiking/hik_mo.htm) — Missouri hiking guide

**Cycling**

— Manuel Doblado, MD

First and foremost, don’t forget to stock up on Allegra® before attempting to do any riding in or near this town. This region has a very high pollen and mold count, and these allergens are all different from those your immune system is accustomed to. I suffered endlessly for my first few months here. The Katy Trail, at a perfectly flat 225 miles, is America’s longest rails-to-trails project. It begins in St. Charles, just west of St. Louis. If you do not have your own bike, you can rent one at any of the trailheads. You also may enjoy stopping at one of the wineries along the way for some refreshment. The surface is supposed to be a special kind of packed gravel that is suitable for both mountain and road bikes, but really turns out be a compromise, less than perfect for either. The most scenic parts of this trail are after Augusta, so you might want to start there. For more information, check out katytrail.showmestate.com and [www.mostateparks.com/katytrail](http://www.mostateparks.com/katytrail).

Once part of the magnificent Route 66, the Chain of Rocks Bridge bikeway — [www.cruisin66.com/stl/cor.html](http://www.cruisin66.com/stl/cor.html) — is definitely something you’ll want to try. Condemned and closed only a few years ago, it has been reopened for non-motor vehicle traffic. The cool feature of the bridge is that it has a kink in it to accommodate local river topology and boat traffic.

Another fun biking event is the Moonlight Ramble, the largest nighttime cycling event in the world. It takes place in St. Louis on the Saturday night nearest the full moon in August, and starts at 12:01 a.m. For more information, go to [www.moonlightramble.com](http://www.moonlightramble.com).

The Bicycle Fun Club — [www.trailnet.org/bicyclefunclub.php](http://www.trailnet.org/bicyclefunclub.php) — sponsors numerous rides throughout the spring and summer seasons. This year, I count 36 rides on the schedule between April and October. One-day ride fees are $8 for Trailnet members, $12 for nonmember adults and $3 for children under 13 with an adult. The fee is discounted by $3 if you visit a local bicycle shop that sponsors the particular ride and pick up a ride ticket (for free). You get a map of the route and support that varies wildly from ride to ride.


Ironically, you may need a car to drive out to the best cycling in St. Louis. If you’re ever at the Maplewood Bicycle Shop ([www.maplewoodbicycle.com](http://www.maplewoodbicycle.com)), pick up a copy of the Missouri Bicycle Trails Reference Map with directions to nearly 100 trails. Finally, check out these great cycling portal pages: [www.stlbiking.com](http://www.stlbiking.com) and [recycledcycles.net/central](http://recycledcycles.net/central).

There are also plenty of places to buy bicycles and bicycle equipment. Check these websites if you are looking for new or used bicycles:

- **Maplewood** — [www.maplewoodbicycle.com](http://www.maplewoodbicycle.com)
- **Big Shark** — [www.bigshark.com](http://www.bigshark.com)
- **Mesa** — [www.mesacycles.com](http://www.mesacycles.com)
- **Trek Store** — [www.trekstl.blogspot.com](http://www.trekstl.blogspot.com)
- **Recycled Cycles** — [www.recycledcycles.net](http://www.recycledcycles.net)

**Rock Climbing**

— Han Tan

UpperLimits ([www.upperlimits.com/stlouis](http://www.upperlimits.com/stlouis)) is one of the better rock gyms I’ve climbed at. It’s not any one single thing, but a combination of convenient location, grad-student-friendly hours, reasonable price, excellent route variety, clean facilities, safe landings and friendly staff that really sets this one apart. Located across the way (west) from Union Station, UpperLimits features 10,000 square feet of climbable surfaces in 35 feet of verticality — monkey paradise. Getting to the gym is a quick MetroLink ride down from the CWE stop to the Union Station stop. Of the rentable gear, you really need the harness, shoes and belay device. Of course, if you’re just “bouldering” (climbing without protection and lower than 6’) then you can get away without any rental equipment at all. There are plenty of easier routes to try as well as a few “slab” type surfaces in which you are actually leaning forward as you climb, using more of your legs and less of your upper body. Of late, they have been making more of an effort to keep the upstairs area well-stocked on easier problems to accommodate novices and children. Of course, if you’re just starting out, you can give yourself “any holds.” Call for current hours of operation: (314) 241-7625.

Avoid going on Wednesday and Friday nights. Wednesday nights are college nights, and you really don’t need to run interference on that singles...
game. Friday nights are a madhouse, since UpperLimits offers deep discounts for the kids that night. Student rate gym memberships are $349 yearly, or a savings of about $800 over going twice a week at the daily pass rate. Once a year, usually during the last weekend in January, they offer a $200 yearly membership to everyone. Besides UpperLimits, there are other places with indoor facilities such as the Center of Clayton (www.ci.clayton.mo.us/index.aspx?location=595).

Dance Classes
— Eliz Norgard

Looking for a fun, stress-free way to keep fit in the evenings after class but hate going to the gym? Look no further than The City Studio, located in the Central West End at 4397 Laclede Avenue (entrance is at 8 Newstead Avenue). The City Studio offers a positive and encouraging learning environment for dancers of all levels. Classes offered include hip hop/street jazz, yoga, pilates, jazz fusion, and Dunham technique, a unique blend of Euro- and Afro-centric movement taught to live percussion created by anthropologist and dancer Katherine Dunham, a style taught almost solely in the St. Louis region. The cost is $10 or less per class for Washington University students, and classes are taught on nights and weekends on a convenient drop-in basis (in most cases, no prior dance experience is necessary). For more information on The City Studio's class descriptions, pricing, instructors and events, please visit www.thecitystudio.com or call (314) 533-4142.

For dance classes in the Delmar Loop area, your best bet is at the Center of Creative Arts (COCA), located at 524 Trinity Avenue. COCA offers a wide range of classes (in dance as well as theater, singing, fitness, etc.) at different levels of difficulty, but usually at a somewhat higher price. Quarter- or semester-long classes at COCA are offered throughout the day and evening and on weekends. Beware: there are a lot of younger folks at COCA, so if you aren't yet a strong dancer, you may feel slightly uncomfortable here. For more information on COCA, visit www.cocastl.org/ or call (314) 725-6555.

Game SIX: Chutes and Taxes

The game of Chutes and Taxes is all about learning good financial lessons and not sliding down into debt. If you make the right moves and follow the rules of the federal and state taxation system, you can avoid the pitfalls. The ultimate goal of the game is to do good deeds and climb the financial ladder to hit the ground running (or maybe jogging) financially when you graduate and get a “real job.”

Round 1: Estimated Taxes

In 1789, Benjamin Franklin wrote: “… in this world nothing is certain but death and taxes.” Unfortunately, this is still true. How you file your taxes depends on many factors, but we’ll try to point out a few things that may be helpful to everyone.

Federal Estimated Taxes

If taxes are not withheld from your paycheck, you need to calculate and pay estimated taxes. If you don’t pay enough at the right time, the IRS and the state can charge you penalties.

U.S. residents in their first and second years in the Division and students whose stipends are paid through scholarships or training grants probably do not have taxes withheld. Students whose stipends are paid by their PI and international students who are nonresidents might have their taxes withheld.

You can determine if taxes are being withheld from your paycheck by looking at your pay stub. If you have direct deposit, go to wuissrv20.wustl.edu/sp/HRMS/EMPLOYEE/HRMS?&cmd=login&languageCd=ENG to see your pay stubs online. You’ll see the heading “Deductions” and right below it, “Federal, MO state tax, and STL local tax.” If you see money listed in these columns, then taxes are being withheld. If not, it’s time to pull out your calculator.

How do you calculate your estimated taxes? For federal estimated taxes you need either Form 1040-ES Estimated Tax for Individuals or Form 1040-ES (NR) U.S. Estimated Tax for Nonresident Alien Individuals. You can download these forms at www.irs.gov. These forms include a worksheet to help you calculate your estimated taxes. Basically, the form is like doing the 1040 on a smaller scale. Also, the forms contain vouchers, which you fill out and send in with your payment to the IRS on a quarterly basis. For 2009, quarterly tax payments are due:

• April 15, 2009
• June 15, 2009
• September 15, 2009
• January 15, 2010 (unless you file and pay the entire balance due by Feb. 1, 2010)

It is OK to make estimated tax payments for part of a year. For example, if you move to St. Louis in the summer, you might only make estimated tax payments for September and January.
Missouri Estimated Taxes

Use the Missouri estimated tax form MO-1040ES-Estimated Tax Declaration for Individuals (unless you live in another state). Both U.S. residents and nonresidents use the same form. You can download forms from www.dor.mo.gov/tax. Missouri estimated taxes are due on the same dates as federal estimated taxes. You need to complete calculations for the federal forms first, since the state forms use some of the values from the federal form.

