

TIPS FOR NEW MA AND PHD STUDENTS' FIRST WEEK AT GSAS - COLUMBIA UNIVERSITY

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INTRODUCTION

Welcome to *Tips for Your First Week at Columbia!*

To help you get off to a good start, we compiled information about campus and neighborhood resources of interest to graduate students, tracking down information on everything from Columbia Dining Services to neighborhood diners. For a more comprehensive overview of Manhattan's restaurants, nightlife, cultural centers, parks, etc., we recommend *New York City Search* at <http://newyork.citysearch.com/> as well as such publications as *New York Magazine*, *The New York Times*, *The New Yorker*, *Time Out New York*, and *The Village Voice*. You may also wish to consult one of the New York-related websites listed at the end of this booklet.

If you would like to see materials added to next year's tips, or spot anything that needs correction, please don't hesitate to let us know (bt3@columbia.edu). Your comments, positive or negative, will help us refine this guide for future graduate students. We encourage you to visit www.columbia.edu/cu/gsac/ to learn more about the Graduate Student Advisory Council organization's mission, on-campus events, and record of student advocacy. New last year is IGB - InterSchool Governing Board <http://www.columbia.edu/cu/igb/> – that evaluates, recognizes and funds student clubs from GSAS and other schools at Columbia.

FINDING YOUR WAY AROUND CAMPUS

One of the advantages of an urban university is its compact campus, and Columbia is no exception. The main campus spans a small area bounded by Broadway and Amsterdam to the west and east, and West 120th and West 114th Street to the north and south, with additional buildings sprinkled throughout the Morningside Heights area. Not surprisingly, many of the services you'll need are within easy walking distance of housing, classrooms, and libraries.

ON-CAMPUS AMENITIES

Here is a brief list of some of the most commonly used on-campus resources.

ATMS

Citibank operates ATM machines in several locations on campus. The two most convenient are in **Lerner Hall**, just off Café 212 (ground level; take a left at the information desk and walk through the cafeteria) and in the **International Affairs Building** on the fourth floor (just beyond the copy center).

BABYSITTING

For a parent in need of a sitter, the **Barnard Babysitting Service** can be a godsend. Parents are required to fill out a registration form with address, emergency contact numbers, and background information on their children. After sending in the registration form and a \$20 fee, parents can post job listings on the site, whether they need a one-time Friday night sitter or live-in help. A Barnard or Columbia student who has completed the Babysitting Service's training program will then respond to the listing. (allow 24 to 48 hours for job announcements to be posted—this service cannot handle last-minute requests.) contact the Barnard Babysitting Service (212) 854-2035 or bbsitter@barnard.edu. Find a babysitting directory: <http://www.tc.columbia.edu/studentActivities/FamilyGuide/section1.asp> You can also email ja2310@columbia if you want to join the GSAS parents listserve.

COPY SHOPS ON CAMPUS

In most Columbia libraries (except Health Sciences, Law and Teacher's College), you will find self-service copy machines. Though most accept dollar bills and coins, you best bet is to purchase a copy card. Not only will you avoid the frustration of fumbling for change, you'll also receive a discount on the cost of copying. Cards can be purchased at several self-service machines (most of which are located on the third floor of Butler Library).

For more substantial copy jobs, Columbia Printing Services operates three **CopyExpress** facilities on campus:

- **401 International Affairs Building** (Monday – Thursday 8:30 AM – 8 PM, Friday. 8:30 AM – 5 PM; closed weekends),
- **106 Journalism Hall** (Monday – Friday, 9 AM – 5 PM; closed weekends)

All three offer self-service copying, custom copy jobs (such as flyers and course packets), and other printing and desktop publishing services. Visit the services website <http://www.columbia.edu/cu/studentervices/printing/>

Did You Know?

The Graduate Student Advisory Council (GSAC) holds meetings every month. All graduate students are invited to attend. It's a great way to learn about campus resources, and you'll have a chance to see how GSAC works on your behalf to improve living and working conditions on campus. And you'll see how your student activities fee is being spent—GSAC is responsible for allocating your fee to fund mixers, cultural events, film festivals, and conferences. To formally join GSAC, contact us at gsac@columbia.edu to find out when your department is holding its next rep election.

DINING

For a deli-style sandwich, salad, or sushi roll, you'll find a number of on-campus cafeterias operated by Columbia Dining. Services: <http://www.columbia.edu/cu/dining/> for hours and maps showing the exact location of all their facilities. Among the most convenient are **Uris Deli**, located on the first floor of Uris Hall (a.k.a. the Business School); **Café 212**, on the ground floor of Lerner Hall; **Ferris Booth Commons**, located on the third floor of Lerner Hall (directly above Café 212); **Lenfest Café**, located on the second floor of Jerome Greene Hall (a.k.a. the Law School); and **Carleton Lounge**, located on the first floor of the Mudd Building (a.k.a. Fu School of Engineering). Students may set up a debit account with Dining Services which allows them to purchase meals and snacks tax-free at campus establishments. (See page 6 for

contact information.) All Dining Service facilities accept cash and Dining Dollars.

If you just want a quick cup of coffee, a bagel, or a light snack, you'll find several alternatives to Dining Services' facilities. These cafés offer a more limited selection of baked goods, pre-made sandwiches, and coffee drinks, and only accept cash. Locations include the ground floor of **Butler Library** (to the right of the main entrance); the third floor of **Dodge Hall**; the basement of **Avery Hall**; and the sixth floor of the **International Affairs Building** (to the right of the elevator banks). With the exception of the Butler café, these coffee shops are only open on weekdays during regular business hours.

Faculty House, located at West 117th Street and Morningside Drive is closed for renovation and will reopen in 2009.

Did you know?

GSAS's website is a valuable resource for both new and returning students. Here, you'll find degree requirements and guidelines, important forms, links to the Financial Aid office and GSAS Teaching Center, and information about scholarships. You'll also find an on-line version of GSAS's newsletter *News and Views*, which is a great way to learn what's happening in other departments. Make a regular habit of visiting www.columbia.edu/cu/gsas.

MAIL SERVICES

Columbia recently opened a new, Mailboxes Etc.-type facility on the fourth floor of Lerner Hall, directly across from Ferris Booth Commons. From the Lerner mail center, you can send packages via US Mail, FedEx, or UPS. Hours for the facility are 9:00 AM – 7:00 PM, Monday-Thursday; 9:00 AM – 5:00 PM, Friday and Saturday. The mail facility is closed on Sundays. For further information, dial (212) 854-0100.

SHUTTLE BUS SERVICES

Columbia operates a free shuttle service between its Morningside and Washington Heights campuses. Shuttle buses depart from the main gate (Broadway and West 116th Street) every twenty minutes from 6:30 AM to 12:10 AM. This service is very popular; lines begin forming fifteen to twenty minutes before scheduled departures, so allow yourself extra time if you plan to use the shuttle. The shuttle is also subject to the same problems as the M4 bus—traffic, detours, poor road conditions—so have your Metrocard handy in case you need to make a last-minute switch to the subway. Call 854-2796 for the **Intercampus Shuttle** schedule.

Columbia also operates two other bus services: a **Morningside Heights Shuttle** which circles the campus, stopping at most major buildings and residence halls, and a **Lamont-Doherty Shuttle**, which transports students to the observatory in New Jersey for a small fee (\$.75 for students enrolled in classes; \$3.00 for all other CUID holders). For more information on the Lamont-Doherty Shuttle, call (914) 365-8550. For a complete schedule of all shuttles, visit the Support Services website at <http://www.columbia.edu/cu/transportation/docs/shuttles/index.html>.

TRAVEL AGENCIES

If you need to purchase a plane ticket, make a hotel reservation, or rent a car, visit **STA Travel's** on-campus location. You'll find STA on the first floor of Lerner (basement level); agents are on duty from 10 AM to 6 PM on weekdays. Though you can find cheap fares through websites like Orbitz and Travelocity, STA can secure special student discounts not generally available through other travel agencies and sites. For more information about STA's services, log on to their website: <http://www.statravel.com/>; STA also has a location in the Morningside Heights neighborhood at **2871 Broadway** (112th Street) with weekend hours.

INTERNATIONAL SOS

As an enrolled Columbia student you may join ISOS before you travel and conduct research outside the U.S. ISOS is a 24-hour worldwide assistance and emergency evacuation service: Plan ahead before you leave the U.S. to (1) obtain your ISOS card from Columbia and (2) send a copy of your itinerary to Columbia-ISOS to bh2152@columbia.edu 212 851 2090, Barbara Hurleigh: http://finance.columbia.edu/treasury/risk_management/Intl_SOS.html

USEFUL PHONE NUMBERS AND WEBSITES

Below is a list of the most frequently called offices at Columbia, along with a building address and a brief list of services provided by that office. For a more comprehensive list, check out FACETS (Facts About Columbia Essential to Students) on line at www.columbia.edu/cu/facets/.

Columbia University Information Technology (CUIT)

102 Philosophy Hall
(212) 854-1919
<http://www.columbia.edu/acis/>

CUIT provides e-mail accounts, software, and technical support to students and faculty with Columbia computer accounts. During regular business hours, CUIT staff are available in-person or over the phone to assist with hardware and software problems. The only catch: you must be calling about an on-campus machine or a Columbia server problem; CUIT folk won't help you unravel the mysteries of Microsoft Money!

The Center for Career Education (CCE)

East Campus, Lower Level
(212) 854-5609
<http://www.cce.columbia.edu/>

The Center provides job counseling, dossier services, and job postings of all kinds, including on-campus, Federal work-study positions.

Counseling & Psychological Services (CPS)

Lerner Hall, 8th Floor
(212) 854-2468
<http://www.health.columbia.edu/docs/services/cps/index.html>

Counseling Services offers psychiatric evaluations and referrals; group and short-term individual counseling; and a variety of other programs designed to promote the mental health of Columbia students.

Dining Services

116 Wallach Hall
(212) 854-4076
<http://www.columbia.edu/cu/dining/>

Dining Services runs most on-campus cafeteria facilities, including the Uris Deli, Café 212, and Ferris Booth Commons. Visit their service window in Wallach Hall or website for information about the Dining Dollars program.

Disability Services

802 Lerner Hall
(212) 854-2388
<http://www.health.columbia.edu/docs/services/ods/index.html>

Did you know?

In 2004, the university announced that all of its official business would be conducted by **e-mail**. This means that all important announcements will now be sent to your Columbia e-mail address. It also means that your department will rely on e-mail to contact you. It's a good idea to get into the habit of checking your campus account regularly, especially if you use another e-mail account as your primary address. Better yet, link the two accounts so you don't miss a message.

The Office of Disability Services provides a variety of services (i.e. test proctoring, note-taking) to accommodate the needs of disabled students and their instructors.

Dodge Fitness Center

Marcellus Dodge Fitness Center
(212) 854-2546
http://www.gocolumbiaions.com/ViewArticle.dbml?&DB_OEM_ID=9600&ATCLID=319176&SPID=3893&SP_SID=43712 To reserve a squash court, or inquire about facility hours, call the front desk. Graduate students can register for a variety of non-credit gym classes running the gamut from African dance to yoga; details about classes, personal training sessions, memberships, hours and policies can be accessed through the web.

Go Ask Alice!

Go ask Alice! is the health question and answer Internet resource produced by the Alice! Health Promotion Program at Columbia – a division of Health Sciences: <http://www.goaskalice.columbia.edu/>

Graduate Student Advisory Council

302 Philosophy Hall
gsac@columbia.edu
<http://www.columbia.edu/cu/gsap/>

All of Columbia's PhD students and many of its MA students are served by the Graduate Student Advisory Council (GSAC), which has student representatives from more than 60 programs university-wide. GSAC sponsors a wide variety of social and academic events, ranging from wine-tastings to career development workshops. Its members sit on important decision-making committees, such as the University Health Insurance Committee and the Executive Committee of the Graduate School of Arts and Sciences.

