



Orientation Booklet



CORNELL UNIVERSITY
Weill Graduate School of Medical Sciences

2004 – 2005



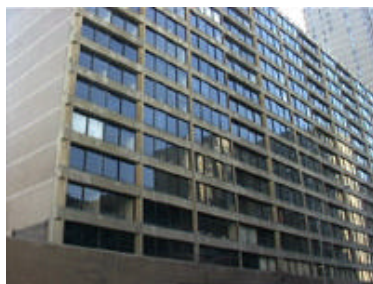
Welcome to the Big Apple. New York offers a wide range of activities. It is the city that has everything. No matter what you want to do or see, you will find it here. This booklet contains information about moving in, housing, student clubs, health insurance, restaurants, shopping, recreation and other tidbits about the neighborhood. All the entries are contributed and edited by students. This booklet is not intended to be comprehensive, merely a starting point for your journey in this wonderful city.

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Moving In

All entering Cornell students will receive a letter from Françoise Freyre telling them their housing assignment. When you arrive in the city, depending on which building assigned to, there are two different offices you would need to deal with in order to sign your lease and pick up your keys.

For students assigned an apartment in Olin Hall or Lasdon House, you must go to the Cornell Housing Office in Lasdon House at 420 East 70 Street, Apt. 2S (construction has moved the office to Apt. 12H until late 2004). The office hours are 9AM – 5PM from Monday to Friday and the telephone number is (212) 746-1001.

For students assigned an apartment in Sloan House, you would need to go to the Sloan Kettering Housing Office at 1275 York Avenue, Scholars Building, Apt. 5J. The office hours are 9AM – 5PM from Monday to Friday and the telephone number is (212) 639-7696.

For students assigned apartments in 303 East 71 Street, which is not a doorman building, the Housing Office must be notified of a specific time that you would like to pick up the keys and they will be left with the building’s superintendent.

When you know your arrival date you should contact the indicated office above and let them know so that your apartment will be ready for you. If you are planning to arrive at a time when the housing offices are closed, arrangements can usually be made to have the apartment keys left at the security desks or with the superintendent for pick up. A trip to one of these offices is necessary in all cases in order to sign your lease. It is also important to know that when you sign your lease you need to pay the rent for the first month in advance. This is because rent is usually deducted from the bi-weekly paychecks and it takes approximately 1 month before the new students to be put into the system and start receiving paychecks. You must arrange to bring that money with you when you arrive. Personal checks from American banks are accepted but if you are arriving from outside the U.S.A. it is best to use a money order made up in American funds.

If you have additional questions, you can get information at the following numbers. Sloan-Kettering Housing Office - (212) 639-7696 (Sloan House/303 E71 Street residents) Cornell Housing Office – (212) 746-1001 (Olin Hall/Lasdon House residents) Françoise Freyre – Assistant Dean – (212) 746-6120 or ffreyre@med.cornell.edu

Utilities

You can initiate utility services either upon or prior to your arrival in New York.

Electricity/Gas

Tenants of Livingston-Farrand, Sloan House or 303 E 71st Street housing must

contact *Con Edison* at 1-800-752-6633 to initiate electricity and gas service. Tenants of Olin Hall and Lasdon House do not need to make these arrangements.

Telephone Service

Verizon (212) 890-2350

<http://www22.verizon.com/foryourhome/homefamily.asp?ID=HomeHeader>

Sprint (800) 877-4646

<http://shop.sprint.com/residential/voiceservices/welcome/index.jsp>

MCI (888) 624-5622

<http://consumer.mci.com/index.jsp>

Cellular Service

T-Mobile <http://www.t-mobile.com/>
Verizon

<http://www.airtouch.com/b2c/index.jsp>

Cingular <http://www.cingular.com/>
Sprint PCS <http://www.sprintpcs.com/>

The telephone companies listed above all have variety of plans that cover local and long distance phone calls. Two websites that can help you compare cellular and long distance phone plans are www.LowerMyBills.com and www.letstalk.com. Many students find that using phone cards are the most inexpensive way to call out of the U.S.A. though.

Internet Service

The Cornell Office of Academic Computing's Remote Access (OACRA) services allows students to connect from home to the Medical College network. Available for modem dialup and cable/DSL users, OACRA users will be able to use all

the Internet and network applications as they would on campus, such as e-mail or the World Wide Web. Once you obtain an email address, more information about this free service can be found at www.med.cornell.edu/oac/oacra.htm or by calling the OAC at (212) 746-4878.

Both Lasdon House and Olin Hall are equipped with Ethernet connectivity, but Sloan House and 303 E71st Street are not and would require installation. Additional internet services can also be purchased from all the telephone companies listed above.



United States Post Office

Lenox Hill Station

Location: 217 E 70th St, New York, NY 10021

Regular Business Hours:

Monday 08:00AM-06:00PM
Tuesday 08:00AM-06:00PM
Wednesday 08:00AM-06:00PM
Thursday 08:00AM-08:00PM
Friday 08:00AM-07:00PM
Saturday 09:00AM-04:00PM

Latest Collection at Post Office:

Monday 06:00PM
Tuesday 06:00PM
Wednesday 06:00PM
Thursday 08:00PM
Friday 07:00PM
Saturday 04:00PM

Phone: 212-879-4403

Cherokee Station

Location: 1483 York Avenue, New York, NY 10021

Regular Business Hours:

Monday 09:00AM-05:00PM
Tuesday 09:00AM-05:00PM
Wednesday 09:00AM-05:00PM
Thursday 09:00AM-07:00PM
Friday 09:00AM-05:00PM
Saturday 09:00AM-04:00PM

Latest Collection at Post Office:

Monday 05:00PM
Tuesday 05:00PM
Wednesday 05:00PM
Thursday 05:00PM
Friday 05:00PM
Saturday 04:00PM

Phone: 212-517-8361



HOUSING

The graduate school offers subsidized housing to the students. There are several options available and all the buildings are within walking distance to the tri-institutional campus. Below is the list of options available. The graduate school will send you such a list with your acceptance package so that you can indicate your housing preference. You will be notified of your housing assignment by mid-summer before you arrive at Cornell. Unless you

are married or have domestic partnership, the one-bedroom and two-bedroom apartments are considered two-person and three-person shares, respectively, with the living room serving as a bedroom. Please note that pets are not allowed in Lasdon House or Olin Hall.

303 E71st Street

Located on 71st Street, between 1st and 2nd Avenues. Studios, one and two-bedroom apartments are available. Fully furnished. Given mainly to families and domestic partners.

Lasdon House

Located at 420 E70th Street, between York Avenue and 1st Avenues. Studios, one and two-bedroom apartments are available. One can choose a furnished, or an unfurnished apartment. Utilities included in the rent.

Livingston-Farrand

Located at 69th Street between York and 1st Avenues. Studios and two bedroom apartments are available. One can choose a furnished or an unfurnished apartment.

Olin Hall

Located at 445 E69th Street, between York and 1st Avenues. Dorm-style housing. Fully furnished two bedroom suites sharing a connecting bathroom. Common kitchens are located on each floor. The building is predominantly occupied by first year medical students and physician assistant students but it is also open to graduate students. Olin Hall is the cheapest housing option available.

Sloan House

Located at 1233 York Avenue between 66th and 67th Streets. Studios and one-bedroom apartments are available. Fully furnished.

Housing Lottery

For those students interested in studios, there is a lottery (usually takes place between March and May) that assigns available studios to the lucky few.



Student Associations & Clubs

Basketball

The basketball club plays in the Olin gym on Tuesday nights at 9:00 PM. New students interested can just come down on Tuesday. The club is best suited for intermediate to advanced level players. On a typical night we have around 12-15 people. The court is small so we usually play four people to a team, which means that some need to sit out and wait a game or two.

Contact: Charan Arora

csa2001@med.cornell.edu, Dan Di Bartolo
dld2002@med.cornell.edu.

The Biotech Club

The biotech club was founded last year to raise awareness of the ways the biotechnology industry will influence our futures as physicians and researchers. We invite speakers from the local biotech industry to speak to Cornell students and

faculty about their experiences in industry, and we sponsor student participation at biotechnology conferences in the New York metropolitan area, as well.

Contact: Jordan Abbott

joa2023@med.cornell.edu

Club Biomed

Club Biomed is a biotechnology investment club/study group for students, fellows and faculty. The club meets for 90 minutes 10 evenings a year (once a month except for August and December) generally on the third Thursday of the month at 6.30pm in E415. Individuals or small groups study individual firms or 'clusters' of firms that are defined by common approaches or similar financial conditions. These groups report back to the club and we discuss the plans of individual companies and decide if are likely to succeed. We collect a contribution (from \$25 to \$100 per month) to be pooled in an investment fund and use the fund to buy and sell stocks as the group sees fit. We occasionally invite outside speakers to discuss topics that are of interest to our group (e.g., patents, the function of financial markets, the history and prospects of specific companies, the way to evaluate a company, the role of the FDA, etc.). Join us as we continue to learn a lot, have fun, develop an interesting group and even make a little money! Website: http://www.users.med.cornell.edu/~jawagne/Biomedical_Science_Investm.html.

Cricket Club

The Cricket Club plays in Olin Hall every Tuesday from 7-9pm. Currently there are 12 members. There are few grounds around New York where we play some weekends. Cricket is an all season game. We would

love to see more people joining us. We love to teach baseball crazies about cricket.

Chinese Student & Scholar's Association (CSSA)

Function: Enhancing the communication of Chinese people in Tri-Institution area, promoting Chinese culture. Sub Clubs: Badminton, Volleyball, Basketball, Ping-Pong, Movie.

Website: <http://www.cssamedcornell.us>

BBS: <http://www.cssamedcornell.us/cgi-bin/leoboard.cgi>

Email-list:

messenger@cssamedcornell.us (subscribe by sending personal info. to this address)

Graduate Student Executive Council (GSEC)

Graduate Student Executive Council (GSEC) offers students the opportunity to participate in and make recommendations to the school's administration. The Student Executive Council also organizes many events throughout the year and is highly influential in defining overall student needs to be acted on by the Graduate School Executive Committee and Dean.

International Student Committee

The International Student Committee (ISC) serves as a liaison between international students and the Graduate School Administration and other administrative offices. Unless a standing ISC is already in existence, a committee shall be formed in May at the GSEC general meeting for that month. The ISC remains autonomous of GSEC, but shall nominate a member to serve as a liaison between the two committees. International student concerns that are directed to GSEC will be forwarded

to the ISC for evaluation and resolution, and, if required, GSEC and the ISC will work in conjunction to appropriately address these issues. The responsibility of the ISC, in its entirety, is to solve and coordinate issues related to taxation, immigration, and other such related matters concerning international students. The ISC has established an Orientation Booklet for international students and works with the Orientation Committee to organize International Student Orientation during Orientation Week. The ISC is also launching an International Student Information section on the Graduate School's website, which serves as an important resource to all international students, as well as others, at the WGSMS.

Contacts:

Omar Vandal

ohv2001@med.cornell.edu

Sheetal Gandotra shg2004@med.cornell.edu

Isotopes Softball Team

The softball team plays from mid-April until August or September. Named the Cornell Isotopes the team has been playing for seasons now, with 2004 being the fifth. We practice and play all our games in Central Park in a league consisting of almost all corporate teams. It is co-ed and everyone is definitely welcome and encouraged to play, no experience is needed.

