

Welcome Welcome

Gainesville is a really great place to live. It is not far from the Northern border of Florida and a little more than an hour's drive from either coast. Gainesville is known for its pleasant climate year round. Although it is predominantly warm, in the summer months, the temperature drops about 20 degrees in the evenings. In winter, there are short cold spells as the seasons subtly change. In spring, the dogwoods are incredible and the temperature averages about 70.1 degrees F. (ranging from 57.7 in January to 81.1 in August). The average amount of sunshine per day is nearly 7.75 hours and the annual rainfall is 49.97 inches. The coast is far enough away that Gainesville luckily escapes danger from tropical storms.

Historically, Spanish explorers traversed what is now Alachua County as early as 1529. Gainesville and the University had their beginnings in 1853, when the first state college (the East Florida Seminary) was founded in Ocala, and the Alachua County Commission decided to move the county seat. The new city was named for General Edmund Gaines, captor of Aaron Burr and victorious commander in the Second Seminole War. The state college eventually merged with the Florida Agricultural College of Lake City to form the University of Florida, which subsequently moved to Gainesville after one year. The current population of the city is more than 85,000. The economic ties of the University of Florida and the Gainesville community are close with the University being the principal employer.

One of the many pleasures of living in the Gainesville area are the beaches of both coasts, which are quite different and relatively easily accessible. However, it is not necessary to leave Alachua County to enjoy fishing, swimming, sailing, and similar sports, since more than one in twenty square miles is covered in water. Many springs are within a short distance of Gainesville. These springs and the lakes and rivers they feed have exceptionally clear, soothing cool waters, and for the most part a white sandy floor. Silver Springs at Ocala, about 40 miles south of Gainesville has developed into a tourist attraction, with underwater viewing galleries, cruises in glass-bottomed boats, and water shows. Other springs remain virtually undiscovered. Many areas offer camping, swimming, canoeing, and underwater exploration. It is not uncommon for divers to find fossils or Indian artifacts. Tubing can be enjoyed on the spring-fed Ichetucknee River.

There is a 280-acre wildlife sanctuary within Gainesville itself. The Morningside Nature Center has a permanent staff of naturalists and a varied program of activities, from natural history, farm, and folklore courses to nature walks, craft workshops, and special events such as an old-fashioned Fourth of July.

The 57 acre Bivens Arm Nature Park is also within the city limits. This preserve, along with the Morningside Nature Center, is managed by the Gainesville Department of

Cultural and Nature Operations. Headquarters of this city department is the Thomas Center, a building of considerable interest to architects and historians; in its pattern of growth it has been described as a microcosm of Gainesville itself. A lively calendar of cultural events keeps the Thomas Center and its gardens busy year round.

Gainesville has several drama groups. The Acrosstown Repertory Theatre performs in the historic Baird Center, and the Constans Theatre on the UF campus is the home of the University's Florida Players. The Gainesville Community Playhouse is headquarters for Community Theater in Gainesville, and the Hippodrome, with a fine professional company, is one of Florida's three state theaters. The new 1800 seat University of Florida Center for the Performing Arts, on the western edge of the campus, is the area's major concert and theater space for touring and local talent.

The Samuel P. Harn Museum of Art, adjacent to the Center for the Performing Arts, is a stunning new regional art center. Art galleries in Gainesville also include three in the Thomas Center, the University Gallery, and several other galleries and exhibition areas on campus. Santa Fe Community College has a Gallery of Art and sponsors the Spring Arts Festival in downtown Gainesville, one of the best of its kind in the Southeast. There are also several commercial galleries and the Artisans' Guild, a nonprofit cooperative for local artists and crafts persons.

There is plenty of opportunity for doing as well as looking in Gainesville. The county and the community college cooperate in offering noncredit courses, held in locations all over the city, many of them in the evening. There are a number of public golf courses and tennis and racquetball courts in Gainesville, as well as those on the UF campus. The city is well supplied with restaurants and movie theaters. The University provides Gainesville with major collegiate spectator sports, and the Gaternational drag races held each spring draw large crowds.

Gainesville is the home of the Florida Museum of Natural History, a good starting place for those who want to know more about Alachua County and to explore beyond as well as within it. It is located on the University campus. The Matheson Historical Center serves as the Alachua county museum and archives. Paynes Prairie State Preserve, Devil's Millhopper State Geological Site, and San Felasco Hammock State Preserve afford opportunities to get close to nature without leaving the boundaries of the county.

Within a radius of about 100 miles of Gainesville there are places of interest of all kinds. Beginning with the Okefenokee Swamp (north of Gainesville) and going clockwise, one may visit Jacksonville (with its big-city amenities and beaches), St. Augustine (the oldest city in the United States, established by the Spanish in 1565), Marineland, the Kennedy Space Center, Disney World and EPCOT, and Cedar Key, the picturesque fishing village to which Gainesville owes its existence. At Cross Creek, close to Gainesville, the home of author Marjorie Kinnan Rawlings is preserved as a museum.

Because of its hospitals and the University, Gainesville is the state's main center for medical research and treatment.

There are four hospitals in the area: Shands Teaching Hospital, the Veterans Administration Hospital, Alachua General Hospital, and North Florida Regional Medical Center. There are also over 450 physicians and surgeons and 100 dentists in private practice.

There are about 100 churches in Gainesville and 15 student chapels and religious centers near campus.

The largest educational institutions in Gainesville are the University, with an enrollment of over 35,000, and Santa Fe Community College, with four campuses and an enrollment of more than 12,000. The Alachua County School Board is responsible for 23 elementary, 6 middle, and 6 high schools. There are also more than a dozen private schools and the P. K. Yonge Laboratory School (K-12), which operated in association with the University's College of Education.

Travel to and from Gainesville is relatively easy. The main highways are Interstate 75, U.S. 441, and U.S. 301. The Gainesville Regional Airport is served by five airlines - Delta, USAir, USAir Express, Comair, and Atlantic Southeast. There is an Amtrack rail depot close by in the city of Waldo. Intercity bus service is also provided by Greyhound. Within the city, a 10-route, half-hourly bus service operates on weekdays, with hourly service on Saturdays. These services are free to UF students.

Travel within Gainesville is also relatively easy. Gainesville is conveniently divided into 4 quadrants (NW, SW, NE, SE) by University Avenue which runs east and west and by Main Street which runs north and south. Also Avenues, Courts, Lanes, Places, and Roads run east and west. Streets, Drives, Terraces, and Ways run north and South.

Adapted From the following website:
<http://www.cise.ufl.edu/~ddd/grad/gainesville.html>

Discoveries are often made by not following instructions, by going off the main road, by trying the untried.

--Frank Tyger

Wisdom Wisdom

I was going to simply include this in the appendix; however, I feel that this is probably the most important and useful piece of information in this whole manual so I am putting it front and center. I hope that you will use these words of wisdom (courtesy of Dr. Rich Condit) to guide you during your education at UF.

Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible.
--Doug Larson

Hints and comments:

1) The only truth is data. This goes for the literature, your colleague's work, and your work. Assume everybody is a jerk, including you. (Everyone knows the Boss is a jerk.) Don't believe what anyone tells you -- ask to see the data. This is not an insult -- it's the way good science is done.

2) Each new procedure you set up is like a miniature version of the main theme outlined above. For example, you may want to analyze your gene product by western blot analysis, when you may never have done a western blot. Although there may be protocols for the procedure in use in the lab, you should assemble all the protocols from procedure books, your colleagues (ask to see the data!), and from the literature. Compare all the protocols in an organized fashion. Be sure you understand the purpose of all of the reagents and steps in the procedure. Try in particular to understand the critical parameters. These are places where preliminary controls and titrations will help you get a grasp of the procedure. It is not sufficient just to follow a protocol without understanding in detail the design of the protocol.

3) Learn how all the equipment works. It is not sufficient just to follow a procedure for operating a piece of equipment. Furthermore, you will find that if you understand how a piece of equipment works, it will be much easier to remember how to run it, and you will be able to use it much more effectively. The notion of a mechanically disinclined scientist is a non sequitur.

4) Learn to recognize when you should be able to interpret an experiment and when you should not. For example, a restriction digest of a sequenced clone should be completely interpretable. If it is not, something is wrong. Don't proceed with it until you understand it completely or you'll be sorry. On the other hand, if the molecular weight of the band you see on your (well controlled) western blot

does not fit with the predicted molecular weight of your gene product based on the open reading frame analysis that could be interesting.

5) Keep the facts separate from the superstition, rumor, hearsay, and (most dangerous of all) models. If you're stuck on a problem, ask yourself, "What are the facts?" (This really is just another way of saying that the only truth is data.)

Human beings, who are almost unique in having the ability to learn from the experience of others, are also remarkable for their apparent disinclination to do so.

—Douglas Adams

6) Seek criticism from your colleagues on a daily basis. Have them check your protocols. Have them help you interpret your data. Talk theory with them. Don't accept or deal out wimpy advice or criticism. Remember, the only truth is data, you are a jerk, your friends are jerks, none of us know what is going on, and ego has no place in a good laboratory.

Added by Rena—Sometimes you must trust your own judgment on matters. Seek criticism; however, do not adopt this information as LAW. You must learn that sometimes people are wrong, even though they are more experienced and may even be your boss. Go with your gut if you have an overwhelming feeling that you are right. What I tell others in doubt is "Do The Experiment". There should be a way to test your hypothesis to see if you are correct. Do parallel experiments using your ideas and compare results with your current suggested protocol. Don't just assume that the way someone else does things is the best way just because they have been doing it longer than you. Technically, **you** are supposed to be the expert on your data. Your committee will not accept the excuse that someone gave you bad information. You are ultimately responsible for your data.

If a million people believe a foolish thing, it is still a foolish thing.

—Anatole France

7) You are solely responsible for your work. If a senior colleague helps you interpret your results and says it's OK to move on to the next step, they might be wrong. The mistake becomes your responsibility for following bad advice.

8) Senior lab members have a responsibility to instruct junior lab members. The instruction must be correct. Learn to say, "I don't know". Most important learn to distinguish what you DO know and what you DON'T know.

Getting things done is not always what is most important. There is value in allowing others to learn, even if the task is not accomplished as quickly, efficiently or effectively.

—R.D. Clyde

9) Technical staff should be able to do steps 5 and 7 at a minimum. If they can do 6 and 8, they'll get paid more, and they'll probably be around longer (assuming they can stand it).

10) You can often save a whole day by spending an extra 10 minutes today to start an overnight or something, or by coming in for ten minutes on Sunday.

11) Although it may be necessary to run a lot of gels to obtain your goal, you will not necessarily obtain your goal just by running a lot of gels. A poorly planned experiment is a complete waste of time and money.

12) Time is money. In fact it is our most expensive reagent.

13) Take time off on a regular basis. Take a vacation.

14) Be considerate of your colleagues (even if they are jerks), and mindful of the general laboratory environment. For example, order something before you run out, get the broken machine fixed, clean up after yourself. We are all housemates in a complicated house.

15) Take the Boss to lunch once a year.

16) Profanity and ethnic slurs are strictly forbidden.

17) Be prepared to repeat steps 1 through 4 several times before proceeding to step 5.

18) Don't hesitate to call an expert for reagents or advice even if you don't know them. The phone can save a lot of time.

19) Learn to keep a detailed, neat, and well-organized notebook. Title and date (including the year) all your experiments for easy reference. Include a purpose, materials, procedure, results, interpretation, and conclusions with each experiment. Review your notes periodically and even make a table of contents as you review. Your experiments are worthless if they are not recorded properly. The experiments that don't work can be just as important as the experiments that do work, so don't wimp out and give up on taking notes on an experiment that is going wrong.

20) A good carpenter never blames his tools.

21) Remember Freddybird.

R. Condit, June 14, 1988, updated and revised periodically

America is not anything if it consists of each of us. It is something only if it consists of all of us.

—Woodrow Wilson

First Things First First Things First

According to the student handbook, the following are things that should be accomplished prior to the start of classes. It is likely that the IDP office will contact you regarding these issues:

2-3 months prior to starting IDP program

- Make housing arrangements in Gainesville area
- Address changes
- Arrival
- Check in with Master's Program office
- Check in with International Center (International students only)

In this section, we have tried to provide information on the above activities in order to make your move successful.

Housing

To Rent or not to Rent, That is the Question!

Gainesville is a relatively inexpensive place to live. As a graduate student, you may want to avoid the areas occupied predominantly by undergraduates unless you can handle the distraction. Unfortunately, these areas happen to be closest to campus and thus to the Health Science Center. However, as you will read later, you are eligible for a parking decal which is required if you wish to drive to campus. This means that you are really caught between a rock and a hard place with housing decisions. We will try to give you some concrete reliable information from those of us who have been through the housing debacle.

Where thou art, that is home. — Emily Dickinson

BUYING

Gainesville covers an area of about 45.52 square miles with a population of nearly 94,000 with the student population (191,000 Countywide). Gainesville has a 6% retail sales tax (food and medicine exempt) and no state personal income tax. There is also a Homestead Exemption - \$25,000. With the median cost of housing in Gainesville being only \$85,000 (3 bedroom/2 bath home), you may want to consider buying a condo, house or townhome if you are going to be in Gainesville for the duration of your graduate career. Many current students have done so and are finding that they can make a tidy profit or at least come out even upon sale of these properties. For example, a student that bought a townhouse before the start of their first year in the

IDP is now ready to sell and has paid about \$16,000.00 in payments over 4 years of ownership. The monthly mortgage on this 2 bedroom, 2 bath, 1 office townhome (about 1100 sq. ft.) with sizeable backyard and facilities (2 pools, tennis court, and sand volleyball courts) at Rockwood Villas was less than paying rent on an apartment. The expected sell price was much higher than the buy price (which will make up for the closing costs and small property taxes paid along with other owner-related expenses) and the student saved the money that would have been spent on rent over 4 years while giving their parents had a good tax write-off. In addition, some students have purchased townhomes or condos and then found roommates that pay all or most of their mortgage payment! Therefore, if you have the means to get a loan—you might want to do so (ask your parents for a graduation gift of a down payment which can be done by getting a home equity loan on their existing home and it will help their tax status as well). Theoretically, you could live in Gainesville essentially for free during your graduate career.

A comfortable house is a great source of happiness. It ranks immediately after health and a good conscience.

— Sydney Smith ~

RENTING

While this is a great idea to buy if you are able, the majority of graduate students live in rental communities. There is a Landlord License look up website link on the chamber of commerce page that will allow you to make sure that the person you are renting from has been approved and has a license to rent. Here is the link:

http://www.state.fl.us/gvl/cgi-bin/lis_search.cgi

It is recommended that you check this out before renting a house or other residence.

Other Options: Campus Housing: Family/ Graduate Village Communities

In addition to off-campus housing, the University of Florida offers Campus Housing options primarily for Graduate Students with spouses or children, however limited units are available for single graduate students without dependents. To be eligible to live in Village Communities, you must: qualify as a full-time student as defined by your college during the term housing is required. You can find more info at: <http://www.housing.ufl.edu/housing>

Contact information:

Family/Graduate- Village Communities Office,
University Housing Office,
University of Florida
PO Box 112100
Gainesville, FL 32611-2100.

Banking Services

Free Banking Services

The best banking option for graduate students is probably Campus Credit Union. A five-dollar deposit into savings allows you free access to a joint checking/savings account. ATM machines are spaced across town and campus. In addition, there is a branch of Campus CU on the ground floor of Shands hospital, which is very convenient despite the fact that direct deposit has made bank visits scarce. There is no charge for using the ATM located on the ground floor near the post office in Shands. Call 335-9090 for more info or visit the Credit Union at Shands to set up an account. There are other branches located at the Reitz Union on the main campus, as well as at 1900 SW 34th St, 1200 SW 5th Ave, 5725 SW 75th St, 5200 NW 43rd St, and 2511 NW 41st St in Gainesville.

The best thing about the credit union is the online banking services. The Campus CU website allows you to view all aspects of your account and print statements for free. You can also transfer funds between loan, savings, and checking accounts on line. In addition, you can get a check cashing Visa card, as well as a regular debit card. Another great service is the overdraft protection offered by CCU. I would recommend that you apply for this service since often our financial aid is not dispersed until about a month after the start of each semester. With fees and health insurance costs, you sometimes need a few extra dollars and the overdraft protection will cover any overdrafts by granting you a short-term loan for a small fee (much smaller than a bounced check fee and you won't starve waiting for financial aid).

Visit www.campuscu.com for more information.

If you would rather pay for banking service, I am sure that any of the local banks would gladly take your money. The only information I can offer is that we also have a SunTrust ATM in the front lobby of Shands Hospital near the cafeteria.