The Student Advisory Committee holds an estimated tax workshop in the fall to help incoming students understand estimated taxes.

Round 2: Filing Taxes

Federal Taxes

You must file your federal tax return for 2009 by April 15, 2010. The tax year officially ends on December 31, and you should receive all your forms (like a W-2, reporting what you earned, or a scholarship letter) by the end of January. (Contact the Division office if you don’t.) U.S. residents use the 1040 and nonresidents use the 1040-NR to file federal taxes. The shorter 1040-EZ and 1040NR-EZ forms may work for many students but don’t have the lines to take certain deductions and credits that graduate students are eligible for and that are described below.

International students should determine whether they are residents or nonresidents. Please see below for more information. International students who are nonresidents can use a new online computer program (CINTAX) offering a step-by-step guide to filing federal income tax returns. Every nonresident should receive a CINTAX login and password via campus mail from the Office for International Students and Scholars. CINTAX can be downloaded from www.cintax.us.

Deductions and Credits for Graduate Students

Don’t pay more taxes than you have to! Deductions can be subtracted from your pre-tax income, reducing your taxable income. Credits are subtracted directly from the amount of taxes you owe, so credits can have a big impact on the amount of tax you pay. For all deductions and credits you plan to claim, it is a good idea to keep receipts.

Your books, supplies and fees are deductible if they are required for all students in your program AND you receive a letter instead of a W-2 form. (Students whose stipends are paid by the Division and scholarship or training grants will receive a letter instead of a W-2 form.)

Interest paid on a student loan is deductible. This used to work only for the first 60 months that you paid interest on the loan, but new tax laws may eliminate this time constraint.

If you contribute to a traditional (not Roth) individual retirement arrangement (IRA), you can take a deduction for your contribution amount.

Moving expenses are also deductible. However, you need to meet two tests: the “time” test (DBBS students will definitely meet this) and the “distance” test (you moved 50 miles from your previous residence). This mostly affects first-year students, so remember to keep all of your receipts when you move here!

If you are a U.S. resident, you can get a tax credit if you pay for resident candidate fees, tuition or books and supplies (but not health fees) required of all students in a given program. The Lifetime Learning Credit gives you 20 percent of the first $5,000 of qualified expenses off your taxes. For example, if you paid $500 in required student fees, you can get $100 off of your tax debt. No double dipping is allowed. If you use the deduction for these expenses, you can’t also use the Lifetime Learning Credit. This credit doesn’t apply to nonresidents.

A number of tax credits for childcare, etc., are available (see Form 2441, publication 503, 1040 instructions; Form 2441, and 1040-NR instruction; Form 8812 at www.irs.gov).

Useful Federal Tax Forms

IRS publications give you details about various aspects of income tax. Forms are the pages you fill in and actually send to the IRS. Many forms have instructions included with the form itself. However, some forms have separate instructions, like the 1040 and 1040-NR. You can find, download and print publications, forms and instructions from the forms page at www.irs.gov. It is becoming more common to file taxes online (called e-filing). You can find out more about this option at the IRS web site. Below you will find an explanation of some helpful publications and forms.

For Everyone

- Publication 505 Tax Withholding and Estimated Tax explains in great detail (with lots of examples) the different ways to calculate and pay your estimated taxes and the penalties if you do not pay your estimated taxes.
- Publication 521 and Form 3903 Moving Expenses covers the distance and time tests. You might be able to deduct certain expenses related to moving to the area.
• Publication 970 Tax Benefits for Education discusses student loan interest deduction, the Hope Credit and Lifetime Learning Credit.
• Publication 525 Taxable and Nontaxable Income explains which items are taxable income and which are not.
• Publication 596 Earned Income Credit and Schedule EIC explain the Earned Income Credit. If you have an adjusted gross income of around $10,000, or if you have children, you should check it out. You can get thousands taken off of your taxes or even get money back!
• Publication 503 Child and Dependent Care Expenses. If you have children or dependents, look at this form.

For U.S. Residents
• Form 1040-ES Estimated Tax for Individuals contains estimated tax forms, instructions and payment vouchers for residents.
• Form 1040 U.S. Individual Income Tax Return contains 1040 instructions. Make sure to check out Schedule A and consider itemizing your deductions if you own your own home!
• Form 1040EZ Income Tax Return for Single and Joint Filers With No Dependents is a one-page, simplified tax form, BUT it doesn’t have lines for the moving or student loan interest deductions.
• Form 8917 Tuition and Fees Deduction and Form 8863 Education Credits (Hope and Lifetime Learning Credits). See Publication 970 Tax Benefits for Education for more details.

For Nonresidents
• Form 1040-ES (NR) U.S. Estimated Tax for Nonresident Alien Individuals contains estimated tax forms, instructions and vouchers for nonresidents.
• Form 1040-NR U.S. Nonresident Alien Income Tax Return contains 1040-NR instructions.
• 1040-NR-EZ U.S. Income Tax Return for Certain Nonresident Aliens with No Dependents is a shorter form than the 1040-NR, but it doesn’t contain the lines for the deductions and credits discussed above.
• Publication 901 U.S. Tax Treaties. Your tax rate may be determined by a tax treaty if you are not a U.S. resident.
• Publication 519 U.S. Tax Guide for Aliens is absolutely essential if you are not a U.S. citizen.
• Publication 514 Foreign Tax Credit for Individuals.

Missouri State Taxes for Both U.S. Residents and Nonresidents
The Missouri income tax form is pretty easy to fill out once you have calculated your federal taxes, because the Missouri form uses numbers from the federal 1040. In Missouri, both U.S. residents and nonresidents use the same forms. If you are single or married with one income, you can probably use the MO-1040A. There is a longer MO-1040 form as well, that married couples with two incomes must use. Nonresidents, keep in mind that when the questions refer you to specific line numbers on the federal tax returns, they mean the 1040 form for residents. Nonresidents will have to pay attention to the content of the question; i.e., which dollar amount from the federal return is being asked for (for example, the “Wages” line). Use common sense. Missouri tax forms can be downloaded at www.dor.mo.gov/tax. The tax forms change slightly from year to year, so make sure you use the form from the correct year.

If you lived in two states during the year, you will likely need to fill out a tax form for each state. For Missouri, part-year residents should use form MO-NRI (to determine what part of your income was earned in Missouri) and form MO-CR (to get a tax credit for money paid in taxes in another state).

The State of Missouri web site (www.dor.mo.gov/tax) has a Form Selector that will help you determine which forms you need to use. Also on the web site are forms that let you type in the values and automatically complete the calculations.

City Taxes
If you work or live in St. Louis City, 1 percent of your income is paid to the city. If applicable, this tax is withheld from your paycheck. If you do not have your taxes withheld from your paycheck (and get a letter instead of a W-2 form), you are likely exempt from this tax. If the city sends you letters saying you need to pay city tax but it was not withheld from your paychecks, talk to Denise Graham in the Division office.

The Student Advisory Committee holds a tax workshop in the spring to help incoming students understand taxes.

Round 3: International Students
Before you read on, please keep in mind that the following information regarding nonresident taxes only applies to scholars with certain J, H or maybe Q visas, and to DBBS students. All other foreign nationals (including, but not limited to Arts & Sciences students not in the Division or the Programs.
in Physical or Occupational Therapy), please refer to your respective school or program for guidelines.

Before filing your federal taxes, consider whether you qualify as a nonresident and will need to use the nonresident tax forms. This will be the most time-consuming issue concerning filing your federal income tax. Many students on F-1 visas may file as residents if they have lived in the United States for five years or more. For others on J or H visas, this becomes a bit trickier. Depending on which type of J or H visa you hold, you may file as a resident if you have lived in the United States for at least two or three years. If you are uncertain, consult the International Office or your home country's tax treaty with the United States. Copies of tax treaty booklets may be obtained from the IRS, the DBBS office, the Office for International Students and Scholars on the Danforth Campus, or the Human Resources reception area at 4480 Clayton on the medical campus.

Individuals with dual status may file as residents, depending on when during the tax year their status changes. If you file as a resident, tax treaty benefits will no longer apply.

One other tip for nonresidents: Interest income from savings accounts may not be taxable, depending on your status. Residents typically have to count interest income as taxable. The Payroll Office sends out a packet at the end of each calendar year containing summaries of your status and benefits for the next year. Some of these documents require immediate action (forms that need to be reviewed, signed and returned to the Payroll Office, usually by the end of the first week in January).

**Round 4: Financial Planning While in Graduate School**

Entire books are written about financial planning, so as a graduate student, where do you start? There are probably three main areas most graduate students should think about: the wise use of credit cards and managing debt, saving money and developing good financial habits.