Contact: David Huron

drh2002@med.cornell.edu

NYC Korean Journal Club

The Korean Journal Club is made up of Korean students and postdocs at Cornell, MSKCC, Albert Einstein School of Medicine and The Rockefeller University. The Club is not an official representative of

Korean community in this area. The club gathers every month (first Friday) where members present published papers or their own work. The presentation is made in Korean. Our participants get broad exposure to diverse aspects of biological science; from genetics and cell biology to structural biology and bioinformatics. Over the years, our members have moved on to prominent positions within the Korean academic circle, including Dr. Chin-Ok Lee (former faculty of Cornell Medical School; currently at POSTECH, Korea), Drs. Bong-Kiun Kaang, Kunsoo Rhee, Jung Sun Seo (Seoul National Univ.), and Drs. Jaesub Kim, Tae Kook Kim (KAIST, Korea). The journal club sends out emails every month, and the list of speakers is determined at the beginning of each academic year.

Contact: Hyung Don

ryooh@mail.rockefeller.edu

South Asian Medically Oriented Students' Association (SAMOSA)

The South Asian Medically Oriented Students' Association was founded a decade ago to foster a feeling of community among medical students, residents and graduate students of South Asian origin; to represent Cornell South Asians in national meetings and activities; to provide an outlet for interest in South Asian public health in the New York area; and to celebrate cultural and religious events important to the South Asian Diaspora experience. Membership is open to the entire medical college and graduate school communities (currently ~ 40 members), and officers are elected each year among the student members. Events are been planned with the goal of contributing to the educational, cultural, and social diversity of Cornell Medical College.

Previous events have been extremely well attended and enthusiastically received not only by people of South Asian descent but also by the community at large. Keep an eye out for posters advertising events.

Soccer Club

Soccer has always been a part of the tri-institutional campus. The Cornell Soccer Club has approximately 30 members, consisting of graduate students, medical students, physician assistant students, postdoctoral fellows, visiting scholars and faculty members. The group meets on Thursdays in the gym at Olin Hall from 8 - 11pm, where great games of 4 on 4 are played. In addition we organize an annual tournament and social. Membership is free and open to all - men and women. Funding for our activities comes from GSEC. Hope to see you out there.

Contacts:

Omar Vandal ohv2001@med.cornell.edu,
Earl Gordon eag2002@med.cornell.edu

Tae Kwon Do Club

Classes are held on Mondays and Wednesdays at 6:30pm in Olin gym. We practice the International Tae Kwon Do Federation style. Our work outs consist of strengthening and stretching exercises and training in this martial art from Korea. It's a great way to learn mental and physical discipline, and get in shape! All are invited, and there is no cost. All levels are welcome!

Contact: Carrie Bromleigh
bromleig@saturn.med.nyu.edu



WGSMS Student Healthcare Coverage

This guide is intended only as a summary of all the components of graduate student healthcare, told from a student point-of-view. This is not an official document issued by the graduate school. All the parties discussed herein will supply you with information about themselves. The information they provide you about themselves always overrules this guide.

There are three parts to our healthcare and they are not always coordinated with each other, nor will they always be able to give you accurate information about each other. This guide is meant to introduce you to each part and give you information to make your transition into grad school more comfortable.

The three main parties:

WMC Student Health Services

Several services are provided to all graduate students and medical students by WMC. Services are often free or discounted. Dependents that receive their health insurance through you can also use Student Health Services, but there is an annual fee for the dependent.

Our HMO, United Healthcare

The graduate school pays your entire premium for a policy through an HMO,

currently United Healthcare. This policy is in effect year-round while you are a student. It is similar to what you might receive in the workplace.

Prescription Drugs

United Healthcare partners with Merck-Medco to provide mail order prescription drugs to you. You can also have prescriptions filled at any retail pharmacy that accepts United Healthcare/Merck-Medco coverage, although retail is usually a slightly more expensive option.

Problems?

If you are having problems with any aspect of your care, you can contact the agency related to your problem (contacts for all are provided in this guide). Instead or simultaneously, you may want to contact Noreen Smith, our healthcare liaison in the Graduate School Office. You can always contact your GSEC Health Representative for guidance and support. Please let the GSEC health representative know of any discrepancies you find in this guide. As with all systems, not everything proceeds perfectly with our health insurance and services. If something goes wrong, be proactive. If you have no idea who to address first, ask your health representative, other students and the staff at the Graduate School Office. Although a mistake that has been made may be no fault of your own, you are the one with the most interest in getting it corrected. Any problem that occurs is usually easier to take care of sooner, rather than later.

Student Services

1. Student Health Center

411 E. 70th Street, Suite 21
Phone: 212-746-1450

Staff: a doctor is on the premises part-time (you can call to make an appointment), and there is a nurse available during the center's open hours.

At no charge, Student Health provides many routine health services and can also see you for illness and injury. There is no "office charge" to go to student health services. They will refer you to other doctors or specialists if they cannot provide what you need. (The doctors they refer you to, however, may **not** be free. Usually, Student Health Services' staff will try to refer you to doctors covered by our HMO, but it is your responsibility to check that these doctors are, in fact, covered by our HMO. Sometimes, doctors discontinue their participation without Student Health's knowledge.)

If you have a dependent, the Graduate School will bill you semi-annually for the "Student Health Services" provided to this dependent. The charge is a flat-fee that applies whether or not your dependent ever uses Student Health Services, and it is required that you pay this fee if your dependent receives health insurance through your policy. This is the sole cost of receiving insurance for your dependent.

Always call for an appointment before visiting Student Health Services. A physician is **not** always present during office hours.

2. Mental Health Services

Coordinated by Dr. Richard Friedman

212-746-5775

3. Dental Clinic

212-746-5190

Every student is entitled to one free preventative dental cleaning per year.

United Healthcare

Customer Service: 866-633-2446

Website: www.myuhc.com

Our Group Number: #702477

To receive health insurance, you will be required to fill out a health insurance application for the graduate school (this is usually included in all the forms that you filled out during Orientation Week). Soon after, you will receive an insurance ID card in the mail for yourself and any dependents. You will always need to present this card when trying to use your UHC coverage (i.e. to fill prescriptions and to see doctors outside Student Health Services).

Your health policy covers your treatment by doctors outside Student Health Services for routine healthcare, illness/injury and emergency situations. You may see doctors outside Student Health Services without prior approval from Student Health. Your health policy also covers you when Student Health refers you to doctors and specialists.

In general, doctors and clinics will submit their bill directly to United Healthcare and United Healthcare will respond to them. However, it is technically your responsibility to make sure that United Healthcare receives claims and the doctor gets paid by

them. If something seems to be going awry in the process, **investigate**.

Note!!! Seeing a doctor outside Student Health Services is almost never free!!! If a doctor you see is a UHC "in-network" doctor, he/she will generally expect you to make a co-payment (set by the UHC policy and printed on your insurance ID card) at each visit. "Out-of-network" doctors can be much more expensive. Services not covered by UHC can be very expensive, no matter who provides them! It's always a good idea to check your policy and with UHC directly before visiting a new doctor or obtaining a new service. Not much can be done about huge bills after the fact (an exception to that is when there is a claim-filing mistake or delay).

United Healthcare should send you written information about your policy by post. You can also access information about your account at their website. The information you need to register at their website is on your insurance ID card.

Merck-Medco Prescription Drug Coverage

Phone: 877-842-5035

Website: www.medcohealth.com (or go to the "Prescriptions" link on the myuhc.com website)

You can fill prescriptions at retail pharmacies or by mail-order.

1. Retail:

To fill a prescription, take your insurance card and the prescription to the pharmacy. Some pharmacies may keep your info on file; others will require you to present your

insurance card at every visit. Some pharmacy chains around here will have your information at every branch; others have stores that are independent of each other.

UHC/Merck-Medco divides drugs into three cost-tiers. The drug's tier will determine its price. As of this printing, generic drugs on the formulary are \$7 for a one-month supply, brand names on the formulary are \$20 and non-formulary drugs are \$50. Refer to policy info to verify current prices.

If you are charged more for a drug than you think is correct, don't pay for it immediately if you can wait. Ask the pharmacy to hold it for you while you contact Merck-Medco to check the price. You can always go back for it later, but it is difficult to get a refund once you have paid.

Pharmacies in the neighborhood:

CVS: 1396 2nd Avenue at 71st Street and 1223 2nd Avenue at 64th Street.

Duane Reade: 1187 1st Avenue at 64th and 1345 1st Avenue at 72nd Street.

2. Mail Order

For long term prescriptions (those you will need for several months), Merck-Medco encourages you to use their mail-order program. The mail order program dispenses a three-month supply for the same price that would buy a two-month supply retail. Mail order is a little tedious to set up, but you will receive drugs at a cheaper price than retail and refills are simple to acquire. You can also track both retail and mail orders and research current drug prices at the website.

You should receive the necessary forms from Student Health Services to order

prescriptions by mail or you can call Merck-Medco or go to their website. If you have any questions about how to fill out the forms, call Merck-Medco **before** you send the form in; getting refunds or exchanges is virtually impossible once they have mailed the drug to you.

IMPORTANT! The prescription that you send in must be written to dispense drugs for a 90-day time period and to dispense 90 days worth of the drug. (Usually prescriptions are written to dispense a 30-day supply; if you send in such a prescription, Merck-Medco will send you the 30-day supply and charge you for 90-days worth.) Make sure that your doctor understands this. If you are not sure, you can call Merck-Medco and read the prescription to them to verify. If your doctor writes the prescription incorrectly for the mail order, the payment is still your responsibility.



Getting to Know NYC

New York City is composed of five boroughs: The Bronx, Brooklyn, Manhattan, Queens and Staten Island. Its population numbers over eight million. The city is home to many national and international corporations. It has one of the

busiest seaports in the world. New York City also influences the world's tastes in film, fashion, theater, art, literature and dance.

Layout of Manhattan

Most of Manhattan is arranged in rectangular city blocks. In general, **Streets** run in the east/west direction; the higher the number, the further north it is located. **Avenues** run north/south; the higher the number, the further west it is. This grid system works well until you get toward the southern tip of Manhattan (the lower part of the island).



SUBWAYS

One of the fastest and easiest ways to travel in NYC is by subway. The closest entrance to Cornell is at 68th Street and Lexington Avenue to catch the 6 train on the green line. The nearest F train, on the orange line, is at 62nd Street and Lexington Avenue. Uptown trains travel north and downtown trains travels south. Beware, some station entrances only travel in one direction; the entrances for trains in the other direction are usually across the street. There are two types of tickets: 1) unlimited rides metrocards (ranging from 1-Day pass to 30-Day pass) and 2) pay-per-ride metrocards. Pay-per-ride metrocards offer a 10% bonus for purchases or refills of more than \$10. Your paid trip will also give you a free subway-to-bus transfer.



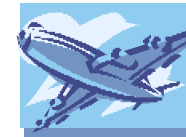
CITY BUSES

Depending on the time of day, buses can be slow, but they are the easiest method of going cross-town. They use the same metrocard that the subway uses; each ride costs \$2. Each paid trip will give you a free bus-to-bus transfer or a free bus-to-subway transfer.



TAXICABS

Cabs are a fast but expensive way to get around the city. They are best for group excursions so the fare can be split. If the light on the roof of the cab is on, it means that the cab is available, unless they say off-duty. Drivers will not accept more than four passengers, although some will bend the rules and take five (tell them they will get a big tip). Cabbies expect to be tipped. A \$1 tip is usually sufficient.



AIRPORT, RAIL & BUS INFORMATION

John F. Kennedy (JFK) International Airport

Queens, at the south end of the Van Wyck Expressway.

Taxi: Going to JFK via taxi is definitely NOT the best way; the ride will cost about \$35 + tolls and tip, and that's without traffic. With traffic, which you can almost always count on, your fare could be close to \$50. But traveling back to the city from JFK, taxi charges a fix rate of \$35. You can often find a kind stranger who would be willing to share. Time: 45 min -1.5 hours (depending on traffic).