There is nothing more demoralizing than a small but adequate income.
—Edmund Wilson

Establishing Utility Services

Gainesville Regional Utilities or GRU is the name of the public agency that handles electricity, gas, water, and trash pick-up utility services for the city. You should go to the Gainesville Regional Utilities office located at 301 S.E. 4th Avenue (334-3434), during normal working hours (8am-5pm M-F), and complete an application for services or visit www.gru.com for an online application or more info. A picture I.D. is required. Deposit requirements are based on your positive credit rating. There is no security deposit for refuse pick-up. GRU will charge service charges for connecting water and electricity. This charge is \$15, and \$20 if service is begun that day. GRU will bill the customer

monthly. For gas service, customers pay a \$30 deposit and \$20 service charge to begin service. You must complete an application and make an appointment for service to be started.

The BellSouth Telephone Company attempts to provide local and long-distance telephone service in Gainesville. Examples of other long distance phone service companies are MCI and Sprint. In order to receive telephone service, you must contact, Southern Bell office, (780-2355). Customers are billed monthly for local and long distance service. If you expect to make many long distance calls, you should also consider service with other long distance companies, such as: U.S. Sprint (1-800-366-4700); MCI (1-800-TALK-MCI); and AT&T (1-800-222-0300).

Installation charges are typically 40-50 bucks and you should expect to be on hold for 10 minutes or more so pull up a chair and get comfy if you plan to do this by phone.

Cox Cable If you get tired of watching the ant races, Cox Cable Co. located at 6020 NW 43 street (377-2123) can install cable so that you can actually watch some quality television. Gainesville has three local television stations (Channel 20, Channel 51, and Channel 5) and you can attempt to watch without cable services. In order to establish service, the customer must call to make an appointment to discuss when you wish to begin service. Cox Cable bills customers monthly. If you don't get cable, you can always go to The Shamrock on Sunday evenings and watch the Simpsons, King of the Hill and the X-Files on the big screen with free beer and many tasty treats to choose from in the kitchen.

Cox Digital Cable. If you are totally crazy and want to get absolutely no work done, you may purchase digital cable from Cox provided you live in the right place. The cost ranges from 50-80 bucks depending upon what channels you subscribe to. For the 80 bucks you get every movie channel imaginable including about 6 HBO's, 6 Cinemax's, 6 Encore's, 6 Starz's, etc. You also get about 10 pay-per-view channels as well. There are literally hundreds of channels included in the package and the best part is the TV guide that comes with the cable. You can scroll through the Guide to any day you wish and set reminders or VCR recording times. You can also search the guide and see when all of your favorites are showing. You can also get smaller packages for less money. The upgrade required to allow all of Gainesville to receive digital cable is under way. To see if your home or residence has been upgraded, call: 1-888-COX-WOW E! (1-888-269-9693) Or visit the following website for an update on the progress of the upgrade and a map of these areas:

<http://www.cox.com/GainesvilleOcala/Digitalcable/>

Fast Internet Service is provided on the cable front, Gainesville residents can access Cox Express <http://www.cox.com/GainesvilleOcala/HighSpeedInternet/> Cox Express is delivered via cable modems supplied by Cox Cable, and at present is only available for area GatorLink

members who are also Cox Cable subscribers, however after July 1 it will be available without the gatorlink account in certain areas. All GatorLink subscribers have access to Cox Express. The maximum amount of monthly service costs \$64.95 a month with 4.0mb download access. Other access plans are available as low as \$39.95 a month with 4000kb download speed. Upload speeds are no higher than standard 56k modems, except in limited service areas where two-way service is already available. Cox Express also requires computers to be equipped with a standard network adapter, included in the price of installation if necessary. Computers need to be running Windows 95/98/NT 4.0 or Mac OS 7.6 or higher. Windows systems need at least a Pentium 166 with 32mb of RAM. Mac systems require a 603 Power PC and 32mb of RAM. Cox is working to expand its service to all local customers over the next 10 months, as part of the overall system rebuild now underway. Cox also plans to make the entire system fully

"To cover my nervousness, I started eating an apple because I think if they hear you chewing on the other end of the phone, it make you sound casual." "Yeah, like a farm boy." - George and Jerry Seinfeld, in "The

"two-way"; allowing both high-speed downloads and uploads. Cox hopes to have two-way service available to 90 percent of its subscribers in July 2001 when it becomes its own ISP, replacing GatorLink. Cox also plans to offer service to 100 percent of its customers by September, 2001. Cox is also allowing customers with any standard cable modem to use those modems with Cox Express. It is also expected that Cox will offer full-time access and a revised rate schedule in July when it offers its new service. All you need is a cable modem (can rent from Cox for 15 bucks a month or buy for \$59.95). Installation is \$29.95 and monthly service is about 25-50 bucks depending. Visit <http://www.cox.com/gainesvilleocala/> for more info.

Seeing a murder on television can help work off one's antagonisms. And if you haven't any antagonisms, the commercials will give you some -- Alfred Hitchcock,

Satellite customers have access to DirecPC www.direcpc.com. Available almost anywhere where a DirecTV satellite signal can be received, this service improves download speeds to around 400k per second. There is no increase in upload speeds, which are delivered through a conventional ISP. The current package offers 100 hours of service for \$34.99 a month for residential customers, not including a standard ISP. Add \$15 if needed, or get a free ISP. The service is available through Circuit City and satellite and computer retailers, including Dog Bytes Computers www.dog-bytes.com in Gainesville. DirecPC may be the only option available for many customers not tied to either the Cox Cable system or a DSL-available phone service area.

One other player has also been added to the local high-speed access scene. Atlantic.Net www.atlantic.net has also recently begun offering residential ADSL access in selected

*..And since the stench of death will always attract flies and vermin, the arrival of Geraldo was perhaps inevitable.
--- Garry Trudeau/onomisms.*

Gainesville areas at a cost of \$49.95 per month through both the Bell South backbone as well as a slower New Edge network where Bell South is not available. Atlantic is offering a free self-installation kit (with modem) and connection to new customers through Dec. 31.

Bell South DSL If you live in any of the following areas, you may now qualify for our residential ADSL, even if you previously did not. These areas are (or will be soon) covered by expansion of service for ADSL.

If you are not on this list check with the following providers to see if or when service is available www.bellsouth.com and <http://www.telocity.com/>.

- | | |
|-------------------------------|-----------------------|
| SWEET WATER PINES APTS | SUNDOWNE APTS |
| PALMETTO WALK APTS | MARACAIBO APTS |
| NORTHWOOD OAKS | ALAMAR GARDENS |
| PINE GLADE | VENTURA APTS |
| PEPPER HILL | PINE RUSH APTS |
| COLONIAL VILLAGE APTS | SOUTHERN PINES APTS |
| WOODLAWN TERRACE | WOODCREST APTS |
| STONERIDGE APTS | TURTLE OAKS APTS |
| GREENWICH GREEN APTS | MILL RUN APTS |
| SUMMER PLACE APTS | THE WOODS APTS |
| HOMESTEAD APTS | FENWOOD APTS |
| OAK GLADE APTS | SOUTHWEST VILLAS APTS |
| SERENOLA MANOR | MODERN AGE APTS |
| NAPIER OAKS | MELROSE APTS |
| SOUTHWOOD APTS | SPYGLASS APTS |
| SOUTHWEST INDUSTRIAL PARK | ROCKWOOD VILLAS |
| WINDMEADOWS APTS | UNION SQUARE |
| BELLAMY FORGE APTS | MONTCLAIR |
| PINEWOOD II | BLUES CREEK |
| SPRING FOREST | LAKWOOD VILLAS |
| ASHTON | CYPRESS POINTE |
| WINDMEADOW | HAILE PLANTATION |
| MHP KIMBERLY WOODS | KENWOOD |
| BENWOOD ESTATES | TOWER VILLAGE |
| HUNTERS CROSSING | GREENLEAF |
| DEER RUN | NORTHWOOD |
| KENSINGTON PARK | SUTTERS LANDING |
| RUSTLEWOOD | ROSEMONT |
| WHISPERWOOD APTS | THORNEBROOK WEST |
| PEBBLE CREEK VILLAS NORTHWOOD | WINDMEADOWS MHP |
| SWEET WATER PINES APTS | SUNDOWNE APTS |
| PALMETTO WALK APTS | MARACAIBO APTS |
| NORTHWOOD OAKS | ALAMAR GARDENS |
| PINE GLADE | VENTURA APTS |
| PEPPER HILL | PINE RUSH APTS |
| COLONIAL VILLAGE APTS | SOUTHERN PINES APTS |
| WOODLAWN TERRACE | WOODCREST APTS |
| STONERIDGE APTS | TURTLE OAKS APTS |
| GREENWICH GREEN APTS | MILL RUN APTS |
| SUMMER PLACE APTS | THE WOODS APTS |
| HOMESTEAD APTS | FENWOOD APTS |
| OAK GLADE APTS | SOUTHWEST VILLAS APTS |
| SERENOLA MANOR | MODERN AGE APTS |
| NAPIER OAKS | MELROSE APTS |
| SOUTHWOOD APTS | SPYGLASS APTS |
| SOUTHWEST INDUSTRIAL PARK | ROCKWOOD VIL |
| WINDMEADOWS APTS | UNION SQUARE |
| BELLAMY FORGE APTS | MONTCLAIR |
| PINEWOOD II | BLUES CREEK |
| SPRING FOREST | ASHTON |

Cellular Phone Service in Gainesville is not the best in the world. Gainesville has resisted the erection of more and higher towers in order to preserve the natural beauty of our town, however, the result of these actions are bad cellular

phone reception. However, the area around campus receives calls pretty well for Sprint PCS, in my experience. I can get reception in most of Shands except the front lobby of the hospital near the cafeteria.

The following is a list of companies that attempt to supply

*The telephone company is urging people to *please* not use the telephone unless it is absolutely necessary in order to keep the lines open for emergency personnel. We'll be right back after this break to give away a pair of Phil Collins tickets to caller number 95.*

-- Los Angeles disc jockey, right after the February 1990 earthquake

service to this area. SPRINT PCS is the service I currently have and I have had pretty good luck. You can go on the website and pick out a phone and such. They will ship your phone to you and VOILA you are set (if you sign a contract, of course). The website is: <http://www.sprintpcs.com/> or call 1-800-480-4PCS.

Other Cellular providers include:

--Alltel Wireless at ALLTEL COMMUNICATIONS at 4138 NW 16TH BLVD, or 3626 SW Archer Rd, Gainesville, FL 32605. Phone: (501) 905-7930

--UNITED STATES CELLULAR. at 5200 NW 43RD ST SUITE 103 or 3916 SW Archer Rd or 6110 NW 4th Place, GAINESVILLE, FL 32653. Phone: (352) 371-2355.

--I think that Nextel also has service here as well. You have to call 1-800-NEXTEL9.

--Also a new addition is Cingular Wireless, which would be my choice purely due to their great TV commercials. You can call them at 1-800-351-2400 or visit 3634 SW Archer Road, Gainesville.

--My fellow students have informed me also that there is a Pre-Paid Cellular Phone company that will allow cheap cellular phone service where you pre-pay for a certain amount of minutes up front and don't have a monthly fee. This is a great option for those wanting a cell phone for emergency use only. Call 375-SAVE (7283) for more information.

Pest Control Florida residents often find insects troublesome. Cockroaches, ants, and fleas are common pests in Gainesville. And there's the mosquitoes, oh my goodness, the mosquitoes. Several companies in the area will spray monthly to exterminate these insects. Tenants should ask whether the landlord provides pest control, or whether they need to arrange for this service themselves. The companies that offer this service may be found in the "Yellow Pages" of the telephone book. (NOTE: All prices quoted for utility and other deposits, and other requirements are subject to change. You should call each company to verify the information provided in this handbook.)

Most people are willing to pay more to be amused than to be educated.

~ Robert C. Savage ~

Tuition and Fees

Tuition and fees will be automatically taken out of any financial aid you are getting. If you are lucky enough to not have to rely on financial aid, then you must pay these on time or you will pay a \$100 late fee. Payments can be given to the secretary in a sealed envelope and she will see that it gets to the Financial Office (at least that is how it works in my department now that they have taken away our drop box). Hopefully they will put another drop box in the Health Science Center soon so that this will not be necessary. You should receive reminders via e-mail for the due dates for Fees and Registration and such. They will keep you relatively informed, however, ultimately the responsibility is your own. You will also receive a mailer from the University of Florida, however; at that point you are going to be charged the late fee.

Required Immunizations

You will be required to comply with University of Florida Rules regarding Immunizations before classes. Please get this done ahead of time so that no problems arise later. The form should have been mailed to you, however, a copy is available on the website FYI: Here are the University of Florida Guidelines:

Health Requirements Prior to Registration: When a student's application to the University of Florida is accepted, a "Mandatory Immunization and Health History Form" is sent to the student for completion. Prior to registration for classes, each student must submit proof of two Measles and one Rubella (German Measles) immunizations to the Student Health Care Center (SHCC) on the University of Florida campus. The Screening Health History section of the form must be completed as well. These requirements are mandatory Board of Regents Policy for all state of Florida universities and enforce Florida Administrative Code 6C-6.001(4). No student will be permitted to register for classes until this information is received by the SHCC.

International students are required to have screening for tuberculosis and purchase health insurance prior to registration for classes. You will be sent a packet of information, which explains these requirements. Call (352) 392-5323 or e-mail mfraser@ufic.ufl.edu for special questions not covered in that material. Those entering the health related professions may be required to have additional immunizations and will need to check with their respective colleges on those requirements prior to registration for classes. Should more information be necessary, please call (352) 392-1161, then enter a "3" to go directly to the Immunization Clinic of the Infirmary.

Establishing Florida Residency

Establishing residency in the state of Florida must be done as soon as possible upon arrival, since in-state tuition and fees are much cheaper than out-of-state fees. The first year you are here at the University of Florida, your tuition and fees are about \$12,730 and the following years are about \$3,640 for residents provided that you apply for residency status as soon as you arrive in Florida. You must be a resident for a full year before you are eligible for in-state tuition in your second year of study. The fees you are personally responsible for are \$370 per semester for the first year and \$220 per semester for additional years as an in-state student. Therefore, it is to your advantage to apply for residency ASAP to avoid paying more in fees.

Getting Florida Car Tags and Driver's Licenses

Getting your license and car tag may seem like a trivial matter, however, the State of Florida has once again outdone itself and created a whole new way of doing things. Apparently, you have to go to two separate places to accomplish these two related tasks. Here is their rules about the order in which to do these things, which is VERY important:

New Florida Residents:

1. Take some Zoloft or your favorite anti-depressant and complete the following tasks.
2. Obtain your Florida driver license
3. Then obtain automobile insurance from a company licensed to do business in Florida
4. Finally, title and register your vehicle (obtain license plate)

Contact info: Department of Highway Safety & Motor Vehicles can be reached at 1-850-922-9000

Offices in Alachua County

Drivers License Offices

(Drivers licenses, driving tests and ID Cards)

5830 NW 34th Street
Ext. 32653-1779
Phone 352-955-2111
Tues-Fri 7am-6pm

Motor Vehicle Services (County Tax Collector)

(Registration, tag and title services for cars, trucks, trailers & vessels)

3207 SW 35th Blvd (Butler Plaza)
Phone: 352-374-5236

12 S.E. 1st St.
Phone: 352-374-5266

5801 NW 34th St Extension
Phone: 352-374-5266

Tax Collector: The Honorable Mr. Von Fraser
5801 NW 34th Street, Gainesville, Florida 32653 phone 374-5266

Clerk of the Court Office

(Paying Traffic Tickets or Court Information)
201 E University Ave
Phone: 374-3609

Voter Registration

Given the events of late regarding elections in the state of Florida, I felt that I should do my part to ensure that we are not embarrassed in upcoming Presidential or local elections. This may also seem trivial, however, we wanted to include it in an effort to remind you that you should vote and here is how you register:

(The following information is provided courtesy of Beverly Hill, County Supervisor of elections -on their website.)

Those who are too smart to engage in politics are punished by being governed by those who are dumber. —Plato

ALACHUA COUNTY SUPERVISOR OF ELECTIONS

Hours: 8:30 a.m. to 5:00 p.m.