**Credit Cards**

Some students entering graduate school have credit card debt. If you only pay the minimum balance on your credit cards, it will likely take you years to pay off the debt, and you will end up paying several times more in interest charges than the amount you actually charged. So if you do have credit card debt, always pay more than the minimum balance if you can, and start by paying off the highest-interest cards first. You can also transfer balances onto lower-interest cards or simply ask your cardholder to lower your interest rate. If you are a good customer (i.e., make your payments on time), the company is usually more than happy to accommodate you. If you do have credit card debt, try to stop using your credit cards! You probably don't need half the stuff society leads you to think you do!

Credit cards, however, are not intrinsically evil. Many credit cards have benefits like airline miles, cash-back bonuses, or extended warranties on items you purchase. Credit cards are also helpful if you run into an emergency situation, like your car breaks down and you haven't saved up enough money to deal with it. The key to using credit cards wisely, however, is to always pay the balance in full every month by the payment due date. You should always consider the entire cost of a credit card, which includes any annual fees, transaction fees and grace periods.

**Student Loans**

Many graduate students also have previous student loans. While in graduate school, your stipend was designed to cover your living expenses. So with some planning and budgeting, you shouldn't need to take out more loans. However, if you think you might run into financial trouble, it is better to plan ahead and take out a student loan at a low interest rate rather than having to put expenses on higher-interest credit cards. While you are in graduate school, you can defer payment on the student loans you already have by filling out the appropriate paperwork (your student coordinator can tell you how). If your loans are unsubsidized student loans, you might want to consider making the interest payments on the debt while you are in graduate school. That way, you will have less to pay back when you graduate, because compound interest won't be working against you. In most cases, interest paid on student loans can decrease your taxes. (See Deductions and Credits for Graduate Students.)

DBBS offers emergency interest-free, short-term loans of up to $300 to PhD students. These loans are intended for situations such as emergency car repairs or emergency travel in the case of a family death. Students can apply for a loan and receive funds within 24 hours of approval. However, the loan must be repaid within 60 days.
Saving Money
Along with the wise use of credit cards and debt, your first goal should probably be to build up a savings account for the unexpected things that come up in life. Financial experts say you should have about three months of salary saved for the unexpected things, although for many of us, this isn’t feasible. Any little bit helps, though! Many experts prefer money market accounts over traditional savings accounts for this type of savings. They earn better interest rates, and you are less likely to spend the money if the account is separate from your other checking or bank accounts. Additionally, many online savings accounts offer higher interest rates than traditional savings accounts and currently have rates comparable to money market accounts.

An easy way to start saving is to have a portion of your paycheck automatically transferred to your savings/money market account every month. You can do this yourself every month, or you can have part of your check automatically transferred by direct deposit into the account(s) of your choice. (Contact the Division office to find out how.) Another painless way to save money is to save a portion of any raises that you get. If you were surviving on what you earned before the raise, you can probably survive after the raise on the same amount and bank the difference.

After you have an account with some money in it for unexpected events, the next thing to think about is long-term savings. Many of us think, “I don’t earn enough money to save. Some day, when I have a real job and I am earning more, then I’ll save.” The truth is, many of us in graduate school are approaching 30 years old and have years of postdocing to look forward to before we land our first “real job.” Waiting to save money until your “real job” may be detrimental to your ability to retire someday. Even if you save a little money now, it will be worth a lot at retirement due to compounding. And compounding works best the earlier you start.

Here’s an example of the benefits of starting now. Let’s assume an 11 percent rate of return, which is the 50-year historic average return for the stock market. Let’s also assume this is a tax-free or tax-deferred account, and let’s not figure in the cost of inflation. If you save $100 per month for six years of graduate school beginning at age 25, you would have $468,006 at age 68 if you never saved another dime. If you wait until 30 to start saving and save $100 per month for six years, at age 68 you would have only $277,739. That is a difference of nearly $200,000! If you wait until 30 and want to have $468,006 at 68 years old you would have to save almost $200 per month for six years. That is almost twice as much per month as someone who starts saving at age 25.

The take-home message: Waiting to save can be very expensive! Even the little bit you save now can be worth hundreds of thousands of dollars in the future. Besides, getting in the habit of saving can only help when you are earning more in the future.

Good Financial Habits
Some day, you might want to buy a house or a car, something you don’t pay for all at once. If you have bad financial habits, like paying bills late or missing payments, your credit rating will be negatively affected. That means that when you try to buy that house or car, you could be turned down or charged a much higher interest rate because you are considered a bad risk. Developing good habits now, like paying bills on time and saving a portion of every paycheck, can only help you in the future.

Resources
Get a Financial Life: Personal Finance in Your Twenties and Thirties by Beth Kobliner is very helpful. Some useful web resources include:

- Vanguard Family of Funds (www.vanguard.com) has information on its no-load funds and features Vanguard University, where you can learn the basics of investing in a series of simple, one-page lessons including quizzes and homework.
- The Motley Fool (www.fool.com) has information on money in all forms, including tips for saving money; information on investing in stocks, mutual funds, index funds, bonds, etc.; and advice on spending wisely when buying a car or house.
- Online money-management tools like www.mint.com can help you plan a budget, track how you spend your money, compare rates on your credit cards, and even e-mail you if your checking balance is too low. And many of them are 100 percent free!

You can learn more about financial planning (and even how to buy a house!) by attending seminars sponsored by both SAC and the Graduate Professional Council (GPC).
Game SEVEN: Hungry, Hungry Grad Student

As one of the many, hungry hippos ... er ... I mean graduate students descending on St. Louis, you will find that this city has much to offer up to your tastebuds. And after you have had your fill, you can waddle (or drive or take the Metro) over to Forest Park, or hit up the latest nightclub, or go shopping at one of St. Louis’ many malls. The goal of this game is to whet your appetite and give you all the details you need to roam around St. Louis in search of food and fun.

Round 1: Getting Around Without a Car
— Monica Croke

You may find it difficult to live in St. Louis without a car, but your options for travel are increasing. Most students without cars choose to live in the Central West End. By carefully choosing a residential location in the CWE, one can be within walking distance of a grocery store, numerous restaurants and cafes, a library and, most importantly, the medical campus.

Recently, MetroLink added a major route to its service, with westbound trains now going to Shrewsbury as well as Lambert Airport. This extension puts the Saint Louis Galleria, the Danforth Campus and additional residential areas within reach of MetroLink passengers. To find Metro routes and information about transportation options, check out metrostlouis.org.

The School of Medicine is at MetroLink’s Central West End station. One train route starts in Shrewsbury and one starts at Lambert Airport. Both stop at Washington University Medical Center and downtown St. Louis and continue over the Mississippi River deep into Illinois. The #1 Gold, #13 Union, #18 Taylor, #59 Shaw and #95 Kingshighway buses all service the medical school. Washington University now offers the U-Pass to full-time students. This pass provides FREE rides on all Metro services, which includes light rail and buses. This is great news for students both with and without cars. In particular, many students find it convenient to live near MetroLink stops and commute to school via MetroLink. To register for the UPASS, please visit parking.wustl.edu/upass.htm.

Shuttles and Buses
— Monica Croke

The Metro bus #1 Gold runs at regular intervals between the Danforth and medical campuses with stops along the route. Check metrostlouis.org for comprehensive information on these bus lines. The #1 Gold Line runs from 5 a.m. to 2 a.m. on weekdays and weekends. The #2 Red bus services areas both south and west of the Danforth Campus. Your orientation packet will contain a map of the Metro System. Generally, they depart every 15 minutes during the day and every 30 minutes in the evening. Washington University also operates shuttles originating from the Danforth Campus that access the neighborhoods surrounding the Delmar Loop. Your ID and U-Pass are needed to board the shuttles for free, so don’t forget them.

Cab companies (an expensive alternative ... )
— Paul Fox

During peak hours on weekend nights, cab companies can be busy, so plan ahead. Here are two options:

• County Cab and Yellow Cab, (314) 993-TAXI
• Laclede Cab, (314) 652-3456

Round 2: Getting Around With a Car
— Fiorella Ghisays

Obtaining a Missouri Driver’s License and Car Registration

Since you are still considered a student, you are not required to get a Missouri driver’s license or register your car in the state. However, if you want to establish residency in the state, you’ll have to do both. Although the average traffic cop rarely asks how long your car has been in the state, there is a significant fine for non-students who do not change their registration within 30 days. Getting your driver’s license and registering your car takes time, so plan on investing a couple of days in the process. Hint: Always make sure you have personal identification (Social Security card, previous license, passport, etc.). No one will fault you for bringing too much, but you’ll waste a lot of your time if you don’t have enough. You want this to be as painless as possible.
Obtaining a Driver’s License
If you have a valid out-of-state driver’s license, you can go to any Highway Patrol Driver License Examination Station to pass the necessary Missouri driving exams. (See the blue section of the phone book for other locations.)