Car Service: If you want to get to JFK quickly and aren't worried about cost, there

are car services. Car services charge a fixed price of about \$35 + tolls and tip. You can save a few bucks if you ask the driver to take the 59th Street Bridge. These services often provide coupons in the yellow page, but beware, coupons often require a confirmation code, which you need to ask for when making reservation. Time: 45 min – 1.5 hours.

Super Shuttle: A less expensive alternative to taxis and car services. Trips to and from JFK cost \$19, which includes tolls. Time: 1 – 1.5 hours

Bus: Leaving every twenty or thirty minutes, from 5 am to 1 am, from 125 Park Avenue between 41st and 42nd Streets (near Grand Central). Tickets are sold on the sidewalk on the southeast corner of 42nd Street. Time: 1-1.5 hours (depending on traffic). \$13.00.

Subway: The cheapest method of getting to JFK. Take the 6 train to 42nd Street, switch to the downtown 4 or 5 until Fulton Street. Change to the Queens-bound A train until Howard Beach/JFK Airport. The airport's shuttle bus leaves right from the stop. Time: 2-2.5 hours. Cost: \$2 - a bargain!

LaGuardia Airport

Queens, on the Grand Central Parkway. Taxi or car services: LaGuardia is surprisingly close. Taxi will cost about \$25 + tolls and tip. Car Services also charge \$25. Time: 30min – 1hr (depending on traffic)

Super Shuttle: Trips to and from LaGuardia costs \$15.

By subway and bus: Take the 6 train to 42nd Street, then switch to the Queens-bound 7 train until Roosevelt Avenue/Jackson Heights. Then catch the Q33 bus to LaGuardia. Time: 2 hours. Cost: \$2

By bus: Leaving every twenty or thirty minutes, from 5:00 am to 1:00 am, from 125 Park Avenue between 41st and 42nd Streets (near Grand Central). Tickets are sold on the sidewalk on the southeast corner of 42nd Street. Time: 30-45 minutes. Cost: \$10.00.

Newark International Airport

By bus: Leaving every twenty or thirty minutes, from 5:00 am to 1:00 am, from 125 Park Avenue between 41st and 42nd Streets (near Grand Central). Tickets are sold on the sidewalk near the "Olympia" sign on the SE corner. Time: at least 1 hour, more in the afternoon and evening because of Lincoln Tunnel traffic. Cost: \$9.00 one way, \$14.00 round trip.

By taxi: Tel Aviv car service charges only \$35 to get to Newark Airport. New York city taxis should charge the same amount. Make sure you discuss the price before you leave with the knowledge that the ride should cost around \$35.

Grand Central Station

42nd Street and Lexington Avenue. Metro North trains leave from here for suburban New York and Connecticut. To get to Grand Central, take the 6 train to 42nd Street.

Pennsylvania (Penn) Station

33rd Street and Seventh Avenue. Amtrak, Long Island Railroad, and New Jersey Transit trains leave from here. To get to Penn Station, take the 6 train to 51st Street, transfer to the Queens-bound E to Pennsylvania Station.

Port Authority Bus Terminal

41st Street and Eighth Avenue. Commuter and long-distance buses enter and leave New York City here. Take the 6 train and transfer to the S Shuttle at 42nd Street, to Times Square. Follow the signs to the Port Authority.



SHOPPING IN NYC



LIVING ON A BUDGET

Cornell students surveyed on how to live on a budget suggest the following:

- Make a budget, break it down by month and week and keep track of expenses.

- Don't carry cash. Withdraw only what you need. Don't withdraw more with the idea that you will save it.
- Keep any extra money tied up in a savings account or CD so you can't spend it.
- Beware of credit cards! If you don't pay your bills, you pay 18% more for everything you buy. Some lenders do credit checks - your loan could be refused!



BANKS

Apple Bank: 1168 First Avenue at 64th Street. Free checking with no minimum balance with hospital ID.

Chase: First Avenue at 72nd Street. Many ATM machines around the city.

Citibank: First Avenue at 69th Street. Can't beat this location and many ATM machines around the city! Offers student checking accounts with all fees waived for the first year.

Commercial Bank of New York: Second Avenue at 66th Street. NO CHECKING FEE with a minimum balance of \$250. (That's right, two hundred fifty dollars!)

HBSC Bank: 1165 Third Avenue at 68th Street. Low minimum balance with NO minimum balance required during the summer months.

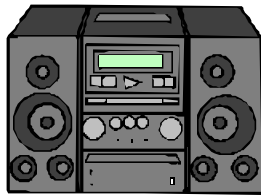


SETTING UP HOUSE

Before you start your shopping spree, look for signs posted in the Olin elevators to buy used furniture and a refrigerators from upperclassmen. Rooms in Olin come with excellent furniture. The following is a list of useful stores for setting up your room.

HOUSEWARES

When moving in, you'll surely need to pick up a few things at **Bed Bath and Beyond**, conveniently located on 60th Street and 1st Avenue. Also try **Rainbow Hardware** on 1st Avenue between 75th and 76th Streets, or **Better Your Home** on 2nd Avenue between 67th and 68th Streets. **Kmart** is on 34th Street and 7th Avenue and Astor Place on 8th Street and Lafayette Street.



ELECTRONICS

Best Buy is located at 86th Street and Lexington Avenue. You'll also find all the usual stuff up here, including clothes stores, **Staples** and **Barnes and Noble**.

MUSIC

If you're not downloading or ordering from Amazon, you'll have to head down to the

Greenwich Village **Tower Records** on W 4th Street and Broadway or across town to the one on 66th Street and Broadway. You'll easily find lots of Indie record shops around St. Mark's Place in the East Village, as well as in Greenwich Village if you wander around.



BOOKS

For text books, go to the **Barnes and Noble** on W17th Street, near Union Square. B&N also has same day delivery on most items within the city. For used and out of print books, the famous **Strand Bookstore** on W12th Street and Broadway is the place to go.



CLOTHES

CLOTHES AND ACCESSORIES

Virtually every street and avenue in New York City has a clothing store of some kind. Prices range throughout the neighborhoods as do the types of goods available. A quick tour through the shopping highlights in the neighborhoods of NYC: Virtually every designer is represented on either Madison Avenue or Fifth Avenue from the fifties to the eighties. These include high end stores

such as **Barney's**, **Tiffany's**, and couture boutiques as well as inexpensive options like **H&M** and the **Gap**.

The major **department stores** are in midtown

Macy's: 34th Street and Sixth Avenue

Bloomingdale's: 59th Street and Lexington Avenue, and a new location in Soho. You may also venture further downtown to **Century 21**, at 22 Cortland Street (take the A or C train to Chambers Street), a department store where you'll find tons of designer goods and clothing at majorly discounted prices.

Closer to home, on Third Avenue at 66th Street, you will find some old mall favorites like **GAP** and **Banana Republic**. You can also shop online at www.GAP.com and www.BananaRepublic.com and if you don't like it, you can return it to the store.

On Lexington Avenue and 60th Street, **ZARA** carries trendy but affordable women's clothing, with career and evening-wear on the first floor, and casuals in the basement.

For shoes, **Make-10** on Second Avenue and 71st Street, carries excellent and inexpensive shoes. There are several popular shoe stores including **9-West** on Lexington Avenue, at 59th Street.

Downtown, in **SOHO** you'll find lots of street vendors (try Prince or Spring Streets between Broadway and West Broadway for the more artsy items) and inexpensive clothing, shoes, bags, etc. Also check out Canal Street in Chinatown for electronics and kitsch.



HAIRCUTS

Astor Place: Haircuts are only \$12! Take the 6 train to Astor Place.

Jean-Claude Biguine: Lexington and 68th Street. No appointment necessary, reliably excellent stylists. Affordable but not cheap (\$35 for shampoo, cut and dry).

Jack's Hairstyling: 359 E. 68th Street, (861-1145). Wash and excellent cut for \$15.

Salon Ziba: Madison Avenue and 54th Street. Haircuts for men and women are about \$30-40 for wash, cut and dry. All the stylists are good and very particular. One student writes: "Many chic NYers are cut there."

Supercuts: First Avenue at 69th Street. Convenient and cheap. Call ahead (472-0500) and you won't have to wait.



DINING ON THE UPPER EAST SIDE

GROCERY STORES

FYI: The Upper East Side is notorious for having more expensive groceries than other parts of NYC.

Food Emporium: First Avenue at 71 Street, First Avenue at 59th Street (under the bridge). Open 24 hours during the week and until midnight on the weekends. The Gold Points Reward Card can result in considerable savings. The store has good quality and variety but is pricey (especially at 59th Street).

Gristede's: First Avenue at 65th Street, First Avenue between 72nd & 73rd Street. A basic grocery store. Quality is variable but prices are more reasonable. The store in the 70's is the "Mega Store", so it's the bigger of the two and is open 24 hours a day, everyday.

Fresh Direct: An on line grocery store that is a huge success in New York. You shop on the Website, choosing from a full range of brands and a huge selection of fish, cheese, meat, and produce. You book a two-hour delivery slot (between 4 p.m. and 11:30 p.m. during the week or 9 a.m. to 9 p.m. on the weekend) and your groceries arrive at your door. The product quality is high, lots of variety and best of all you don't have to carry your stuff home from the store. Prices also come in at about 25% cheaper (on average) than at other grocery stores. \$40 minimum purchase, small delivery charge.

D'Agostino's: York Avenue at 80th Street, Lexington Avenue at 76th Street. High quality but pricey.

Pioneer: First Avenue at 107th Street. It's a subway ride away (take the 6 train to 110th Street) but the food is definitely less expensive.

Fairway: Broadway at West 74th Street. A bus or cab ride away but a high quality grocery store with a large variety of products with prices that beat the Upper East Side any day. (Owned by the same company as Fresh Direct).



FRUITS AND VEGETABLES

Scattered every block or so are markets and bodegas, as well as street vendors, that sell a variety of fruits and vegetables all year round. Quality and price vary, so shop around, it's worth it. A few good vendors are at York Avenue & 68th Street, First Avenue & 68th Street, First Avenue & 72nd Street and the markets on Second Avenue & 71st Street and Second Avenue & 72nd Street.

Farmer's Market: 67th Street between First & York Avenue, in the P.S.183 school yard. Every Saturday from 6AM – 6PM. Fresh fruits and vegetables, homemade jams, baked goods and a flea market too. Prices are reasonable.

Union Square Farmer's Market: Wednesday & Saturday at Union Square (take the 6 train to 14th Street/Union Square Station). A bit further away but lots of

fresh baked goods, greenery, cheeses and produce.

Specialty Shops

Agata and Valentina: First Avenue at 79th Street. Delicious gourmet that is surprisingly reasonable.

Gourmet Garage: 64th Street between First and Second Avenue Great produce and pre-made foods and an astonishing array of cheeses. Cheaper than Grace's and closer than Zabar's. Flowers are discounted on certain days of the week.

Grace's Market Place: Third Avenue at 71st Street. An expensive gourmet shop with a variety of exotic fruits, vegetables and cheeses. High quality deli, butcher and bakery. A variety of freshly ground coffee is also available (more expensive than Java Girl though).

The Good Earth Food Market: First Avenue between 71st & 72nd Street. A large health food store offering a variety seeds and grains and other stuff that's good for you. Organic grown vegetables available too.

Le Pain Quotidien: A French bakery with wonderful breads and pastries. Lunch & coffee are available as well. Pricey though.

Ideal Cheese Shop: Second Avenue at 63rd Street. A great selection of cheeses from around the world. Sampling is allowed.