Health Services

John Jay Hall, 3rd Floor
(212) 854-2284

<http://www.health.columbia.edu/> and click on “New Insurance Info”

All forms of basic medical care—with the exception of psychiatric and counseling services—are handled through Health Services. Students covered by Chickering insurance plan need to obtain a referral from a Health Services provider before they can visit an outside specialist.

The Gay Health Advocacy Project (GHAP)

Amsterdam Practice Group
4th Floor, John Jay Hall

<http://www.health.columbia.edu/docs/services/pcms/ghap.html>

GHAP promotes the health and well-being of lesbian, gay, bisexual, transgender, and queer (LGBTQ) people on campus by providing HIV testing, counseling and treatment. GHAP staff and volunteers also offer services concerning questions about sexuality, sexual health, and LGBTQ support services.

HIV Antibody Testing

Amsterdam Practice Group
4th Floor, John Jay Hall, walk-in appts.

<http://www.health.columbia.edu/docs/services/pcms/ghap.html>

The HIV antibody test provided through GHAP is confidential, open to the entire Columbia community (including partners), and provided at no charge. GHAP offers Rapid HIV Antibody Testing to the Columbia community. Recent studies show that rapid tests are effective and accurate. Test results are given in person and take 24 hours to process. Even if you are unsure that you want a test, you are welcome to come in to talk with a Peer Advocate. Trained GHAP Advocates will work with you to understand confusing and sometimes anxiety-provoking information about HIV and its transmission. GHAP can help you assess and reduce your risk of HIV infection.

The ID Center

204 Kent Hall
(212) 854-5883

<http://www.columbia.edu/cu/id/>

The Center handles all issues related to IDs, from initial issuance to replacements. Students will need to visit the ID Center every semester to obtain a sticker verifying their enrollment status.

International Student Services

524 Riverside Drive (at International House)
(212) 854-3587

<http://www.columbia.edu/cu/isso/>

The ISSO (International Students and Scholars Office) is located in International House, and provides a variety of services to international students—such as help with tax forms—as well as social and cultural programming.

Library Information Office

201 Butler Hall
(212) 854-2271

<http://www.columbia.edu/cu/lweb/>

Call or visit the Library Information Office to ask questions about borrowing privileges, library hours, overdue fees and holds. You can learn more about the library’s reference resources and computer classes by logging onto the CU Libraries website.

Did you know?

Since 1999, the GSAS Teaching Center has helped PhD students improve their teaching skills, offering a variety of workshops and one-on-one counseling sessions to new and seasoned instructors alike. The Center also offers students assistance with teaching portfolios, curriculum development, and classroom management skills. For more information contact Dr. Steven Mintz, sm3031@columbia.edu. Visit the Teaching Center’s website to check out their events: <http://www.columbia.edu/cu/tat/>.

Off-Campus Housing Assistance Office (OCHA)

419 West 119th Street
(212) 854-2773

<http://www.columbia.edu/cu/ire/>

OCHA provides apartment listings to graduate students in search of housing outside the Columbia real estate system.

Ombuds Office

600 Schermerhorn Extension
(212) 854-1234

<http://www.columbia.edu/cu/ombuds/>

The Ombuds Office is a safe, neutral space where students, faculty and employees can discuss any Columbia-related concerns or grievances confidentially.

Rape Crisis/ Anti-Violence Support Center

112 Hewitt Hall (Barnard Quad)
(212) 854-9255

http://www.health.columbia.edu/docs/services/rc_avsc/index.html

The Barnard-Columbia Rape Crisis/ Anti-Violence Support Center provides counseling services to victims of sexual violence, as well as their friends and loved ones.

The Center also sponsors educational programs designed to raise awareness about violence against women. For information about Columbia's sexual misconduct policies, visit <http://www.columbia.edu/cu/sexualmisconduct/>.

Registrar

205 Kent Hall
(212) 854-4330

<http://www.columbia.edu/cu/registrar/>

Visit the Registrar to request transcripts, make changes to your registration, resolve holds on your CU account, apply for diplomas, and resolve issues with grades and credits. Many of these routine transactions can now be handled through the Student Services website.

Public Safety

101 Low Library
(212) 854-2797

<http://www.columbia.edu/cu/publicsafety/> Report safety and security concerns to this office. To be connected with Security in an emergency, dial 99 from any campus phone or (212) 854-5555]. On the web, you can find recent security alerts and crime prevention tips.

Student Financial Aid in GSAS

107 Low Library
(212) 854-3808

<http://www.columbia.edu/cu/gsas/sub/finaid/main/welcome/index.html> To apply for Financial Aid, contact or visit the GSAS office in Low Library. Students receiving any form of scholarship or fellowship from the university must also submit paperwork to this office each year certifying that they are in good standing with their departments.

Student Financial Services (SFS) for Columbia

205 Kent Hall
(212) 854-4400

<http://www.columbia.edu/cu/sfs/>

Not to be confused with GSAS Financial Aid, SFS handles all forms of billing—visit here to pick up stipend checks and loans (unless otherwise instructed) or to pay outstanding bills.

Columbia University Packing Center

Lerner Hall, 4th floor
(212) 854-0100

<http://www.mailservices.columbia.edu>

The Student Mail Center handles outgoing packages via the US Postal Service, FedEx, and UPS.

GSAS Teaching Center

302 Philosophy
(212) 854-1066

<http://www.columbia.edu/cu/tat/>

Since 1999, the GSAS Teaching Center has helped PhD students improve their teaching skills, offering a variety of workshops and one-on-one counseling sessions to new and seasoned instructors alike. The Center also offers students assistance with teaching portfolios, curriculum development, and classroom management skills. Contact Steven Mintz sm3031@columbia.edu for information.

University Apartment Housing

400 West 119th Street
(212) 854-9300

<http://www.columbia.edu/cu/ire/>

UAH is the property management group that maintains, renovates, and leases Columbia-owned apartments to graduate students.

WHAT TO DO IN AN EMERGENCY

Call 911 or if you are at Columbia 4-5555. Snowstorms, serious injuries, break-ins—New Yorkers like to think we're tough enough to withstand almost any crisis, no matter how dire. The reality, however, is that emergency situations are stressful and frightening, especially if you're new to the Big Apple. If you know what to do and whom to contact, however, you'll find almost any scenario (even the worst case!) manageable. Update on <http://www.columbia.edu/cu/publicsafety/>.

CRIME

Though crime rates have fallen steadily in New York City, the occasional purse-snatching or break-in is as much a part of life here as Nathan's Famous Hot Dogs. If

Did You Know?

Can't remember how to format those footnotes? Juggling hundreds of bibliographic references? Then download a free copy of **Endnote**, a citation-management program. Simply click on

www.columbia.edu/acis/software/endnote,

then follow the installation instructions. The library offers free training sessions for new users. To learn more about the library's electronic resource workshops, go to

www.columbia.edu/cu/lweb/services/workshops.html.

you were the victim of off-campus crime—property theft, assault, rape, mugging—you should first find a safe, well-

lit, populated place such as a store or restaurant. Many neighborhood stores participate in **Columbia's Safe Haven Program**, in which storeowners agree to provide assistance and shelter to students who have been the victims of a crime or who fear for their physical safety. Participating business will display a "Columbia Safe Haven" decal in their window. Then **dial 911** to report the crime and wait for the squad car to arrive. Even if you were "only" the victim of a property crime, you should report the incident anyway—don't let the NYPD's indifference dissuade you. You may need the police report to file an insurance claim, and the info you provide might help the police identify and convict a suspect. Instructions to report a crime/view up-to-date crime statistics (compiled weekly by the NYPD), visit <http://www.ci.nyc.ny.us/html/nypd/home.html>. If you were on-campus at the time of the incident, **dial 99** from any campus phone to file a report. You can also contact Public Safety from one of Columbia's numerous on-campus emergency call boxes; look for the blue light and yellow casing. (Public Safety maintains 3 call boxes in the vicinity of the Health Sciences campus, as well as call boxes in the greater Morningside Heights area.) For a complete list of call box locations, as well as a list of the stores participating in the Safe Haven program, visit http://cpmcnet.columbia.edu/dept/security/crime_prevention.html.

Columbia's Public Safety Office has a list of tips on how to be safe in New York, e.g., don't get into an elevator alone with a stranger if there is no one else around...walk. <http://www.columbia.edu/cu/publicsafety/>

Finally, for minor complaints—such as a neighbor's 3 AM toga party—**dial 311** to report the incident. You can also use 311 to inquire about parking regulations, report a blocked driveway or fire hydrant, or just leave a comment for Mayor Bloomberg.

MEDICAL EMERGENCIES

If you sustain a serious injury, have an acute allergic reaction, or suffer from an unusually high fever, you should visit the nearest emergency room. For students in the Morningside Heights area, **St. Luke's Hospital**, located at the corner of West 113th Street and Amsterdam Avenue, is the closest hospital. If you cannot travel to St. Luke's on your own power, **CAVA** (the Columbia Area Volunteer Ambulance) can transport you. **Dial (212) 854-5555** to reach CAVA. Those on the Health Science campus should report to the emergency room at **New York Presbyterian Hospital**, located at 622 West 168th Street. A word to the wise: make sure you have your Aetna/Chickering card with you. You or your companion will have to fill out several forms for billing purposes.

If you are uncertain about the nature of your injury or illness, or the onset of symptoms isn't sudden, contact Health Services' **doctor on call** first for instructions:

(212) 415-0120. Please note that the physician on-call is only available during the regular academic year (September 1st – May 31st).

Counseling & Psychological Services (CPS)

Lerner Hall, 8th Floor

(212) 854-2878

<http://www.health.columbia.edu/cps/>

Counseling Services offers psychiatric evaluations and referrals; group and short-term individual counseling; and a variety of other programs designed to promote the mental health of Columbia students.

Rape Crisis/ Anti-Violence Support Center

100 Brook Hall (Barnard Quad)

(212) 854-9255

http://www.health.columbia.edu/docs/services/rc_avsc/index.html see page 7 for more info.

SEVERE WEATHER AND POWER OUTAGES

Generally speaking, Columbia remains open for business during power outages and inclement weather. As the winter of 2002-03 demonstrated, however, even Columbia can be affected by a major blizzard. If a hurricane or snowstorm has forced school and office closings, visit the Columbia website for updates on class schedules and delayed openings. If you are unable to access the web, call Columbia's main information line at **(212) 854-1754** for a recorded message updating students, faculty, and staff about any potential closings.

As a general rule of thumb, it's a good idea to keep some emergency supplies on hand. You don't need a year's supply of canned beets or 50 gallon drums of water, but you should have a working flashlight, candles, a battery-operated radio, and extra batteries for those rare occasions when the power goes out.

Did You Know?

GSAS & GSAC sponsor **free afternoon tea and cookies on Mondays through Thursdays in 301 Philosophy** unless there is a conference being held in that room.

FINDING YOUR WAY AROUND THE MORNINGSIDE HEIGHTS NEIGHBORHOOD

During your first few weeks at Columbia, figuring out where to go for office supplies, books, decent cups of coffee, and edible bagels can be a daunting task. To help you navigate the Morningside Heights neighborhood, we've compiled a list of businesses serving the Columbia area, from hardware stores to pizza joints. We've made every effort to identify the most convenient, inexpensive, and reliable businesses for you, and to provide you with their addresses (the closest cross-street is given for your convenience.)

DIRECTORY OF USEFUL BUSINESSES IN THE COLUMBIA AREA

The following is not a comprehensive directory of Columbia area businesses; rather, it is a selective list of the most frequently utilized services within walking distance of campus. If a particular kind of store is not present in the Columbia area, we have made every effort to list a nearby alternative.

BANKING

Banco Popular

2852 Broadway (111th Street)

Full service bank with ATM machines in lobby.

Chase Manhattan

2824 Broadway (109th Street)

2898 Broadway (113th Street)

To open an account with Chase, go to the location at Broadway and West 109th Street. A more convenient set of ATMs are located at Broadway and West 113th Street (next to the Deluxe diner). You'll also find a Chase ATM in the Interchurch Center on Riverside Drive.