County Administration

Building 12

Southeast 1st Street

1st Floor

Gainesville, Florida 32601

Phone: (352) 374-5252

Website = <http://www.alachuacounty.us/government/egov/>

QUESTIONS MOST FREQUENTLY ASKED

Q. Is there any place on campus where I can register to vote?

A. At the University of Florida, students may pick up applications at the Reitz Union in Student Government on the 3rd Floor, at Peabody Hall in Student Services, at Registration in Criser Hall, and at the University Station Post Office near campus. At Sante Fe Community College Main Campus, students may pick up applications at Student Activities and in Registration at the Downtown Campus.

Q. Where should I register? (What address should I use to register?)

A. You may register to vote in whatever county you deem to be your legal address. Some students register to vote "back home" and others register in the county where they attend school. It is up to you which county you want to be your legal address.

Q. What if I fill out the voter registration application and put my parents' address as the address where I live?

A. The application will be sent to that county for processing and you will be a registered voter in that county.

Q. What should I use for a mailing address if I register "back home"?

A. Put the address where you want to receive your mail. Elections offices mail voter ID cards, notices of change of polling place, sample ballots, and so forth. If you want to receive those at your local address, use that for your mailing address. Otherwise, everything will be sent to the address at which you are registered.

Q. If I use my local address as my legal address, should I use my parent's address as my mailing address?

A. Probably not, unless you want your voter mail to go to your parent's address. If you want to vote in Alachua County (Gainesville), you will probably want your voter mail to reach you in Alachua County.

Q. What if I register at my local, current address and then move?

A. If you move within Alachua County, call or write to us to update your address. We will mail you a new voter ID card so you will know where to vote on Election Day. If you move out of Alachua County, you will have to

re-register in your new County. Tell them you were registered in Alachua County and the Election Office there will cancel your registration here.

Democracy is a device that ensures we shall be governed no better than we deserve.
—George Bernard Shaw

Q. How do I vote absentee?

A. If you are registered to vote in Alachua County, and you are not going to be able to go to your polling place on Election Day, call us at 374-5252 and we will mail you a ballot. You will need to give us your address, your voter ID number, and the last 4 digits of your social security number. If you are registered to vote in another county, you need to get your ballot from that county. You can write or call that Supervisor of Elections, and they will mail you a ballot. A relative can write or call for you. The relative will need to know your voter ID number, your mailing address, and the last 4 digits of your social security number. Wherever you vote, your voted absentee ballots will have to be returned to the office of the proper Supervisor of Elections before 7 PM on election day in order for it to be counted.

Q. How do I get information about local elections?

A. There are many easy ways for voters to get election information. Local elections offices usually have brochures giving the names of local elected officials, with phone numbers, e-mail addresses, etc. Local newspapers, radio and TV stations and other media usually cover stories about elections. They also carry schedules of meeting dates of local governing bodies (County Commission, City Commission, School Board, Planning Boards, etc.). You can attend these meetings to see what the issues are. Most meetings are carried on local cable TV. There are web sites, such as the Alachua County Supervisor of Elections or the Division of Elections in Tallahassee, which carry election information, election dates, and the campaign financing information of candidates. During election time there are many forums for local candidates, which you can attend to question the candidates yourself. Before the election, the Supervisor of Elections will either publish a sample ballot in the newspaper or mail a sample ballot to each household in which there is a voter. If the sample ballot is mailed, it will be mailed to the address you have in our records as your mailing address. If the sample ballot is published in the newspaper, it will be on the Sunday before the election in the Gainesville Sun, or the High Springs Herald, or the Independent Florida Alligator during the week before the election. If you need further detailed information, you can visit the Alachua County Supervisor of Elections at <http://www.alachuacounty.us/government/egov/>

HOW IMPORTANT IS ONE VOTE?

The most often heard excuse for not voting is "my one vote won't make a difference". If this presidential election year did not convince you otherwise, take a look at the following examples:

- In 1649, one vote caused Charles I of England to be executed.
- In 1776, one vote gave America the English language instead of German.
- In 1845, one vote brought Texas into the Union.
- In 1868, one vote saved President Andrew Johnson from impeachment.
- In 1923, one vote gave Adolph Hitler leadership of the Nazi party.
- In 1948, Harry Truman won Ohio by 7,107 votes, California by 17,865. If ONLY ONE Truman voter in each precinct in those states had not voted, Governor Dewey would have captured 50 more electoral votes and could have been President.
- In 1993, one vote caused the City of Gainesville Hyde Park Annexation Referendum to be defeated.

Don't take life too seriously. You'll never get out alive.
—Bugs Bunny

Fun in the Sun on Florida's Beautiful Beaches

Please take time to visit some of the sites before classes or on the weekend before you become so busy that you don't take the time to have fun. There is so much to do in the surrounding area. Visit the following site for Things to Do in Alachua County and beach activities are described elsewhere in this website:

<http://www.visitgainesville.net/>

If you are so lucky as to get a lengthy vacation and are not spending it visiting your long-lost loved ones that have been asking each other on what planet you now live, you should explore Florida and rent a beachfront condo (about 100 bucks a night or 4-500 per week) and relax. Some of the physicians own condos and put fliers up in the HSC and Shands to rent them to employees and students. In the off-season (May-August), you can rent for almost ½ the price. It is said that the best time is in April, but I find the beaches to be inviting any old time of the year. You can also search the web and find great rentals on private islands for a little more money. Bear in mind you must take a water taxi to get there and bring your own supplies since there are no automobiles or commercial properties allowed, however, most renters provide this service free of charge or have boats you may use on site. Just miles and miles of beach and beautiful houses! Most renters provide a golf cart for exploring the island and cable television in case it rains on you. I recommend searching the web for rental homes on Little Gasparilla Island.

You should make a point of trying every experience once, exceptina incest and folk dancina
—Arnold Bax

Surviving the System

Surviving the System

GatorLink Accounts--E-mail

Every student can get a free GatorLink account(<http://www.gatorlink.ufl.edu/>). A GatorLink account includes an e-mail address, 90 hours of free dialup per month connecting to the Internet and accessing electronic mail, access to CIRCA computer labs, and free space for a web page. You can get additional dialup time if you're willing to pay a per minute charge for the amount you use over 90 hours. A Gatorlink account offers a short username@ufl.edu email address that can route your mail to whatever email service you use. **Currently, graduate students must specifically request dialup quota over 90 hours per month (392-HELP).** Read the handout UF Computer Accounts for more information about campus-wide computer accounts for graduate students on the following site:

<http://www.circa.ufl.edu/handouts/services/services/services.html#toc3>.

Computer accounts for research and other purposes may also be obtained through your college or department. Trust me, you will end up with several e-mail addresses before you leave here.

IMPORTANT: You can dial up long distance to the GatorLink dial-in number, but be aware that normal long distance charges apply to the number you are dialing from. **An 800 number can be used to dial in (1-800-217-4096) but you will be billed \$.10/ min by the University.** This fee is NOT allocated to your free dialup. Every minute you are connected will result in \$.10 being billed directly to you. This is a great way to check e-mail while you are away at meetings or on vacation. The cost is way less than the hotel per minute charge!

WEBLINKS:

[About GatorLink](http://help.gatorlink.ufl.edu/about.html)

(<http://help.gatorlink.ufl.edu/about.html>)

Frequently Asked Questions:

How long do passwords last? Passwords remain active for 180 days after they are created. After that you must renew the password (specify a valid new password) before accessing GatorLink services. An expired password cannot be used to access GatorLink services. Also see information about changing passwords.

Can I make a Webpage? You may now create GatorLink web pages. Your web pages are viewed by going to http://plaza.ufl.edu/your_username. Web pages are placed into your GatorLink web space using Internet file transfer software like WS-FTP or Fetch or other client software that supports the FTP protocol (e.g. Netscape Composer). WS-

FTP (IBM PC) and Fetch (Macintosh) can be obtained on the UF Software CD. You cannot logon to this web space using Telnet software. To create GatorLink web pages, first activate web page service on your GatorLink account. You only need to do these steps once. Go to the GatorLink web page at <http://www.gatorlink.ufl.edu> Choose *Modify* at the top of the page. You will be prompted to login using your GatorLink username and password. Return to the modification menu and choose *Web Page*. You will be given a choice of creating or deleting your GatorLink web space. Click on *Create*. You may be asked to enter you GatorLink username and password. You will see a message that your GatorLink web space has been created. After web space is created for your account, create web pages and transfer them to the space. A web page can be made in a variety of different ways. You can use Netscape Composer, Microsoft FrontPage or other web page editor software. Your web page or pages are stored on your personal computer and transferred to your GatorLink web space for viewing by others. You can get started creating a simple page by referring to tutorials in the software. For an introduction to coding HTML, refer to the CIRCA Handout Getting Started with HTML

(<http://www.circa.ufl.edu/handouts/services/html/html.html>)

To transfer files using FTP you must connect to

plaza.ufl.edu Find the *index.html* file on your computer and send it to **plaza.ufl.edu** Your new web page is located at <http://plaza.ufl.edu/username>

Other useful information

Grove is a cluster of Digital Alpha computers running Digital Unix v3.2D-1 and Unix v4.0 used for general purpose interactive Unix computing. This computer runs Ultrix, Digital's version of Unix and is generally compatible with other Berkeley Unix systems. Grove is operated by the Center for Instructional and Research Computing Activities (CIRCA) at the University of Florida in Gainesville, Florida. It is connected to the Internet and can be used for electronic mail, many network applications (i.e. GNUplot, Matlab, MapleV, SAS, PV-Wave, Minitab and Spice) and creating Web pages. Computer languages available on the Unix computer include C, GNU C, FORTRAN, Pascal, COBOL and Scheme. Other software includes the text editors: emacs, vi and joe. The Internet address (host name) for grove is: grove.ufl.edu This address is part of your electronic mail address on grove and is grove's name when logging in using a telnet network connection. Accounts on grove are available to all UF undergraduate and graduate students. You can open an account online, in CIRCA public labs (CSE 211), or in room E520 CSE. For online instructions, see the CIRCA handout Computer services available from CIRCA or call the UF Computing Help Desk at 392-HELP. CIRCA handouts are available in E520 CSE and on the CIRCA web site at URL: <http://www.circa.ufl.edu>. The CIRCA Unix computer can be used from public terminal labs, from IBM PCs and Apple Macintosh computers in public labs, from other computers

I find that a great part of the information I have was acquired by looking up something and finding something else on the way.
—Franklin P. Adams

on the campus computer network, and from any location using dialup modems. The CIRCA Unix Computers at the University of Florida <http://www.circa.ufl.edu/> Also, if you have a grove account, you may make your own Homepage that will be available to Web users all over the world.

UF Computer and Software Requirement

The following is the **official UF policy** on the student computer requirement and can be found at the following URL <http://www.circa.ufl.edu/computers/>

Access to and on-going use of a computer will be required for all students to complete their degree programs successfully. Effective with the Summer B 1999 term, the University of Florida expects each entering student to acquire computer hardware and software appropriate to his or her degree program. Competency in the basic use of a computer is a requirement for graduation. Class assignments may require use of a computer, academic advising and registration can be done using a computer, and official university correspondence is often sent via e-mail. While the university offers limited access to computers through its computer labs, most students will be expected to purchase or lease a computer that is capable of dial-up or network connection to the Internet, graphical access to the World Wide Web, and productivity functions such as word processing and spreadsheet calculation. Costs of meeting this requirement will be included in financial aid considerations.

Interpretation of the policy: For the Freshman and Sophomore years, these functions can be provided by most currently available standard computers. A student computer configuration should include an office software suite and printer. Appropriate networking and Internet software is available to students at no additional cost from the University. Sample minimum computer configurations, current as of Spring 1999, are provided on the <http://www.circa.ufl.edu/computer.htm>. Individual colleges may have additional requirements or recommendations for lower division, upper division, graduate and professional students.

Our Interpretation of this policy: As of now, the graduate school has not **formally** required us to have computers. As you will find out, a computer **IS** a necessity for graduate students and it would be advised by most current students that you get a desktop computer or laptop as soon as you can afford to do so.

A good way to finance a computer is with a traditional student loan or a Medical Guild Loan which is available to graduate students and the loan is interest free with a gradual repayment plan (10% monthly taken out of your check). You can find out more information about this loan by

talking to Colin Sumners or Wayne McCormack, since there may be some restrictions or rules about acceptable uses of this money. Another means is by the Dell or Apple Student Loans programs. These programs allow you to get a computer for the cost of the interest on a loan. While in school you are only charged monthly interest, but can pay however much you can afford toward the principle. Laptop computers are provided by almost all of the departments for multimedia presentations and most of the labs have several computers available that are shared among the students/technicians in the lab. However, it is becoming more and more important to have access to a computer from home. Whether it is reviewing the literature, working on journal club presentations, committee meeting presentations, crunching data, or chatting on the Graduate Student forum, as a graduate student you will be using a computer more than you ever have before. If you need help setting up a home computer to access the HSC Library databases and e-journals, please find someone to help. Literature searching is a critical part of graduate school and you must be able to do this from your home computer, especially since YOU CAN. It is very easy to set up a proxy (if you chose to pay to have faster Ethernet access) or to set up a gatorlink dial-up and it will save you a lot of hassle having to go to the library and such. In fact, if you buy a laptop, **the library has installed wireless Ethernet** and provides everyone interested with an airport card free of charge or bring your own if you are a techno junkie like myself and already have one. With a laptop that has a PCI slot and DHCP address (ask them how to get this if you don't know), you can surf wireless anywhere within the Communicore building, which is where the library is located and where all of your classes are held!!! This is an incredible opportunity and will save you lots of paper, not to mention give you something to do in your down time from class—besides study. You can search PubMed or Medline from the library without waiting for a station to open up. Not only that, with the availability of online journal articles, you can download rather than XEROX!!!

Public Computer Labs

There are public computer labs available on campus. However, they are not very convenient for students at the Health Science Center. CIRCA, the Center for Instructional and Research Activities, provides microcomputer labs for the academic and individual use of the UF community. These facilities are available to all UF students, faculty and staff. IBM-compatible and Apple Macintosh computers with a variety of software for word processing, spreadsheets, statistics, and graphs are available. Both dot-matrix and laser printers are located in the labs. Some labs have special equipment, such as scanners and wide format printers that will print poster sized objects such as those presented at scientific meetings. Using a touch-tone phone, you can call 392-9321 to hear a recorded message about each lab and their capabilities. One of the times you may want to explore the computer labs up the hill on the main campus is when

you need to print large posters and such. The location of a lab having this capability is in room 118 of the Architecture building on the main campus and the cost is only **3 bucks** for a 4 by 3 foot poster! There are other computer labs available and most have G3 Macs as well as PCs. For more information or map see website: <http://labs.circa.ufl.edu/>.

UF Computing Help Desk

The UF Computing Help Desk is a walk-in and phone-in short answer consulting service. They also provide email support at helpdesk@ufl.edu The help desk is located in room E520D CSE, and is open from 8:00 am to 5:00 pm on Monday through Friday. The phone number is 392-HELP.

Parking Information

Parking Decals

The Basics: Student parking is based upon class standing (freshman, sophomore, etc.) and whether you live on or off campus. Parking areas are color-coded and require the appropriately colored decal in all lots except the All Decal Lots. If you come after 4:30 pm, you may park in any lot, however, you may not park in reserved spaces that specify a tag number. This becomes rather important when you need to come to lab for a short time at night or on weekends. Also the parking garages for visitors and patients are open after 5 pm and on weekends at no charge. Transportation and Parking Services operates pay parking garages for use by patients and visitors to Shands Hospital and the J. Hillis Miller Health Center. **If you own a permit or are registered as a student at the University of Florida, you will be ticketed, booted, or towed (depending on the mood of the parking patrol) if you park in the pay lots.** You would be surprised at how diligent the parking patrols can be. They will search all tags just to see if they are registered to a student (yes, they have access to the DMV records also, so you can't simply lie about your tag number). In fact, they often opt to boot or tow your vehicle, and then you end up paying the ticket for being in the wrong lot, along with the tow or boot charge and the charge for therapy after you have a nervous breakdown. This type of adventure can cost up to 200 bucks. It is not wise to risk parking in the pay lots!!! Thus, if you plan to park a vehicle on campus between the hours of 8:30 a.m. and 4:30 p.m. you will need to purchase a commuter or motorcycle parking decal.

IMPORTANT!