Grand Central Market: Grand Central Station main level (take the 6 train to 42nd

Street/Grand Central Station). A variety (though not overly extensive) of fresh produce, meat, baked goods and delicacies, as well as a florist. A bit pricey.

Asian Markets

NYC's famous Chinatown is a significant subway or cab ride away. It's worth the trip, though, if you are looking for authentic Asian foods and cuisine. Within Manhattan, Chinatown definitely has the least expensive groceries and vegetables overall. You can take the 6 train to Canal Street to get there. Food stores and markets are every block or so but one worth mentioning is Wan Chang (Dynasty) Supermarket, on Elizabeth Street & Hester Street. Near Cornell, there is a Korean market at Second Avenue & 71st Street that has a small selection of Korean groceries (mentioned above under Fruits and Vegetables). There is also a Chinatown in Flushing, an area in Queens. It takes about an hour on the subway to get there but there is a variety of Asian food stores in the area around the subway station with much lower priced goods. One worth mentioning is Hong Kong Supermarket on Main Street between 37th & 38th Street. To get to Flushing from around Cornell, you would either take the 6 train to Grand Central Station and from there the 7 train all the way to Main Street/Flushing station (the last stop) or take the F train from the Lexington Avenue & 63rd Street Station and then transfer to the 7 train at the 74th Street & Roosevelt Avenue Station.



York Wine and Spirits:

First Avenue bet. 69th and 70th Street free delivery and party consultation. The staff makes excellent wine recommendations: just specify your budget, and they'll accommodate.



CAFETERIAS

Belaire Café: 71st Street bet. York Avenue and FDR Drive. Hospital of Special Surgery cafeteria. Great chicken sandwich.

Memorial Hospital: The food is good, the atmosphere friendly, and the lunch specials are a bargain.

New York Hospital: At lunch, check out the chili, the soups, and the salad bar, sold by the pound. For dinner, try the Lean Cuisine entrée. Bring your ID for the 20% staff discount.

Patio Café: Located in the first floor lobby of New York Hospital, this little kiosk hits the spot with frozen yogurt, cookies, bagels, juices and sandwiches.

Rockefeller University: First floor, Weiss Bldg. The food is excellent, but the prices are higher. Great view of the 59th Street Bridge. After 2pm, the pre-made, packaged stuff is half price!

Pyramid Café: Located on the second floor outside the Archibold Auditorium. Lounge area includes sofas, chairs and tables.



BAGELS

Bagels and Co.: York Avenue bet. 77th and 78th Street Some of the best bagels around, and kosher, too. They have numerous regular and low fat cream cheeses, salads, pizza and pasta specials.

Bagel Works: First Avenue between 66th and 67th Street

Ess-A-Bagel: Third Avenue bet. 50th and 51st Street "Best bagels in NYC," rave Cornellians. Often right out of the oven. Also very good bagel-wiches. Glatt Kosher, but be sure to ask them to use the kosher meat slicer.

H & H East: Second Avenue bet. 80th and 81st Street Eastside outpost of the legendary Westside purveyor of fresh bagels (the original shop is across from Zabars).

Hot and Tasty Bagels and Deli: 1323 2nd Avenue. Great bagels. They are both Hot and Tasty.

Pick-A-Bagel: Second Avenue bet. 76th and 77th Street Another Cornell favorite for great bagels. After 9pm, muffins are buy one get one free.

Ultimate Bagel: First Avenue bet. 68th and 69th Street Nothing beats its location. Your ID gets you a discount.

York Avenue Bagels: York Avenue bet. 85th and 86th Street Great bagels. Kosher selections.

BRUNCH

A particularly popular weekend custom in New York and a way of getting into expensive restaurants at a lower price. Most of the neighborhood places serve brunch, some more elaborate than others. Here is a selection of some of the more interesting places nearby.



COFFEE SHOPS AND SWEETS

Café Plus: 1269 First Avenue at 69th Street, (794-0010). Charming family-owned shop with many coffees to choose from. Open for breakfast and lunch, they serve enticing sweets, as well as tasty homemade soups and sandwiches for lunch. Hungarian specialties, too.

Caffee Med: Second Avenue bet. 65th and 66th Street An elegant Italian cafe that also serves gelato. Sometimes with string quartet and other live music.

Downtown Uptown: Second Avenue at 84th Street Trendy little hotspot serves up great coffee and tempting sweets to a young crowd. Try the chocolate fondue and roasted marshmallows. Open until 2 am.

Dunkin Donuts: Second Avenue at 70th Street You know...

Haagen Dazs: 3rd Avenue at 71st Street Rich, delicious ice cream, wide variety of flavors.

I Can't Believe It's Yogurt: First Avenue bet. 66th and 67th Street. Student discounts and a buy one get one free happy hour. You won't believe it's Yogurt. They also have ice cream.

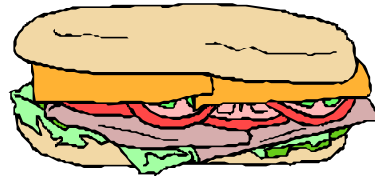
Krispy Kreme: 3rd Avenue at 84th Street. Dunkin Donuts' new rival. 'Hot Now' is amazing: the donuts on a conveyor belt, run through a waterfall of hot glaze, into a box, and into your hand.

Payard Patisserie and Bistro: Lexington Avenue bet. 73rd and 74th Street. The most amazing pastries with a very European decor. It's a must for the dessert lover.

Serendipity 3: 225 E. 60th Street (838-8531). Superb frozen hot chocolate! Expensive, but they serve special desserts. Crowded; reservations are a good idea.

Starbuck's: First Avenue at 75th Street.; Third Avenue at 66th Street. Basically there is one on every corner in the city. Excellent coffee and latte. Open until about 10pm.

Timothy's: First Avenue bet. 69th and 70th Street. Great flavored coffee, iced coffee and deserts. Closes early.



DELICATESSENS

Angel's: First Avenue at 62nd Street (980-3131). Fantastic gourmet sandwiches at reasonable prices.

Foodmart: York Avenue at 70th Street. Good selection of take-out and staples. Sandwiches are good, as are the hot dishes. Convenient for dinner.

Market Place Deli: York Avenue at 73rd Street. Serves good hot sandwiches for dinner.

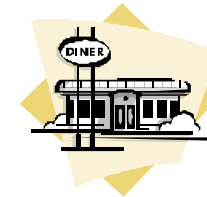
Mélange: First Avenue at 69th Street. Mediterranean cuisine, baguettes, different cheeses, and a lot of other specialty items. Very reasonably priced sandwiches that are great.

P. J. Bernstein's Deli: Third Avenue bet. 69th and 70th Street. Classic old style Jewish deli. Great corned beef and pastrami but a bit expensive.

Siegel's: Second Avenue bet. 74th and 75th Street (288-2094). Kosher deli, restaurant, butcher and catering. Wide variety of food. They deliver.

Deli on the NE Corner of 70th and York: Good sandwiches and a large assortment of

drinks and snacks. Hot buffet food available, too.



DINERS

There seems to be a diner on every corner of the Upper East Side. The best thing about them is that almost every one delivers!

E.J's Luncheonette: 1271 Third Avenue. 212-472-0600 Price range: Under \$20 (roughly \$12-\$20). A health-conscious menu is the main attraction at this popular, updated diner. They deliver too. Breakfast is served all day, with such specialties as multi-grain flapjacks with blueberry compote, oat-bran Belgian waffles topped with bananas and pecans, and all-natural cereals are offered for breakfast. Burgers and omelettes are on the menu, as well as sandwiches like a chicken reuben, and garden club with avocado, tomato, cheddar, cucumber and sprouts. Diners nostalgic for the soda fountain can order root beer floats, banana splits and sarsaparilla. Stop in Ej's Luncheonette for an eatery that serves you various types of foods.

Googies: Second Avenue at 77th Street. A great place for weekend brunch but expect to wait. The French toast is outstanding. Try a frozen fruit drink.

PJ Bernstein: 1215 Third Avenue, Between 70th & 71st Streets) free DELIVERY. 212-879-0914. Home made

soups such as Matzo ball soup, famous hot Russian borscht, delicious chopped chicken liver, "mouth-stretching" finest pastrami and corned beef sandwiches and others.

Silver Spoon: First Avenue bet. 70th and 71st Street (772-0222). THE BEST DINER IN THE AREA!! They also love the Cornell kids. Prices are relatively low, food is great, and portions are huge. If you order something like the chicken parm diner, you will have at least two meals worth of leftovers. Try the weekend brunch -- it's a great way to start the morning. Very crowded on Sundays.

Silver Star: Second Avenue at 65th Street (249-4250). Large busy diner with a huge menu. Sit at the window and watch the passing throng. Food quality is better but prices are higher. Open 24 hours.

Starlite Diner: First Avenue at 69th Street (288-8773). Food is reliably good. Inexpensive diner fare, plus the muffins and the Greek and Caesar salads are great!



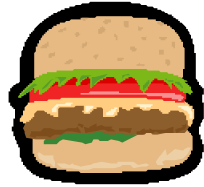
BBQ, CHICKEN & RIBS

Chickenfest: 71st St bet. York and First Avenue. Roasted or fried chicken, chicken sandwiches, salads.

Dallas Jones Barbecue (or just BBQ): Third Avenue bet. 73rd and 74th Street. Good prices for lots of greasy food. The restaurant is huge and crowded. (Note

revolving door!) The drinks are huge and delicious. Early bird special is a bargain!

Kentucky Fried Chicken: Second Avenue at 73rd Street.



BURGERS

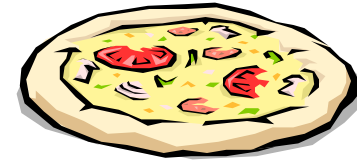
Finnegan's Wake: 1361 First Avenue at 73rd Street (737-3664). A nice spot for burgers and beer. Finnegan's also offers authentic Irish pub fare like Fish 'n' Chips and Bangers 'n' Mash.

Jackson Hole: 232 E. 64th Street. at Second Avenue, (371-7187). The best hamburgers in Manhattan! (Also located on Second Avenue between 83rd and 84th.)

JG Melon: 1291 3rd Avenue, (212-650-1310) Bar Food, Burgers, American (Traditional)

Nimrod's: 70th Street. bet. First and York Avenue, (650-9687). Reasonably priced burgers are excellent. In the hectic pace of first year, it's a good place to take it easy for a while and get to know your classmates.

O'Flanagan's: First Avenue bet. 65th and 66th Street. Very good burgers. Live entertainment and dancing every night, along with the usual cable sports coverage.



PIZZA

California Pizza Kitchen: 201 E. 60th Street (755-7773). A great "left coast" import. Individual pizzas with slightly higher prices, but at worst they're interesting and at best extraordinary - when was the last time you had Peking Duck Pizza?

Famous Famiglia's: (pronounced FAH-meal-EEE-yahs) 1284 1st Avenue, (288-1616). Good pizza, but a bit greasy. Just up the street so it is very convenient.

John's Pizzeria East: 408 E 64th Street. Pizzeria with service, backyard patio and nice décor.

Mimi's Pizzeria: Lexington Avenue at 84th Street. A fixture in the neighborhood for over 40 years. "The single best pizza in the world" raves an enthusiast.

Patsy's Pizzeria: Second Avenue at 69th Street. 639-1000 Pizza that's more expensive, but worth it! Great place for group dinners. Thin crust covered by just about anything you desire and a handful of basil.

Pintaille's: York Avenue bet. 76th and 77th Street (717-4990). Well worth the walk for pizza that's far from ordinary. The pizza is made with fresh mozzarella.

Pizza Park: First Avenue bet. 67th and 68th Street (879-6444). A Cornell favorite. Low fat cheese and wheat bread crust available.