Citibank

1310 Amsterdam (122nd Street)

2861 Broadway (111th Street)

Full service bank with ATM machines in lobby. You'll find a mini-service branch and ATM machines in Lerner Hall (in the same complex as Café 212) and an ATM in the International Affairs building.

TD Bank (Formerly Commerce)

2830 Broadway and 109th Street

Washington Mutual (Soon to be Chase Bank)

2875 Broadway (112th Street)

Full service bank with ATMs in the lobby. The Morningside Heights branch (as well as several others on the Upper West Side) offers weekend teller hours.

Did You Know?

If you occasionally need wheels to get around the city, go shopping, or visit the folks, consider joining **Zipcar**. For a small annual fee based on your anticipated monthly usage, you get access to hundreds of cars that are parked on the streets of New York. Set up a reservation on-line, then pick up your car and go! For more information, visit www.zipcar.com.

BOOKSTORES

Bank Street Bookstore

610 West 112th Street (Broadway)

The bookstore for Bank Street College of Education stocks children's books, puppets, videos, CD-ROMs, and games on the ground floor. Upstairs, adults will find books on parenting and pedagogy. Bank Street also carries a small supply of foreign-language books for children (primarily in Spanish and French).

Book Culture (formerly Labyrinth)

536 West 112th Street (between Broadway & Amsterdam)

The best source of poetry, serious fiction, and academic books in town. Discounts abound for Columbia folk: students pay no tax on textbooks, while instructors receive a 10% discount on most books. (Make sure to bring your ID!) If an instructor orders course materials through the store, he or she is entitled to a 25% discount on all purchases for a year. It also runs terrific sales at the end of the semester, offering steep markdowns on everything from Derrida to the Bob Dylan Songbook.

Columbia University Bookstore

2922 Broadway (115th Street)

Besides textbook and course materials, you'll find lots of Columbia paraphernalia (lion print boxers, anyone?), magazines, dorm room supplies, computer software,

greeting cards, and a few bestsellers. Operated by Barnes and Noble—the only thing missing is a café.

Global Ink

2876 Broadway (112th Street)

This small shop carries the usual assortment of entertainment glossies, newspapers, and bridal rags found at most newsstands as well as a large selection of European periodicals and special-interest magazines.

Teacher's College Bookstore

1224 Amsterdam (120th Street)

Like the CU Bookstore, the Teacher's College Bookstore offers course books, school supplies, and Columbia paraphernalia as well as pedagogical books and children's stories.

Did you know?

There is a tremendous amount of confusion about **Columbia's dental plan**. Students enrolled in either health insurance plan (basic or comprehensive) are entitled to one dental visit per year at one of several area practices, such as Columbia Dental Associates (1244 Amsterdam Ave.). Your co-payment covers the cost of a cleaning and exam. For more information about dental coverage, visit the Health Services website:

<http://www.health.columbia.edu/docs/services/dental/index.html>

CLOTHING

Hard-core shoppers travel downtown for a clothing fix. Between 86th and 72nd Streets on the Upper West Side, fashionistas find **Ann Taylor, Banana Republic, Betsey Johnson, Club Monaco, Coach, French Connection,** and **Gap** as well as shoe stores / boutiques. Further downtown, you'll find **H&M, Macy's,** and **Old Navy** on 34th Street between Fifth and Seventh Avenues.

American Apparel

2831 Broadway (109th Street) www.americanapparel.net

Liberty House II

2878 Broadway (112th Street)

Liberty House stocks expensive peasant duds, handmade sweaters, fancy socks, jewelry, gauzy scarves, and a variety of household goods (i.e. pillows, boxes, rugs, votives) from Asia and South America. The aromatherapy enthusiast will be happy to find a modest assortment of scented creams and candles as well.

COPY SHOP OFF CAMPUS

The Village Copier

2872 Broadway (111th Street)

1181 Amsterdam Ave (118th Street)

The Village Copier offers late hours, computer and printing services, and—of course!—photocopying. For students teaching courses, The Village Copier will help you put together course packets—they'll even secure the reprint rights for scholarly articles and book chapters. See on-campus copy shops in basements of SIPA/ Journalism.

DENTIST

Columbia Dental Associates

1244 Amsterdam (between 120th and 121st Streets)

CU Dental Associates offers high-quality, reasonably priced dental and orthodontia services to Columbia students and their families. They accept a variety of health insurance plans, including the Student Optional Plan. For an annual enrollment fee of \$150, the Student Optional Plan entitles Columbia students to two dental cleanings, exams and x-rays per year; oral surgery and orthodontia are offered to plan members at a substantial discount. Call (212) 865-8467 for more information.

DRUG STORES & PHARMACIES

Claremont Chemists

3181 Broadway (Tiemann Place)

Small drugstore, good for emergency items.

Duane Reade

1290 Amsterdam Avenue (124th Street)

2864 Broadway (111th Street)

This ubiquitous New York chain has two outposts in Morningside Heights. Snag a Duane Reade discount card to save on household basics like toilet paper and contact lens solution.

Hartley Chemists

1219 Amsterdam Avenue (120th Street)

An old-fashioned drugstore with all the basics.

RiteAid

2833 Broadway (110th Street)

Forgot to refill your prescription during normal business hours? Have a case of the midnight munchies? Never fear—this supermarket-sized drugstore is open 24 hours a day, as is its popular pharmacy.

Towne Drug & Pharmacy

501 West 113th Street (corner of Amsterdam)

Contrary to its name, Towne Drug is not a drugstore—for Motrin and sunscreen, you'll need to visit Duane Reade or RiteAid. For filling prescriptions from CU Health Services, however, Towne is the most convenient location. Expect long lines and a little bit of chaos when you visit.

DRY CLEANING & ALTERATIONS

Bon French Cleaners

2881 Broadway (112th Street)

Dry cleaning and alterations. They also offer a wash and fold service as well as suede and leather cleaning. Pick-up and delivery available. Though the on-site tailor is fine for basic repairs and hemming, go elsewhere for complicated alterations (i.e. suits, evening dresses, leather jackets and pants).

Joe Far Laundry

601 West 112th Street (between Broadway & Riverside)

Basement-level storefront offers dry cleaning and wash and fold services. Volume discounts for men's shirts.

La Mode Cleaners

Broadway at 109th Street

A little pricier than other dry cleaners in the area, but the friendly help, expert alterations, and wash-and-fold service make La Mode worth the extra two-block trek. Pick-up and delivery available.

Ye Olde Drycleaners

1221 Amsterdam Avenue (120th Street)

Dry cleaning. Across the street from Teacher's College and Hartley Chemists.

GROCERY & CONVENIENCE STORES

Apple Tree Supermarket

1225 Amsterdam Avenue (120th Street)

This small but well-stocked grocery store has a deli where you can get sandwiches made-to-order. Prices are on the higher side, but the cashiers are super-efficient, so it's a good place to stop when you need something in a hurry. Apple Tree also stocks flowers, 10 kilogram bags of basmati rice, and the *Village Voice*. Not for the feline-allergic.

D'Agostinos

2828 Broadway (110th Street)

This ubiquitous New York chain opened a brand new store at 110th Street in 2003. The facilities are bright, clean, and filled with a mixture of basic groceries/gourmet cheeses, meats, and baked goods. D'Agostinos also on-line shopping at <http://www.dagnyc.com/>

Garden of Eden

Broadway (107th Street)

This New York chain opened a brand new store at 107th Street in 2005. A luxurious display of fruit/vegetables and gourmet fish/meat/coffee/chocolates.

Fairway

2350 12th Avenue (130th Street)

The produce in this enormous store manages to be fresh, cheap and high quality—all at the same time. There's an organic foods section as well as a tempting olive bar. Meat, fish, dairy products, and fresh flowers are stocked in a refrigerated room (Fairway even provides jackets for cold-blooded shoppers). It's a bit of a walk from campus, but definitely worth it. They also deliver for a small fee.

FreshDirect.com

www.FreshDirect.com

Working on a term paper? Grading an endless stack of student exams? FreshDirect can be a godsend for the busy grad student. Simply log on to their site, select from an overwhelming array of produce, meat, dairy, seafood, bread, and coffee, then pick a day and time for delivery. Their prices—especially for items like cleaning supplies and breakfast cereals—aren't always the lowest, but the produce is fresh (as advertised), and the convenience a real draw. Delivery costs \$4.95; tipping optional.

Jasmart

2847 Broadway (111th Street)

This Japanese food market stocks popular Asian snack foods, tofu, produce, teas, and noodles. Jasmart also offers sushi to go.

Met Foodmarket

1316 Amsterdam Avenue (124th Street)

Met is the closest thing to the typical American supermarket near Columbia, and has all the virtues of a suburban grocery store: it's large, bright, and cheap. Check out the meat section—here, good things come in large packages. Unfortunately, the milk is sometimes too close to the expiration date. Bring your ID to receive a 5% discount. There is free home delivery, but if it's busy or late in the evening, you may never see your Doritos again.

Morning to Midnight (m2m)

2935 Broadway (115th Street)

A recent addition to the neighborhood, m2m also sells a variety of Japanese, Korean and Chinese snack foods. In addition to such staples as wasabi peas, you'll find a deli counter offering soba noodles and sushi. m2m also stocks a limited supply of rice cookers, vegetables, ready-to-eat meals, and decidedly American fare like Krispy Kreme doughnuts. Upstairs seating.

Morton Williams

2941 Broadway (115th Street)

In 2004, this grocery store changed ownership. Open 24 hours a day, seven days a week. Delivery available.

Milano Market

2892 Broadway (113th Street)

Specializing in cheese, sausage, this upscale grocery store carries pasta, pastries, olives, fresh bread, fancy candies, coffee beans. Not the cheapest source of everyday items, but a place to shop when you're planning a special meal.

WestSide Market

2171 Broadway (110th Street)

Specializes in fruits, coffees, fish, cheeses.

HAIR SALONS

Hoshi Coupe

2801 Broadway (108th Street)

Hoshi Coupe offers the usual hair care services—cuts, blow-dries, coloring—as well as shiatsu massages, all at prices that suit a grad student's budget.

Jude & Me

601 West 112th Street (between Broadway and Riverside)

This small, low-key salon offers downtown sophistication without the air kissing or outrageous prices. Located next to Joe Far Laundry (basement level).

Scott J. Salon

2929 Broadway (115th Street)

Located upstairs from the Morning to Midnight convenience store, Scott J. is a full service AVEDA concept salon. (Translation: your hairdresser will try to sell you expensive, "all-natural" hair care products and lip gloss.) Haircare, manicures, facials, waxing, etc. are 10% off with Columbia ID. At peak times, the place can feel hectic and cramped, but some of the hairdressers really know their stuff.

HARDWARE STORES

Clinton Supply Co.

1256 Amsterdam Avenue (122nd Street)

This little house- and hardware store is Amsterdam's answer to Academy and Columbia Hardware, and features a similar mix of goods.

Scotty Boy Hardware

3147 Broadway (corner of LaSalle and Broadway)

Same owners as Academy Hardware. Limited selection.

HOUSEWARES & FURNITURE

The Columbia neighborhood has few resources for outfitting your apartment. The **Rite Aid** at Broadway and 110th Street carries a modest selection of household appliances (i.e. fans, toasters, coffeemakers), as does the **Radio Shack** at Broadway and West 108th Street. But for china, pots and pans, shelving units, and linens, you will probably need to travel further afield. We've listed just a few of the most inexpensive options for you here.

Bed, Bath & Beyond

1932 Broadway (65th Street)

620 Sixth Avenue (18th Street)

410 East 61 Street at 1st Avenue

The most conveniently located branch of this chain store in New York City (walk one block south from the Lincoln Center/ 66th Street stop on the 1 train) has all that your inner interior designer could ever wish for, plus much that you'd never want and some that you can't afford as a graduate student.