- 4626 S. Kingshighway Blvd., (314) 481-8668
- AAA office, 3917 Lindell Blvd., (314) 533-6550

You can also go to these offices to take needed exams, which include an eye exam (bring your glasses if you wear them) and identification of common road signs. You will need to bring your Social Security card and another form of identification (your old license would be good) to take these exams and obtain a Missouri driver's license.

If you don't have a current out-of-state driver’s license, you will need to take a more extensive written exam and a driving test. The written exam is 25 questions, five of which you can miss and still pass. However, before you take these exams, you should study the Missouri Rules of the Road driver's guide, which you can get at any Highway Patrol Driver License Examination Station, either before you arrive or immediately before taking your exam.

Registering and Purchasing Plates/Tags for Your Car
dor.mo.gov/mvdl
Try your hardest to avoid doing this in the last week of each month. Everyone else puts it off, and the lines are much longer. Also, plan to pay by check or cash; the DMV does not accept credit cards.

- To avoid paying tax on the value of your car for your first year in Missouri, get a personal property tax waiver at either the St. Louis County Department of Revenue Assessor’s Office, 41 S. Central in Clayton, (314) 615-5500, the City of St. Louis Assessor’s Office, 1200 Market St. downtown, (314) 622-4171, or another branch (see the blue section of the phone book). Note: If you live in St. Louis City, you must go to a branch in the city. If you live outside the city, you must go to the county office. Bring your old registration or title; there is no charge. If you have just bought the car, you may have to pay sales tax, unless you can prove that you paid it in the state of purchase. For more information, call the number above.

- You need a safety test and an emissions test no more than 60 days before you register your car. The tests can often be done at the same facility. For the safety test, get your car inspected at an approved garage in the city or county. The cost is $12. For the emissions test, call the Department of

Natural Resources at (314) 301-7100 or see its web site for the nearest emissions-testing center (www.dnr.mo.gov/gatewayvip/repair/index.html). The cost is $24 dollars. The emissions-testing facility nearest to the medical school is at 3242 S. Kingshighway Blvd. and also conducts safety tests.

- Take your tax waiver (or, if a current Missouri resident, proof that you have paid Missouri personal property tax on your car), safety and emissions test results, proof of insurance, plus identification to a Department of Revenue Motor Vehicle Marine and Drivers License office or to the AAA station listed above. Registration costs about $30 per year. You will have the option to register and tag your car for two years. Depending on where you live (tag theft is common in St. Louis), you may prefer to renew your license every year — less incentive for theft. If you choose this option, you may be able to simply mail in your registration and fee the following year. Note: Safety and emissions tests are only required every other year. In addition, do not be surprised to encounter harried workers and unfriendly attitudes at the DMV.

Car Safety
— Keryn Gold
As is common in many urban areas, the Central West End is a high-crime area for automobile theft. Several students have had windows broken, car stereos stolen, license tabs stolen, and even their entire cars stolen. The best advice is to be aware. Don’t leave anything tempting or valuable in your car. Thieves will even steal the change from your center console. If you must have a nice stereo in your car, consider a detachable-face stereo or one with an alarm. You should probably consider both if you have nice electronics.

When at school, try to park in the medical school parking lots that Protective Services patrols. Also, anti-theft devices like The Club are great deterrents. These can be purchased from Protective Services and places such as Wal-Mart or Target. The Division sends out important periodic bulletins on safety, including what tactics thieves are using and which makes of cars are being targeted. You should read these carefully so that you are aware of possible criminal activity in the area.

As mentioned above, Missouri license plate tabs are hot commodities and thieves will peel these stickers right off your license plate or even worse, just cut the tab out of the license plate. Although not as bad as having your car stolen, wasting time to get new tags is a hassle. To prevent this, take a razor blade and make small cuts over the tabs once they are affixed to the license plate. Scoring the tabs will make it difficult for a thief to peel off the tab in
one piece. Using clear nail polish to plaster the surface of the tab to your license plate will also impede thieves, as will clear plastic license plate covers.

If your window gets broken ... take a deep breath and call the police to file a report. Or, if you are on campus, you can contact Protective Services. However, you will ultimately need a police report number to make an insurance claim. Once you have reported the incident, there are several auto-glass companies that will come to you and fix your window that day. These companies are in the Yellow Pages under Glass–Automobile. It is possible to haggle for lower prices, so don’t be afraid to shop around. Also, if the incident occurred on your apartment grounds, tell your landlord; sometimes crimes can be prevented by trimming hedges, checking gate locks or installing lights.

Parking
— Keryn Gold
Parking permits for the medical campus are available at the Transportation Services Office in Room 114 of Olin Residence Hall, 4550 Scott Ave. Parking permits cost $44 to $71 per month depending on whether the permit is for a surface lot or a covered garage. Medical campus permits also allow you to park in yellow or green zones on the Danforth Campus — a perk when TAing undergraduate classes.

Carpooling and vanpooling permits are available at a reduced cost to the regular parking permits. More information about parking is available by calling (314) 362-6824, or under the Our Divisions menu at medfacilities.wustl.edu, or by e-mail at parking@facilities.wustl.edu. The medical school web site also contains links to maps and schedules for the lot shuttles.

Note: The CWE parking meter maids are everywhere and love giving tickets. Also, the streets are cleaned once a month. Check street signs for cleaning days! It is becoming increasingly difficult to find street parking after 8 a.m. The medical school is currently adding more garages, but parking is still difficult to come by, so arrive early and be ready to walk a few blocks if you decide to not purchase a parking-lot permit.

Car Repair
— Keryn Gold
The following are a few places you can take your car for any maintenance and repair:

- AAMCO Transmissions — 8500 Manchester Road, (314) 962-3511
- Big Bend Auto Service — 1436 S. Big Bend Blvd., (314) 645-4704

- Dobbs Tire and Auto — 1922 S. Brentwood Blvd., (314) 961-5090

Garages that have Washington University discounts (10 percent discount on all parts with Washington University student ID):

- Firestone — 7361 Forsyth Blvd., (314) 721-1000 and 6211 Chippewa Road, (314) 352-1000
- Victor Automotive Service — 1710 Big Bend, (314) 645-7792

A note on driving in St. Louis: A number of roads in the St. Louis area stretch on for what seems forever. If someone tells you that a store is located on Olive Boulevard or Manchester Road, you should find out specifics, or you could be searching for miles. Also, there are numerous streets that are gated or blocked off in the city. The sooner you learn which streets aren’t through, the easier life will be. Finally, the unwritten (and written) rules of the road vary from region to region and city to city. Many people find that St. Louis drivers have a style all their own. Whether you consider this bad driving or accept it as different, be prepared to drive defensively and adjust your habits accordingly.

Round 3: Goods and Services
— Katie Lewandowski

Groceries
There is a variety of grocery stores in St. Louis, ranging from the exclusive to discount, and you can find anything you are looking for. Here is a list of the most popular:

Schnucks
www.schnucks.com
You will find this grocery franchise virtually everywhere in St. Louis. Schnucks stores tend to reflect the neighborhood, so beware. A popular Schnucks near campus is the one at 6600 Clayton Road, 63117, open 24 hours.

Dierbergs
www.dierbergs.com
A competitor to Schnucks, you will find similar prices and merchandise. Look out for their sales and fliers, much like Schnucks. A popular Dierbergs not too far from campus is at Brentwood Pointe, 8450 Eager Road, 63144.
Game SEVEN:

Hungry, Hungry

Grad Student

This chain is not as fancy as Schnucks or Dierbergs but is relatively cheap.

Aldi

www.aldisfoods.com

7725 Manchester Road, 63143

3721 S. Grand Blvd., 63118

This store chain is smaller and geared toward the lowest possible prices. If you don't need name-brand products, Aldi has some very good bargains.

Straub's

www.straubs.com

302 N. Kingshighway Blvd., 63108

Considered more highbrow than Schnucks or Dierbergs, and the quality of food is considered to be better.

Whole Foods Market

www.wholefoodsmarket.com,

1601 S. Brentwood Blvd., 63144

Whole Foods stores specialize in natural and organic foods.

Local Harvest Grocery

www.localharvestgrocery.com

3148 Morganford Road, 63116 (just south of Tower Grove Park)

This store is dedicated to providing locally raised produce, breads, meat, milk and eggs. It also has a café.

Trader Joe's

www.traderjoes.com

48 Brentwood Promenade Court, 63144

This is a unique grocery store in that most of the items sold here are Trader Joe's brand-name items. They sell gourmet and organic foods.

Soulard Farmers Market

stlouis.missouri.org/citygov/soulardmarket

730 Carroll St., 63104

If you want fresh meat and produce, Soulard Farmers Market is the place to go. It's in the Soulard neighborhood and is one of St. Louis' oldest landmarks. Open Wednesday to Saturday, year-round, Wed-Fri 8 a.m.–5 p.m., Sat 6 a.m.–5 p.m.