Ray's Pizza: Third Avenue at 76th Street (988-3337). The slices are huge. Definitely not as good as the original Ray's downtown.



LOCAL ETHNIC RESTAURANTS

BURMESE

Cafe Mingala: 1413 2ND Avenue (212) 988-8002

CARIBBEAN

Cabana: 1022 3rd Avenue Between 60th and 61st Str. (212) 980-5678

Espinal Caribbean Deli: 70th Street. bet. First and York Avenue A mom and pop eatery that serves rice, beans, meat, plantain, and many other Latin American delicacies for very little dinero. They have Dominican beer, and they cater too.

CHINESE

Beijing Wok: Second Avenue bet. 69th and 70th Street. (639-9418) Lots of food for the money, especially the lunch special. The fastest delivery in the world. I once called and the food was there before I hung up the phone.

China Fun: Second Avenue at 64th Street (752-0810). Good food and a big menu. You can have delivery or eat there.

Evergreen: First Avenue at 69th Street. Upscale, Hong Kong style Chinese cuisine.

Simon's: Second Avenue at 73rd Street (472-1816). Reasonable lunch specials and early bird dinners.

Six Happiness: 1413 2ND Avenue (212) 988-8002. Best Chinese takeout on the Upper Eastside. The shrimp dishes are amazing.

Szechuan Human Cottage: Second Avenue bet. 74th and 75th Street (535-1471). The master chef was head chef for the Grand Hotel in Taipei and cooked for Madame Chang Kai-Shek.

Tomashi: First Avenue at 74th Street. (535-8726) Good food, nice decor. Another Chinese restaurant serving sushi, and they deliver.

FRENCH

Le Tableau: 511 E 5th St, 212-260-1333. French Bistro.

Mon Petit Café: 801 Lexington Avenue (62nd Street.) (212) 355-2233. For a Sunday brunch this little place two blocks from Bloomingdales on Lexington Avenue is a real find. The service was efficient and polite, the food was hot and great and the atmosphere very Parisian.

HUNGARIAN

Mocca: Second Avenue bet. 82nd and 83rd Street (734-6470). Great food and inexpensive dinner specials.

The Red Tulip: 75th Street. bet. First and York Avenue, (734-4893 or 650-0537). Music from strolling violinists. Removes you from the NYC pace.

INDIAN

Baluchi's: 1149 First Avenue at 63rd Street (371-3535). Great India food with a great delivery deal: One appetizer and one entrée with rice for only \$12.95. Check out Baluchis.com for the menu.

India Valley: First Avenue at 62nd Street (688-8272). Good Indian food, but beware: sometimes they charge for white rice.

Simla: Second Avenue at 78th Street (737-9520).

ITALIAN

Antico Café: Second Avenue at 77th Street (879-4824). Low prices for great pasta. A fun place. They deliver!

Angel's: 1135 First Avenue and 62nd Street (757-6364). Large portions, loud and crowded. The food is better if you eat in. Not recommended for delivery.

Bardolino, 1496 Second Avenue, 734-9050, \$15-25, Italian

Bella Donna: 77th Street. off Second Avenue. A small restaurant with great food. The lunch menu is a real bargain, with large, delicious portions. They sell beer, and you can bring your own wine.

Café Buon Gusto: 236 E. 77th Street. bet. Second and Third Avenue, (535-6884). Reasonably priced with upscale clientele and sweet waitresses. Good food and good prices. Always trust a place that's busy. If you're tired of eating in but don't want to pay New York prices Caffè Buon Gusto is the perfect place.

Foccaccia Fiorentina INC: 400 E 64TH Street. Pasta & foccacias.

Il Gatto e La Volpe: 1154 1st Avenue. (212) 688-8444. Romantic, cozy - a sure bet to create lasting memories. Reminiscent of an Italian restaurant you happen to fall upon walking in Italy. Il Gatto & La Volpe is a diamond in the rough. The food is exquisite, the pasta is made on premise.

Paparazzi: 964 Second Avenue at 51st Street (759-7676). Try the "all included" pasta dinner (mix and match pastas and sauces). Specials are less expensive.

Zucchero e Pomodori: 1431 Second Avenue bet. 74th and 75th Street (585-2100). Excellent pasta dishes, and meat and fish entrees. Delicious foccacia comes with every meal.

JAPANESE

East: 66th Street. bet. First and Second Avenue, (734-5270). Good deals, good quality and they deliver.

Kazusa: 1400 Second Avenue bet. 72nd and 73rd Street (472-1700). Great sushi, reasonable prices and good specials.

Kitaro: First Avenue at 64th Street. The freshest fish at reasonable prices. Small restaurant can get crowded.

Shabu Shabu: 314 70th Street. bet. First and Second Avenue, (861-5635). Good early bird specials. Try the "Simpson's Platter," a great deal for a group of 4 or 5.

Shabu Tatsu: 1414 York Avenue at 75th Street (472-3322). Grill-it-yourself or cook shabu shabu yourself. No sushi at lunch.

Taiyo: York Avenue at 75th Street. Good sushi close by. \$11.95 for sushi delux.

Totoya: 1144 First Avenue at 63rd Street (751-6123). Great meal deal: soup, salad and box of sushi and tempura.

Yuka: Second Avenue bet. 80th and 81st Street (772-9675). Large selection of sushi and sashimi. Other entrees range from noodle dishes to steak.

LEBANESE

Mar Yum's: 70th Street. between First and York Avenues, (744-3115). Authentic Lebanese cuisine at reasonable prices. Take-out is available.

Malaysian

Penang: 1596 2nd Avenue. (83rd Street) (212) 585-3838. Absolutely fabulous Malaysian fare. Always busy and fun at the bar up front and in the restaurant.

SPANISH

Malaga: 406 E73rd Street (737-7659). Heaping portions at moderate prices. Weekends bring music and add to the

merriment of this nondescript restaurant with an antique pressed-tin ceiling.

TEX/MEX

879 Taco: 1229 1st Avenue Between 66th Street and 67th Str. (212) 879-8226. Good for inexpensive dinner. The chicken mole is especially tangy and the creamy guacamole is made to order. Don't skip the sweet, powerfully potent sangrias, which arrive by the pitcher or the glass. Homemade flan or rice pudding leaves a sweet aftertaste, assuming you have room to indulge. Eat in, take out, or delivery.

Canyon Road: 1470 1st Avenue between 76th and 77th streets. 212-734-1600. It's open 7 days from 5pm. It's moderately priced with entrees. \$13 – 30. Hip, good southwestern food. Huge portions: two reasonably hungry people can get an appetizer and entree and share. They have a great range of Margaritas to choose from, too. Good for a treat. Chiken chimichanga, duck mole burrito and the grilled swordfish are some of the favorites.

Blue Moon: First Avenue at 75th Street (288-9811). Prices are excellent, especially for lunch specials and brunch. One restaurant guide lists Blue Moon as a "place where you can stuff yourself for under \$15." Try the Quesadilla Gigante.

Burritoville: First Avenue at 78th Street (472-8800). Fast and cheap burritos. Will deliver.

Mary Ann's: Second Avenue at 76th Street (249-6165). Good prices and large portions. Very crowded on weekends. Great margaritas.

THAI

Spice: Second Avenue at 75th Street. Good food at good prices.

MIDDLE EASTERN

Afghan Kebab House: 70th Street and 2nd Avenue. (212) 988-8002.

Sultan: 1435 2nd Avenue (bet. 74th & 75th). 212-861-0200. Kebabs, meats are seasoned with spices directly from Turkey, whole stripped bass served on Turkish "stone plates." Fish kebabs are made from swordfish, grilled with vegetables, and marinated with Turkish spices.

BAR/ CLUB

David Copperfield's: 1394 York Avenue. (212) 734-6152. Eclectic fair with lots of different beer and a British-slanted menu.

DT•UT Downtown Uptown Cafe

Lounge: 1626 2nd Avenue (212) 327-1327. Where else are the options so limitless--from armchair surfing, bagel eating, cookie inhaling, wine and beer gulping and performing. Around 8pm, the lights dim and the lounge and vibe becomes date-worthy. Anytime of the day is good for something off the sizeable menu: Try one of the 10 different types of Rice Crisp treats or try the fondue or making your own smores.

Muggs: 406 E 64TH Street. (212) 371-2020. Bar with restaurant in the back.

Useful Links:

<http://www.menupages.com/index.asp>

http://newyork.citysearch.com/section/restaurants/?cslink=topbar_restaurants



DINING ELSEWHERE IN MANHATTAN

Obviously, there are hundreds of restaurants to choose from in the city. There are good ones and there are bad ones. Your best bet is to ask some upperclassmen to recommend to you their favorites. Check out Zagat's guide for restaurant descriptions and prices. www.Zagat.com is organized by neighborhood, cuisine and alphabetically. Here are just a few recommendations and descriptions of some of the many neighborhoods in New York City:

CHINATOWN

New York's Chinatown is the Chinatown of all Chinatowns. Located in the Lower East Side of Manhattan, Chinatown is easily accessible by the 6 train. Its diversity typifies the New York experience; vendors on the street offer great deal on various items, legitimate and others. After shopping around, you may be interested in getting some food. Here is a list of recommended restaurants visited often by some Cornell students.

Ping's Seafood: 22 Mott St at Mosco Street. (212) 602-9988. A relatively newcomer to Chinatown. Ping's serves up some of the best seafood in Chinatown. It also serves dim-sum at lunchtime.

Relatively expensive by Chinatown standards.

Kam Chueh: 40 Bowery, between Bayard Street. and Canal Street. (212) 791-6868. Another excellent seafood restaurant in Chinatown is Kam Chueh. The food is a bit better than Ping's but the décor leaves something to be desired.

Joe's Shanghai Restaurant: 9 Pell Street (212) 233-8888. This Shanghainese restaurant is known for its signature steam crab buns. People from all over Asia come to New York just to taste these buns. The food is awesome, plentiful and cheap. There's always a wait.

Pho Bang: 157 Mott Street. between Grand and Broome. (212) 966-3797 Authentic Vietnamese cuisine. Try the beef noodle soup, spring rolls, fried rolls and barbeque pork.

Bo-Ky: 80 Bayard Street. (212) 406-2292. If you really want experience what noodle shops are like in Hong Kong, Bo-Ky is your place. Ridiculously cheap, fast and messy, Bo-Ky offers both the flavor and experience of Asian noodle shops.

GREENWICH VILLAGE

Wander down the narrow, tree-lined, cobblestone streets to see some of the oldest intact architecture in the City (some of the wooden buildings date to the 18th century). The waterfront park is an excellent place to relax or blade (easiest access by following Christopher Street to the Hudson River). To get there, take the E train to West 4th Street and walk west. TAKE A MAP!! Many streets run dagonally (which is how

West 4th Street intersects West 10th) and some (e.g. Bleeker) run both diagonally and East/West! Note: There is a Greenwich Street and a Greenwich Avenue; be sure you know which you're going to!

Elephant & Castle: 68 Greenwich Avenue, (243-1400) Great English food, including omelets and salads.

Lemongrass Grill: University Pl. bet. 8th and 9th Street (604-9870). Great Thai food, island ambiance.

Tomoe: 172 Thompson Street. bet. Bleeker and Houston (777-9346). Super sushi. Be early or plan to wait.

LITTLE ITALY

If you like the Soprano's, this is the neighborhood you want to visit. But beware of what you say or whom you bump into. You don't want to end up like Big Pussy or Jackie Junior. There are numerous restaurants in Little Italy and everyone has his or her own favorite, including Tony.