Columbia Housewares

2905 Broadway (113th Street)

Owned and operated by the same people as Columbia Hardware, this small shop is bursting with shower curtains, kitchen gadgets, laundry bags, cleaning supplies, and coffeemakers. The mark-up is a little steep, but the convenience is undeniable—especially when you need to replace a baking dish or a toaster in a hurry.

Gothic Cabinet Craft

2652 Broadway (101st Street)

If you loved shop class in junior high, this is the store for you. All of the furniture is available unfinished, allowing you the freedom to choose your stain or paint. If you don't see exactly what you need, you can have them custom build a piece. Keep in mind that all custom work—whether applying a stain or building an octagonal bookcase from scratch—is costly, as is delivery. Your best bet: bring some friends and plan to hail a cab.

Ikea

1 Beard Street, Brooklyn, NY
 1000 Ikea Drive, Elizabeth, NJ
 100 Ikea Drive, Paramus, NJ

For large pieces of furniture—wardrobes, dressers, chairs, futons—Ikea offers the best bargains in town. (Be prepared to assemble it yourself—that’s how this Swedish giant keeps down costs.) Ikea’s house wares department carries pots and pans, knives, cutting boards, utensils, glassware, placemats, dishtowels—everything but small appliances. You’ll also find dirt-cheap bedding, towels, shower curtains and rugs here in patterns that run the gamut from cheerful to psychedelic. The only hitch: you need wheels to visit Ikea. If you don’t own or can’t rent a car, consider taking advantage of Ikea’s free bus service from the Port Authority; visit www.ikea-usa.com for more information.

The Linen Depot

2814 Broadway (108th Street)

The neighborhood’s only local source of home textiles, Linen Depot offerings range from towels to sheets and from the bargain to the plain ugly. The selection clearly leans toward the floral-pattern kind; for sleeker and more modern bedrooms and bathrooms, go to Macy’s or Bed, Bath & Beyond.

Jennifer Convertibles

2424 Broadway (89th Street)

This chain store’s signature product: couches that convert to beds. They also sell coffee tables, end tables, and a small assortment of rugs, chairs, and lamps. A pricey but more grown-up alternative to the futon.

Sleepy’s Mattress Discounters

2804 Broadway (108th Street)

Did your apartment come furnished with an uncomfortable bed? Is your old futon mattress unbearably lumpy? Then visit this mattress chain store for a good deal on a good night’s sleep. They can deliver your new mattress, set it up, and haul away the old one (provided, of course, that it isn’t university property!) within 24 hours of placing the order.

Target

543 River Road, Edgewater, NJ (by car across the George Washington Bridge)

225th Street and Broadway (by IRT 7th Ave Subway)

Mega store with household goods and clothing.

LAUNDROMATS**B. Bubbles, Inc.**

3147 Broadway (Tiemann Place)

Self-service laundromat at northern end of Morningside Heights neighborhood. Coin changing machine.

Phelina’s Suds

984 Columbus Avenue (108th Street)

Self-service laundromat two blocks south of Cathedral Parkway. Coin changing machine.

Polanco Laundromat

944 Amsterdam Avenue (106th Street)

Self-service laundromat on Amsterdam Avenue, just south of SoHa, Saint’s and Sip. Coin changing machine.

MAIL & MAILING SUPPLIES**Federal Express**

600 West 116th Street (between Broadway & Riverside)

435 West 116th Street (Jerome Greene Hall)

The FedEx location at 600 West 116th Street is open from 8:30 AM until 8:00 PM, Monday through Saturday. Come armed with a credit card if you plan to use their services; they don’t accept cash. If you simply want to drop off a pre-paid FedEx envelope, you will find a drop box in the Law School; last pick-up is at 8 PM on weekdays.

The UPS Store

603 West 115th Street (between Broadway & Riverside)

In addition to the usual package-delivery services, the UPS Store sells shipping and moving supplies (i.e. boxes, tape, bubble wrap) and rents mailboxes.

US Postal Service

215 West 104th Street (between Broadway & Amsterdam)

534 West 112th Street (between Broadway & Amsterdam)

Expect long lines, surly service, and out-of-order vending machines. For a faster, less painful way to buy stamps, visit Café 212 in Lerner Hall; there’s a vending machine next to the Citibank ATMs.

MOVIE RENTAL AT NY PUBLIC LIBRARY**The New York Public Library**

2900 Broadway (113th Street)

In the same building that houses Ricky’s NYC, the New York Public Library has a small circulating branch. Videos and CDs can be checked out for a week, though you must obtain a NY Public Library Card to borrow materials.

MOVIE THEATERS

The last neighborhood movie theater closed in the spring of 2003, forcing Columbia students to look further afield for a blockbuster. Below are the three closest theaters to Columbia, all of which are within walking distance of campus. Aficionados of anime, foreign films, documentaries, classics, and indies should check *The Village Voice* for listings.

Magic Johnson Harlem USA Theaters

2309 Frederick Douglass Boulevard (125th Street)

This brand new facility is located in the heart of Harlem's revitalized commercial district. With a state-of-the-art sound system and stadium seating, this theater offers a great alternative to the crowded Times Square megaplexes. Accessible by the M60 bus.

Sony Loews 84th Street

2310 Broadway (84th Street)

No, you won't catch foreign films or art-house favorites here, but if it's loud and expensive, or features Julia Roberts, this theater will show it on multiple screens.

OFFICE SUPPLIES

Ivy League Stationers

2955 Broadway (116th Street)

This small storefront is awash in erasers, markers, pens, labels, Post-Its, envelopes, and almost any other imaginable form of office supplies. At the counter, you'll find a variety of "insider guides" to New York nightlife, real estate, dining and shopping. It's not the cheapest place to stock up on highlighters, but it's certainly the most convenient.

Janoff's

2870 Broadway (112th Street)

For office supplies, fountain pens, easels, mailing supplies, toner cartridges, and art materials, visit Janoff's. A cheaper alternative to Ivy League Stationers for basics such as paper and envelopes.

University Student Supply

1201 Amsterdam Avenue (119th Street)

A small office and school supply store with all the basics.

SHOES & SHOE REPAIR

The gals from *Sex in the City* would probably deem Morningside Heights a shoe-shopping wasteland, as would men in search of a wingtip, loafer, or boot. For men's, children's, or women's shoes, take the 1/9 south **Aldos's** (86th and Broadway), **Nine West** (84th and Broadway), **Harry's Shoes** (Broadway and 83rd Street),

Payless Shoe Source at Broadway and 79th Street, and **Tip Top Shoes** (72nd Street between Amsterdam and Columbus).

Aerosoles

2913 Broadway (114th Street)

These aren't your grandmother's comfort shoes—Aerosoles makes reasonably stylish, inexpensive, comfortable shoes. No, you can't play basketball in them, and no one will mistake them for Prada. But at these prices, who cares?

Drago Shoe Repair

2851 Broadway (111th Street)

Drago can polish, resole, or restore boots, loafers, and dress shoes that have seen better days. They also offer a variety of fast, cheap leather cleaning and repair services. Cash only.

SPORTING GOODS

Modell's Sporting Goods

300 West 125th Street (Eighth Avenue)

There's a reason New Yorkers "gotta go to Moe's"—Modell's offers a large selection of sports equipment and clothing at decent (but not rock-bottom) prices. Here, you'll find everything from volleyballs to oversized NBA jerseys and running shoes. Modell's also has locations in the 80s and in midtown; visit www.modells.com for a complete Manhattan directory and up-to-the-minute information on specials.

DINING OUT IN MORNINGSIDE HEIGHTS

The Columbia neighborhood may not be famous for its restaurants, but you'll find plenty of tasty, affordable, pleasant places to eat here—despite the sneering tone of *Zagat's* entries on Morningside Heights. Below, you'll find student reviews of some perennial Morningside favorites, as well as the inside scoop on new restaurants, bars, bakeries, and cafes.

☀	=	outdoor seating
📦	=	delivery
🕒	=	kitchen open late
💰	=	expensive
🎵	=	live music or karaoke

BARS

The Morningside Heights neighborhood has a pub for every conceivable niche: sports fans, hipsters, beatniks, jazz aficionados, frat boys, beer enthusiasts, even poets. As a general rule of thumb, the closer the pub to campus,

the denser the undergraduate population. Bars such as The Heights and The West End attract a sizeable undergraduate crowd on Friday and Saturday nights, but are often deserted on other nights of the week. Other bars, such as SoHa, draw older students from Columbia's graduate and professional schools. For students eager to sample New York nightlife below 110th Street, visit <http://www.murphguide.com/> for an up-to-the-minute listing of bars. *New York Magazine* also contains bar and club listings, along with restaurant reviews (organized by neighborhood) and concert information.

1020

1020 Amsterdam Avenue (110th Street)

For the student who can't bear to be away from his TV set. 1020 has a giant screen TV for sports fans and TVs at the bar in addition to such low-tech diversions as a pool table and dart boards.

Abbey Pub

237 West 105th Street (between Broadway & Amsterdam)

Slightly better Irish bar than Cannon's, with lots of cubby holes for private conversation.

The Heights Bar and Grille

2867 Broadway (112th Street) ↻

The Heights is located up one flight from the street in an oddly-shaped space. During the week, The Heights is a pleasant place for lunch or a nightcap, though on weekends undergraduates throng the bar. In warm weather, hike up one more flight to the rooftop for al fresco dining and drinking. The Heights' menu features Mexican fare and exotic margaritas. Happy hour is Monday through Thursday from 5 to 7 PM.

Sip Bar & Lounge

998 Amsterdam Ave (109th Street)

A fairly recent addition to the area's assortment of bars, this small space attracts a mixture of graduate students and locals. Its semi-hip interior design makes it comfortable but not too cozy, and the music selection is more geared toward the contemporary than at other local institutions. Drinks may be a dollar more than in other places, but they promise to give discounts to large parties. Mondays is Martini night, and frozen drinks are \$5 during the week. Possibly the best Williamsburg-style bar north of 14th street.

Smoke

2751 Broadway (105th Street) ↻

Visit www.smokejazz.com for a complete listing of Smoke's upcoming concerts. On Sunday nights, Columbia's Jazz Ensemble plays its own brand of hard bop here to wild acclaim. Drinks are a little pricier at Smoke than other places in the neighborhood; on the

other hand, Smoke's strict carding policy ensures the joint is virtually undergrad free.

Tap-A-Keg

2731 Broadway (104th Street)

For an authentic seedy neighborhood dive, look no further than this canine-friendly establishment.

The Underground Lounge

955 West End Avenue (107th Street) ↻

With its assortment of lounge chairs and bordello-red divans, this basement bar offers students a quiet, comfortable place for reading in the afternoons. In the evenings, stand-up comedians, spoken word artists, and earnest singer-songwriters take center stage. A good place to go for coffee and dessert.

Havana/ The West End

2909 Broadway (114th Street) ↻ ↻

This time-honored Columbia institution is a bar posing as a restaurant and recently renovated. On weekends, the West End is packed with frat boys, athletes, and undergrad bon vivants; on weekdays, however, the West End is a pleasant place to grab a brew and a burger. Live music on weekends.

CAFÉS, BAKERIES AND COFFEE SHOPS

Hungarian Pastry Shop

1030 Amsterdam Avenue (111th Street) ↻

Hungarians say this famous place is authentic—all except the small piece of lemon that accompanies the espresso (an American addition). True, you can get better cookies elsewhere, but the Hungarian Pastry Shop has been a Columbia institution for 35 years and counting. (It even made a cameo in Woody Allen's *Husbands and Wives*.) Come armed with your favorite Foucault tome and a beret, and order the *hammentasche*, their specialty.

Nussbaum & Wu

2897 Broadway (113th Street) ↻

Nussbaum & Wu offers a large selection of slightly pricey bagels, muffins, cookies, cakes, and pastries throughout the day. For those in quest of a heartier meal, Nussbaum and Wu serves omelets, pancakes, and waffles until 1:00 PM and salads, knishes, and sandwiches from midday until closing. A word to the wise: seating is scarce, so be prepared to elbow the competition out of the way.