Parking at the University of Florida is a real problem and is a frustration for everyone. In your first few weeks you may be lulled into a sense of security due to the fact that the undergraduate students do not start classes as early as we do. **Do not** overestimate the availability of parking spaces. If you come to campus later than 8:30 to 9 am on M,W,F you are unlikely to find a parking space in the convenient lots (meaning a 10-15 minute walk to Shands). In fact, if you come after 10 am, it is likely that you cannot find a

parking space AT ALL on the whole campus. Why? Well, the University of Florida in its infinite wisdom has decided to not limit the sale of commuter decals. They have also brilliantly concluded that graduate students should not get special consideration and should have to compete with all of the undergraduate, medical, physician assistant, massage therapy, physical therapy, nursing and other students for parking spaces. None of these groups get special consideration over the undergraduate students, which is a real disaster. Fortunately, our classes are such that we get here early enough to get spaces on a regular basis. However, finding parking lots your first few days are a pain. Thus, we have included a map of the most commonly used commuter lots for graduate students at the HSC Only the lots underlined are available to commuters.

Tips---Develop a Strategy for Parking:

After the first few weeks of bliss when the undergraduates have not begun classes, the traffic steadily increases as the undergrads arrive. The city of Gainesville transforms from a sleepy little town to a town with ravaged retail stores (buy your stuff early because the students raid the Wal-Mart, Target, and K-mart and there will be nothing left!) and excessive traffic. The way to survive is to figure out what times the students are headed to class and avoid those times. I think this semester the MWF classes were on the half hour and thus if you left on a half hour you could avoid the traffic. You really have to be strategic in your approach to commuting and figure these things out systematically. Leave your house at different times and see how long it takes you to get to campus. We have found that just leaving 15 to 20 minutes later or earlier saves you 30 minutes in traffic. I know, it doesn't make sense but that is the reality. In fact, the route you take to campus may vary at different times and on different days. Make an effort to figure these things out and you will be less frustrated with the whole situation.

PLEASE read the parking rules in the next section. This will save you a lot of frustration and money since you will get tickets if you do not follow the rules. There are no exceptions! Not even for faculty!

How Do I Purchase a Parking Decal?

Decals may be purchased at the Decal Office located at the corner of North South Drive and Mowry Road. Office hours are 8:00 am to 4:30 pm, Monday through Friday, with special extended hours during rush periods. At the present time, decals may be purchased on-line supposedly. However, this semester we (students) were not able to purchase online for some reason. Shands employees and students at the Health Science Center may also purchase decals at the Shands Atrium (front lobby of the hospital) during specified times. This is convenient, however, this is held in April before you arrive for your first semester. Rest easy though, you will **never** have to go to the parking office again if you renew at the atrium in Shands (that is, unless you are unlucky and get a ticket).

	Decals	Spaces	Oversell Ratio		Decals	Spaces	Oversell Ratio
Main Campus							
<i>Orange</i>	3137	3544	0.89	<i>Orange</i>	2839	3513	0.81
<i>Blue 1</i>	3167	2868	1.10	<i>Blue 1</i>	3116	2274	1.37
<i>Gated</i>	1989	1584	1.26	<i>Gated</i>	1899	1513	1.26
<i>Medical Resident</i>	368	299					
<i>Official Business</i>	2578			<i>Official Business</i>	2662		
TOTAL F&S	11239	8295	1.35	TOTAL F&S	10516	7300	1.44

Students can purchase decals online after the middle of July. You may also purchase your decal at the Decal Office. You can buy your decal either annually or for the current semester. The semester expiration dates are as follows:

- Summer-May 1 through August 31**
- Fall-September 1 through December 31**
- Spring-January 1 through April 30**

Annual decals may be renewed each year beginning in April. The Decal year begins May 1. Here's a list of decal prices and the lots they entitle the holder to park in for decals that are available to new students. For more information (<http://www.parking.ufl.edu/pages/parkingdecrp.htm>) to go to the decal page.

Parking for Students with Disabilities

Students with permanent and/or temporary disabilities are eligible for designated parking privileges and use of the Handi-Van. To obtain access to appropriate parking privileges, documentation of your disability must be provided to the university. For more information, please contact the Dean of Students Office (<http://www.dso.ufl.edu/>) through the following telephone or TDD numbers 392-1261, (V) or 392-3008 (TDD). For students with disabilities, this publication is available in alternative formats. Please contact the [Dean of Students Office](#), P202 Peabody Hall, 392-1261 or 392-3008 (TDD). For students with hearing or speech impairments use the Florida Relay Service at (800) 955-8771(TDD).

Handi-Van

Accessible, on-campus transportation service is available on campus for students, faculty and staff with permanent or temporary disabilities. The Handi-Van is a lift-equipped bus with room for students who use wheelchairs and those who require other seating options. Currently there are two Handi-van shifts. The first is from 7:00 am to 4:30 pm and the second from 4:00 pm to 8:00 pm. The drivers have been trained in the operation of the lift equipment and assistance is available to anyone having

difficulty boarding the van. This program is funded through the Student Government Traffic Court <http://www.parking.ufl.edu/> and is coordinated through Traffic and Parking. Individual schedules can be accommodated. Interested persons should contact Traffic and Parking at 376-3236 for additional information.

The Parking Rules

THE RULES according to students: Possibly one of the most important sections of this guide!

After being a student for a few years, I have learned a few rules about parking at the University of Florida. I hope these rules help you, however, I can all but guarantee that YOU WILL GET A TICKET during your stay here. The parking patrols check every lot, every day, several times a day. They check every CAR, every DECAL and make sure that they match. They spend a heck of a lot of time on this, thus YOU WILL GET A TICKET if you do not obey the rules. There are **NO** exceptions.

*"The delicate genius has a policy!"
- Georae. in "The Kiss Hello" Restaurant" Restaurant"*

1. NEVER EVER back into a space or you will get a ticket.
2. In fact, NEVER EVER park incorrectly—meaning do not park on the white lines of the space, do not park in anything but a REAL space with two white lines, etc. OR YOU WILL GET A TICKET!
3. NEVER EVER park in a lot without displaying your permit “properly” (it must be in the lower left of the windshield and the numbers visible) or you will get a ticket
4. NEVER EVER park in the pay lots or you risk getting a ticket (20 bucks), boot (150 bucks + ticket), or tow (70 bucks + ticket).
5. NEVER EVER borrow someone else’s permit or put your sticker in someone else’s car or a car not registered to someone with your last name or YOU WILL GET A TICKET! (Amazingly enough they know these things!) They will check your tag number and see if it matches the permit! I found this one out the hard way!
6. The spaces are very small so try to pick one on the end so that you can move over and get fewer door dings. EVEN SO, YOU WILL GET DENTS IN YOUR CAR IF YOU PARK ON CAMPUS—GUARANTEED!

While violation of the above rules will usually result only in the issuance of a parking citation, vehicle impoundment may result if you are:

1. Parked in a no parking zone, service area, fire lane, or handicap space.

2. Parked in a **reserved** or restricted parking area.
3. Parked obstructing traffic or creating a hazard.
4. Parked at a bus stop.
5. Parked permanently and abandoned
6. One or more parking citations have not been paid or appealed within 20 business days after issuance of the parking citations.
7. Parking privileges have been suspended.
8. You receive more than 5 parking citations during the academic year.

The parking services folks swear that they don't hate students and they are not out to get you--THEY MIGHT BE LYING! There are NO warnings, NO exceptions, and NO appeals process that can get you your money back (there are appeals, but I am convinced that no one gets their money back). Sorry for the bitterness, but I thought you might need to know. It is like dealing with the IRS!

There are a few other things to be aware of:

During the football season at UF, we are expected to move our cars by 5:30 pm to make room for the hoards of RV's that descend on our campus ready to tailgate. It has been explained to us that even though we have paid for the right to park in the commuter lots, the alumni are more important since they contribute money to this institution. I know, you must be saying to yourself—" Hey, we bring a lot of prestige, money, and other resources to this university too!" The argument has been made and ignored so get over it and avoid working late on Friday's. (That's the upside to the whole thing). Alternatively, if you park in the commuter lot on Archer by the Helipad then you will not have to move. Signs will be posted in the lots where you are expected to move and cars will be towed if they are not out of these spaces. You really won't believe it. These people will be perched on the roadsides stalking you and sometimes reprimanding you for not vacating "their" parking spot. (FYI: They do have to pay a yearly fee for the use of the spots, however, so do we.

Traffic Safety and Procedures

Bikes on Campus

A bicycle is considered a vehicle and must abide by the same laws as motorists. They are subject to the same fines as all other motor vehicles including failing to yield to pedestrians, speeding and running stop signs. Bicycles should only be used on paved areas.

A bicycle has all the rights and duties of a pedestrian when riding on a sidewalk or cross walk. However, bicycles must yield to pedestrians while riding in these areas and must give an audible signal before overtaking and passing a pedestrian. Bicycles must be equipped with a head light if in operation between sunset and sunrise. They will stop you if you don't have a light, so at least carry one just in case you get caught after dark.

As a sometimes cyclist, I find it very dangerous to ride in the morning and afternoon traffic here in Gainesville. Even

relative experts find it a little scary, so be prepared and be careful.

IMPORTANT:

Until coming to the University of Florida, I had never seen a bicycle be pulled over and given a ticket. I can say that I have seen it now and my what a sight. There are tickets issued daily to bike riders, be advised that you **must** follow the rules, or **YOU WILL GET A TICKET!**

The good thing is that even though you live 5 miles from campus, if you ride a bike you will get to class quicker than a driver due to the excessive traffic both in the early morning and in the evening.

Bike Helmets

All cyclists are encouraged to wear bike helmets while riding their bikes, but this is not required.

Bicycle Traffic Safety School

In conjunction with the Alachua County Traffic Court, the Community Services Division began conducting a twice-weekly Bicycle Traffic Safety School. This portion of the program allows bicyclists who violate traffic laws while on the university campus the opportunity to attend a safety school in lieu of paying the assessed fine.

When a person receives a bicycle traffic citation, they have 30 days from the citation date to exercise one of the following options: pay the fine (\$70.00 for a moving violation or \$36 for a nonmoving or equipment violation); appeal the citation to the Alachua County Traffic Court; or in lieu of the fine, enroll and complete attendance at the University Police Department's Bicycle Traffic Safety School within 30 days. Classes are currently scheduled on Tuesdays from 7:00 to 8:30 pm and Saturdays from 9:00 to 10:30 am. For more information, contact the Community Services Division at 392-1409.

Mopeds on Campus

Mopeds are considered motor vehicles unless they are being operated solely by human power. When they are under engine power, they cannot be ridden on sidewalks. They are subject to the same fines as all other motor vehicles including running stop signs, failing to yield to pedestrians and speeding. Be aware of when State Laws require you to wear a helmet. For more information call the Community Services Division at 392-1409.

Motorcycles on Campus

Any person operating a motorcycle is granted all of the rights and subject to all of the responsibilities as the driver of any other vehicle. All motorcycles are entitled to full use of lane. All motorcycle operators are required by law to wear a helmet.

Parking On Campus

Parking any vehicle on campus must conform to the procedures described below. If you have further questions

pertaining to parking on campus, please contact Parking Administration at 392-PARK (7275).

Bike Parking. Bikes may be locked or secured only to bike racks. A bike improperly locked or secured to a tree, handrail, ramp for disabled access, building entry, guard rail, architectural or landscaping feature, etc. is subject to being cut loose and impounded by the University Police Department. Parked bikes will also be impounded if they block entry to buildings, stairs, disabled access or fire egress. A fine must be paid to reclaim an impounded bike.

Moped/Motorcycle Parking. Moped and motorcycle parking is allowed in specially designated parking areas only. A parking permit or decal is required. All illegally parked mopeds and motorcycles will be ticketed and/or towed.

Motor Vehicles. Parking of motor vehicles is allowed in defined parking spaces only. A parking permit or decal is required for all campus parking. Designated parking spaces such as handicapped, service vehicle and specific license number parking are for that use only. An illegally parked vehicle will be ticketed and /or towed.

Pedestrian Right of Way

Walking is the primary mode of transportation around the University of Florida. Vehicles must yield to pedestrians in a crosswalk. Pedestrians must use crosswalks where adjacent intersections are present. Pedestrians must yield to vehicles when crossing anywhere other than a marked crosswalk or intersection.

Speed Limit and Speeding on Campus

There is not a lot to say on this subject, except that the speed limit is 20 mph (EVERYWHERE on campus) and if you are thinking of speeding—DON'T because YOU WILL EVENTUALLY GET A TICKET!

Important!

Even people riding **bikes** will get tickets if exceeding the speed limit. There are a few good opportunities to speed on a bike, such as down the large hills on campus. They will be waiting for you and YOU WILL GET A TICKET!

Public Transportation

If you tire of the daily battle for parking spaces, you should try the public transportation in Gainesville. This service is free to all students provided you have a Gator1 Card. There is an RTS bus stop near Shands and it is rather convenient. The buses run about every 30 minutes and you should have no trouble finding a stop near your new home.

You can even take your bicycle with you anywhere RTS goes! Most RTS buses are bike rack-equipped and each rack holds up to two bicycles. The racks are on the front of the bus. If you wish to use the bike rack, signal the driver that

you are going to the front of the bus. You will be responsible for loading and unloading your bicycle.

<http://www.go-rts.com/>

UF Students

All UF students have unlimited access to all RTS bus service anytime, anywhere they operate. Your Gator One ID card is your ticket to ride FREE! Don't leave home without this card. Note: Not valid on Special Services such as Gator Aider, etc.

Getting on the Bus

Every RTS bus stop has a sign posted. Each sign tells you which route bus(es) will travel. Bus stop signs are located every few blocks. Every bus has a route number and end destination description (Example: 5 Oaks Mall to Downtown-West). Look for your route number on the front of the bus. Once inside the bus you will find a map showing complete travel route.

Rules to Ride By

- Arrive at your bus stop five minutes early and wait where you can be seen by the driver.
- Have exact fare or bus pass ready when you board the bus.
- Board quickly and carefully, show your pass or deposit your fare, and take a seat. If no seat is available, move to the rear and stand, holding onto the rail. Hold small children securely. The seats in the front of the bus are reserved for senior citizens and disabled riders when they are present. Please be courteous!
- If you are connecting with another bus, you can ask the driver to confirm which bus and time your bus will connect.
- As the bus nears your stop, signal the driver by pulling the buzzer cord located above all windows. If you aren't sure where to get off the bus, ask the driver to call out your stop. Exit the bus through the rear doors.
- You may bring your radio, CD or tape player, but please use it only with headphones.
- Eating and smoking are not allowed. Drinking is allowed if beverage is in a securely covered drink container as approved by RTS officials.
- Service animals are only allowed on bus. No pets.
- Passengers should dress properly (shirts and shoes are required) to ride the bus.

Student ID's – The Gator1 Card

What is the Gator 1 Card and Who Needs One?

The Gator 1 Card is the official University of Florida picture ID card. It is required of all students, faculty, and staff. Many activities on campus are only available upon presentation of the Gator 1 Card.

How Do I Get My Gator 1 Card?

Go to the ID Card Services office on the third floor of the communicore. Fill out the white form and present a photo ID, such as driver's license, military ID, or passport and have money to pay for the ID.

1. If you do not have a photo ID, you can go to Station #2 at the Registrar's Office in Criser Hall for a notarized statement affirming your identity.
2. Or present your Social Security card, military ID, insurance card, selective service card, or official document from the university that has your Social Security number printed on it.

The Cost for Graduate Students

Payment of \$15 cash or check, credit or debit cards for new cards (never had a Gator 1 Card before) or replacement cards.

Where Can I Use the Gator 1 Card?

A student, staff, or faculty member must have a Gator 1 card to do any of the following:

1. Use CIRCA Computer Labs
2. Use all campus libraries and access periodical databases in LUIS. The Library Identification Number is printed under the barcode and starts with 200. For first use, present at library circulation desk to activate. Those who are not faculty, staff, and students, (e.g., spouses) must apply for special borrower privileges.
3. Use the Student Rec & Fitness Center and Southwest Rec Center (There is a fee for Staff & Faculty - call 392-3461 for information).
4. Use other recreation facilities, such as Lake Wauburg.
5. Play intramural sports.
6. Buy football and other sports tickets.
7. Buy Gator Growl tickets.
8. Use your Gator Dining account.
9. Use prepaid vending accounts.
10. Use gated parking lots (faculty and staff only).
11. Use infirmary.
12. Vote in Student Government elections.
13. Obtain information on your account and receive financial aid disbursements at University Financial Services.
14. Free RTS bus service for students.
15. Use a Bank of America Honor/Debit card.
16. Use time and attendance systems at the Office of Instructional Resources and Shands Hospital.
17. Use security and door entry systems at Shands Hospital.
18. ID/Security badge at the Health Science Center and Shands Hospital.
19. **Spouse cards are available: Spouse, support personnel and others should contact the department or facility for user privileges.**

How Do I Use the Gator 1 Card with On-Line Vending ?