Tower Grove Farmers Market

www.tgmarket.org

Tower Grove Park, West of the Pool Pavilion

While this market is smaller than the Soulard Market, you will be purchasing produce, meat and other goods from local farmers. Open Saturdays 8:30-12:30, May 9-October 25, 2009.

Global Foods Market

www.globalfoodsmarket.com

421 N. Kirkwood Road, 63122

As its name suggests, Global Foods offers items from around the globe. It also has a large selection of fresh produce and meats. This is definitely worth checking out!

Jay International Food Company

3172 S. Grand Blvd., 63118

Jay's has a wide variety of food. It features Jewish, German, French, Italian, Middle Eastern and Asian foods and ingredients.

J. Viviano & Sons, Inc.

www.shopviviano.com

5139 Shaw Ave., 63110

This store features a comprehensive selection of meats, cheeses and pastas, as well as any other component of Italian cuisine you can imagine.
Olive Farmer’s Market
8041 Olive Blvd. 63130
This store has been voted the Best Asian Market (2007) by the Riverfront Times. It is not technically a farmer’s market, but does offer goods from all over. It is one of the biggest markets in St. Louis’ unofficial Chinatown. There are a number of other Asian stores in the area, including but not limited to Din Ho Market at 8322 Olive Blvd., 63132.

Diamant’s Kosher Meat Market
618 North and South Road, 63130
Offers a range of kosher foods.

Other Useful Places to Know
The Brentwood area (basically Eager Road, South Brentwood Boulevard and South Hanley Road) has all the stores you can think of. In this area you will find the Brentwood Promenade, Brentwood Pointe, Brentwood Square and Maplewood Commons, which collectively contain the following stores: Target, Bed, Bath & Beyond, Trader Joe’s, World Market, PetSmart, Dierbergs, Office Depot, Best Buy, Borders, Whole Foods Market, Wal-Mart and Sam’s Club. There is a Home Depot in the area as well, at 1603 S. Hanley Road, 63144.

Malls
St. Louis, like any other city, has numerous malls, which have stores that range from the not-so-expensive to the very exclusive.

Saint Louis Galleria
www.saintlouisgalleria.com
1155 Saint Louis Galleria, 63117
This is a very popular mall among students, as it has a wide variety of stores and is not too far from campus and is accessible by MetroLink service.

The Boulevard
www.theboulevard.com
This small shopping area across from the Galleria contains Crate & Barrel, Ann Taylor Loft and other smaller shops and restaurants, including P.F. Changs.

West County Mall
www.shopwestcountycenter.com/shop/westcounty.nsf/index
80 West County Centre, 63131
A little far from campus (about 15 miles), but worth visiting.

Plaza Frontenac
www.plazafrontenac.com
1701 S. Lindbergh Blvd., 63131
This is an upscale mall, containing Neiman Marcus, Saks Fifth Avenue and Louis Vuitton.

St. Louis Mills
www.stlouismills.com
5555 St. Louis Mills Blvd., 63042
Though this mall is quite far from campus (about 20 miles), it houses a number of outlet stores, including the Banana Republic Factory Store, Gap Outlet and Nike Factory Store. In addition, it has an ice rink and a NASCAR SpeedPark.

St. Louis Union Station
www.stlouisunionstation.com
1820 Market St., 63103
Previously one of the largest and busiest passenger rail terminals in the world, St. Louis Union Station downtown is now a large marketplace. It is a National Historic Landmark and definitely worth a visit.

Bookstores
St. Louis has both chain bookstores and small booksellers. Here are a few:

Left Bank Books
www.left-bank.com
399 N. Euclid Ave., 63108
This quaint independent bookstore in the Central West End sells new and used books of numerous genres. It has guest lectures and reading sessions.
Barnes & Noble
www.barnesandnoble.com
There are a number of Barnes & Noble stores in St. Louis. The one closest to campus is at 8871 Ladue Road, 63124. It is a typical B&N, with an attached Starbucks.

Borders
www.bordersstores.com
Again, there are a number of stores in the St. Louis area. The closest one to campus is at 1519 S. Brentwood Blvd., 63144. It is a large store and has an attached café; it hosts numerous events throughout the year, so check out the web site for more information.

Washington University Medical Bookstore (Barnes & Noble)
Located on the ground floor of McDonnell Pediatric Research Building. It has an excellent selection of medical books as well as the usual Barnes & Noble selection. It carries Washington University School of Medicine/DBBS gear.

Washington University Campus Bookstore
Located on the ground floor of Mallinckrodt Student Center, Danforth Campus. It has all the textbooks for undergraduate courses along with art supplies and Washington University gear.

Round 4: Things to Do Beyond Washington University
— Devjanee Swain
St. Louis is a great place to live on a graduate student’s stipend. Many institutions offer student discounts, such as student rush tickets, which are last-minute discounts on unsold tickets made available on a first-come, first-served basis. Other places, such as the Zoo and many museums, are simply free. Be sure to call ahead to see how your student ID can save you money.

There are many opportunities to learn in St. Louis, beginning with the wonderful libraries, museums and the Zoo, which all host exhibits and lectures given by experts in their fields. And the best feature about most of these places is that they are absolutely FREE, or charge a minimal fee. For more information about special events at the Zoo and museums, check out these web sites:

- Saint Louis Zoo — www.stlzoo.org
- Saint Louis Art Museum — www.slam.org
- Missouri History Museum — www.mohistory.org
- City Museum — www.citymuseum.org
- St. Louis Science Center — www.slsc.org

In addition to the lecture series offered by the city cultural institutions, there are many lectures offered by various groups in St. Louis, including Metropolis and the Missouri Historical Society. For information about events hosted by these and other groups, check the Riverfront Times (www.riverfronttimes.com) and the St. Louis Post-Dispatch (stltoday.com). In addition, the web sites of some of the groups are at stlouis.missouri.org.

The St. Louis Public Library’s Schlafly Branch is at the corner of Euclid and Lindell. The library offers lectures, book readings and film screenings. The library also offers an ELS program if anyone wants to practice English skills. The web site is www.slp.org.

For a more traditional learning environment (i.e., an actual school), there are several affordable options. Most universities will allow you to take single courses in their evening programs. Several to check are Webster University in Webster Groves, Fontbonne University in University City, and Saint Louis University in the city.

Probably the best option is to check out St. Louis Community College. Classes are affordable (six credit hours per semester costs about $250), represent wide interests (from sculpture and calligraphy to computer science and networking), are located throughout St. Louis, and are offered on evenings and weekends. To qualify for the low tuition rate, provide proof that you are a St. Louis City or County resident. For more information, visit www.stlcc.edu.

For those of you interested in broadening the right side of your brain, see the Center of Creative Arts (COCA) web site for some interesting classes: www.coastl.org.

The Sports Scene
— Devjanee Swain
St. Louis was named Best Sports Town in the Sporting News in 2000, making it a great place for sports enthusiasts. Attending a Cardinals baseball game is one of the great St. Louis traditions, since no matter how good all the professional teams in St. Louis are, this will always be a baseball town. The Cardinals have won more World Series Championships than any other
National League team, not to mention the fact that they won the big series in 2006! Try to catch a game between the Cardinals and the Chicago Cubs, a rivalry that dates back to 1876. St. Louis is also home to the Rams football team that won the 2000 Super Bowl and the Blues hockey team. The city is very supportive of its teams, and every year each team usually manages to be competitive. Good seats are often expensive and hard to come by, but reasonably priced seats are usually available. The Blues have a few student nights during their seasons, for which your student ID can get you a $20 ticket. Throughout the year, different organizations on campus provide cheap tickets. All three arenas — the newly constructed Busch Stadium (Cardinals), the Edward Jones Dome (Rams), and the Scottrade Center (Blues) — are accessible from school via MetroLink.

- Cardinals Tickets — www.stlcardinals.com, (314) 421-2400
- Rams Tickets — www.stlouisrams.com, (314) 425-8830
- Blues Tickets — www.stlouisblues.com, (314) 622-2500

For those of you who plan to stay true to your hometown teams, St. Louis offers a variety of bars at which to watch games that aren’t locally televised. Tom’s Bar & Grill, on Euclid Avenue at Forest Park Parkway, is a good choice if your game is on when you should be in lab. Also in the Central West End is Bar Louie, which usually accommodates putting your game on one of its screens, but on big game-day mornings (NFL Sunday, NCAA Tournament, etc.), call ahead. They will only play the games that receive the most requests on game-day morning.

St. Louis also hosts a few true sports bars. Ozzie’s is a nationally acclaimed sports bar with more than 50 screens. It’s near Page Avenue and I-270, which makes it a prime spot for those who live further west. St. Louis SportsZone is west and south of the campus on Chippewa Road. It has more than 60 screens and has been ranked the No. 1 Sports Bar in St. Louis by Sauce (www.saucemagazine.com), St. Louis’ monthly restaurant publication.