Silver Moon Bakery

2740 Broadway (105th Street) ↻

Just a few blocks south of 110th Street, the Silver Moon Bakery is worth the walk. Not only are their breads

superb, but their gourmet sandwiches, desserts, and coffee drinks are first-rate, too. (Be sure to sample their granola—Silver Moon puts Post to shame.) On a warm day, take advantage of their unhurried outdoor table service—you can linger with a book or a friend in peace.

Starbucks

2853 Broadway (111th Street)

2929 Broadway (114th Street)

White Chocolate Mochas served up with predictable results. And no, you're not seeing double—Starbucks has two locations within walking distance of campus. Wi-fi friendly.

DELIS AND FAST FOOD

On the corners of Broadway and West 125th Street, fast food junkies will find their nirvana: this intersection is home to **Dunkin' Donuts**, **McDonald's**, **Kentucky Fried Chicken**, and **Taco Bell**, all of which are open late. Those in search of healthier (or more conveniently situated) fast food will find that Morningside Heights offers a number of other “to go” options.

Absolute Bagels

2788 Broadway (107th Street)

H&H Bagels may be heralded as New York's best, but this unassuming hole-in-the-wall is giving its more famous rival a run for the money, as testimonials from TimeOut New York, New York Magazine, and the New York Times demonstrate. At \$7.00 for a baker's dozen, Absolute Bagels offers one of the best deals on the Upper West Side.

Amir's Falafel

2911 Broadway (114th Street)

Not authentic Middle Eastern cuisine, but it's pretty inexpensive, and it hits the spot. A long-standing favorite for falafel, hummus, and other garlicky fare to go.

Hamilton Deli

1131 Amsterdam Avenue (116th Street)

A no-frills New York deli located in a basement storefront, Hamilton Deli serves an edible roast beef sandwich and a credible cup of coffee.

Samad's Deli

2867 Broadway (111th Street)

Superb little deli. In addition to great sandwiches and baked goods, you'll find an abundance of fresh coffee beans, specialty cheeses, sausages, and dips. No seating, but easy in-and-out.

Stroko's Deli

1090 Amsterdam Avenue (114th Street) ☞

This deli, popular with the St. Luke's Hospital crowd, offers hot and cold deli sandwiches, platters, and salads. There's no shortage of seats, indoors or out. The verdict is mixed on the quality of the food, but portions are cheap and plentiful.

The Wrap Factory

2857 Broadway (111th Street) ☞ ☹

The Wrap Factory serves burritos as well as cold cut, veggie, and gourmet wraps. If you like your meal served in a convenient package, this is the place for you. Though the burritos and Asian-themed wraps are tasty, not all wraps are created equal, so skip the shepherd's pie.

ICE CREAM/ FROZEN YOGURT

Pinkberry

2873 Broadway (111th - 112th St)

Get your taste of swirly goodness here.

Ben & Jerry's

2722 Broadway (104th Street)

Chunky Monkey... Cherry Garcia... Phish Food... need we say more?

Haagen-Dazs

2905 Broadway (113th Street)

For those with no fear of clogged arteries or expanding waistlines, there's always Haagen-Dasz.

PIZZA

Famiglia Pizzeria

2859 Broadway (111th Street) ☹

This New York City chain serves delicious pizza with traditional toppings—pepperoni, meatballs—as well as vegetarian-friendly options like broccoli and spinach. (Their garlic knots are also terrific, though not advisable date food!) If you like spotting famous people, go and see who has eaten there in the past; the walls are lined with autographed headshots of everyone from Hillary Clinton to Adam Sandler.

Koronet Pizza

2848 Broadway (110th Street) ☹

Serves a slice so big that if you strapped one on each arm, you'd have wings. Don't be fooled by the size, though—these enormous slices are every bit as tasty as the more modestly proportioned ones at Famiglia. You may wish to eat your pizza elsewhere, however. The décor is eerily reminiscent of Riker's Island.

Pinnacle Pizza

Broadway @ 115th Street 📍

Offers a wide selection of pizzas, salads, sandwiches, and soft-serve frozen yogurt as well as so-so breakfast fare. For the student pulling an all-nighter, Pinnacle is a godsend: they're open 24 /7 and they deliver.

V&T Pizzeria

1024 Amsterdam Avenue (110th Street) 📍

Family style Italian restaurant; their pizza gets rave reviews from several generations of Columbia students., though the service ranges from slow to glacial. Try the garlic and eggplant combo pie—you won't be disappointed.

RESTAURANTS

The restaurant scene in Morningside Heights has been improving steadily in the last few years, attracting the attention of such trend-conscious publications as *New York Magazine*. Most restaurants are inexpensive to moderately priced (with entrees in the \$9 to \$20 range), and many feature outdoor seating in the warm weather. If you've sampled the offerings along Broadway, check out the blossoming restaurant scene on the Amsterdam side of campus. Restaurants such as **Kitchenette**, **Max Café**, **Max SoHa**, and **Sezz Medi** are drawing crowds and rave reviews for their food.

Ajanta

1237 Amsterdam Avenue (122nd Street) 📍

This Indian restaurant, with nice staff and a decent lunch special, has been in the Columbia area for nearly 20 years. Try the mango lassi.

Amsterdam Restaurant & Tapas Bar

1207 Amsterdam Avenue (119th Street) 🕒

Although best-known for its bar fare and not its fine dining, the Amsterdam makes a good greasy breakfast and a reputable plate of buffalo wings. The tapas menu is brand new and untested, but past experience suggests it will be a hit.

Bengal Café

1028 Amsterdam Avenue (110th Street) 📍

Standard Indian food. On Sunday, Bengal Café serves an Indian-style brunch.

Bistro 1018

1018 Amsterdam Avenue (110th Street) 📍

This pleasant, upscale edition to the Columbia neighborhood doesn't serve cutting-edge cuisine, but the results are consistently delicious. The bistro's sommelier has assembled a list that will impress even your wine snob

friends. And the desserts are good, too. A good place to take your parents (or a date) when you don't feel like straying too far from home.

Camille's

1135 Amsterdam Avenue (116th Street) 📍

Camille's features lots of pasta dishes, many with an Italian twist, as well as big, juicy burgers. Many say it's just like mom's home cookin'. Well, almost.

Carne

2737 Broadway (105th Street) 📍 🕒 📍

As the name implies, Carne serves mammoth portions of meat, from 20 oz. skirt steaks to LP-sized pork chops. Though you'll find a few vegetarian-friendly selections, this is not a restaurant for plant-eaters or the health conscious.

Chipotle

2843 Broadway (110th Street) 212 222 1712

Organic Burritos, Tacos, Chicken, Carnitas, Barbacoa, Salsas. A student favorite.

Columbia Cottage

1034 Amsterdam Avenue (111th Street) 📍

With a spiffed-up interior and an even larger menu, this Columbia-area veteran still packs them in with promises of free wine. The menu features Shanghai-style dishes (translation: seafood galore!) as well as more familiar ones like lo mein and kung-pao chicken. The quality of the food is up for debate: most reviewers are still too inebriated to recall what they ate.

Community Food & Juice

<http://www.communityrestaurant.com/>

2893 Broadway (112th Street) 📍 🕒

Eclectic organic and vegan fare. Seasonal locally sourced "green" restaurant. More expensive than most Morningside restaurants, but excellent.

Deluxe

2896 Broadway (113th Street) 📍

This faux-diner has a wine list and a full-service bar, but you can still find old standbys like French toast and BLTs on the menu, albeit gussied up with fancy ingredients like sun dried tomatoes and challah bread.

Dinosaur BBQ

646 W. 131 Street (near Fairway and the West Side Highway); call for reservation at 212 694 1777
<http://www.dinosaurbarbque.com>

Ribs and greens highly recommended and definitely call for reservations (closed Mondays).

Henry's

2745 Broadway (105th Street) ☞ 📍

Just across the street from Carne is Henry's, a trendy bistro serving a variety of Italian and French-style dishes. Though the food is not spectacular (or particularly authentic), Henry's is a pleasant escape from campus, especially when you feel like celebrating a special occasion.

Indian Café

2791 Broadway (108th Street) 📍

Serviceable Indian fare at reasonable prices. The décor is a notch above Bengal Café and Ajanta, as is the quality of the food.

Indus Valley

2636 Broadway (110th Street)

Classic curries of India, Tandoori.

Kitchenette

1272 Amsterdam Avenue (123rd Street)

Kitchenette's uptown location has a faux-antique interior with a pressed tin ceiling and distressed, mint-green walls. Don't be fooled by the girly trappings, however—Kitchenette serves up hearty comfort food such as meatloaf, crab cakes, and grits, in more manageable, tasty portions than Tom's or Deluxe. The real draw, however, are their baked goods. Order their divine French toast or sample one of their desserts for an artery-clogging treat.

Le Monde

2885 Broadway (112th Street) ☞ 📍

This bistro has a great wine list; the outdoor area is a great place to see and be seen. Oh yeah, the food is great, too.

Lime Leaf

2799 Broadway (108th Street) 📍

The only Thai restaurant in the Columbia area has a schizophrenic personality. Half of Lime Leaf's menu is devoted to perennial Thai favorites such as chicken saté, while the other features "continental" cuisine such as fried calamari with marinara and steak au poivre. Though the Thai food is tasty, the jury is still out on the "continental" offerings.

Massawa

1239 Amsterdam Avenue (122nd Street)

Massawa serves Ethiopian and Eritrean cuisine at low prices. If you liked to play with your food as a kid, this is the cuisine for you—all dishes are served on an enormous sheet of spongy flat bread which doubles as your knife, fork, and plate.

Max Café

1262 Amsterdam Avenue (123rd Street) ☞ 📍

From the genius who brought you Max SoHa comes Max Café, a low-key establishment serving inexpensive antipasti (most offerings are \$4) and Italian finger food. Drape yourself over one of their sofas, order a glass of Apulian wine, and enjoy the people-watching along Amsterdam Avenue.

Max SoHa

1274 Amsterdam Avenue (123rd Street) ☞

This hugely popular Italian restaurant features homemade pasta with tangy sauces. Prices are fair, portions are generous, and the dishes are delicious enough to merit a mention in *New York Magazine's* "Where to Eat 2003" issue. Worth the walk from the Broadway side of campus.

The Mill

2895 Broadway (113th Street) ☞ 📍

The Morningside Heights area's only Korean restaurant serves tasty, hearty food. Their lunch menu is a great bargain.

Ollie's

2957 Broadway (116th Street) 📍 📍

Poised at the main Columbia gate, this Chinese noodle shop offers solid, if unremarkable, fare. Closed for renovations until mid-to-late fall 2004.

Pisticci's

125 La Salle (between Claremont and Broadway)

Great Italian food for those who live on the north side of the Morningside campus

Rack & Soul

258 W. 109th St (between Broadway and Amsterdam)

Soul food and wood-smoked BBQ. Excellent ribs.

Sezz Medi

1260 Amsterdam Avenue (122nd Street)

This self-described brick oven pizzeria serves fancy pies in a pleasant, homey atmosphere. In addition to its well-stocked wine bar, Sezz Medi offers diners a menu chock full of options besides the excellent pizzas. Another good edition to Amsterdam's emerging restaurant row.

Miss Mamie's Spoonbread Too

366 West 110th Street (Columbus Avenue)

Dieters and cholesterol counters, beware—Spoonbread serves up old-style Southern comfort food without any concessions to the latest Surgeon General's report. For stick-to-your-ribs (and stick-to-your-thighs!) fare, Spoonbread is a good bet.

Symposium

544 West 113th Street (between Broadway & Amsterdam)

This incredibly long-standing restaurant serves decent Greek fare. Mixed reviews for the food overall, but the good items get universal praise. Old-timers recommend the tsatziki.

Terrace in the Sky

400 West 119th Street in Butler Hall (between Amsterdam and Morningside) 🍷

Believe it or not, the top floor of Butler Hall houses an elegant French restaurant with spectacular views of Manhattan and the Jersey Palisades. The food garners strong praise from *Zagat's*, and the prices reflect the Terrace's reputation. A great restaurant when someone else is picking up the tab!