20. Come to the ID Card Services office to open an on-line vending account and deposit money for use in that account.

"I love these people. You can't ask them questions. They're so mentally gifted that we mustn't disturb the delicate genius unless it's in the confines of an office. When huge sums of money are involved then the delicate genius can be disturbed!"

- George, in "The Kiss Hello" episode of Seinfeld

open an on-line vending account and deposit money for use in that account.

21. To use your card in any vending machine equipped with a reader, swipe the card through the reader with the black stripe in the reader and facing away from you. (Your right thumb should be over the face picture for proper use.) Then select an item and it will be vended to you. You will save five cents per can in the canned soft drink machines when the price is deducted from your account. The snack machines will deduct the proper amount after you have made your selection.

22. Card reader-equipped vending machines are located throughout campus. All residence halls' laundry facilities are vending reader-equipped.

23. Card value centers are located at key points around campus including some residence halls.

How Do I Get the Bank of America Honor/Debit Card?(This option also available with Wachovia)

24. A Bank of America checking account is necessary for your Gator 1 Card to be used as an ATM/debit card. Checking accounts may be opened at any Bank of America in Florida, but only the branch in the Reitz Union or the branch at University Avenue and 19th Street can encode your Gator 1 Card for use. Once you have received your Gator 1 Card, take your Gator 1 Card to Bank of America at the corner of NW 10th Street and University Avenue between 9:00am and 4:00pm or JW Reitz Union Branch 10:00am - 2:00pm Monday - Thursday and 10:00am - 6:00pm Fridays, or 9:00am - 4:00pm at the Newberry Crossing Branch. Show them your Gator 1 Card and say you want to open an account.

What Do I Do if I Lose My Gator 1 Card?

25. Call (352) 392-UFID (8343) to report the loss of your Gator 1 Card. After hours, leave a message on the answering machine. Once a card is reported as lost and is deactivated, it can never be reactivated and must be replaced. The replacement fee is \$15. You will need to contact Gator Dining Services at (352) 392-2491 to deactivate declining balance or meal accounts.

How Do I Get a Spouse Card?

26. Spouse should go to Student Services desk at Peabody Hall, with picture ID (driver's license, military ID, or passport), student's Gator 1 Card, and marriage certificate. They will fill in a spouse ID authorization form that you will bring to the ID Card Services office. The cost is \$10.00.

Disclaimer Notes

Only the latest card version is valid. Access to university facilities may be denied if your account is flagged by University Financial Services or if your card's magnetic stripe is damaged and will not scan. Misuse of the ID Card may be referred to Student Judicial Affairs. The Gator 1 Card is non-transferable. It should be carried at all times and presented upon request to any university official. The card and the use of this card are governed by University of Florida Rules and Regulations. The University of Florida is proud of this innovative Gator 1 Card and the mainframe interface, which has received national recognition.

Infirmary

Hours of Operation:

Fall and Spring

Monday – Friday 8:00 a.m. - 8:00 p.m.

Weekends and Most Holidays 12:00 p.m. - 4:00 p.m.

Summer and Break Weeks

Monday – Friday 8:00 a.m. - 4:30 p.m.

Weekends, Holidays

Closed

The SHCC is closed on Thanksgiving Day, the day after Thanksgiving, Christmas Day and New Years Day. A physician and mental health counselor are available for telephone consultation or referral after hours weekdays, weekends, and holidays.

Student Health Care Satellite Clinic

There is also a satellite clinic of services, "SHCC at Shands" (Dental tower in room D2-52, phone 392-0627) for the convenience of UF students who spend most or all of their day at the J. Hillis Miller Health Science Center. The satellite clinic will be the most convenient way to get treatment, especially for minor illnesses. The satellite clinic also provides a prescription delivery service. The pharmacy is also located on the main campus at the infirmary and to not have to pay for prescriptions, we must get them filled at the campus pharmacy. However, the satellite clinic can fax your prescriptions to the pharmacy, which then delivers the drugs to the satellite clinic in Shands where you may pick them up after 2 pm. Call the clinic for more information. (Alternatively, if you want to wait for reimbursement you can use the pharmacy at Shands). Contact information for the satellite clinic:

STUDENT HEALTH CARE CENTER
"SHCC at Shands"

J. Hillis Miller Health Science Center Satellite Clinic
Location: D2-52 and Phone: 392-0627

Office Hours:

SHCC at Shands is open Monday through Friday,
8:00 a.m.-Noon, 1:00-5:00 p.m., Fall & Spring.

This clinic is located on the second floor of the Dental Towers of the J. Hillis Miller Health Science Center. Take a Dental Tower elevator to the second floor, turn left, follow

the hallway around to the right, and then watch on the left for the new SHCC@Shands in Room D2-52.

Appointments are strongly recommended. Some same day appointments might be available-just call them.

Now available! **Prescription courier service** from the Student Health Care Center pharmacy (Infirmery Bldg.) for a fee of only \$3.00. Save yourself a trip!

Please see the following website for price and coverage students: <http://www.health.ufl.edu/shcc/jhmhsc.htm>

Financial Aid Information

We have a great financial aid office that handles all of the issues that arise. Eileen Parris and her staff have made life easy for all of us here at the College of Medicine. She will help you out so stop by and see her if you have any questions. Almost everything is done on-line now and it is not a big deal. There are no forms to sign and no waiting until they have been mailed. You can accept/reject your aid directly on the ISIS (Integrated Student Information) website. It is very convenient and easy to handle, however, she can help you through it your first time if necessary. Be aware that the disbursement for graduate students is several weeks after the beginning of classes. Also later when you are in your department and they are supposed to pay your tuition, you need to make sure that they don't take this money out of your financial aid. If they happen to then you have to submit a receipt for reimbursement. Also, if you do get financial aid, then your fees will automatically be taken out and they will not charge you a late fee since they will wait for the aid disbursement before putting a hold on your account.

Common Questions:

1. *What do I need to fill out?*

FAFSA is the form used by all schools. This needs to be done ASAP and will have to be done yearly. Return the application to Eileen. You can get the form on the web at: <http://www.fafsa.ed.gov/>

And the UF school Code is 001535

2. *Where is the Financial Aid office and with whom do I speak?*

Contact Information:

Eileen Parris
Financial Aid Administrator
Location
1600 SW Archer Rd
Room M-128
Health Science Center
Mailing Address:
PO Box 100216
Gainesville, FL 32610-0210

Voice: (352) 392-7800 Fax: (352) 846-0812
E-mail: eileen_parris@sfa.ufl.edu

Normal Walk-In Hours for: Summer

Monday	8:00-9:15am, Noon-1pm, 3-4:30pm
Tuesday	Noon-1pm & 2-4:30pm
Wednesday	Noon-1pm & 2-4:30pm
Thursday	8:00-9:15am, Noon-1pm, 3-4:30pm
Friday	8:00-9:15am; Noon-1pm, 3-4:00pm *Please call for an appointment if you can't make regular walk-in hours

The official website for the COM Financial Aid Office and Eileen Parris :<http://www.med.ufl.edu/oea/finaid/>

The following link will give you a calendar that will have disbursement dates on it: <http://www.medinfo.ufl.edu/cgi-bin/cal.cgi?file=ofa&month=Oct&year=2001>

Financial Aid Info on ISIS.

The status of your financial aid file, documents still needed, your aid award, etc. - is available on the Internet through **ISIS**, UF's Integrated Student Information System. Use ISIS regularly to keep track of your financial aid information status. ISIS is available at <http://www.isis.ufl.edu>

SFA TIPS (Touchtone Interactive Phone System).

For basic information on the status of their financial aid file, students can call SFA TIPS. By entering their UF Personal Identification Number (PIN) and their Social Security number, students can receive specific information about: the status of their financial aid file, any required documents not yet received, their award status, their deferment status, and whether or not their aid has been disbursed. To use SFA TIPS, students should: 1) have their Social Security number and their UF PIN on hand; 2) dial (352) 846-1183; and 3) follow the instructions given by the system. SFA TIPS is closed for updating from 2:15 am to 6:30 am daily. Note: TIPS is automated and does not provide access to a financial aid adviser.

The following websites may be helpful:

<http://www.med.ufl.edu/oea/finaid/>

<http://www.ufsa.ufl.edu/>

<http://www.isis.ufl.edu>

<http://www.medinfo.ufl.edu/cgi-bin/cal.cgi?ofa>

Other IMPORTANT Uses for ISIS

Available at <http://www.isis.ufl.edu> , ISIS allows students with a valid social security number and PIN number to access their records online, including their registration, schedule adjustments, fees and financial information, holds, universal tracking (degree audits and degree shopping), grades, class schedule, transcripts, directory information, federal direct loan interview, course descriptions, financial aid, and admissions status.

IMPORTANT: No paper copies of grades will be mailed to students at the end of each term in an effort to go

paperless. **You must check ISIS for all grade information.** If you need a printed copy of your grades, there are several options:

You may print a copy from ISIS on your personal printer or you may request a transcript from the Office of the University Registrar as follows:

- * Stop by the Registrar Information Counter, 222 Criser Hall with a picture ID.
- * Send a signed written request to the Office of the University Registrar, P.O. Box 114000, Gainesville, Florida 32611-4000
- * Fax a signed request to the Office of the University Registrar, 352-846-1126

If you have forgotten your ISIS PIN, you should visit one of these locations and present your picture ID to have it reset:

- * Financial Aid, S107 Criser Hall
- * University Financial Services, S108 Criser Hall
- * University Registrar, 222 Criser Hall
- * Health Center, C3-9 JHMH
- * Reitz Union, Information Counter.

In the event you have not used your PIN, here is some information that might help you. Your initial PIN will be preset to your 4-digit birth month and birthday. For example, February 1 is 0201. In your first session on ISIS or TeleGator, you will be told that your PIN has expired. On both systems, you will be given an option to choose a 4-digit number.

Graduate Student Organizations

College of Medicine Graduate Student Organization

The graduate student organization is a fairly new entity, only a few years old, and serves the whole of the student body at the HSC (including graduate students of the IDP, Biochemistry, and Master's Students). Your officers are listed on the website, so take a look. If you need anything at all, just ask and they will help you. The GSO meets once a month (usually the second Tuesday at noon), and food is usually provided (mostly pizza, but hey, its free). This organization is partially funded by the Medical College Council of the Medical College (funded by Alumni Affairs), but largely funded by Student Government and by the IDP itself. Dr. McCormack serves as our faculty advisor and is really supportive of the organization. We as a group deal with issues regarding recruiting, career development, and volunteerism. All students are invited to attend meetings held monthly to discuss student issues. Join us!

The following website has more information: <http://idp.med.ufl.edu/GSO/>

Without tradition, art is a flock of sheep without a shepherd. Without innovation, it is a corpse.
—Sir Winston Churchill

Other Organizations

- Graduate Student Organization
- Graduate Student Council
- Medical College Council
- Office of Graduate Minority Programs
- Black Graduate Student Organization
- Hispanic Graduate Student Association
- Graduate Assistants United
- Student Government
- Students with Disabilities
- International Student Services
-

Graduate Student Council

The Graduate Student Council was formed in 1989 to foster interaction among graduate students on campus and to provide an agency for the coordination of graduate student activities and programs. The GSC seeks the improvement of graduate student education through active and permanent communication with the Graduate School, the University administration, and the Florida Board of Regents. It also represents the interests of graduate students at the student government, administration, local, state, and national levels. GSC activities include hosting the annual fall orientation

Education is too important to be left solely to the educators.
—Francis Keppel

program for new graduate students, organizing the Graduate Student Forum every spring semester, and funding travel grants for graduate students who participate in conferences. GSC meetings are scheduled monthly and a student represents each department. For details on how to get involved with the GSC, call 392-7200 ext 424, or see the website at <http://grove.ufl.edu/~gsc>.

Medical College Council (MCC)

While we are officially represented by the Graduate Student Council and send representatives to vote on issues, we are also fortunate enough to be represented by the Medical College Council. Since we are graduate students at the College of Medicine, we are considered part of the Medical College. This group is largely made up of medical students. However, we have 2 of 13 votes in the council and send 2 representatives to monthly meetings (usually the GSO president and treasurer). This organization is a source of funding for graduate student related initiatives, currently including Minority Recruiting Efforts.

Both class and race survive education, and neither should. What is education then? If it doesn't help a human being to recognize that humanity is humanity, what is it for? So you can make a bigger salary than other people?
—Beah Richards

Office of Graduate Minority Programs

The Office of Graduate Minority Programs offers a variety of programs for incoming and continuing minority graduate students. The OGMP hosts a fall orientation session for new minority graduate students, provides individual academic counseling, and sponsors receptions, forums, and a Graduate School Open House to help students meet faculty and administrators who are important to the graduate matriculation process. The OGMP coordinates the Board of Regents Summer Program, a six-week orientation program for African American graduate students admitted to the Fall Semester. The OGMP maintains a close working relationship with the Office of Student Services and supports the efforts of all minority student organizations, and frequently assists other academic units with their ongoing recruitment and retention efforts. For currently enrolled minority graduate students, writing support and individual statistics tutoring are arranged as needed. The OGMP administers fellowships such as the McKnight Doctoral Fellowship, and the UF/SFCC African American Faculty Development Project for incoming graduate students, and supplemental scholarships for continuing graduate students. In a continuing commitment to provide support for minority graduate students, the OGMP has developed a database of funding sources for submission of proposals and grants to support minority initiatives. The office serves as a liaison between departments and the Graduate School for all African American/Black, Hispanic American, American Indian/Native American, and Pacific Islander (Micronesian and Polynesian) graduate students. The OGMP has a website: <http://gradschool.rgp.ufl.edu/diversity/introduction.html>

Black Graduate Student Organization

The Black Graduate Student Organization (BGSO) was founded as a forum in which graduate students of African descent in various disciplines could come together. It provides a means for students to share experiences and learn from each other in a way that aids in the successful advancement of its members. Membership is open to all students who embrace the purposes of the BGSO. The BGSO conducts regular meetings and sponsors an assortment of cultural, educational, and social programs throughout the year. For more information call 392-1665, ext. 324.

Hispanic Graduate Student Association

The Hispanic Graduate Student Association (HGSA) is dedicated to meeting the social, academic, and professional needs of all graduate students of Hispanic/Latino (a) descent. The organization offers members an opportunity to celebrate their heritage and forge new relationships. Through providing opportunities for mentorship, social support, and community involvement the HGSA fosters an environment that enhances the academic development of its members. The HGSA sponsors many events geared to

increase networking across academic disciplines such as cultural programming, social events, guest speakers, community service, and monthly meetings. For more information contact the Institute of Hispanic/Latino Cultures at 846-0405.

Student Government

Student Government (SG) comprises the executive, legislative, and judicial branches. The Graduate Student Affairs cabinet post, part of the executive branch, works to help SG properly identify and respond to the unique concerns of graduate students. The cabinet officer works closely with graduate student organizations such as the Black Graduate Student Organization and the Graduate Student Council to enhance their programs. This position allows graduate students to take an active role in the decision making process of SG. The director of Graduate Student Affairs also organizes the annual Graduate Student Appreciation Week, held each Spring Semester. For more information call 392-1665 ext. 458. Graduate students participate in the legislative portion of SG by annually electing three graduate students to serve in the SG Senate. These three senators attend Senate meetings and vote on legislation.

International Student Affairs and Organizations

The support network for international students at the University of Florida is tremendous. There is an organization for nearly every ethnic group that serves all student, undergraduate and graduate alike. We urge you to contact these organizations so that they might help you adjust to life in Gainesville.

A listing of all student organizations on campus (including international groups) may be found at <http://www.union.ufl.edu/sac/>

This list gives additional information that may not be listed below.