Ferrara's: 195 Grand Street (226-6150). Most famous sidewalk cafe in Little Italy. Great pastries and coffee. You can spend hours relaxing and people-watching.

Il Corallo Trattoria: 176 Prince Street. (b/w Sullivan & Thompson Sts.) 212-841-7119 Great pasta, huge servings, great prices.

LOWER EAST SIDE

Benny's Burritos: 93 Avenue A at E. 6th Street (254-3286). Heaping portions of

burritos and other simple Spanish-American fare. Great Margaritas.

Iso: 175 Second Avenue at 11th Street. (777-0361). Phenomenal Japanese fare, slightly more expensive than the local establishments, but definitely worth the cost and trip. Parties smaller than six, only.

Katz Delicatessen: 205 E. Houston Street (254-2246). The place where "When Harry Met Sally" was filmed. A huge, classic New York style Jewish deli. Their "packed" sandwiches are worth the price. Kosher.

Ratner: 138 Delancy Street (677-5588). Now in your grocer's freezer, the home of good Jewish food.

Veniero's Pasticceria: 342 E. 11th Street. bet. First and Second Avenue, (674-7264). Tired of following the crowd to little Italy? Since 1894, this East Village establishment has been creating mouth-watering canoli, millefoglie, and other pastries and cakes. Also try some of their delicious cappuccino or iced coffee.

Yama: 122 E 17th Street. at Irving Place (475-0969). Another location at 92 W. Houston Street. (674-0935). Whale-sized sushi. Plan on waiting, but it's worth it. Accept parties of 6 people or less.

SOHO

Take the 6 to Spring Street and walk west. The name is derived from the fact that this area lies **South** of **Houston** Street. In the 1960's, artists interested in the high ceilings and large windows of the old warehouse buildings moved in. Although a bit less

bohemian now, SoHo retains its interesting architecture and its edge, boasting art galleries, jazz lofts, off-off-Broadway theaters and some of the best (and trendiest) restaurants and bars in the City. As you walk south toward Canal Street you'll see second hand clothing stores, electronic equipment, hardware and kitchen things, and on Mercer, the Museum of Holography.

Abyssinia Ethiopian Restaurant: 35 Grand Street (226-5959). Excellent, reasonably priced and family-run, this restaurant serves spicy Ethiopian food in the traditional way. Prepare to eat with your fingers!

Gonzalez y Gonzalez: 625 Broadway, bet. Bleeker and Houston Street (473-8787). Festive atmosphere and spicy, Mexican food, more "traditional" than Tex-Mex. Try anything in mole sauce.

Penang: 109 Spring Street (274-8883). Creative, delicious and beautifully presented Malaysian food. The restaurant itself is a bit pricey, but the bar is "echt" SoHo and worth trying just for the "atmosphere."

MIDTOWN / MIDTOWN SOUTH

Off to Broadway? There are tons of restaurants in the area. Take a stroll down Restaurant Row (46th Street between Eighth and Ninth Avenues) for more elegant fare.

Kum Gang San: 49 W. 32nd Street. (b/w B'way & 5th Avenue) (212) 967-0909 A wide variety of Korean food, the BBQ items are probably the best in the Manhattan. 24-hrs operation is a definite plus.

Bombay Palace: 30 W. 57th Street. bet. Fifth and Sixth Avenue, (541-7777). Buffet-style lunch is a good deal. More expensive for dinner.

Jewel of India: 15 W. 44th Street (869-5544). Nice atmosphere in the heart of midtown Manhattan. Good Indian food. Somewhat expensive.

Manhattan Chili Company: 1500 Broadway at 43rd Street (730-8666). Good chili and the fixings at reasonable prices. Try the "Three Alarm Chili" which comes, literally, in flames.

DINING IN OTHER BOROUGHES

Brooklyn, Queens, The Bronx, and Staten Island are "home" to most New Yorkers, not Manhattan. For those who dare to venture beyond the rivers, many unique, delicious and less expensive dining experiences can be found in the ethnic neighborhoods in the other boroughs. Try authentic Greek or Thai food in Astoria, Queens; Jewish food at Borough Park, Brooklyn; Italian food in Belmont, The Bronx; Korean food in Flushing, Queens; Russian food in Brighton Beach; Indian food in Jackson Heights, Queens, etc. Ask fellow classmates who are native New Yorkers.

INFORMATION FOR GAY, LESBIAN AND BISEXUAL STUDENTS

Having a lesbian and gay population in excess of one million has made New York a center of gay culture, entertainment and activism. It would be impossible to list all

the resources available, but below are some highlights of the variety of organizations and activities and, more importantly, the sources to use to find the most current information about your particular interest.

PROFESSIONAL RESOURCES

GALA: The Gay and Lesbian Association of Cornell University Medical College is your first line of information for happenings in the city and in the community. Informal (and confidential) get-togethers are held several times per year, and lectures and other educational events are sponsored or co-sponsored. GALA members also participate in the regional organization:

Lesbian/Gay/Bisexual Medical Students of NYC: This organization, which has members from all New York City and Long Island medical schools, has monthly meetings (alternating informational and social) sponsored by each of the medical schools in turn. A lot of fun and a great way to network with your gay/lesbian colleagues in the area.

New York Gay and Lesbian Physicians: This organization is invaluable for professional contacts, to acquire mentors, and for a fabulous party in a SoHo loft each year during Gay Pride Week. Membership for medical students is \$5.00 per year.

GENERAL INFORMATION RESOURCES

Lesbian & Gay Community Services Center: 208 W. 13th Street (620-7310). A meeting place for a host of organizations, and a good information resource if you have a particular interest you wish to pursue.

The bi-weekly dances are a great place to meet new people and dance.

Lesbian Switchboard: (741-2610).

Gay & Lesbian Switchboard: (777-1800).

Gay Men of African Descent: (420-0773).

Latino Gay Men of New York: (663-9148).

Asian & Pacific Islander Gay Men: (932-8184).

Bisexual Information & Counseling Service: (874-7937). Invaluable resource for bisexual students seeking social opportunities or counseling.

ACLU Lesbian and Gay Rights Project: (944-9800, x545). For those interested in volunteering or who need information about gay/lesbian civil rights.

WEB SITES

www.hx.com - Homo eXtra, and HX for Her, the local magazine that tells you where and when everything is. It also has extensive links to other web sites.

www.gaycenter.org - New York City Gay and Lesbian Services Center's web site is full of information, resources and links.

www.gmhc.org - Comprehensive web site of the nation's oldest and not-for-profit AIDS organization.

AIDS ORGANIZATIONS

AIDS Hotline: (807-6655). Can help put you in touch with the plethora of AIDS organizations with which you can get involved in the City. The biggest:

Gay Men's Health Crisis (GMHC): (807-6664). The "original" AIDS organization. Many volunteer positions are tailored to a medical student's schedule. The Lesbian AIDS Project is also here.

God's Love we Deliver: (294-8100). Preparation and delivery of hot meals to homebound AIDS patients.

Act-Up New York: (642-5499). For those who want a more activist-oriented involvement in the crisis.

Social

The variety of lesbian/gay bars, dance clubs, parties, theaters, restaurants, cable television shows and other cultural and entertainment resources is far too diverse to enumerate here. For the most current information about all of the above, check out the Web sites listed above or find one of two free publications (available at any bar and at most gay businesses and restaurants around town): *HX* or *NEXT Magazine*. These weeklies publish a calendar of events and listings of current social, political and cultural resources in the gay/lesbian community. Listings also include numerous groups not listed in the above sections, and listings for places of interest in ALL five boroughs and New Jersey (be adventurous - for example, did you know that the famous dance floor in "Saturday Night Fever" is now a gay disco in Brooklyn?).



ARTS, CULTURE & RECREATION

To cover all of the recreation opportunities in NYC one would have to fill an encyclopedia. This is a SHORT list of activities, but realize that New York literally offers something for everyone. A subscription to the weekly **Time Out New York Magazine** is essential for the active New Yorker, and filled with hundreds of **FREE** and off the beaten path activities. Also pick up the free weekly paper, the **Village Voice** for recommendations. Some of the things below you may not find:

John Jay Park pool: E77th and East End Avenue A public city pool open all summer with early morning lap swim. See also <http://www.ny.com/health/swimming/> or call 212-794-6566.

Beaches:

Queens: Rockaway Beach and Boardwalk: Seven and a half miles on the Atlantic Ocean from Beach 1st Street, Far Rockaway to Beach 149th Street, Neponsit, Queens. The easiest way to get there is to take the A Subway to Rockaway Park. (718-318-4000)

Other beaches:

Brooklyn: Coney Island
Long Island: Jones Beach
Manhattan

Run/Walk along the river: 60th, 63rd, 71st, to the 100s

Central Park: Ice Skating, running (reservoir), biking etc on closed roads, rollerskating

Asphalt Green, 92nd Street. Y, Chelsea Piers, Bowlmore Lanes or Port Authority Bowl

Free Performances

Lincoln Ctr Out of Doors, Philharmonic, Opera in the Park, Free Kayaking, Boats, Battery Park, Skiing

Calendars of Events and Information

To find out what's happening in New York City, consult any of the following sources, many of which you can find in the library.

New York Magazine: Published every Monday, it contains the "Cue" listings for movies, theater addresses, films, show times, brief reviews of current movies, plays (including summaries of plots, show times, ticket prices), concerts, opera, dance, museum exhibits, tours, and some sports.

New York Times: The Friday edition contains the "Weekend" section, which includes:

- **Weekend Guide:** special events for the weekend.
- **Events and Openings:** list of music and dance events for Friday, Saturday and Sunday.
- **Theater Directory:** Broadway and off-Broadway plays.
- **Weekend Movie Clock:** Cinema addresses, films, show times.

The New Yorker Magazine: Published weekly, the front section has list of events and movie reviews.

Time Out New York: This magazine has information about restaurants and clubs on the cutting edge, including their addresses and phone numbers. You'll find entries in here that are missing in mainstream rags.

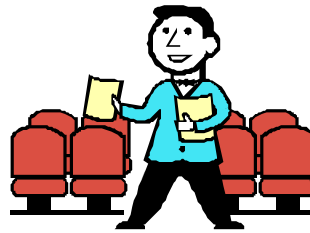
The Village Voice: A weekly newspaper includes VOICE LISTINGS, featuring movies, dance, art, photography, opera, and Broadway and off-Broadway theater. Free copies in Olin Lobby every Wednesday.



MOVIES

New York City has many movie theaters which show only newly released films, while others feature revivals of old favorites. There is also a large selection of foreign and "artsy" films from which to choose. For movie times and locations call **777-FILM**. Also check out www.hollywood.com and enter our zip code and sort movies by theater or movie.

Discount movie passes are available in the Graduate School Office on 4th floor in Olin Hall.



LOCAL CINEMAS

Clearview's Beekman Theater: Second Avenue at 66th Street (777-FILM).

Clearview: 62nd Street and 1st Avenue (777-FILM)

Loews Cineplex: 72nd Street and 3rd Avenue (879-1313).

Loews Lincoln Square: 68th Street and Broadway

United Artists: 64th Street and 2nd Avenue (777-FILM).



PUBS AND BARS

As you walk uptown there are countless bars. Most are filled to the brim with just-out-of-college singles. Here is just a list of some of the very local bars. Vindigo for the palm pilot is a great way to pick a bar in a specific location. In addition, check out The Murph Guide online for a complete review of almost every bar in NYC: www.murphguide.com/reviews.htm. Also great are: www.citysearch.com and Shecky's Guide, a sort of Zagat's guide to bars and lounges that's updated each year.

Here is a very small sample of some of the local bars and a few personal favorites. Of course there's much more to be found outside the immediate vicinity so get out and explore the many colorful neighborhood bars throughout the city!