Toast

3157 Broadway (124th Street)

Time-Out New York enthusiastically endorsed this SoHa (that's **S**outh of **H**arlem) area restaurant when it opened. Though the décor may remind you of a frat house living room, its tasty entrees, savory appetizers, and inexpensive drinks make Toast worth the walk.

Tomo Sushi Bar

2850 Broadway (110th Street) 🍣 🌐

Reviews of this sushi joint range from high praise to barely disguised scorn. The consensus: Tomo serves moderately decent sushi at moderate prices.

Tom's Restaurant

2880 Broadway (112th Street) ☺

The quintessential American diner has been featured on *Seinfeld* and in Suzanne Vega songs. Unpretentious food, fast service, great burgers and breakfast dishes. Don't miss the Broadway Shake.

Vine Sushi & Sake

2953 Broadway (between 116th St & 115th St)

Out of the kitchen comes a wide assortment of sushi, sashimi, teriyaki, and curries.

PARKS & RECREATION IN MORNINGSIDE HEIGHTS

If you're hankering for some quiet or just looking for a spot to rollerblade, you'll find some of New York's most famous (and beautiful) parks within walking distance of campus.

Central Park

110th Street & Central Park West to 59th Street & Central Park West (extends eastward to Fifth Avenue)

The spot to go when you're homesick for trees, grass, and large patches of sky. Lace up your Nikes for a run—Central Park offers a variety of trails, paved and unpaved. Most joggers, cyclists, walkers and rollerbladers use the six-mile **Park Drive** to see the sights.

For something closer to the Columbia area, visit the newly revamped **Harlem Meer** (110th Street and Seventh Avenue), where concerts, talks, nature walks, and community events are being held in record numbers. In the warmer months, **Rumsey Field** (72nd Street & Fifth Avenue) and the **Great Lawn** (86th Street and Central Park West) offer inexpensive concerts—where else can you hear *Madame Butterfly* for a song?

If concerts or consciousness-raising aren't your cup of tea, visit the **Central Park Zoo** (64th Street and Fifth Avenue), **Wollman Rink** (59th Street and Fifth Avenue), or the **Loeb Boathouse** (72nd Street and Fifth Avenue). **Sheep's Meadow** (66th Street) is a fine spot for Frisbee-playing, picnicking, sunbathing, and people-watching.

General Grant National Memorial

Riverside Drive & 122nd Street

Yes, Ulysses S. Grant and his misses are buried here, but did you know that Grant's trusted horse is also interred at this famous monument? This National Park Service site is staffed by rangers during the week; on summer weekends, the rangers are joined by "historical interpreters" who demonstrate Civil War artillery. Daily tours.

Morningside Park

Morningside Drive & 110th Street to Morningside Drive & 125th Street

Not a particularly happy place to visit, but Morningside Park and the surrounding area are improving. You'll find several ball fields, a network of hillside trails, and a dog run here. In 1968, Columbia students protested university plans to build a gym in this park.

Riverside Park

Riverside Drive & 72nd Street to Riverside Drive and 168th Street

Frederick Law Olmsted, co-designer of Central Park, created this three-tiered gem. Riverside boasts tennis courts, soccer fields, softball fields, a bird sanctuary, flower gardens, boat docks, a couple of dog runs (96th and 105th) and some vague running trails. On the lowest level, you'll find two low-key watering holes: the Hudson River Café (105th Street) and the 79th Street Boathouse Café. At street level, you'll find several nicely-kept playgrounds. Not particularly safe after dark.

Sakura Park

Riverside Drive & 122nd Street

Across the street from Grant's Tomb (and next door to International House), this small, clean park features a modest children's playground and gazebo. No dogs allowed. Great for sunbathing. Though this park is safe and quiet during the day, it's best to avoid the area late at night.

RELIGIOUS SERVICES IN THE COLUMBIA AREA

St. Paul's Chapel, located on the Amsterdam side of campus (next to Philosophy Hall), is a multi-denominational house of worship used by many campus ministries, including:

- Buddhist Ministry
- Campus Crusade for Christ
- Cantonese Fellowship
- Catholic
- Chabad
- Episcopalian
- Ethical Humanist
- Hillel
- Hindu Students Organization
- Lutheran
- Minchah (non-sectarian Jewish)
- Muslim Salat
- Orthodox Christian
- Unitarian Universalist

For information about religious services & concerts at St. Paul's Chapel, visit Columbia Chaplain's Office website: <http://www.columbia.edu/cu/earl/events.html> Below is a brief listing of religious centers and houses of worship within walking distance of Columbia. Denominations, where applicable, are noted.

Abyssinian Baptist Church

132 Odell Clark Place (138th Street)

info@abyssinian.org

<http://www.abyssinian.org/index.php?l=1>

Broadway Presbyterian Church

601 West 114 Street (Broadway)

Denomination: Presbyterian/Baptist

This parish provides extensive outreach services to the community including a soup kitchen and a nursery school.

Cathedral of St. John the Divine

1047 Amsterdam Avenue (near & 112th Street)

Denomination: Episcopalian

St. John's, the largest Gothic cathedral in the world, is home to an Anglican congregation. This inclusive

community sponsors many events of interest to the general public, including the annual blessing of the animals (even elephants are known to get in on the act), a Halloween showing of *Nosferatu* with live music, and weekly vespers. Take the "Vertical Tour" and examine the cathedral's vaulted ceilings, stained glass windows, and flying buttresses up close.

Congregation Ramath Orah

550 West 110th Street (between Broadway & Amsterdam)

Denomination: Orthodox Judaism

The Jewish Theological Seminary

3080 Broadway (at 122nd Street)

Denomination: Conservative Judaism

The seat of conservative Judaism in the US; visit <http://www.jtsa.edu/> for information about religious services and programs.

The Kraft Center for Jewish Life

606 West 115th Street (between Broadway & Riverside)

Denomination: Reform, conservative, and orthodox Judaism

The Kraft Center for Jewish Life offers Columbia students a variety of weekly services for all practitioners of Judaism: <http://www.hillel.columbia.edu/> for information on worship in the Columbia area; a list of Kosher restaurants and stores; and a schedule of Columbia-Barnard Hillel events.

The New York Buddhist Church

332 Riverside Drive (at 105th Street)

Denomination: Jodo Shinshu

Bilingual (English/Japanese) Sunday services. Scheduled meditation workshops.

Notre Dame

405 West 114th Street (at Morningside Drive)

Denomination: Roman Catholic

This parish, long affiliated with Columbia University, offers a Sunday morning mass that blends ancient and modern music.

Riverside Church

490 Riverside Drive (at 120th Street)

Interdenominational

A frequent site of weddings, concerts, and talks (often with a political bent), Riverside Church's tower houses the world's largest set of bells. If you're willing to make the climb, the tower offers spectacular views of Manhattan and New Jersey; go on Saturday, and you won't have to pay admission.

FINDING YOUR WAY AROUND NEW YORK

In this section, you'll find a variety of tips for getting the most of New York City, including how to stay safe, and how to navigate the city with a Metrocard.

SAFETY PRECAUTIONS

The words “New York City” are enough to send shivers down the spines of some people, especially parents with bad memories of the 1977 blackout or the 1980s crime drama *The Equalizer*. You can reassure family and friends of your safety by reminding them that, over the last ten years, violent crime has steadily declined in New York. That said, a little common sense goes a long way towards protecting yourself and your belongings in the Big Apple.

First and foremost, **pay attention to your surroundings**. If you find yourself in a deserted or dark area far from a major thoroughfare, don't linger. Head for well-traveled, well-lit areas. If possible, carry a cell phone in case you need to call for help, and have cab fare or a Metrocard when you venture away from campus.

Second, **stay clear of parks at night**. Unless you are attending a large, well-organized event (such as a Philharmonic concert), don't stick around after sundown, and never use a park as a nighttime shortcut. Nocturnal runners should stick to well-lit streets like Broadway or, better yet, use the indoor track at the Dodge Fitness Center, which is open until midnight on weeknights.

Third, **don't flash your cash**. Count your benjamins in the privacy of your apartment, not the corner of West 42nd Street. Keep purses and bags zippered shut and close to your body so that no one can see the contents. Pay attention to your surroundings when withdrawing cash from ATM machines. And of course, don't stash a wallet, cell phone, or other valuable item in a coat or pants pocket where they are easily accessible to pickpockets.

Fourth, when taking the subway or going to the airport, **don't leave personal belongings unattended**. If you take your eye off a shopping bag while on the subway, you may discover that someone else took a shine to your new pair of jeans.

Fifth, don't get into an elevator alone with a stranger if there is no one else around...walk. See Public Safety at <http://www.columbia.edu/cu/publicsafety/> for more tips.

TRANSPORTATION

Thankfully, New York is one of the few major US cities where the car-less can get around without difficulty. Below is a guide to the major transportation centers and public transit systems serving the New York City area.

AIRPORTS, TRAIN STATIONS, BUS TERMINALS

New York is served by three major airports: **LaGuardia National Airport**, located in Queens, **John F. Kennedy International Airport**, also in Queens, and **Newark International Airport**, located in Elizabeth, NJ. All three are served by major domestic carriers (i.e. American, Northwest, United); smaller carriers such as Southwest Airlines and JetBlue tend to fly out of LaGuardia or JFK only. International carriers operate from JFK and Newark. Though LaGuardia and JFK are accessible by public transportation, you will need to take a cab or catch a bus from the Port Authority Bus Terminal to reach Newark Airport. (See page 25 for directions to LaGuardia and JFK.)

Trains, too, connect New York to the tri-state area and Northeast corridor. Located at 42nd Street and Fifth Avenue, the magnificently restored **Grand Central Station** is worth a visit just to gawk at its beautiful ceilings and elegant waiting room. The **Metro-North Railroad**, serving Dutchess, Fairfield, Orange, Putnam, Rockland, and Westchester counties, departs from Grand Central. Alternatively, Columbia students can catch certain MetroNorth trains at the **125th Street Station** located at the intersection of East 125th Street and Park Avenue; take the M60 bus. For information on Metro-North schedules, routes, and fares, visit www.mta.nyc.ny.us/mnr/index.html.

Located at 34th Street between Seventh and Eighth Avenues, **Penn Station** is your link to almost any destination in the United States or Canada served by **Amtrak**. Amtrak ticket counters, self-service ticketing machines, and waiting rooms are one level below the street, and trains leave from the level below the waiting area. Two other major rail lines also depart from Penn Station: the **Long Island Rail Road (LIRR)** and the **New Jersey Transit (NJTransit)**. For an inexpensive and relaxing getaway, take the LIRR to Long Island's beautiful beaches—a trip worth considering during those first few hot weekends in Manhattan. For further information, consult the LIRR website at www.mta.nyc.ny.us/lirr/index.html. If you're planning to visit destinations in New Jersey, visit www.njtransit.com for fares, routes, and schedules. You can also access shuttles to **Newark Airport** from either Penn Station or the Port Authority Bus Terminal (see below); the shuttle from Penn Station takes about 20 minutes.

The **Port Authority Bus Terminal** is a little grungier and little scarier than Penn Station, but bus fares are much lower than train fares if you're traveling beyond the tri-state area. The "world's busiest bus terminal" is located in the heart of Manhattan, occupying the blocks between Eighth and Ninth Avenues and 40th and 42nd Streets. Buses depart from the terminal to points in New Jersey, New York, Pennsylvania, New England, and Washington, DC. In addition, the terminal provides direct and connecting bus service between New York and virtually any point in the continental United States, Canada, and Mexico.

For frequent travelers to Boston, a cheaper alternative to the Port Authority is the popular **Fung Wah Bus Lines**, which depart from Canal Street in Chinatown on an hourly basis. Don't be fooled by the \$10 fare—these buses are new, clean, and spacious, and you get a kung fu movie to keep you occupied during the four hour trip. To book a reservation or consult their schedule, visit their website at <http://www.fungwahbus.com/>. In addition to Fung Wah, several other companies offer cheap bus fares from Chinatown to Philadelphia and Washington, DC. Visit <http://www.staticleap.com/chinatownbus/> for links to information about all three routes (Boston, Philly, DC).