- | | |
|---|--|
| African Student Association | Indian Student Association |
| African Student Union | Indonesian Student Association |
| Arabic Cultural Association | Institute of Hispanic Latino Cultures |
| Asian Student Union | Islam on Campus |
| Bangladeshi Student Association | Italian Club |
| Brazilian Student Association | Khmer Student Organization |
| Brazilian-Portuguese Club | Korean Student Association |
| Caribbean Students Association | Latinos en Accion |
| China Study Group | Malaysian Student Association |
| Chinese American Student Association | Mexicans in Gainesville |
| Chinese Student Association | Middle Eastern Club |
| Club Creole | Pacific Bridge |
| COLSA (Colombian Student Association) | Pakistani Student Association |
| Cultural Student Association | PARS (Persian Student Association) |
| Dutch Club | Polish Club |

- | | |
|---|---|
| Egyptian Student Association | Romanian Student Association |
| FACSS (Friendship Association of Chinese Students and Scholars) | Russian Club |
| Filipino Student Association | Scandinavian Student Association |
| French Club | Taiwanese Student Association |
| Greek American Student Association | Thai Student Association |
| Hellenic Student Association | Turkish Student Association |
| Hong Kong Student Association | Vietnamese Student Organization |

THE WORLD IS YOUR CAMPUS

Immigration

Like all countries in the world, the United States has laws and regulations governing foreigners who are temporarily within its boundaries. It is always a good idea to consult with the ISS about questions regarding your immigration status. Below is a summary of the essential things for which a foreign student or scholar is responsible:

Passport: It is your responsibility to keep your passport valid. Your passport is renewed through your embassy or consulate in the U.S. The UFIC has the address and phone number of the nearest consulate or embassy. It is a good idea to keep a copy of your passport in a place separate from your passport in case the passport becomes lost or stolen. You may leave a copy with us in your file, if you wish. Your embassy or consulate will be able to issue a replacement passport more promptly if you can provide them with a copy of the original. If your passport is lost or stolen, file a report with the Campus Police and the Gainesville Police, and send your copy of the police reports when you file for a replacement passport. For passport renewal, your embassy/consulate may need a letter verifying that you are a full-time student. You may request such a letter from the UFIC. It takes 3 working days for letters to be prepared. Scholars should get a letter from their department verifying that they are associated with that department pursuing the stated program objective from their IAP-66.

Visa: The visa is permission granted by the U.S. to request entry into the U.S. It is the multi-colored stamp or label affixed into your passport that you obtained in the American Embassy or Consulate abroad. It may have been issued for single or multiple entries into the U.S., and may be used prior to the date that it expires. An American visa has a visa number,

The visa type, the visa issuance date, the number of entries, and the visa expiration date. The visa in your passport does not have to remain valid while you are in the U.S. Please see the sections on the I-94 and I-20 or IAP-66 regarding your valid stay in the U.S. Please see the section on travel. It is your I-20 or IAP 66 and I 94, which must remain valid while you, are in the U.S. American visas cannot be renewed inside the U.S. The I-20 or IAP-66 and I-94 can be renewed in the U.S. The I-20 or IAP-66 and I-94 are not the visa; they are your visa papers.

I-94 Form (Departure Record): The I-94 shows that you have been lawfully admitted to the U.S. The I-94 arrival/departure number is also known as the "admission" number. The I-94 is the small white card that is usually stapled into passport on the page next to your American visa, given at the port of entry in to the U.S. This is given to every foreign person who enters the U.S. The I-94 contains an 11-digit number call the Arrival/Departure number. Its computerized number that INS assigns to you to keep track of your arrival and departure from the U.S. The I-94 should not be confused with your American visa. Read the section on visas again if you are confused. The I-94 has an immigration stamp on it in red ink, which shows the port of entry by which you enter the U.S., the date you entered, the visa status with which you entered and the expiration date of your stay. It is a good idea to make a copy of both sides of the I-94 form, and keep the copy in a safe place (separate from your passport). The I-94 is surrendered each time you leave the U.S., and a new one is given to you each time you re-enter the U.S. F-1 students receive the same number each time on their I-94, and are identified by this number during their entire stay in the U.S. J-1 students and scholars also receive a number each time they re-enter the U.S. Although, J-1 exchange visitor not necessarily receive the previously mentioned D/S condition.

Expiration Date of the I-94

If you are a F-1 student, and you entered the U.S. with an I-20 form, it is very probable that you were given an I-94 at the port of entry with the expiration date of "D/S". D/S is an abbreviation that INS uses to indicate "duration of status." This means that you are admitted until the completion date indicated on your I-20 in item #5. Because the actual date an F-1 student will complete his or her degree may vary, or the student may continue on for a higher degree, the INS does not give an actual expiration date on the I-94. Whenever you are asked to fill in forms and list the expiration date of your I-94 and you are an F-1 student, the correct answer would be "D/S." You may want to add in parentheses the completion date from your I-20. That is the date within which the University has determined you should be able to complete your studies for the current degree you are pursuing. If you have not completed your studies by that date, you should contact the UFIC office for advice. If you are a J-1 student or research scholar, your I-94 will have an expiration date written on it. That is the date by which you must make your departure from the U.S. However, the IAP-66 contains the actual ending date of your J-1 program. This is the date in item #3 of the IAP-66. If you have not completed the degree for which you are currently studying by this date, consult with the ISS office. Note: The INS gives you a 30-day grace period from the ending date of the IAP-66 in which to make your departure from the U.S. You may not work or receive compensation during this grace period.

Renewal of IAP-66 for Exchange Visitors (J-1 Students and Scholars)

You are responsible for keeping track of the expiration date of your IAP-66 if you have J-1 visa status. The expiration

date of the IAP-66 is in item #3, where it reads." This form covers the period from dd/mm/yy to dd/mm/yy." That ending date is the expiration of the IAP-66 form, not the expiration date on the I-94, which reflects a 30-day grace period which has been added to your stay. If you plan to extend your stay, you must file in advance of the IAP-66 expiration date, not the I-94 expiration date. If you need to file for an extension of your IAP-66, consult immediately with the UFIC office for further instructions. If a program sponsor other than the University of Florida issued your IAP-66, you will have to contact your sponsor to issue you a new IAP-66 form. You may then bring the new IAP-66 form to the UFIC for assistance in filling your extension. Filing an extension of the IAP-66 and I-94 does not renew your J-1 visa in your passport. The J-1 visa stamp in your passport does not have to be kept valid while you are in the U.S., as long as you maintain the validity of your IAP-66. If you travel outside of the U.S. with an expired J-1 visa, you must renew it in your home country prior to re-entry to the U.S. The UFIC will be able to give you more information regarding this, or see the section on traveling abroad.

Visa Types

F-1 Student: This visa permits an individual to enter the U.S. for full-time study at an authorized institution in the U.S. To obtain an F-1 visa, it is necessary to present an I-20 Form (Certificate of Eligibility) to an American Embassy or Consulate abroad.

F-2 Spouse/Dependent: This visa is held by spouses and dependents of F-1 students. To obtain an F-2 visa, the spouse presents an I-20 form in the name of the F-1 student to an American Embassy or Consulate abroad, along with evidence of financial support. F-2. Dependents are **NEVER** allowed to be employed or receive assistantships.

J-1 Exchange Visitor (Student or Scholar): An exchange visa permits an individual to enter the U.S. for study, teaching, research or training. The individual presents an IAP-66 form to an American Embassy or Consulate abroad to obtain a J-1 visa. S/he is obligated to engage in the activities specified on the IAP-66 form while in the U.S.

J-2 Spouse/Dependent: This visa is held by spouses and dependents of J-1 visa holders. To obtain a J-2 visa, the spouse presents a Form IAP-66 in the name of the J-1 student to an American Embassy or Consulate abroad, along with evidence of financial support.

Full-Time Student Status

You must pursue a full-time course of study during the academic year. The academic year at UF is based on the trimester system, Fall, Winter and Summer terms. With few exceptions, F-1 students must be full-time students each semester except the summer semester until they receive their degrees. "Full-time study" for undergraduate students means a minimum of twelve credit hours each semester. For graduate students, full-time study may be less than 12 hours per term depending upon the departmental requirements (check with your department). The University is required to report to the INS when an F-1 student is enrolled less than

full-time. It is, therefore, extremely important for F-1 students to maintain full-time enrollment.

One of the Certainties in Life-TAXES!

I'm proud to be paying taxes in the United States. The only thing is – I could be just as proud for half the money.
– Arthur Godfrey

Yes, you will have to pay some taxes on your stipend. Ask for information when you start getting paid!

BE AWARE: Those of you that had summer jobs or have earned any kind of money already this year, well, you may have to pay a large sum of money at the years end if you do not increase your deductions now. I had a real job before coming to UF and was really upset at tax time due to the fact that they have things set up in such a way that little is deducted from your checks for Federal Taxes. The average student will not have to pay much at the end of the Tax Season, however. You Lucky Dogs! We are all lucky dogs when it comes to state taxes, since there are none. Thank **all** Florida Tourists for their generosity! Additionally you will probably get most of it back, so don't worry.

Class Registration

Registering for classes is taken care of by the Master's Program secretary. However, you might want to make sure that this is taken care of before the deadline to avoid any late fees or problems. Each semester, registration forms are given to the students, they need to fill them out and return them to the Master's program secretary prior to the stated deadline.

UF Calendar of Events

The following website has the best calendar for UF events: <http://calendar.ufl.edu/>, which is a very comprehensive guide of all of the campus events.

"Hey, I'll tell you what, chubbs, if that yogurt has fat in it, I will put myself on an all-yogurt diet for a week."
"Well, let's start the insanity."
"Mmmmm... giddyup!"
– Kramer and Jerry, in "The Non-Fat Yogurt"

Student Resources Student Resources

"Health cookies? I hate those little dustboard fructose things."
– Elaine, in "The Chinese Restaurant"

The Health Science Center and Shands Resources

The Real Reason You Chose the South – the FOOD

There is a variety of food available at the Health Science Center. We have over 25 dining options on campus, including Burger King, Wendy's, Subway, Taco Bell, Little Caesars, Chick-fil-A, KFC and more. There are also nutritious and vegetarian options, as well as special treats like yogurt smoothies, and gourmet coffee.

Gator Dining Services offers two types of dining programs: an All Campus Meal Plan that provides 19, 14 or 10 meals per week, plus supplements and a Regular Declining Balance Account that works like a debit card. The third option is to just pay cash like "normal" people.

*"This is so *!@#*\$! good!"*
– Jerry, in "The Non-Fat Yogurt"

The Skinny on the Food Situation

There is a variety of food available inside Shands Hospital. I will give you the skinny, but if you eat here all the time you will be anything but SKINNY. Let's begin with Coronary Corner, as we so lovingly refer to our cafeteria, Wendy's, Pizza Inn and TCBY/Hovan eating area. We have a variety of healthy and not so healthy offerings. The Shands Cafeteria is really not all that bad, but keep in mind that you have to pay in cash! They have a lite line for those watching their figures, which are Lean Cuisine and some great southern soul food for those watching their figures – expand. The cafeteria also has a **great** salad bar and has added a deli bar recently, both charge by the ounce and are reasonable. They also serve piping hot soup (2 choices) daily and various other treats at a very low cost. There is no discount for employees or students, however, it costs little anyway that we don't complain. Watch for the Glazed Chicken because it is my personal favorite. At around 4 you can get ½ off what they served at lunch, so if you get the mid day hunger pangs, go get some! You can access the online menu at <http://menu.health.ufl.edu/>, which you will soon memorize as the sequence is always the same. Shrimp gumbo day coincides with glazed chicken day and so forth. They will try to trick you sometimes by switching around some stuff but you soon get the pattern.

Next to the cafeteria is Wendy's and Pizza Inn, which serves the usual combo meals and pizza by the slice. Pizza Inn will also **deliver** inside Shands, which is handy when you get into your lab. Try the pepperoni wraps, as they are another personal favorite.

The Sun Terrace is a place you will become very familiar with, since it will be the closest food to your lecture rooms. While Chick-fil-a is good, Einstein can be a good option for those not wanting waffle fries for one day.

For Breakfast: The cafeteria has a buffet style breakfast fit for Kings complete with grits and fixins. If you want healthy breakfast offerings, check out the vending machines or cafeteria for yogurt, fruits and bagels. If you are looking for a real treat, check out the donuts (okay donuts are not healthy but they have Krispy Kremes—again I say “ARGGHH”).

For Treats: TCBY is the best. However, the cafeteria also offers Squishies and icecream treats as well as the biggest cookies and brownies you have ever seen. Bon Appetite!

Websites: <http://www.bsd.ufl.edu/Dining/default.htm>

Link to Order form for m: 2001-2002 Order Form

Declining Balance Account

If you wish to set up an account that will allow you to use your Gator 1 card as a prepaid meal card read the following information: The declining balance allows you to eat anywhere on campus. Yep, anywhere That means you can grab a smoothie from Freshens, a sub from DC subs in the Hub Food Court, bottled water from the Little Hall Express Shop, dinner at the Racquet Club or a midnight pizza delivered by Little Caesars. Though not as economical as the All Campus Meal Plan, the options are endless with over 18 locations scattered across campus.

SETTING UP AN ACCOUNT IS EASY. You have complete flexibility when setting up your account - you decide how much and how often to deposit. There's no fee to establish the account and no minimum balance to maintain. Unused balances carry forward through the semesters and years until you graduate or leave school. It's fast - just scan and go. It's convenient and safe - no need for cash or ATMs. It's flexible - use it anywhere. Create a new account or add to your existing account online by using the order form provided on the following website:

<http://www.bsd.ufl.edu/Dining/default.htm>

Or contact:

Dining Services

114 REC CENTER

PO BOX 112282

GAINESVILLE FL 32611-2282

Hours: 8:00 am - 5:00 pm on Monday - Friday

By Fax: You can print the order form and fax it to 352.392.9787

Walk-ins: Business Office Location On the north side of the Racquet Club (Chick-fil-a location), next to the Infirmary.

Post Office

The post office is a full service branch and is located on the ground floor near Campus Credit Union and the Bookstore.

The hours are 8 am to 3 pm so you must get there early in the day. When they say they close at 3 pm they mean it too!

Health Science Center Branch

MG009 Health Science Center

PO Box 100001

Ph 352.392.3605

Fx 352.392.6090

M-F 7:30am-5:00pm

*mail accepted until 3:30pm

Contract station: 8:00am-3:00pm

Your New Address

Each student is provided with a mailbox located in Room R2-215. You are urged to check it regularly, particularly early in the first semester, to keep aware of IDP activities and messages. A branch of the U.S. Post Office is located on the ground floor of the Medical Sciences Building. The address is

Your Name

College of Medicine

IDP Program

PO Box 100266

Gainesville, FL 32610-0266

Banking Services in Shands: Campus Credit Union

We also have a bank conveniently located on the ground floor below the cafeteria. If you are at the main entrance to the Shands cafeteria and you look to your left there is a door. Take the stairs down to the ground floor and you will see Campus Credit Union. You are asked to wait in front until the sign above the door reads teller open. If you are setting up a new account, however, you may go right in and to your right is the New Accounts Desk. The bank is usually not too busy except on Fridays and paydays. There is an ATM located right of the entrance to Campus CU. The hours are 7:30 am to 5 pm on Monday thru Friday. Website: <http://www.campuscu.com>

Bookstore

There are many bookstores in Gainesville, however, the only one of interest to you will be the bookstore on the ground floor of Shands. It is located near the post office and Campus Credit Union. The bookstore was remodeled this semester and the staff is very helpful. They can also order books should you need additional books, however,

they just order by Amazon --which you can do yourself. The bookstore hours are 8-5 M-F. <http://shop.efollett.com/htmlroot/storehome/universityofflorida779.html> is the link for the official online bookstore

Student Nighttime Auxiliary Patrol (SNAP)

The University of Florida has provided a service for those of us that spend late nights on campus. SNAP is a service that provides escorts upon request. (not that kind of escort!) If you are on campus late at night and are afraid to walk to your car, you can call SNAP and see if an express van (which runs a continuous route around campus) is available. If one is not on it's way, they will dispatch someone when available. Alternatively, if you call security in the hospital, they are supposed to do the same for Shands Employees. I have not had good luck with security, so I would try SNAP first. Call as early as you can so you can minimize your wait. The HSC has a SNAP express stop in front of the ARB. SNAP is available during the semester from 6:30pm to 1:30 am . During the summer, it runs until 1:30 am every night. Call 392-SNAP and give the dispatcher your location and destination. They will route the nearest escort or let you know where the nearest stop is and will be on your way home. Please be Safe!

Another alternative to using SNAP is to park on Archer road at the Commuter lot by the helipad. There is a shuttle bus that runs from Shands to this lot from the hours of 8 am to 11:30 pm. This shuttle will take you directly to your vehicle after dark and make sure that you get there safely. Therefore, if you anticipate being at work late, park in this lot and take the shuttle. The shuttles run every half hour or so at night.

Cheap Software at the Technology HUB

The Technology Hub is located on the main campus and sells computer software and equipment much cheaper due to the education discount. For example, some of the software will be ½ of the regular price. They carry a variety of software and have a catalog to choose from. They also have computers for sale using the student discount or student financing plans from companies like Dell and Apple. These programs allow you to pay merely the interest on the computer while you are enrolled as a student. Not a bad way to finance a computer, especially if you have no other means.