TJ's: 70th between 1st and York. THE grad student/med student hang out – where everybody knows your name! Students can guest bartend on Wednesday nights, and karaoke is every Thursday. A dart board rounds out the features you'll enjoy at this more –than-utilitarian bar.

David Copperfield's: 75th and York. With a huge list of domestic and imported beers on tap and great bar food, this is a beer drinker's haven on the upper east side. Unusually spacious for a city bar and decent jukebox selection.

Becky's: Decent food and beer selection as well as sports viewing at this classic pub makes it a popular hangout for students.

Bar Coastal: 78th Street and 1st Avenue. Wings, pool, and darts – what more could you ask for?



O'Flanagan's: 1st Avenue between 65th and 66th. Big Irish Pub with live music and two pool tables.

Phoenix Park: 67th between 2nd and 3^d. Decent food and outdoor seating is a bonus. Also pool table and Buck Hunter!

Mad River: 1442 Third Avenue between 81st & 82nd Street. Good place to go on Friday or Saturday night to dance and have some drinks.

McFadden's Saloon: 800 Second Avenue ad 42nd Street. Great location and a fun place. Large bar with good music and good beer.

Murphy's Law: 417 E. 70th Street. A hangout for NYH types, this local establishment is home to dart fiends. There are many different types of foreign beer on tap and a great selection of tunes on their CD jukebox.

Opal: 251 E. 52nd Street. Second Avenue Fun, large, loud lounge/bar with a lot of other places within a 5 block radius. Check it out and go hopping around the area.

Session 73: 1359 First Avenue corner of 73rd Street. If you want to go to a good place and don't want to go far, this is the place to be. Live music and a good crowd on most nights.

Sutton Place: 1015 Second Avenue between 53rd & 54th Street. In the same area as Opal. A great place to hang out or to go looking for some action. Three levels of non-stop fun, including a great bar on the roof that makes a great place to hang out when the weather is nice.

McSorley's Old Ale House: 15 E. 7th Street. bet. Second and Third Avenue, (473-9148). Established in 1854, this is the oldest bar in the country. Forced to admit women in 1970, this colorful place still defends its undeniable "male" atmosphere. (The unisex restroom can provide for some interesting encounters!) Join the ranks of some of its former patrons, including JFK and Abraham Lincoln.



DANCE CLUBS

Centro-Fly: 45 W. 21st. Street. between Fifth & Sixth Avenues. A great club playing house music with mad phat DJ's spinning the tunes. Check it out on a Thursday night and you will have a blast.

China Club: 2130 Broadway. Famous people such as Derek Jeter can be seen hanging out at this swanky place.

Metronome: Broadway at 21st Street. A huge place with two floors and great decor.



The Roxy: 515 W. 18th Street. at 10th Avenue, (645-5156). The place is packed on the weekends and the crowd is young,

but if you don't mind these things, you're almost guaranteed a good time. Lots of different places to hang out: a small second floor bar overlooks a huge dance floor, a lounge upstairs has pop/disco/80's and 90's, and there's also a cigar bar in back.

Twilo: 530 W. 27th Street. at 10th Avenue Starting at 3am on Saturdays until Sunday afternoon, Junior Vasquez knocks the planets out of orbit from the DJ booth.

Vinyl: 157 Hudson Street. at Lake Street. A mostly black/Latino dance club. Gay night on Fridays and mostly straight on Saturdays.



THEATER

Manhattan is the theater capital of the world. Some of the different theater options are listed below.

Broadway: Everyone has heard of the "Great White Way" with the glitter and lights. There are always several shows running, both dramatic and musical. Follow the reviews in New York Magazine and in The New York Times. Before shows officially open, they have previews for several weeks to iron out the details. Discounted tickets for previews are easier to come by through theater groups and organization. Often, previews may be so bad the show will flop, but then again, you could see the next Broadway hit.

Off(-Off)-Broadway: There are many theaters in New York out of the mainstream. From the off-Broadway stages midtown to the small theaters and improvisational workshops in the Village and SoHo, New York has more to offer than just Broadway. Take a chance and experiment.

The Public Theater: 425 Lafayette Street (598-7150). The brainchild of the late Joseph Papp (who brought us *A Chorus Line*), the Public Theater is really many tiny theaters under one roof. In addition to being a national landmark, the Public serves as a forum for new, old and unusual plays. This is the place to experience theater in an intimate setting. Many plays that start here end up on Broadway. The best way to see plays here is to join for the year. This entitles you to first crack at tickets for each of the plays (usually every second or third week) at a discount. There are also quicktix at 6:00 pm each night.

The Public also presents **Shakespeare in the Park** during the summer months at the Delacorte Theater in Central Park; enter at 79th Street and Fifth Avenue and walk west. Lines for these free performances are long, but it's well worth the wait! Usually there are two productions which feature extraordinary casts and the occasional famous actor.



DISCOUNTS

Half-Price Ticket Booths: 47th St and Broadway. Every day, Broadway, Off- and Off-Off-Broadway theaters send their unsold tickets to the TKTS booths, which sells them at half price. Tickets are on sale from 3-8pm for evening performances and from 10-2pm for Wednesday and Saturday matinees. Lines can be long. Available shows are listed on an electronic board near the ticket windows. Bring cash! To avoid the rush and long lines, go to **Public Theater TKTS**, though you may get less of a choice there. Each Friday, The New York Times publishes a list of ticket availability for the weekend. Check it out first. A limited number of tickets are sold one day prior to the performance here.

Beware... Broadway seats are \$40 or more in the Orchestra section. Mezzanine seats are less expensive. Getting standing room from the theaters themselves on the day of the performance (about \$15) is another good way to see shows. Some are even available in advance.

A generous alumnus has given an endowment fund to provide funds for opera, concerts, ballet and theater. A

student committee decides which events to subsidize with input from all students.



CONCERTS, DANCE, OPERA

The Office of Student Affairs and the Cultural Committee get free and/or low-cost tickets for a variety of events. Check with them for ticket availability when you have a free evening.

Discount Tickets: Music and Dance Booth: Bryant Park, 42nd Street. bet. Fifth and Sixth Avenue, (382-2323). Half-price tickets available for classical music and dance events, day of performance. Monday tickets are sold on Sunday.

Carnegie Hall: 154 W. 57th Street (247-7800). Season opens in October, but there are events year round. Tours, and tea-tours are available. All types of music from Sinatra to Sibelius can be heard here.

Central Park Summerstage: Rumsey Playfield at 72nd Street. During June, July and August, free concerts, performances and readings are held, including staged performances by the New York Grand Opera. To raise money, there are also several benefit concerts by well-known artists.

Joyce Theater: 175 Eighth Avenue If there are any tickets available one hour before the

show, students may purchase one ticket per valid ID.

The Juilliard School of Music: North of Lincoln Center bet. 65th and 66th Street. This conservatory trains some of the finest musicians in the world. There are four complete orchestras; the Juilliard Orchestra is best. Concerts by the orchestras, string quartets, voice students and other students are free to the public. Tickets must be picked up at the school's ticket office on the Tuesday morning prior to a Thursday or Friday evening concert. It is sometimes possible to obtain tickets in advance by making reservations (874-7515), or you can join the stand-by waiting line one hour before the performance.



Lincoln Center: Lincoln Center for the Performing Arts, built in the mid 60's, was conceived as an arts center that could bring together all of New York's major companies. Located from 62nd to 65th Streets between Columbus and Amsterdam Avenues, the center includes six theaters and performance halls. Lincoln Center also houses the most complete performing arts library in the City. Located on the Amsterdam Avenue side of the Center, this branch of the New York Public Library has nearly every manuscript printed, as well as a

complete collection of videotapes of virtually every Broadway and off-Broadway show performed in the past 30 years (these can be viewed in the library only). During the spring and summer months, Lincoln Center has free concerts at the Damrosch Band Shell (just south of the Met). To get to Lincoln Center, take the cross-town bus at 67th St and York Avenue (next to Sloan-Kettering). Lincoln Center's most prominent residents include:

- **The New York Philharmonic:** Avery Fischer Hall, Lincoln Center, (799-9595). Student rush tickets are generally available for weekday evening performances, one per valid ID.
- **The Metropolitan Opera:** Metropolitan Opera House, Lincoln Center, (362-6000). Season runs from September to April. Cornell is a member of the student program of the Met; operas available will be posted and tickets are \$20 in the orchestra. Don't miss these great performances, or the bargains. For the real fans, standing room is available as well. These tickets go on sale Saturday at mornings for the following week, and are available up to curtain time if they don't sell out (but for "events," be there early Saturday!). NOTE: If you take binoculars, standing has the best sound in the Met. During the summer, the Metropolitan Opera offers free concert-style operas in Central Park as well as several other parks in the city. Arrive early and bring a blanket to sit on. Call 362-6000 for information.

- **American Ballet Theater (ABT):** Metropolitan Opera House, Lincoln Center, (362-6000). One of the oldest ballet companies in the country, it draws the leading dancers from all over the world for its two month season in May to June. Emphasis is on classical repertoire, but modern choreographers are also performed.
- **The New York City Opera:** New York State Theater, Lincoln Center, (870-5570). The company's musical comedy season runs from March through mid-April and its operatic repertory season runs from July through November. Although the singers are not as well known as those of the Met, the performances of classical operas are superb and you may just see the next Beverly Sills (this is where she got her start).
- **The City Ballet:** New York State Theater, Lincoln Center, (870-5570). The creation of the late George Ballanchine, this company is now directed by Peter Martins and features Mr. Ballanchine's extensive repertoire. Season alternates with City Opera.

Rockefeller University Concert Series: Caspary Auditorium, 1230 York Avenue, (327-8437). Wednesday evenings at 8. The University offers chamber music recitals periodically during the year. Student rates: \$6 per concert or \$50 for entire season.

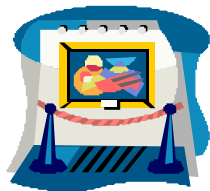
Tri-Institutional Noon Recitals: Caspary Aud. Fridays at noon. Admission is free. Featuring a variety of music by outstanding

musicians. See display in Medical College lobby.

ROCK/POP CONCERTS

Popular music, concerts and tours are announced well in advance in the Sunday **New York Times** and **The Village Voice**. They can usually be found at the following places:

- **Madison Square Garden:** Seventh Avenue at 33rd Street.
- **The Meadows:** East Rutherford, N.J.
- **Radio City Music Hall:** Sixth Avenue at 50th Street.



MUSEUMS

There are dozens of museums in New York City, only a few of which are mentioned here. For a complete and up-to-date listings, check **New York Magazine**, **The Village Voice** and Sunday's **New York Times**.

Check out this link for a comprehensive list of www.ny.com/museums/all.museums.html

Many museums display only part of their total collections at any one time, so repeated visits (especially to places like the Museum of Modern Art and the Metropolitan Museum of Art) are worthwhile.

Bring your ID with you and ask about student discounts. Read the small print on

admission signs carefully: a number of major museums have a "suggested donation" policy - this means the prices listed are not required, and you can give what you can afford.

American Craft Museum: 40 W. 53rd Street. bet. Fifth and Sixth Avenue

American Museum of Natural History: Central Park West at 79th Street. Dinosaurs, dioramas of African wildlife, a life-size replica of a blue whale and a terrific collection of rocks and minerals are among the museums 35 million treasures.

The Brooklyn Museum: Eastern Parkway at Washington Avenue, Brooklyn. Take 2/3 train to Eastern Parkway. Only 35 minutes away, this is an often forgotten treasure nestled in one of the more pastoral sections of NYC. Features solid African, Asian and Ancient Egyptian collections as well as works from other periods and cultures. Right next to the Botanical Gardens and Prospect Park. A nice day trip to get away from the rush of Manhattan.