PUBLIC TRANSPORTATION

The MTA is the cheapest way to navigate New York, though not always the fastest or the most direct. For \$2.00, however, you can visit almost any imaginable landmark in the five boroughs and get there in under an hour. To board either the bus or the subway, you'll need to purchase a **Metrocard**, for sale at self-service machines in every subway station in the system. Metrocards are available in several flavors—single ride, pay-per-ride, or unlimited rides (for a day, week, or month)—and entitle the user to free transfers from subway to bus (and vice versa) within two hours of initially swiping the card. Bus-bus transfers, however, are not always free, so be sure to ask your driver before boarding. For up-to-the-minute information on routes, fare hikes, or service changes, visit the MTA's website at www.mta.nyc.ny.us.

Mid-mornings, evenings, and weekends, MTA buses are a great way to reach cross-town destinations or Upper West Side shopping. (Rush hour buses, however, are packed and slow, and seem to stop every two blocks.) Four major routes—the M4, M5, M60, and M104—connect Morningside Heights to other Manhattan neighborhoods.

The **M4 bus** connects Inwood with midtown Manhattan. It begins its journey at the northern tip of Manhattan in Ft. Tryon Park, home to the Metropolitan Museum's Cloisters gallery. The M4 then travels south along Broadway to 110th Street, turns east, then travels down Fifth Avenue until 34th Street. The M4 is the perfect bus for visiting Museum Mile—look for the Cooper-Hewitt Museum, the Frick, the Guggenheim, the Jewish Museum, the Museum

of the City of New York, the National Academy of Design and, of course, the Metropolitan Museum—as well as the Empire State Building and such tourist-friendly attractions as the Plaza Hotel and FAO Schwarz.

The **M5 bus** begins its route at the George Washington Bridge Bus Terminal (175th Street and Broadway), travels south along Broadway until 135th Street, then turns west onto Riverside Drive. The M5 continues along Riverside Drive until 72nd Street, then returns to Broadway for the remainder of the route; the M5 turns around on West Houston Street in Greenwich Village and heads north towards Columbia.

The **M60 bus** travels from 106th Street along Broadway to 120th, then down Amsterdam Avenue to 125th. The M60 turns east on 125th and heads towards the Triborough Bridge, which it crosses en route to its final destination, LaGuardia Airport. (Look for people with suitcases!) The M60 is the most convenient and cheapest way to get to LaGuardia. Buses run every 20 minutes, or so the MTA claims. Ask the driver where to get off for your airline.

The **M104 bus** provides riders with access to the Upper West Side and Midtown. The M104 heads south from 129th Street via Convent Avenue, then turns west onto 125th Street. At 125th and Broadway, the M104 turns south and remains on Broadway until 42nd Street. The M104 then turns east and heads towards its final destination: FDR Drive and East 42nd Street, otherwise known as the United Nations.

A faster alternative to MTA buses is the subway. The **1 train** is the most popular form of transportation among Columbia students. It runs along Broadway and Seventh Avenue from Van Cortlandt Park, in the Riverdale section of the Bronx, to South Ferry, at the southern tip of Manhattan. In between, it stops at Columbia's Medical Campus (168th Street), Harlem (125th Street), Columbia's Morningside Campus (116th Street), Lincoln Center (66th Street), Times Square and the Port Authority Bus Terminal (42nd Street), Penn Station and Macy's (34th Street), the West Village (Christopher Street) and the ferries to Staten Island and the Statue of Liberty (South Ferry). Be wary of coming home on the 2/3 trains, which share much of the 1's route; at 96th Street, these express trains veer northeast to Harlem and the South Bronx.

The 1 connects with most major subway routes in Manhattan, including the A, B, C, D, L, 2, 3, and 7 trains. To reach destinations on the East Side, transfer to the **Shuttle (S)** at 42nd Street (Port Authority) and take the 4, 5, 6, N, or R trains.

Also serving the Morningside Heights area are the **B** and **C trains**. Their closest stop is Central Park West and 110th Street. For visiting destinations in and along Central Park, such as the Natural History Museum and Strawberry Fields, the B and C trains are more convenient

than the 1. A word to the wise: do not take either train after dark. The area around Central Park becomes deserted very quickly after sundown.

Ever wonder what it would be like to “take the A Train”? Then jump on one of the least utilized but most convenient subway lines serving Morningside Heights: the **A/C** and **B/D** trains, which stop at West 125th Street and St. Nicholas Avenue. In the last few years, this station has become a popular option for those living on the north side of campus. The A and D trains run express, with the first downtown stop at 59th Street. Travel time to the Village is a mere 20 minutes (compared with the 30-40 minute ride on the 1).

DIRECTIONS TO MAJOR NYC LANDMARKS BY BUS AND SUBWAY

A list of popular destinations in alphabetical order, with simple instructions for getting there on public transportation from Columbia University.

Brooklyn Bridge

Take the 1 train downtown to 42nd Street. At 42nd Street, transfer to the Shuttle (S). Exit the Shuttle at Grand Central Station and follow the signs to the 4, 5, and 6 trains. Take the 6 train downtown to the City Hall/Brooklyn Bridge station. The bridge’s pedestrian walkway is accessible across the street from City Hall.

Carnegie Hall

Take the 1 train downtown to 59th Street. At the 59th Street station, exit the 1 train. Walk two blocks east on 59th Street to Seventh Avenue; turn south on Seventh Avenue and walk to the corner of 57th Street. Carnegie Hall is located at the intersection of West 57th Street and Seventh Avenue.

The Cloisters

Board the M4 bus at 116th and Broadway. Take the bus uptown until its terminus in Ft. Tryon Park (bus will stop in front of the Cloisters.)

Coney Island

Take the 1 train downtown to 42nd Street. Transfer to the Q or W trains. Take the Q or W downtown to the final stop, Coney Island/Stillwell Avenue (trip takes approximately 45 minutes from 42nd Street).

Chinatown

Take the 1 train downtown to Canal Street. Exit at Canal Street and walk eastward approximately 2-3 blocks. Chinatown’s northern boundary is Canal Street; most merchants and restaurants lie to the south and east of Canal.

Grand Central Station

Take the 1 train downtown to 42nd Street. At 42nd Street, follow signs to the Shuttle (S). Take the Shuttle east one stop to 42nd Street. The subway exits directly into Grand Central Station.

Greenwich Village

Take the 1 train downtown to 59th Street. At 59th Street, transfer to the A, B, C, or D trains; take the A, B, C, or D to West 4th Street.

Guggenheim Museum

Board the M4 bus at 116th and Broadway. Take the bus downtown to Fifth Avenue and East 89th Street. Ask the driver to let you off in front of the Guggenheim.

JFK International Airport

Take the 1 train downtown to 59th Street. At 59th Street, transfer to the A Train. Take the A Train downtown to the Howard Beach/JFK Airport station (approximately 45 minutes from 59th Street). At the JFK Station, board the bus headed for your airline’s terminal. Or take the AIRTRAIN <http://www.panynj.gov/Airtrain/>

LaGuardia Airport

Board the M60 bus at 116th and Broadway. Take the bus eastward to LaGuardia Airport; ask the driver which stop to use for your airline.

Lawrence A. Wien Stadium (Columbia athletic fields)

Take the 1 train uptown to the 215th Street station. At 215th Street, exit to the street level. Cross Broadway heading west and walk up 218th Street towards the stadium entrance (right-hand side; Twin Donut will be on your left).

Lincoln Center for the Performing Arts

Take the 1 train downtown to 66th Street. Exit at 66th Street and walk one block south; Avery Fisher Hall, the Juilliard School, and the Metropolitan Opera House will be on your right.

Macy’s

Take the 1 train downtown to 34th Street. Exit at 34th Street, following signs to the intersection of 34th and Seventh Avenue. Macy’s will be across the street when you come above ground.

Madison Square Garden

Take the 1 train downtown to 34th Street. Exit the subway and follow signs to Penn Station. Madison Square Garden is accessible from the concourse level of Penn Station.

Metropolitan Museum of Art

Board the M4 bus at 116th and Broadway. Take the bus downtown to Fifth Avenue and East 83rd Street. The bus stops in front of the Metropolitan. (N.B. To return to

campus via the M4, walk one block east to Madison Avenue to catch the uptown bus.)

Museum of Natural History

Take the B or C train downtown to 81st Street. The Museum can be accessed directly from the subway station.

Pennsylvania Station

Take the 1 train downtown to 34th Street. Exit the train and follow signs directing you to the LIRR, NJTransit, and Amtrak.

Port Authority Bus Terminal

Take the 1 train downtown to 42nd Street. Follow the signs to the Port Authority, which is located about one block west of the 1 train; an underground walkway connects the two points.

Rockefeller Center

Take the B train downtown to the 47th-50th Street/Rockefeller Center station.

Shea Stadium

Take the 1 train downtown to 42nd Street. At 42nd Street, transfer to the 7 train. Take the 7 train to the Willets Point/Shea Stadium station.

Times Square

Take the 1 train downtown to 42nd Street. Exit to the street and follow the neon lights!

Yankee Stadium

Take the B or C train uptown to 145th Street. At 145th Street, transfer to the D train. (If you board the B train at 110th Street, you do not need to transfer; the B train makes the same stops as the D.) Take the D Train two stops to the 161st Street/Yankee Stadium station.

CHEAP WEEKEND GETAWAYS

Much as we love Morningside Heights, sometimes a grad student just needs to escape from the Columbia orbit. Here are five inexpensive ideas for weekend retreats, ranging from a bucolic stay in New York's Adirondack Mountains to an afternoon at Coney Island—ride the Cyclone if you dare!

THE BRONX

Where: Northernmost borough of New York City

What's There: The Bronx Zoo and New York Botanical Garden

Per Person Cost: \$24-40

<http://www.bronxzoo.com/>

Da Bronx gets a bum rap outside of New York. But the truth is that some of New York City's most beautiful landscapes can be found in its northernmost borough. Best of all, the Bronx is readily accessible from public transportation. By subway, take the 1/9 south to 96th Street; cross the platform and catch the 2 train uptown to the Pelham Park Station. Alternatively, cross town to Madison Avenue and catch Liberty Lines' BXM11 express bus at 84th or 99th Streets. The fare is \$4; exact change is required, and no Metro Cards are accepted. On the plus side: the bus brings you right to the zoo's front gate.

The **Bronx Zoo** is open 365 days a year from 10:00 AM to 5:00 PM; admission is approximately \$15. Some of the exhibits, such as the Congo Gorilla Forest and the Butterfly Zone, require an extra \$3.00 for admission. For \$30, you can purchase an all-inclusive ticket that includes admission to special exhibits and passage on the Skyfari and Bengali Express rides. Your first visit can be a bit overwhelming, as the zoo covers more than 265 acres. Go to <http://bronxzoo.com/plan-your-trip.aspx> for information on exhibits, animal feeding times, and other tips for making the most of your visit. One suggestion for avoiding crowds: go on a weekday or a cool autumn day. Some of the exhibits may be closed, but you'll avoid the hordes of summertime tourists. On rainy, cold, or snowy days, zoo offers coupons for discounted admission—don your wellies and you'll have the place to yourself.

Once you've had your fill of fauna, stroll across the street to the **New York Botanical Garden**: Tel: 718) 817-8700. The garden is open year-round from 10:00 AM to 6:00 PM, Tuesday through Saturday. Admission is approximately \$5 with valid student ID; for extra cost, there is a combined ticket that admits you to the Rock Garden and Conservatory, which is home to a spectacular assortment of tropical and desert plants. The grounds are lovely, and feature a small woodland and waterfall (once home to a working sawmill), rose gardens, herb gardens, and other seasonal plantings. Pack a picnic or take advantage of the better dining options here—there are several pleasant cafes selling gourmet sandwiches, salads,

and cheese plates, as well as a glass of white wine to wash it down.