Free Software at the Soda Shoppe

Go to the following link for an alphabetical list of all software administered by the SODA Shoppe and other UF licensed software. <http://www.software.ufl.edu/>

Library Resources

The following links take you to the Health Science Center Library pages, which have links for the available electronic journals and various other databases. You will be taking a course in your first semester to help you learn how to use the various database resources. In the meantime, there is a plethora of e-journals available saving both time and paper. The access to these journals requires a Gatorlink username and password. If you connect through gatorlink from home you need to get the dial-up number. If you chose to pay for an outside provider (faster connection DSL or cable modem) you will need to set up a proxy to use the various UF resources like accessing electronic journals. The library website: <http://www.library.health.ufl.edu/>

The following web link gives information about getting connected and for setting up a proxy: <http://www.library.health.ufl.edu/information/connect.htm>

Checking out books at the library requires a Gator1 card only.

IMPORTANT: The library also will give you an Airport card, so if you have a PCI slot in your laptop you can access wireless Ethernet throughout the Communicore building only! This is helpful when searching PubMed and getting articles and for just killing time between classes!

Also, the library offers study rooms if you have your student ID. There are rooms for singles and larger rooms for groups. For group rooms you must have at least 2-3 ID's. Go to the circulation desk for instructions on how to get a key. These rooms are very private and a good place to get some of that thinkin' done we've been talking about!

Other campus libraries:

<http://web.uflib.ufl.edu/>

<http://web.uflib.ufl.edu/libcoll.html>

Campus Resources

Campus Resources

Campus Sports and Recreation

Exercise Facilities and Swimming Pools

The following website gives information about the facilities available: <http://www.recsports.ufl.edu/>

The Division of Recreational Sports provides students of the University of Florida two Student Recreation & Fitness Centers. The Southwest Recreation Center and the Student Recreation & Fitness Center offer numerous recreation and fitness programs. The strength and conditioning rooms, Gatorobics sessions, Lifestyle Appraisal Center, racquet, basketball and volleyball courts, are heavily used by UF students throughout the year.

The **Southwest Recreation Center (SWRC)** is a 64,000 sq. ft. facility located at the corner of Hull Road and Bledsoe Drive, across from the Harn Museum and the Center for the Performing Arts. The recreation center is on the corner of a 26-acre site that includes lighted outdoor basketball courts, tennis courts and a tournament grade four-field softball complex. The SWRC features: Indoor Facilities. A 62,000 square foot building includes space for racquetball, wallyball, basketball, volleyball and badminton. There is a strength and conditioning room with cardiovascular, free weight and selectorized weight equipment. Locker rooms with showers are available. Lockers can be checked out with a Gator-1 card on a daily basis. An equipment room provides students with the equipment they need to participate in the activities in the building as well as outdoor equipment. Go to <http://www.hhp.ufl.edu/> for a list of available equipment.

The **Student Recreation & Fitness Center (SRFC)** was the first facility dedicated to recreation on the University of Florida campus. The facility was the first to offer UF students indoor racquet courts and a dynamic aerobics program, Gatorobics. The Gatorobics program has since grown to 102 classes per week. In the Lifestyle Appraisal Center, on the first floor of the SRFC, students can get a fitness assessment and consultation, referred to as a Personal Fitness Profile (PFP). The PFP helps the student assess his/her fitness level and begin an effective and safe exercise program. <http://www.hhp.ufl.edu/> The Student Recreation and Fitness Centers offer students a variety of fitness activities. Student Recreation and Fitness Center, located on the main campus next to the Infirmary. The SRFC features:

The Strength and Conditioning Room. Located on the second floor of the center, houses state-of-the-art strength and cardiovascular equipment. Thirty-nine Nautilus machines, their Next Generation line, are housed in this room along with a Gravitron and cardiovascular equipment such as Lifecycles, Lifesteps, Stairmasters, and Concept II rowing ergometers. Fitness supervisors are available to assist you in the use of the equipment and in setting up a successful exercise program.

GATOROBICS. A variety of classes are offered on a first-come first-serve basis. The Student Recreation and Fitness Center and the Southwest Recreation Center aerobics instructors are certified to ensure classes are safe and stimulating. An aerobics schedule is available at the beginning of each semester in the Center.

The Lifestyle Appraisal Center. Located on the first floor of the Center, offers a variety of health and fitness programs. Students can get a full fitness evaluation called a Personal Fitness Profile. From the information obtained through this evaluation, the staff can assist students in their efforts to become fit and live a healthy lifestyle. The LAC is open from 8:00 am to 8:00 pm, Monday through Friday.

Racquet Courts. Ten Racquet courts are available for racquetball, wallyball and squash. Reservations can be made one day in advance by calling 392-0581, ext. 3.

Current University of Florida students need only bring their Gator 1 card to access the recreation centers. A towel is required to use the strength & conditioning rooms or to participate in Gatorobics. University of Florida faculty and staff can purchase a membership to the centers. **Spouses of students** and members are also eligible to purchase a membership.

Southwest Recreation Center
Corner of Hull Road and Bledsoe Drive across from the Harn Museum and the Center for the Performing Arts

Hours

Monday - Friday 7:00 a.m. - 1:00 a.m.
Saturday 10:00 a.m. - 8:00 p.m.
Sunday 12:00 p.m. - 8:00 p.m.
(Adjusted during spring break and the summer)

Student Recreation & Fitness Center
Fletcher Drive, beside the Student Health Care Center

Summer Hours

Monday - Friday 8:00 a.m. - 9:00 p.m.
Saturday 10:00 a.m. - 8:00 p.m.
Sunday 12:00 p.m. - 8:00 p.m.

Lifestyle Appraisal Center Hours
Monday - Friday 8:00 a.m. - 8:00 p.m.

Division of Recreational Sports <http://www.hhp.ufl.edu/>

The Division of Recreational Sports is comprised of five areas: Intramurals, Fitness Centers, Lake Wauburg, Sports Clubs, and Open Recreation. All facilities, including the Florida Gym, pools and tennis courts may be used by students, faculty and staff except when classes are in session or when facilities are reserved for University functions.

"Look at you! You run like a girl! Run like a man! Lift your knees!" - Kramer to George, in "The Airport"

Offices are located in the Student Recreation and Fitness Center, Room 200. The phone number is 392-0581.

Intramural Sports

The University of Florida's Intramural Sports Program is supported by student government.

Whether your sport is flag football, softball, soccer, basketball or volleyball, students are needed to help deliver and supervise the comprehensive Intramural Program. Unique characteristics about UF's Intramural Sports Program. There are athletic trainers at most Intramural games. There is not a team or participant fee for any Intramural activity. You may join a team through the last day of play. There are several sports offered year round (softball, football, volleyball, basketball). All playing fields are lighted for evening use. The staff is responsive to new ideas for other programs and sports. The Intramural Sports Program welcomes all students to participate or work for the Division of Recreational Sports. Detailed information is available at 200 SRFC, 392-0581, or at the website. <http://www.recsports.ufl.edu/intramurals.aspx>

Outside Facilities

A four-field softball complex covers the north end of the 26-acre park. The complex features fully lighted tournament grade fields with 300-foot fences. A score keeping building with restrooms and a vending area is the hub of the cloverleaf complex. The park also includes 10 tennis courts, and three outdoor basketball courts. Access to the park is easy with the two on-site parking lots. Students must present their Gator-1 Card to use any of the Recreation and Fitness Centers' facilities. A towel is required to enter the strength and conditioning rooms and to participate in aerobics. Memberships are available to faculty, staff, and spouses. For

*"We should take care not to make the intellect our god; it has, of course, powerful muscles, but no personality."
---Albert Einstein*

more information, call the SRFC at 392-0581, or the SWRC at 846-1081 or at <http://www.recsports.ufl.edu/home.aspx>

Lake Wauburg

The University of Florida's Outdoor Recreation Center, located at Lake Wauburg is funded by Student Government. Sailing, windsurfing, swimming, canoeing, fishing, picnicking, sunning, and sand volleyball are an example of many of the activities available at no cost to students, faculty and staff. The two parks are open year round and are

located approximately eight miles south of campus on US 441 (S.W. 13th Street). Both parks are now handicapped accessible in most areas. To make reservations for your group or for additional information please call 466-4112. For weather and boating conditions call 466-3951.

Sports Clubs

<http://www.hhp.ufl.edu/>

The University of Florida has a growing sports club program with more than 44 clubs to choose from, therefore, there is bound to be something for everyone. For the serious athlete, Sports Clubs offer the opportunity to compete with other colleges across the southeast. Most clubs are instructional in nature and still others stress the social-recreational aspects of sports participation. The best clubs combine all three: competition, instruction and recreation. Clubs offer their members the opportunity to travel, improve athletic ability, develop leadership skills and make new friends in the process. Sports Clubs do not charge fees nor collect dues from their members. All clubs are financed through Student Government and the College of Health and Human Performance. In addition, Sports Clubs have access to all intramural fields, facilities and Lake Wauburg. A well-stocked equipment room located in SWRC provides equipment for most clubs. To join a sports club or to get more information, stop by room 120 SWRC. Equipment Checkout <http://www.recsports.ufl.edu/home.aspx>

The Recreational Sports Department provides two well-stocked equipment checkout areas to all students with a Gator-1 Card. Equipment may be checked out either in Florida Gym 112 or in the Southwest Fitness Center.

Florida Gym

Florida Gymnasium, constructed in 1949, was recently renovated and houses the College of Health and Human Performance. The 150,000 square foot building has six multimedia lecture halls, numerous smaller classrooms, in addition to research and instructional laboratories. The gym floor is open weekdays for recreation from 4:30 pm to 10:00 pm or when there are no classes or special events are scheduled. The Gymnasium is also open for recreation during the weekends from 8:00 a.m. to 8:00 p.m. on Saturdays and from noon to 8:00 p.m. on Sundays. The Gymnasium has three full size basketball courts, five volleyball courts and 10 badminton courts. Participants must present a Gator-1 card to gain entry to the gym floor.

O'Connell Center

<http://www.oconnellcenter.ufl.edu/>

The Stephen C. O'Connell Center is a multipurpose facility located on the corner of North-South Drive and Stadium Road and is used by the university community for classes, varsity sports, and recreation and entertainment events. An Olympic sized swimming pool, dance studio, gymnastics studio, martial arts room, weight room, Nautilus center and track are located in and around the 12,000 seat main arena. Students, faculty and staff and their spouses and children are invited to use the Center's facilities during recreational

hours. Children are not permitted to use the weight rooms. The O'Connell Center is governed by an advisory board of students and faculty. For more information on recreation opportunities please call Recreational Sports at 392-0581. For more information on entertainment and student employment, call the O'Connell Center at 392-5500.

Swimming Pools

There are four swimming pools on campus for recreational swimming. Gator-1 Cards are required to use the Florida Pool (next to Florida Gym), O'Connell Center, Graham and Broward (both of the latter pools are located in Residence Hall areas). Operating hours vary depending on the facility.

Sports

Gator Football

Football is definitely a religion in Gainesville. Not much can beat a Saturday game in the scorching Florida sun at Ben Hill Griffin Stadium. Thus, your stay in Gainesville must include attending at least one Gator game. The major rivals, for those who don't already know, are the Florida State Seminoles. A ticket to the Noles game will be a tough one to get, however, most other games will be accessible due to the rampant ticket sales in front of the stadium prior to each game. For your first year, if you didn't get a chance to buy tickets, they can usually be bought from other IDP students for face value as they are not likely to go to all of the games. Season tickets are available on a first come, first serve basis to all students and tickets were sold out in a record 3 days this year! You must act fast if you want to purchase them. They are about 70 bucks or so, which is a real bargain.

The IDP students usually form a BLOC. This is when a group of students sign up for seats in the same area. The bloc moves around game to game and you get good seats about half of the time. You will likely be contacted by the bloc chairperson via e-mail around football season with more information.

For more ticket info visit the website or call :

University Athletic Association, Inc. / Gator Ticket Office

P.O. Box 14485 · Gainesville, Florida 32604-2485

OFFICE HOURS ARE MON-FRI 8:30AM-5:00PM

<http://www.gatorzone.com>

<http://www.gatorzone.com/tickets/?student=1&sport=football&page=bloc.html>

Homecoming at UF

*If winning isn't everything then why do they keep score?
--Vince Lombardi*

Homecoming weekend and Gator Growl are by far the most exciting times on campus. UF's version of Homecoming far exceeds any I have experienced. These celebrations are so big that the population doubles during this time. Everyone is sportin' their Gator gear and attending the parades and Gator Growl. The game is less interesting, since the goal of

the day is to kick the crap out of some underdog football team. The whole weekend is wrapped up with Growl, the largest student run pep rally in the country. The Growl takes place at the Stadium (the Swamp) and is complete with fireworks, music and comedy. Headliners have included Robin Williams, George Carlin, Carrot Top, and Howie Mandel. If you have not experienced Homecoming, it is worth the brain cell sacrifice! It is the Florida version of Mardis Gras (with less nudity and cheap jewelry).

Bloc information

Bloc seating is for groups of 25 or more students who wish to sit together for all home games. Typically, you will receive an e-mail about who is going to be the bloc chairperson and thus whom you will be getting your tickets from. This person will go up the hill and get the tickets for each game and you can pick them up in their lab.

For those wanting to be chairperson:

There will be a series of informational meetings concerning bloc procedures. These meetings are mandatory for each bloc chairperson and are held in the Reitz Union. Please be attentive to flyers and Alligator information for dates and times of these meetings. At this meeting, you will sign-up for your appointment time that you must attend at Gate 13 every Monday prior to each home game.

Members of your bloc will be verified for each game at this appointment. Each Thursday following your Monday appointment, your bloc of tickets will be ready for pick-up. Student Government oversees bloc seating.

You must fill out an application through the SG office to be considered for a bloc. The bloc rotation is submitted from the SG office to the Student Ticket Office for seat assignments.

Your Gator-One ID is required for ALL transactions.

Sports other than Football:

Most other NCAA Division I sports at Florida are free or only cost a small amount to attend. Basketball has been free since the inception of Billy Donovan, however, you really must get in line early to get a seat. Thus, you should get your tickets early when available or get in line for the general admission events early! Especially now that we have won the National Championship, TWICE! It will be even more competitive to get a seat now so get there early.

On Campus Fun

Shands Game Room

All graduate students have access to the ground floor game room which is shared by medical students in Room DG-18. The IDP office can give you the combination (go to room R1-102)

UP THE HILL at the Reitz Union, there are many activities to keep your mind off of your studies. There is also a barbershop in the union for a quick haircut during the day.

The Game Room

The Game Room is a great place to unwind, meet friends, and have a good time. Features include **bowling**, billiards, foosball, board games, and a video arcade. For game room hours and rates, please visit:

<http://www.union.ufl.edu/games/>

The game room is open from about 8 or 10 am until midnight or 1am. The cost for bowling is about 2.25 per game and 1.50 for shoes. Specials prices on M-F from open to 6 pm are 1.50 per game. On Sat and Sun you can rent a lane for 8 bucks an hour with shoes included. They also have tournaments and league play for a minimal cost!

The cost for billiards is 2.50 per hour per table until 6 pm and then it goes up to 4.50 per hour. FYI: Foosball is only 1.50 per hour per table!!

Facilities include:

16 bowling lanes

2 foosball tables

17 pocket billiard tables

Board Games

Over 25 video and pinball machines

Big screen TV

And 1 snooker table—whatever the heck that is! (Note: this is actually a very fun game!)

Arts & Crafts Center

An open facility where the University community can learn crafts, use studio space, and meet with professional artisans. We have equipment and studios for ceramics, silkscreen, jewelry making, and stained glass. For more information please visit: www.union.ufl.edu/acc

Outfitter

Offers outdoor equipment to rent or purchase as well as assistance with planning and organizing outdoor trips. Wide ranges of guided trips are also available for a minimal fee. For more information please visit:

www.union.ufl.edu/outfitter

The Gallery

A fine arts exhibition space featuring works by UF students, faculty, staff, alumni, as well as educational and cultural exhibitions. For more information please visit:

<http://www.union.ufl.edu/gallery>

Reitz Union Cinema

Tickets are \$2 with a student ID or \$3 for all others. It is located on the Second floor of the J. Wayne Reitz Union on UF's campus. They have handicapped access and allow you to bring your own food and drink. They reward those who visit by giving you a frequent viewer card which enables you to see a movie for free after you've paid for five. Is that a deal or what? Just ask the house manager about it next time you go! This cinema often gets great films and last year showed some advanced screenings of great films like *Girl, Interrupted*. Their phone number is (352) 392-1655.