**Theatrical Experiences**
— Monica Vega Hernandez
Though St. Louis is not the first city that comes to mind when one thinks of great theater and Broadway shows, it plays host to several fantastic performance venues. A taste of these is listed below.

**The Fabulous Fox Theatre**
www.fabulousfox.com
527 N. Grand Blvd.
(314) 534-1111
This venue features Broadway and Broadway-like musicals and plays, with occasional concerts.

**The Repertory Theatre of St. Louis**
www.repstl.org
130 Edgar Road
(314) 968-4925
Shakespeare and other famous plays. Tickets are around $20, but your student ID gets you two $7 tickets 30 minutes before the curtain rises.

**St. Louis Black Repertory Theatre**
www.stlouisblackrep.com
3610 Grandel Square
(314) 534-3810
The Grandel Theatre is in what was once a Congregational Church, built in 1884. Student rush tickets are $10, available 10 minutes before the show.

**The Muny**
www.muny.com
Forest Park
(314) 453-4034
The nation’s oldest and largest outdoor theatre. Shows run from mid-June to early August. Tickets are between $10 and $40. Free seating is available in the back section if you are willing to wait in line 30 minutes before the show.

**Jazz at the Bistro**
www.jazzatthebistro.com
3636 Washington Ave.
(314) 531-1012
Features nationally and internationally renowned Jazz artists. Student pricing is available depending on the concert, usually for the second set of the evening.
Edison Theatre  
www.artsci.wustl.edu/~edison  
Mallinckrodt Center  
(314) 935-6543  
A teaching facility for the Performing Arts Department, it hosts eclectic dance and play companies.

Shakespeare in the Park  
www.sfstl.com  
Forest Park  
Every summer a troupe puts forth a performance of a Shakespeare play that generally runs for a month. It is FREE and usually turns into a great picnic spot for the city.

The Classical Music Scene  
— Monica Vega Hernandez  
For a mid-sized American city far from both coasts, St. Louis has a fine classical music scene. The crowning glory of classical music in St. Louis is the 122-year old Saint Louis Symphony Orchestra (www.slso.org), which plays at Powell Symphony Hall 24 weeks a year. For students, the SLSO has the sweetest series subscription deal in town: Friday six-concert packages are available to students for $55. Ticket exchanging is very flexible, so you can always switch or get a voucher when necessary. If you only need single tickets, symphony concerts rarely sell out, so you can almost always get last-minute tickets at the box office. A new program that offers student discounts for symphony tickets is Sound Check St. Louis (www.soundcheckstlouis.org). By registering at the web site, you can purchase the best available seats at the time of purchase for only $10.  

The SLSO also does a lot of community outreach events in such venues as Tower Grove Park, and these are free. During the summer, the SLSO becomes the pit band for Opera Theatre of Saint Louis (www.opera-stl.org) at the Loretto-Hilton Theatre at Webster University. OTSL is highly regarded as a training ground for young American talent, so you’ll see tomorrow’s American opera stars here first. The prices are more reasonable than just about any other American city with an opera company this good. Half-price student rush tickets are available the night of the show, with ID.  

The best chamber concert venue in town is the 750-seat Sheldon Concert Hall (www.sheldonconcerthall.org). Many of the finest classical, jazz, folk, world and local musical artists have played the Sheldon. Half-price student tickets are available starting one hour before show time, with ID. For those with a taste for choral music, the Bach Society of Saint Louis and the Saint Louis Chamber Chorus are for you. Both ensembles perform in various venues around the city, usually on Sunday afternoons.

Closer to school, the Music Department at Washington University hosts several concerts throughout the academic year, especially closer to finals time as music majors give their required recitals, often in Graham Chapel. Faculty performances often take place as well. These recitals are generally free.

For radio listening, the main choice is KFUO, 99.1 FM. Its web site, www.classic99.com, has links to local classical music ensembles, too many to list here. If you have the desire to broadcast your own tastes, you can volunteer at Washington University’s radio station, KWUR, 90.3 FM, kwur.wustl.edu.

Museums and More  
— Monica Vega Hernandez  
Forest Park  
stlouis.missouri.org/citygov/parks/forestpark  
Separating the Danforth and medical campuses, Forest Park’s miles of jogging/biking trails, athletic fields, and plentiful wide-open spaces make it a giant backyard for many students. It is one of the largest urban parks in the country, approximately 500 acres larger than Central Park in New York. Opened to the public in 1876, it was the site of the 1904 Louisiana Purchase Exposition. Today it is home to the Saint Louis Zoo, Saint Louis Art Museum, Missouri History Museum, the St. Louis Science Center and Planetarium, the Muny, the Jewel Box, Turtle Park playground, tennis courts, golf courses, a skating rink and more. You can even fish, if you purchase a Missouri fishing license. Forest Park is also the starting point of the annual Great Forest Park Balloon Race in September (www.greatforestparkballoonrace.com).
St. Louis Science Center
www.slsc.org
The St. Louis Science Center brings out the fun in science with hands-on exhibits and shows at the James S. McDonnell Planetarium and the wraparound-screen OmniMax theatre. Although the Science Center is free, the Planetarium, OmniMax films and special exhibits are generally not. Planetarium admission is free on Tuesdays from 1 to 3:30 p.m. Hint: Park on the north side in Forest Park near the Planetarium for free, and walk over I-64 on the skylink to avoid the more expensive parking.

Missouri History Museum
www.mohistory.org
To learn more about the fascinating Show Me state, go to the Missouri History Museum at Lindell and DeBaliviere in Forest Park. Admission is free, although there is an admission fee for special exhibits.

City Museum
www.citymuseum.org
710 North 15th St.
This is a great place to let your inner child loose. Best described as wacky.

Saint Louis Art Museum
www.slam.org
Atop Art Hill in Forest Park, the SLAM is a good place to get lost among collections ranging from ancient to modern. The general collection is free; special exhibits are $8 for students and FREE on Fridays until 8:30 p.m. Check the calendar on the web site for fascinating lectures and foreign film schedules.

Missouri Botanical Garden
www.mobot.org
4344 Shaw Blvd.
Originally founded by immigrant-turned-wealthy-businessman Henry Shaw, the garden on his country estate opened to the public in 1859 and today is one of the country’s premier botanical gardens. Featuring all assortments of plant life, the Missouri Botanical Garden is not simply a garden. It is a world-leading research center in plant studies, including graduate programs in cooperation with Washington University and other local universities. It is also a great community resource, offering many educational programs and home gardening help. In addition, the garden hosts many entertaining events such as the Whitaker Music Festival in early summer and the Japanese Festival, usually over Labor Day weekend. It is open every day except Christmas. In addition, admission to the Missouri Botanical Garden is free to Division students. (Check with your coordinator if you have not received a membership card, which admits two people for free.)

Saint Louis Zoo
www.stlzoo.org
Located at the south side of Forest Park, the world-famous Saint Louis Zoo is another of the city’s great attractions free to the public. It is possibly the best free public zoo in the country. Its long history includes the walk through a flight cage, which was part of the 1904 Louisiana Purchase Exhibition, and the bear pits, built in the 1920s, that were among the first in the country to separate viewers from animals with a moat rather than bars. The Zoo is also heavily involved in conservation and research projects. Open from 9 a.m. to 5 p.m. year round, and from 8 a.m. to 7 p.m. in the summer, you can observe a large variety of animals in outdoor and indoor exhibits. The children’s zoo section that allows for interaction with animals costs $4, but it’s FREE before 10 a.m. (before 9 a.m. in the summer). The Insectarium is dedicated solely to bugs, including a butterfly enclosure, and admission is $2. Parking in the Zoo lot is $8, so finding a spot in the park and walking is advisable.
Movies in St. Louis
— Monica Croke
You're new to town and you want to see a movie. Where do you begin? You can start with the good old paper editions of the St. Louis Post-Dispatch and the Riverfront Times for show times and reviews. Alternatively, you can be more 21st century and look online; I like www.rottentomatoes.com, or you can call the illustrious Mr. Moviefone himself at 444-FILM. But once you know the film you want to see, how do you choose a theater? There are many theaters in the St. Louis area; some are close to the medical campus and others are in a galaxy far, far away (the surrounding county). Remember, most movie theaters have student discounts, so bring your ID cards. Here's the information you need to make an informed choice. Furthermore, for the real film buffs, there is the annual St. Louis International Film Festival, www.cinemastlouis.org.

Chase Park Plaza Cinemas
212 N. Kingshighway Blvd. (entrance on Lindell)
www.stlouiscinemas.com
Located at the Chase Park Plaza Hotel, it is the closest theater to the medical campus and has selections from mainstream to independent. It gives you a classy movie-going experience with such amenities as valet parking, organ player entertainment before the feature presentation and mints afterward.