CONEY ISLAND

Where: Brooklyn, NY

What's There: Boardwalk, beaches, Coney Island Amusement Park, New York Aquarium, Little Russia (Brighton Beach)

Per Person Cost: \$5-30

Gotta get away but have no cash? No worries. For \$4, you can follow in millions of New Yorkers' footsteps and escape to America's most famous amusement park. Take the 1/9 train to Times Square, then transfer to the N train and take it to **Coney Island** at Stillwell Avenue. Here, you'll find miles of beach—some quiet, others blistering with music and carnival noise—as well as the famous wooden **Cyclone Roller Coaster**, bumper cars, game booths, and food stands, including the original **Nathan's Famous Hot Dogs**. The boardwalk is open year round. The amusement park is open from approximately May through Labor Day. If you're more curious about what might be swimming in the water (besides bikini-clad teenagers), visit the **New York Aquarium**, located at Surf Avenue and West Eighth Street.

Take a break from the beach and stroll up the boardwalk, which connects Coney Island to **Brighton Beach**. (You can also reach Brighton Beach by the W train.) Brighton Beach, immortalized by Neil Simon's eponymous play, is now home to the largest community of Russian ex-pats in the world. Stroll the streets and sample the piroshkis, a kind of Russian "hot pocket" filled with meat, potato, cheese, or apple; make a satisfying lunch. Near the boardwalk, you'll find very good Russian restaurants (open year-round), as well as cafes and grocery stores specializing in Slavic favorites.

THE LOWER EAST SIDE

Where: Chinatown and Little Italy

What's There: Tenement Museum, dim sum palaces, Italian restaurants and salumerias, San Gennaro Festival

Per Person Cost: \$15-40

For an authentic Noo Yawk experience, visit the neighborhood where it all began: the Lower East Side. **Big Onion Walking Tours** (<http://www.bigonion.com/>) offers such fun, educational, 90-minute tours of the area

as the Original Multiethnic Eating Tour—which samples such delicacies as old-fashioned pickles, ruggelach, and pork buns—and the Official *Gangs of New York* Tour—which visits the Five Points neighborhood, once home to the city’s most notorious thugs. Best of all, your tour guide may be a fellow Columbia student; Big Onion employs history PhD students from area schools as tour guides.

The Tenement Museum, located on ..., gives you a unique window into the immigrant experience. The museum consists of an old tenement building which has been “restored” to its original condition.

Chinatown... dim sum palaces, Chinese bakeries, Pearl River Trading Company

Little Italy... San Gennaro, salumerias

LONG ISLAND

Where: Fire Island, NY and the Hamptons

What’s There: Waterfront towns, vineyards, orchards, antique shops and quiet beaches

Per Person Cost: \$20-175

For a scenic day trip or lazy weekend, jump on the Long Island Expressway or Long Island Railroad (\$12 roundtrip) and head east. Many quaint towns are just an hour from Manhattan; the further out you go, the prettier the scenery. Visit **Greenport**, **Montauk**, **Easthampton**, and **Eastport** for a mixture of fishing-village quaintness and Hollywood glamour, and **Block Island**, **Fire Island**, and **Jamesport** for a taste of Nantucket in New York.

The picturesque North Shore is known for the historic **Heritage Trail**, which has retained its unique character for more than 200 years. Bays, harbors, and ocean-side towns offer breathtaking views and sunsets, as well as attractions such as the **Old Westbury Gardens** arboretum, the **Vanderbilt Museum**, and other “Gold Coast” mansions. You can stay overnight at a bed-and-breakfast for about \$125. (For a directory of B&Bs, visit www.esbba.com.) Try a sailing lesson on Long Island Sound, pick some apples, or snag some fresh vegetables at a roadside stand or farm (in some places you can pick them yourself) for a fraction of supermarket prices.

If time permits, make a detour to one of America’s oldest wineries. While Long Island doesn’t rival Sonoma or Napa Valleys for quantity, its quality rivals some of the country’s best wine-producing regions. Go to the **Long**

Island Wine Council: <http://www.liwines.com/> for a list of area vineyards, a set of maps and driving directions, a schedule of major wine events, and tips for choosing regional wines.

UPSTATE NEW YORK

Where: Catskill Mountains

What’s There: Hunter Mountain Ski Area

Per Person Cost: \$60-200

Like to ski but can only escape for a day? Try the former Borscht Belt, which is enjoying new cachet with urban-wear New Yorkers. Beginning at Thanksgiving and running through March, daily bus service transports skiers to **Hunter Mountain** in about two hours. Transportation and lift tickets are approximately \$60, while ski rentals are \$21 per day. Overnights are inexpensive, with area lodges and motels offering ski packages ranging from \$63 to \$325. Buses leave from the **Scandinavian Ski and Sport Shop** on West 55th Street (near Fifth Avenue) and from **Paragon Sports** on West 18th Street and Broadway. Check out www.huntermtn.com for more details.

Where: Adirondack Mountains

What’s There: Lake George, Lake Placid, Saratoga Performing Arts Center, Schoon River

Per Person Cost: \$200-300

The Adirondacks offer beautiful scenery; outdoor activities such as hiking, canoeing, and swimming; quiet country roads; picturesque towns; and antique shops galore. Campgrounds, bed-and-breakfasts, motels, and resorts dot the landscape. Accommodations start at \$10 for state park campgrounds and \$60-100 for double occupancy hotel rooms. If you plan to stay in the **Lake Placid** region, consider making a day trip to Montreal, just a two hour drive across the Canadian border.

Culture vultures should visit the **Saratoga Springs** region for concerts, ballet and opera performances, and culinary festivals. For a complete schedule of cultural events in the SaratogaSprings/Lake George region <http://www.spac.org/>

Keep in mind that the Adirondacks are further from Manhattan than the Catskills; allow yourself three or four hours to reach more remote destinations. Check out www.iloveny.com for further information about travel in New York; you can order a free travel guide through this state-sponsored website.

USEFUL WEBSITES

Here is a brief—and by no means comprehensive—list of useful websites with information about transportation, housing, movies, food, movies, etc. Please bear in mind that web addresses are frequently modified and updated, and that the inclusion of a particular business' website is not a formal endorsement of its products or services. For discounts as a Columbia check <http://www.cuarts.com/tickets/>.

APARTMENTS

Craig's List

<http://newyork.craigslist.org/aap/>

New York Times Real Estate Section

<http://nytimes.com/pages/realestate/index.html>

Village Voice Real Estate Section

<http://villagevoice.backpage.com/ApartmentsForRent/classifieds/Results?adLanguage=All&category=4416>

BARS & NIGHTLIFE

CitySearch Restaurant Guide

<http://newyork.citysearch.com/find/section/newyork/restaurants.html>

Let's Go New York Guide to Bars and Nightlife

http://www.letsgo.com/2-usa-travel-guides-new_york_city-d

MurphGuide.com

<http://www.murphguide.com/>

New York Times Bar Search Engine

<http://www.nytimes.com/ref/dining/barssearch.html>

DINING OUT

CitySearch Restaurant Guide

<http://newyork.citysearch.com/find/section/newyork/restaurants.html>

Gotham Menus (take-out and delivery)

<http://www.gothammenus.com/>

Quick Guide to the Best Inexpensive Restaurants

<http://www.nytimes.com/ref/travel/REST-CHEAP.html>

Zagat Survey of NYC Restaurants

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

LIBRARIES

Columbia University Libraries

<http://www.columbia.edu/cu/lweb/>

New York Public Library

<http://www.nypl.org/>

Hispanic Society of America

<http://www.hispanicsociety.org/>

Shomburg Center for Research in Black Culture

<http://www.nypl.org/research/sc/sc.html>

MAPS

Bike Map of NYC

<http://www.nycbikemaps.com/>

Bus Map of Manhattan

<http://www.mta.nyc.ny.us/nyct/maps/manbus.pdf>

Central Park Map (interactive)

http://www.centralpark2000.com/products/map/map_home.html

Columbia University Map (interactive)

<http://www.columbia.edu/cu/aboutcolumbia/maps/>

Morningside Heights Map

<http://www.morningside-heights.net/map1.htm>

Subway Map of NYC (interactive)

<http://www.mta.nyc.ny.us/nyct/maps/submap.htm>

Metropolitan Transit Authority

<http://www.mta.info>

MORNINGSIDE HEIGHTS

Information for Columbia Neighbors

<http://neighbors.columbia.edu/>

MOVIES

<http://www.cuarts.com/tickets/> for discounts

Angelika Film Center & Café (independent films)

<http://www.angelikafilmcenter.com/>

Film Forum (foreign films, classics, documentaries)

<http://www.filmforum.org/>

Film Society of Lincoln Center

<http://www.filmlinc.com/>

MUSEUMS- SOME ARE FREE W/ CUID

<http://www.cuarts.com/freemuseums/index.html>

Columbia School of the Arts on campus in Dodge Hall

<http://wwwapp.cc.columbia.edu/art/app/arts/index.jsp>

Columbia Wallach Art Gallery on campus in
Schermerhorn Hall
<http://www.columbia.edu/cu/wallach/htm/about.html>

Alliance for Arts and Culture
<http://www.allianceforarts.org>

American Museum of Natural History
<http://www.amnh.org/>

Asia Society
<http://www.asiasociety.org/>

Bronx Zoo
<http://www.bronxzoo.com/>

Brooklyn Museum
<http://www.brooklynmuseum.org/>

Central Park Zoo
<http://wcs.org/home/zoos/centralpark/>

Frick Museum
<http://www.frick.org/>

Grant's Tomb
<http://www.nps.gov/gegr/>

Guggenheim Museum
http://www.guggenheim.org/new_york_index.shtml

Intrepid Sea Space Air Museum
<http://www.intrepidmuseum.com/>

Jewish Museum
<http://www.thejewishmuseum.org/site/pages/index.php>

Let's Go New York Museum Directory
http://www.letsgo.com/10903-usa-travel-guides-new_york_city-museums_and_galleries-c

Metropolitan Museum of Art/The Cloisters
<http://www.metmuseum.org/>

Morris Jumel Mansion
<http://www.morrisjumel.org/>

Museo del Barrio
<http://www.elmuseo.org/>

Museum of Modern Art (MoMA)
<http://www.moma.org/>

Museum of Television and Radio
<http://mtr.org/>

New York Botanical Gardens
<http://www.nybg.org/>

Studio Museum of Harlem
<http://www.studiomuseum.org/>

Tenement Museum
<http://www.tenement.org/>

PERFORMING ARTS

<http://www.cuarts.com/tickets/> for discounts

Columbia Miller Theatre
<http://www.millertheater.com/>

Columbia School of the Arts
<http://wwwapp.cc.columbia.edu/art/app/arts/index.jsp>

Apollo Theater
<http://www.apollotheater.org>

Carnegie Hall
<http://www.carnegiehall.org/intro.jsp>

Carnegie Hall Weill Hall – Festival Chamber Music
<http://www.festivalchamber.org> 212 678 6970.

Lincoln Center for the Performing Arts
<http://www.lincolncenter.org>

Minton's Playhouse
206 W. 118th Street, 212-864-8346

New York Times Theater Directory
<http://www.nytbroadway.com/>

Symphony Space
<http://www.symphonyspace.org/>

TKTS (Discount tickets for musicals and theater)
<http://www.tdf.org>

THE SPORTING LIFE

Madison Square Garden
<http://www.thegarden.com>

New York Giants
<http://www.giants.com/>

New York Jets
<http://www.newyorkjets.com/>

New York Knicks
<http://www.nba.com/knicks/>

New York Mets
<http://newyork.mets.mlb.com>

New York Rangers

<http://www.rangers.nhl.com>

New York Road Runners Club (Organizer of NYC
Marathon)

<http://www.nyrr.org>

New York Yankees

<http://newyork.yankees.mlb.com>