Center for African Art: 593 Broadway.

Cooper Hewitt Museum: Fifth Avenue at 91st Street. This former mansion of industrialist Andrew Carnegie is now the Smithsonian Institution's National Museum of Design. Features 300,000 objects of decorative art from around the world.

Ellis Island and Statue of Liberty: Statue (363-3260); Ellis (269-5755). Between 1892 and 1924 more than half of all immigrants entering the U.S. passed through the gates of Ellis Island. A must for any

tour of New York City! Try to go on week-days or very early on weekends to avoid crowds that make it almost impossible to reach the top of the Statue or see other exhibits. Ellis Island houses the erstwhile immigration station turned into a museum, which includes three floors of innovative exhibits, a free movie about the island's historic past and a database of every immigrant who has stepped on the Ellis Island.

Forbes Magazine Gallery: 60 Fifth Avenue at 62nd Street (206-5548). A collection of Faberge eggs and other baubles and a roomful of 500 toy boats and 12,000 toy soldiers are permanent displays that are supplemented by intriguing temporary exhibitions.

The Frick Collection: 1 E. 70th Street (288-0700). Formerly the home of industrialist Henry Clay Frick, this house has period furnishing as well as masterpieces of European painting from the fourteenth to the nineteenth centuries.

Guggenheim Museum: Fifth Avenue at 89th Street. The museum is noted for its temporary exhibits in the Spiral Gallery, designed by Frank Lloyd Wright, and a fine permanent collection emphasizing major Impressionist and Post-Impressionist works.

IBM Gallery of Science and Art: IBM Building, Madison Avenue at 56th Street. Constantly changing exhibits.

The Metropolitan Museum of Art: Fifth Avenue at 82nd Street. This world-class museum boasts more than three million works. Major new additions include a roof-

top sculpture garden and a wing devoted to twentieth century art.

Museo de Barrio: 1230 Fifth Avenue at 104th Street. Celebrating New York's Hispanic experience.

Museum of Modern Art: 11 W. 53rd Street. Premier showcase of Impressionist and twentieth century art in the city. Visit the sculpture garden, two motion picture theaters and a gift shop carrying bargain-priced art posters.

The National Academy of Design: 1083 Fifth Avenue Free admission after 5 on Tuesdays.

New York Public Library: Fifth Avenue at 42nd Street. This gorgeous building is the central public library of New York. Its huge and there are many great exhibits and browsing rooms (it's got books, too).

Sotheby's: 1334 York Avenue at 72nd Street. Close by, free entertainment when you have a couple minutes. Watch famous paintings being auctioned for millions of dollars. All auctions and gallery showings are open to the public. A very NYC experience.

The Transit Museum: Schermerhorn Street. and Boerum Place, Brooklyn. This museum is located in an authentic decommissioned 1930's subway station. Walk through restored cars that date back to the turn of the century.

Whitney Museum of American Art: 945 Madison Avenue at 75th Street. This is an

unsurpassed collection of twentieth century American works.



SPORTS COMPLEXES

NYSC

There are several locations around the city. The nearest location is at 76th St between 1st and 2nd Avenues. They have a great selection of exercise classes. Depending on the branch, they have squash courts and climbing walls.

Health & Racquet Club

There are several locations around the city. The closest one is at 76th St and York Avenue. They are more expensive than NYSC, but Cornell students get a corporate discount rate, which ends up a bit cheaper than NYSC. They are one of the few gyms that still have step aerobics classes. Some of the locations have swimming pools; the one at 23rd street location is very nice, however the one on 76th St is real small.

Crunch

There are several locations around the city. The closest location is at 60th St and 2nd Avenue. This location has a boxing ring and a climbing wall. They have nice equipment and a large selection of classes. The rates differ depending on whether you want to pay for the entire year at once, or monthly, and whether you choose to use only one location, or all the locations around the city.

Lenox Hill Neighborhood House

This community center has one of the most affordable gyms in the area. It is much smaller than the other sports clubs, with limited equipment, but it is also less crowded and more reasonably priced. It also has a basketball court, and a swimming pool with reasonable rates. The pool is shorter than the standard 25 yards.

Dolphin

Located at 59th Street. between 1st and 2nd Avenues. They have competitive rates. The gym is equipped with cardio and weight machines and free weights. No exercise classes.

Synergy

Located on 3rd Avenue between 81st and 82nd Streets. This sports club is reasonably priced and they offer group discounts.

Asphalt Green

Located on York Avenue between 90th and 92nd Streets. This sports complex has Manhattan's only 50-meter Olympic standard swimming pool. It also has indoor and outdoor running tracks, indoor and outdoor basketball courts, two gyms and exercise classes. You can receive monthly discount membership through the graduate school office.

The Olin Hall Gym

The Olin Hall gym is equipped with free weights and a few cardio equipments. It is free for Cornell students. This gym has a basketball court. There are groups that play basketball, volleyball and soccer here regularly. The court is also used for Tae kwon do and dance classes. There will be broadcast e-mails about these classes

throughout the year for students interested in joining. You can also check the monthly calendar or the Olin front desk for details and schedules.

The Central Park

The park has several entrances, with 69th Street. and 72nd Street. entrances on 5th Avenue being the closest ones to the tri-institutional campus. There are paths for jogging, biking, and roller-blading. And, the best part is that it's free!

SPORTING EVENTS:

Madison Square Garden

Located at 33rd St and Seventh Avenue (212-465-6000). Home to the NY Knicks, the NY Rangers, and the Harlem Globetrotters. Other events that take place at the Garden include the Milrose games (track and field), the Golden Gloves boxing tournament, college basketball, and wrestling.

Shea Stadium

Located at 126th Street and Roosevelt Avenue in Queens. Home of the Mets. To get there, take the 7 train to Shea Stadium/Willet's Point. Follow signs for the stadium to the left, the USTA Tennis Center to the right. For info about the Mets, call (718) 507-8499.

USTA National Tennis Center

Located in Flushing, Queens. This is the site of the U.S. Open and the Davis Cup matches. You can also rent tennis courts. Follow directions to Shea Stadium.

Yankee Stadium

Located at 161st and River Avenue, Bronx. To get there, take the 4 to 161st and follow the crowds. For info about the Yankees, call 212-293-6000 or 212-293-4300.

The Meadowlands

Located in East Rutherford, NJ. The Meadowlands complex has everything. The NY Giants and NY Jets play football and NJ Nets shoot hoops here. There is a race track, an indoor sports facility, and everything from boxing to concerts. Call (201) 935-3900. Bus service from Port Authority via NJ Transit.

Nassau Coliseum

Elmont (Long Island), NY. Home of the NY Islanders. Also a popular site for concerts, conventions, and trade and consumer shows. Call (516) 794-9300 for information. Long Island Rail Road service to Nassau Coliseum at Penn Station.



ZOOS, PARKS AND BOTANICAL GARDENS

The Bronx Zoo: Southern Blvd. at 185th Street The Bronx, (718) 367-1010. Take the 5 to East Tremont: walk north 3 blocks to 181st Street and Boston Road. Operated by the New York Zoological Society, this is the largest urban zoo in the United States. Home to more than 4,000 wild animals, in spacious natural surroundings which duplicate their habitats in the wild.

Central Park Zoo: Fifth Avenue at 64th Street (212) 861-6030. A small zoo with penguins, polar bears, sea lions and a new tropical bird habitat.

Carl Schurz Park: East End Avenue at 88th Street. Gracie Mansion, the Mayor's Official residence, is located within its confines. Good for jogging and people watching along the river walk.



Central Park: The largest park in the city, Central Park stretches from 59th to 110th Streets between Central Park West and Fifth Avenue. The Dairy (near 65th Street and Fifth Avenue) serves as the Central Park Visitor Center.

Jamaica Bay Wildlife Refuge: Take the A train to Broad Channel (718) 474-0613. With its headquarters at Broad Channel in the middle of Jamaica Bay, this national wildlife refuge is nearly as big as Manhattan with 9,152 acres of land and water. Take nature walks with bird watching in an area almost completely devoid of human habitation. Scores of marshes are a major stop for migrating North American birds.

John Jay Park: 77th Street. bet. York Avenue and the East River. Close by, but small, this park offers pickup basketball and softball and seasonal swimming.

Brooklyn Botanical Garden: 1000 Washington Avenue, Brooklyn. Take the 2/3 train to Eastern Parkway: the Garden entrance is at the top of the subway stairs. Only 35 minutes from CUMC, this oasis of greenery can make you forget you're in New York. See the lakeside Japanese garden, the Bonsai collection, the Shakespeare garden and the extensive rose garden. Also watch for the Cherry Blossom Festival in early spring. Adjacent to the Brooklyn Museum and Prospect Park, this makes a stress-free, restful day trip.

NEW YORK BOTANICAL GARDEN: Bronx River Parkway bet. Bedford Park Blvd. and Moshulu Parkway, The Bronx, (718-817-8700). Adjacent to the Bronx Zoo, this is one of the oldest and largest botanical gardens in the country. Spanning 250 acres, it features 12 spectacular outdoor gardens, a glass conservatory, and walking trails.



RELIGIOUS SERVICES

Chaplain's Office: 437 E. 71st Street (746-6971). Reverend Curtis W. Hart, Director.

The following list is by no means complete, but we hope you find it helpful.

Baha'I Faith:

New York Baha'i Center: 11th Street. bet. University Pl. and Broadway, (330-9309).

Baptist:

Berkland Baptist Church: 236 W. 72nd Street. A vibrant fellowship of mostly young adults.

Roman Catholic:

St. Catherine of Siena: 68th Street. bet. York and First Avenue, (988-8300).

St. John Nepomucene: First Avenue at 67th Street.

St. Patrick's Cathedral: Fifth Ave at 51st Street.

Church of Jesus Christ of Latter Day Saints:

Columbus Avenue at 65th Street.

Episcopal:

St. James Church: Madison Avenue at 71st Street (288-4100).

Church of the Epiphany: 74th Street. and York.

Greek Orthodox:

Holy Trinity Greek Archdiocesan Cathedral: 343 E. 74th Street (288-3251).

Jewish:

Conservative Synagogue

East 55th Street Conservative Synagogue: 55th Street. bet. First and Second Avenue
An older, but very welcoming, crowd.

Orthodox Synagogue

Park East Synagogue: 68th Street. bet. Third and Lexington Avenue, (737-6900).

Reform Synagogue:

Shaaray Tefila: Second Avenue at 79th Street.

Lutheran:

Lutheran Ministry: 47 E. 65th Street (861-0203).

Methodist:

United Methodist: Park Avenue at 60th Street (838-3036).

Muslim Services:

Jhuma Prayers – Memorial Sloan Kettering, 2nd Floor. Every Friday at 1:15pm. Islamic Society of Mid-Manhattan, 154E. 55th Street Btw Lexington & 3rd Avenue (212-486-4509) Islamic Cultural Center of NYC. 96th and 3rd Avenue (722-5234). For all prayers including EID Prayers.

Presbyterian:

Redeemer Presbyterian Church: 69th Street. bet. Lexington and Park Avenue

Unitarian:

Church of All Souls: 1157 Lexington Avenue, (535-5530)

**REVISIONS: ORIENTATION
BOOKLET**

The Orientation Booklet is revised and updated annually by the GSEC Orientation Committee. To help us ensure the information contained in the booklet is current, please submit changes to the committee at monthly GSEC meetings, if you notice an entry is no longer valid, an entry needs correction or if you find a special place in NYC that is not listed in the booklet.