Galleria 6 Cinema
St Louis Galleria Mall
www.stlouiscinemas.com
Since being bought by the owner of Chase Park Plaza Cinemas, it has become more upscale. Still, it's in a mall, in front of the food court.

Moolah Theater & Lounge
www.stlouiscinemas.com
A great theater with a bar and sofa seating. Arrive early to get it. There is also a bowling alley in the basement and you can order food from local restaurants to enjoy during the movie.

Filmboard
(314) 935-5983
This is a Washington University student-run movie theater. It's on the Danforth Campus, and films range from critically acclaimed to cult classics. Films are shown five nights a week in Brown 100. Admission is $3 for the first visit and $2 for each subsequent visit. Furthermore, several of the foreign-language departments offer foreign film series.

Landmark Theaters
www.landmarktheaters.com
Offers independent and foreign films, no student discount.

Hi-Pointe
Clayton and Skinker
(314) 781-0800
St. Louis' oldest continuously operating cinema, built in 1922. Operated by Landmark Theaters.

Plaza Frontenac
Clayton and Lindbergh
(314) 994-FILM
A Landmark Theater location. The audience is upper crust and movies are usually Independent films.

Tivoli
6350 Delmar Blvd.
(314) 862-1100
Opened in 1924 as a vaudeville theatre, its prominent edifice and ornate interior make it a St. Louis landmark. Part of the Landmark Theater family.

AMC Movie Theaters
www.amctheaters.com
(314) 542-4AMC
The free AMC Movie Watcher card is recommended for food and drink discounts and the occasional free movie ticket. AMC theaters show mostly mainstream movies.

Esquire
6706 Clayton Road
Because it is near the Danforth Campus, it tends to be crowded on the weekends.
West Olive 16
12657 Olive Blvd.
Nice theater with stadium seating, but way far away (1 mile off of I-270 and Olive).

Creve Coeur 12
10465 Olive Blvd.
Another new theater. Near Olive and Lindbergh; closer than West Olive, but still a drive.

Des Peres 14
Manchester and I-270
(314) 822-CINE

Wehrenberg Theaters
www.wehrenberg.com
Mainstream movies. Several locations around St. Louis.

Off the Beaten Path
You also can visit the American Kennel Club Museum of the Dog at 1721 South Mason Road in Queeny Park (www.museumofthedog.org) or the Museum of Transportation in West County at 3015 Barrett Station Road (www.museumoftransport.org). Some other local and regional things to do include Strassenfest, held in Chesterfield during late summer (replete with polka dancing) www.strassenfest.org; the Big Muddy Blues Festival on Laclede’s Landing over the Labor Day weekend (www.bigmuddybluesfestival.com); Live on the Levee, a weekend concert series held during July and early August downtown, complete with fireworks after each evening’s shows (celebratetlouis.org); and the Clayton Art Fair, considered one of the top art fairs in the country, in the fall. Check the papers for further details. For a nice drive into the Missouri countryside, you can visit Hermann, MO, for Oktoberfest.

Saint Louis County Parks (www.stlouisco.com/parks) and Missouri State Parks (www.mostateparks.com) also have a lot to offer. For example, you can drive right by a herd of bison at Lone Elk Park, or pet different breeds of goats, pigs, horses and cows at Suson Park. (Go in the late spring when the babies have just been born.) You can learn to ride a horse or take guided horseback tours at Babler State Park. A longer drive will take you to Elephant Rocks State Park, which provides a unique hiking experience.

Round 5: Student-tested and Approved Restaurants
— Monica Croke
The following section deals with some of the more popular restaurants for a given cuisine where “seasoned” senior graduate students have dined. Remember, this is not by any means a comprehensive guide to St. Louis restaurants. Some good web sites are:

- www.riverfronttimes.com (especially Best of St. Louis issue)
- www.saucemagazine.com
- www.stltoday.com
- www.diningstl.com
- www.marksellsstlouis.net/Restaurants.htm

This is just a primer for those people new to the town who want to try restaurants. Enjoy.

American Cuisine
Some suggestions ranging from eclectic cuisine to the traditional American roadside diner:

Big Sky Café — 47 S. Old Orchard Ave., (314) 962-5757
Herbie’s — 405 N. Euclid Ave., (314) 769-9595
Duff’s Restaurant — 392 N. Euclid Ave., (314) 361-0522
Eat Rite — 622 Chouteau Ave., (314) 621-9621
Fitz’s — 6605 Delmar Blvd., (314) 726-9555
Harvest — 1059 S. Big Bend Blvd., (314) 645-3522
International House of Pancakes — 8049 Clayton Road, (314) 725-8798
Melting Pot, 6683 Delmar Blvd. — (314) 725-4141; fondue madness
St. Louis Bread Company — 4561 Forest Park Ave., (314) 367-9888
St. Louis Brewery and Tap Room — 2100 Locust St., (314) 241-BEER
Uncle Bill’s Pancake House — 3427 S. Kingshighway Blvd., (314) 832-1973
Wildflower, 4590 Laclede Ave. — (314) 367-9888
Il Vicino Wood Oven Pizza — 41 N. Central Ave., (314) 727-1333
Iron Barley — 5510 Virginia St., (314) 351 4500
Asian Cuisine
There is a concentration of Asian restaurants and markets on Olive Boulevard. Another area of St. Louis with a great assortment of Asian restaurants is South Grand.

Chinese
Royal Chinese Barbecue — 8406 Olive Blvd., (314) 991-1888
Hunan Garden — 11532 Page Service Road, (314) 432-7015; offers Chinese Dim Sum
Joy Luck — 8030 Manchester Road, (314) 645-9982; try the traditional Chinese hotpot
LuLu Seafood Restaurant — 8224 Olive Blvd, (314) 997-3108; specializes in Dim Sum

Japanese
I Love Mr. Sushi — 9443 Olive Blvd., (314) 432-8898
Nobu’s — 8643 Olive Blvd., just east of I-170, (314) 997-2303
Sansui — 4955 West Pine Ave., (314) 367-2020
Miso — 16 N. Meramec Ave., (314) 863-7888
Drunken Fish — 1 Maryland Plaza Drive, (314) 367-4222
Wasabi — 16 S. Central Ave., (314) 721-9970

Korean
Hangook Kwan & Korea — 1261 Castillons Arcade Plaza, (314) 878-8893
In Soo — 8423 Olive Blvd., (314) 997-7473
Everest Café — 4145 Manchester Ave, (314) 531-4800

Thai
Sen Thai — 1221 Locust St, (314) 436-3456
Basil Spice — 3183 S Grand Blvd, (314) 776-1530
King and I — 3157 S Grand Ave, (314) 771-1777

Vietnamese
Mai Lee — 8440 Delmar Blvd, (314) 993-3754
Lemon Grass Café — 3216 S. Grand Blvd., (314) 664-6702
Pho Grand — 3195 S. Grand Blvd., (314) 664-7435
Little Siagon — 10 N Euclid Ave, (314) 361-8881

Indian Cuisine
House of India — 8501 Delmar Blvd., just east of I-270, (314) 567-6850
India Palace — 4534 N. Lindbergh Blvd., (314) 731-3333
India’s Rasoi — 25 N. Euclid Ave., (314) 361-6911
Indian Food — 8629 Olive Blvd., (314) 991-9999
Priyaa Indian Cuisine — 1910 McKelvey Road, (314) 542-6148
Peacock Indian Cuisine — 2137 Barrett Station Road, (314) 965-3882

Middle Eastern
Kabob International — 3200 S. Grand Blvd., (314) 771-3411
Al-Tarboush — 602 Westgate Ave., (314) 725-1944
Café Natasha — 6623 Delmar Blvd., (314) 727-0419
St. Louis Coffee Oasis and Café — 8 S Euclid Ave, (314) 361-6666

European Cuisine
Italian
“The Hill” is the famous Italian immigrant neighborhood that is home to baseball legend Yogi Berra. It also features some of the finest Italian food in St. Louis (www.diningstl.com/TheHill.htm).
Amighetti’s — 5141 Wilson Ave., (314) 776-2855
Cunetto’s House of Pasta — 5453 Magnolia Ave., (314) 781-1135
Gino’s Ristorante — 4502 Hampton Ave., (314) 351-4187
Bar Italia — 13 Maryland Plaza, (314) 361-7010 in Central West End
Stellina Pasta Café — 3342 Watson Rd, (314)256-1600
French
Cafe Provencal and Wine Bar — 427 S Kirkwood Rd, (314) 822-5440
Chez Leon — 4580 Laclede Ave., (314) 361-1589
Le Petit Paris — 3210 S. Grand Blvd., (314) 865-0111
Franco — 1535 S 8th St, (314) 436-2500

German
Schneithorst’s — Hwy. 40 and Lindbergh Blvd., (314) 993-5600; fancy

Greek
Majestic — 4900 Laclede Ave., (314) 361-2011
Olympia Kabob House — 1543 McCausland Ave., (314) 781-1299
St. Louis Coffee Oasis and Café — 8 S. Euclid Ave, (314) 361-6666

Spanish
Modesto — 3046 Shaw Ave., (314) 772-8272; serves tapas
Barcelona, 34 N. Central Ave., (314) 863-9909

Latin American
Arcelia’s — 2001 Park Ave. (at Mississippi), (314) 231-9200
Siete Mares — 3204 S. Grand Blvd. (at Wyoming), (314) 776-7074
Yemanja Brasil — 2900 Missouri Ave. (at Pestalozzi), (314) 771-7457

St. Louis Classics: The Foods that St. Louisans Love
Toasted Ravioli
These are breaded and deep-fried ravioli, often served with marinara sauce. Legend has it that toasted ravioli were invented by accident on the Hill. However they came about, toasted ravioli can be found on the menus of restaurants around town.

St. Louis-style Pizza
With a thin, cracker-like crust and Provel cheese, many consider this an “acquired taste” (read: everyone who grew up outside St. Louis finds it disgusting). The pieces are cut square because Ed Imo, the founder of Imo’s, the original St. Louis style pizza, was a tile installer in his day job.

White Castle
These little burgers were first sold in 1922 for a nickel apiece. Although not exclusive to the St. Louis area, White Castle is consistently voted in the Riverfront Times as a top spot for a late night snack. Other names for White Castle burgers include “sliders” and “belly bombers.” They are also adapters of most up-to-date chicken-forming technologies.

Ted Drewes Frozen Custard, 6726 Chippewa Road
Located on Old Route 66, nothing is more “St. Louis” than stopping by Ted Drewes for a concrete or sundae on a balmy summer evening.

Round 6: Nightlife
— Leila Revollo
The nightlife in St. Louis is a fickle mistress. There are tons of options here, but not all of them are obvious. Some exploring and experimentation is necessary to find the jewels worthy of spending your evenings. It’s a great idea to pick up the Riverfront Times or St. Louis Post-Dispatch to catch up on the goings-on. Below are a few well-known places, but remember, these are just a taste. I’m sure there are plenty of awesome places I’ve never heard of. Enjoy!

Central West End
Because of its proximity to the medical campus, many graduate students become very familiar with the CWE. There are at least 15 bars/pubs in the CWE frequented by students. The CWE is a popular area for many people from all over St. Louis as well. Twice each year (spring and fall) the CWE Pub Crawl introduces many new students to the CWE, traversing the entire length of the neighborhood and hitting almost every establishment. Join the “CWE Pubcrawl” Facebook group for more information.

Tom’s — 20 S. Euclid Ave., is popular for watching sports because of the big screen and good burgers.
Wildflower — 4590 Laclede Ave., has great margaritas and mixed drinks, and a friendly atmosphere.

Rosie's — 4573 Laclede Ave., is a little hole in the wall for which everyone has a warm spot in their hearts.

J&As — 10 N. Newstead Ave., is another great watering hole with a large screen TV and jukebox.

Drunken Fish — 1 Maryland Plaza, has a great lounge/sake bar upstairs.

Bar Louis — Maryland Plaza, is a great sports bar, with several flat screen TVs. It's packed during St. Louis sporting events and on weekends. Incidentally, it also has a good menu and tater tots.

Bar Italia/Luna — 13 Maryland Plaza, has a well-attended international dance night on Thursdays.

Club Viva — 408 N. Euclid Ave., features salsa/Latin/reggae dancing.

Herbie's — 405 N. Euclid Ave., is another trendy spot with expensive drinks further up Euclid Avenue.

Dressel's — 419 N. Euclid Ave., is a hugely popular spot with a decent restaurant/pub downstairs and a chill upstairs lounge.

Llewelyn's — 4747 McPherson Ave., is a favorite spot with a restaurant/pub downstairs, live music upstairs and an outdoor patio bar for those cool, breezy St. Louis summer nights.

Soulard

There are countless little bars/pubs in the historic Soulard area, the site of the annual Mardi Gras debauchery.

McGurk's — 1200 Russell Blvd., is a big draw, where live Irish music and cold, frothy Guinness await you.

Venice Café — 1901 Pestalozzi St. Picture someone buying every piece of junk available at a flea market or garage sale and decorating a bar with it and you have the Venice Café. The décor is so bad, it's good, and they have great live blues/jazz music with a nice patio area.

Soulard Ale House — 1732 S. 9th Ave. Cheap drink specials and live rock bands; what more could you ask for? Just a bit north of Soulard, you can experience St. Louis's jazz and blues musical heritage.

BB’s Jazz, Blues, and Soups — 700 S. Broadway Blvd., where they have outstanding live music EVERY SINGLE NIGHT.

Broadway Oyster Bar — 736 S. Broadway Blvd. A great place for Cajun/Creole cuisine and live jazz, blues, Cajun and zydeco music.

University City — The Delmar/U. City Loop

The Delmar Loop gets its name because it was the end of the line where the old streetcars used to turn, or loop around. It is just north of the Danforth Campus. In addition to the numerous sidewalk cafés/restaurants on the Loop, there are a few bars along the St. Louis Walk of Fame worth mentioning.

Blueberry Hill — 6504 Delmar Blvd., where Chuck Berry still plays in the Duck Room, is a great place to hang out, see live bands, throw darts, karaoke, dance or just have a big, fat burger.

Cicero’s Italian Restaurant and Entertainment Plex — 6691 Delmar Blvd. Live music by local and national bands ranging from rock to bluegrass to jazz to reggae.

The Pageant — www.thepageant.com, 6161 Delmar Blvd. Located a little east of the Loop, the Pageant is St. Louis’ premier concert/nightclub venue, attracting nationally touring bands. The cozy atmosphere here makes the concerts all the better.

Riddles Penultimate — 6307 Delmar Blvd. Café and wine bar with good food and local tunes.
**Brandt's** — 6525 Delmar Blvd. Another bar with small jazz/blues ensembles and large wine selection.

**Fitz's Bottling Company** — 6605 Delmar Blvd. They bottle root beer (you can watch them bottle drinks as you eat), but they also have a nice little bar upstairs.

**Delmar Lounge** — 6235 Delmar Blvd. If you’re not ready to call it a night by the 1:30 a.m. closing bell, the Delmar Lounge has an extended liquor license (3 a.m.) for all your socializing needs.

**Laclede’s Landing and Washington Avenue**

If you’re looking to dance, you need to mosey on over to downtown, specifically the Landing or Washington Avenue.

**Morgan Street Brewery** — 721 N. Second St. A hot spot for many because of the downstairs bar, upstairs bar with pool tables, outdoor patio and dance club.

**Big Bang** — 807 N. Second St. A dueling piano bar with a great happy hour, where good times are had by all.

If you’re looking for a more upscale club scene, the Washington Avenue loft district is the place to go. Some of these clubs have dress codes — usually no shorts or tennis shoes. Danté’s, The Pepper Lounge, Posh and Lush are some of the better-known clubs, but the ownership changes frequently at Washington Avenue clubs and so do the names. “Wash Ave” has been rebuilt and upgraded to create a much nicer, brighter, cleaner atmosphere and better look. There are lots of cool stores and restaurants, so it is definitely worth checking out. If you like small, interesting bars, then you should drop by the City Museum sometime, relax outside and listen to the occasional live bluegrass. Finally, there are some clubs open till the wee hours of the morning, perfect for those late nights/early mornings when breakfast seems like the perfect meal before going to bed. These clubs, such as OZ, are on the East Side, just across the river in Illinois.

Of course there are plenty of other spots worth exploring in St. Louis, like Dave and Buster’s (13857 Riverport Drive), O’Connell’s (4652 Shaw Ave.), Westport Plaza (an entertainment complex of bars, restaurants and hotels at I-270 and Page Avenue), Lafayette Pub and Grille (1727 Park Ave. in the Lafayette Square historic district), the Cheshire Inn (6300 Clayton Road), St. Louis Brewery & Tap Room (2100 Locust St.) the Schlafly Bottleworks (Southwest Avenue and Manchester Road, brewer of Schlafly beers), and the Blackthorn Pub (3735 Wyoming), to name just a few.

For a nonalcoholic alternative, two popular spots are the Chocolate Bar (1915 Park Ave.), a place where you can indulge in chocolate in many forms including candy, cookie and drink; and Kaldi’s Coffee Shop (700 DeMun) in the quiet DeMun neighborhood at the site of what used to be the Philippine exhibit for the 1904 World’s Fair.