Check here for the latest show listings brought to you by the RUPC Film Committee. Shows include **first-run** commercial premiers, classics, foreign, and animated films. For more information please visit:

<http://www.union.ufl.edu/cinema>

Leisure Courses

Our non-credit courses are a stress-free way to enhance knowledge and skills in a wide range of topics. Courses are offered every semester. Check here for the latest course listing: <http://www.union.ufl.edu/leisure>

Hotel

There is even a **Hotel** for out of town guests. Visit:-

<http://www.union.ufl.edu/hotel>

Off-Campus FUN

You must try to have a life outside of the laboratory. Don't cut yourself off from the outside world because in the end it will bite you on the 'you know what'. I find that I tend to get very burned out and waste time in lab when I have not taken enough time to be with those I care about and to just BE ME. It takes much less time away from my research when I take regular vacations and rest. If you are a highly disciplined person, it is even a good idea early on to talk to your mentor and negotiate that you can take one reading day

"I can't go to a bad movie by myself. What, am I gonna make sarcastic remarks to strangers?"

- Jerry, in 'The Chinese Restaurant' Restaurant"

per week or every other week to digest the current literature, if possible. The day of journal club is a good choice since you can't usually get anything done that day anyway with journal club plunked right in the middle of your day. (Just make sure you really use the time to read!) You will find below many suggestions for how to spend some quality time with friends/family in Gainesville.

A Must Do

It is a must to visit the Kennedy Space Center and see a launch if you get the chance. You must buy launch tickets ahead of time and you can do so on the following website. It costs about 38 bucks, but if you know some locals, they can let you know the secret places to watch for free. <http://www.kennedyspacecenter.com/>

Entertainment

Local Publications

The hometown newspaper of Gainesville is The Gainesville Sun, a subsidiary of the New York Times. Home delivery is offered by calling 374-5033. The Scene is the place to look for Gainesville happenings and particularly Doug Jordan's article which reviews the local music scene.

For a broader encompassing Florida Newspaper, The Tampa Tribune is offered by calling 1-800-282-5588.

Also, the free daily campus newspaper is the Independent Florida Alligator, which is available throughout campus at no charge. This is the place to look for campus news and events.

Try to avoid the obnoxious screaming lady near the parking garages that will try to force upon you the Ad Sheet weekly coupon book. Don't humor her, we want her to go away!

Movie Theatres

A good break from studying is seeing an excellent flick or two. Gainesville has several movie theatres to choose from, the best being the new Royal Park Stadium 16 and Regal Butler Plaza Cinemas. You may look up movie times on the web at the Gainesville Sun (local newspaper) at

www.sunone.com. Bring your Gator1 card for a discount. Always remember though, that the Reitz Union has a cinema where students can see current movies and independent or foreign films for 2 bucks with free popcorn and drinks.

Life at university, with its intellectual and inconclusive discussions at a postgraduate level is on the whole a bad training for the real world. Only men of very strong character surmount this handicap. ~ Paul Chambers ~

Royal Park 16 is located at 3702 Newberry Road and has 16 theatres (Duh!). Call ahead at 373-4277 or check the web for listings. This way we just see the one showing closest to the time we arrive and not rated G or PG. It works for us. They have stadium seating and the theatres are newly renovated. They also offer free refills on large cokes and popcorn and have a special date deal where you can get 2 cokes and large popcorn for a reasonable price – like 7 bucks.

Regal cinemas is located at Butler Plaza, which is the strip mall on Archer Road west of I-75. It is older than Royal Park, but is my personal favorite due to the larger sized theatres (12 of them). The down side is that you only get refills on large popcorn.

*"Movie hot dogs? I'd rather lick the food off the floor."
- Elaine, in "The Chinese Restaurant"*

State Theatres

Hippodrome State Theatre is located in downtown Gainesville (25 SE 2nd Place) and offers foreign and independent films as well as a variety of theatrical performances. Understand that Gainesville is not a cultural Mecca.

Local Radio

There are several stations on your dial:

WBXY 99.5 FM Adult Contemporary	WRUF 850 AM News, Talk, Sports	WOGK 93.7 FM Country
WKTK 98.5 FM Adult Contemporary	WRUF 103.7 FM Rock	WRKG 100.5 FM Classic Rock
WMFQ 92.9 FM Adult Contemporary	WTMG 101.3 FM Urban Adult Contemporary	WXJZ 104.9 FM Smooth Jazz
WNDT 92.5 FM Rock	WTRS 102.3 FM Country	WYGC 100.9 FM Country
WYKS 105.3 FM Top 40		

Extreme Bowling at Alley Katz

Need I say more. Go to Alley Katz for some glow in the dark extreme bowling. The pins, balls and lanes glow brightly and you can bowl til the wee hours. Remember to bring some glow in the dark gear so we can see you though. Oh, and it'll cost you. The prices are about 15 bucks an hour per lane plus shoes. They also have billiards for your pleasure and plenty of beer.

"You ever notice how happy people are when they finally get a table? They feel so special because they've been chosen. It's enough to make you sick." - Elaine, getting very hungry, in "The Chinese Restaurant"

Downtown Dining

Harry's – for a New Orleans Style Feast.

Amelia's for the best Italian in town.

Emiliano's – Carribbean, Cuban and EXCELLENT brunches

Steve's Café Americain – Expensive but great if you can afford it. The best special occasion place.

Melting Pot – Fondue restaurant- different!

Gator Greats – Good after game meals.

Leonardo's 706- which is the place some of you went when you came for interviews. Excellent food for a decent price.

Leonardo's (the Pizza Place) for the best Chicago Style Pizza.

Other Restaurants

The best Mexican food in town is **La Fiesta**, but count on a wait at the door and count on seeing at least one person you know. The prices are superb (about 6 bucks an entrée) and they have the best spinach cheese dip around. It's not fancy, but the food and service are excellent. It is behind Red Lobster and Mr. Hans off of Newberry road near I-75.

Close to campus is the **Bistro 706**, which serves a few dishes at lunch only, but they are excellent. Cost is about 10 bucks per person without wine. Next door is **Leonardo's by the Slice** on University is a favorite hangout of undergraduates, especially at lunchtime. Yes, all of these 706 places are related and they are all fabulous. Any restaurant with Leonardo's or 706 in the title will be excellent, guaranteed..

Mr. Hans is also purported to be some good Chinese food. The best-hidden treasure is **Café Gardens** behind the Swamp where you can sit in a nice atmosphere and eat a nice lunch with friends. Watch out for the squirrel that is well known by the many patrons. He is quite cute, but not at all shy. He is known to perch himself on the arm of your chair waiting for you to freak out so he can steal a treat. Try the Sweet Potato French Fries.

Another hidden pleasure is **The Third Place**, which is located in Haile Village and has some of the best food and a terrific little bar. It is the place to take the parents or to have a quiet dinner with a loved one. If you don't wanna leave the house, they also deliver thru www.gatorfoods.com **McAllister's Deli** has the best sandwiches and giant stuffed spuds around. Bring your appetite because they serve it up southern style. The Reuben's and BLT's are to die for.

Delivery Dining

At www.Gatorfoods.com, you can order a wide variety of treats from local restaurants and they deliver for a small fee of 3 bucks. The advantage is that they fetch food from those annoying restaurants that don't deliver. In fact, my hubby and I have started this artery clogging ritual on Saturday mornings. Get up at noon and order Denny's grand slam breakfast from Gatorfood while still in bed. (laptop by the bed and wireless internet are necessities).

The best delivery pizza is **Leonardo's**, again. Although it is not real Chicago style, it is the closest Gainesville has to offer and is really good. It is like Pizzeria Uno with a little character. However, they don't deliver to all locations- call to find out if you are one of the lucky ones.

The best cheap pizza delivery is **5 Star** where you can get one of the biggest pies I have ever seen.

Other delivery foods include **Napalotanos**, which is about the best Italian food for the money.

The best sandwich delivery is this new place called **Rolly**

"Remember when you first went out to eat with your parents? Remember, it was such a treat. You go and they serve you this different food that you never saw before. They put it in front of you and it was such a delicious and exciting adventure... and now I just feel like a big sweaty hog waiting for them to fill up the trough."

- Elaine, in "The Chinese Restaurant"

Polly that serves up the best wraps around.

Shopping

The **Oaks Mall** is the largest shopping mall in Gainesville and has the usual stuff. However, if you want a real shopping experience, you will have to go to Orlando, Jacksonville or Ocala. There are some outlet malls in the area also. But remember that there are a lot of really great "Mom and Pop" shops here in Gainesville. Try to visit them as often as possible and support the local businesses.

Beware of all enterprises that require new clothes.

-Thoreau

For a real treat, if you like antiques go to Micanopy and visit the famous **Smiley's Antique Mall** located at 17020 S.E. CR 234 in Micanopy (32606) Phone: 352/466-0707. Visit their website: <http://www.smileysantiques.com>

FLEA MARKET LOVERS

In fact, we have one of the top 10 rated flea markets right here in central Florida. When *Family Money* magazine went looking for the best flea markets in America, they found what people in Central Florida have known all along – Renninger's is the best place to go, no matter what you're in the market for.

Without Elvis, none of us could have made it.

~ Buddy Holly

Renninger's
Twin Markets is located on Highway 441 in Mount Dora, FL (352-383-8393).
Antique Center is open Saturday & Sunday from 9:00 a.m. - 5:00 p.m.
Farmer's & Flea Market is open Saturday & Sunday from 8:00 a.m. - 4:00 p.m.

Kissimmee, Florida
192 Flea Market Price
West Vine Street
Open 7 days a week
407-396-4555

Tampa, Florida
American Legion Market Place
East 139th Street
Saturday & Sunday
Except Christmas & New Years
813-971-3699
813-971-4547

Apopka, Florida
Apopka 3 Star Flea Market
South Orange Blossom Trail, Hwy. 441
Saturday & Sunday, dusk til dawn, year round
407-293-2722

Jacksonville, Florida
Bargain House of Fleas
Blanding Blvd. - 3 miles North of 295
Saturday & Sunday 7:30 to 5
904-772-8008

Tampa, Florida
Basics Flea Market
North Nebraska Avenue
Friday & Saturday 9 to 6, year round
813-975-8455

Jacksonville, Florida
Beach Blvd. Flea & Farmers Market
Located on Beach Blvd.
Friday 1 to 9, Saturday & Sunday 8 to 5, year round
904-645-5961

East Palatka, Florida
East Palatka Flea Market
Hwy. 17 South
Operates Saturday & Sunday Year round
8 A.M. to 5 P.M.
20 to 30 Dealers, no parking fee
In operation for 25 years! All tables are undercover and advance reservations necessary for vendor table space. Call Mrs. Morris (386) 328-4180
Hwy. 17 South, 1/4 mile South of the intersection with Rt. 207, East Palatka, Fl.
(386) 328-4180

Orlando, Florida
Flea World
Hwy. 17-92, Between Orlando & Sanford
Operates every Friday, Saturday & Sunday (Rain or Shine)
9:00 A.M. to 6:00 P.M.
We have three air-conditioned buildings. Two feature antiques, collectibles, hobby and gift items, jewelry and jewelry repairing. The third building is general merchandise and services including barber and beauty salon. Parking and admission are always free and there are 4000 customer parking spaces. All new merchandise carries a 14-day fair exchange or store credit. Stroller and wheelchairs are available to rent at a minimal charge. (407) 330-1792

For the Music Lovers

Gainesville has some of the best “vinyl” shopping around.

Babalou Records
1634 Northwest First Avenue
Gainesville, FL 32603
Voice (352) 371-6310
Here’s a funky little place only two blocks from the University of Florida campus.

Specs Music
1412 West University Avenue
Gainesville, FL 32603
Voice (352) 376-5301
Specs music is a chain store that also carries vinyl with over 2,000 different titles mainly being new releases, urban, techno and alternative. Specs also carries posters, laserdiscs, memorabilia, DVDs, CDs. They also offer a frequent shopper club and for every dollar you spend you get one point. You can redeem your points for merchandise. For 15,000 points you can be the owner of a Stevie Ray Vaughan Fender Guitar!

Hyde & Zekes
1620 West University
Gainesville, FL 32603
Voice (352) 376-1687
Hyde & Zekes is a stones throw from campus and sells new and used vinyl and has a terrific collection of 45’s.

Sharpe#s Music
1219 West University Avenue
Gainesville, FL 32601
Voice (352) 377-1363

Ted Sharpe runs this cool little store catering to jazz, classical, classic rock and R&B. With over 15,000 new and used records this store has the largest selection of ‘audiophile’ vinyl new and used in town

Urband Wax
1119 W University Avenue
Gainesville, FL 32601
Voice (325) 337-2982

Local Attractions

Sometimes you just need a day out. Gainesville is located in north central Florida (hopefully you have figured that out by now) and there are plenty of places that can help you take your mind off your troubles. Gainesville itself is rich with places to enjoy the outdoors.

The Biven’s Arm Nature Park is a wildlife nature center with 57 acres of oak hammock and marsh. Devil’s Millhopper State Park is built on an ancient sinkhole. Traversing a 221 step wooden walk leads to the bottom of a 120 foot deep and 500 foot wide sinkhole passing more than a dozen waterfalls. Ginnie Springs and Gold Head State Park offers boating, camping, hiking, picnics, swimming and scuba diving. Gold Head also has cottages overlooking Lake Johnson. Ichetucknee Springs State Park is great for tubing, camping, and swimming. Kanapaha Botanical Gardens hosts the largest collection of bamboo in the state.

Lake Wauburg is owned and operated by the University of Florida Student Government. You can canoe, boat, ski, fish, sail or just picnic and play volleyball. Morningside Nature Center is a 280 acre wildlife sanctuary with a re-created 1880’s farm. Payne’s Prairie is a good place to see some Gators. It offers horseback riding, hiking, boating and camping facilities. Santa Fe River Resort and Campground offers boating, camping, fishing and such.

Orlando is the Mother of all vacation spots and is only about 100 miles south of us. One of my favorite places to shop and do the beach thing is at Historic St. Augustine, which is about 80 miles east of us. Cedar Key is the closest beach area lying 60 miles west of Gainesville. Here you can watch the sun set on the Gulf of Mexico—how beautiful! For NFL lovers, the Jacksonville Jaguars are the best available. However, one of the best local activities for those who love to just putz around is the peaceful little town of Micanopy just 12 miles south on Hwy 441. Lots of antique shops and a little small town feel makes this a great place to take the parents and friends who will undoubtedly want to

Country music is three chords and the truth.

~ Harlan Howard

visit you now that you live in the unhappiest, I mean happiest, place on earth.

Hop aboard a hot air balloon for a 60 minute champagne cruise over beautiful original Florida scenery. Reservations are preferred. Allow 4-5 hours total time for the experience.

From \$125.00 per person. Please call (352) 378-6223 for more information. Or visit Santa Fe Community College where students serve as tour guides through the forested trails of the only community college teaching zoo in the nation. Monkeys, wildcats and deer are among the 225 different mammals, birds and reptiles found at the 14-acre zoo. Open Saturday and Sunday from 9 a.m. to 2 p.m. or by appointment during the week. Call at least three days in advance for tour appointments. Free. Located on campus at 3000 N.W. 83rd St., Gainesville. Call (352)395-5604 for more information.

Also, stargazers can enjoy a close-up view at the moon, Saturn and Jupiter at the UF Teaching Observatory on Friday evenings. One large telescope and several smaller telescopes are available. Astronomy computer software and slideshows also may be viewed. Open each Friday evening from 8:30 p.m. to 10 p.m. when the University is in session.

Free admission. Located on the University of Florida campus, south of the Reitz Union parking lot. Call (352)392-5294 or (352)392-1016 for more information.

My favorite thing is to go where I have never gone.
--Diane Arbus

Pet owners have their own park due to the leash laws in Gainesville. The laws state that a pet cannot be unleashed anywhere in the city unless in a fenced yard. Therefore, a wise entrepreneur has opened a pet part on the SW corner of Williston Rd and SW13th St and it is an off-leash park with many amenities including a duck pond for your pets chasing pleasure. Next-door is the driving range for you golfers. Unfortunately the paintball place that used to be located near the pet park has closed, sorry. There is another small fenced park near the Oaks Mall off of 20th Avenue.

Night Life

Your talking to someone who really understands rock music.
~ Tipper Gore ~

The best clubs for live music are the Side Bar, the Florida Theatre, Brick City Music Hall, Common Grounds, Eddie C's Pub, Market Street Pub, Lillian's, and for the Dueling Piano Bar lovers-**Alligator Rocks** is the place. For a heads up on new and old band news, check out Doug Jordan's article in the Scene (the entertainment section of the Gainesville Sun Newspaper).

The best places for you older students are Sharab and 101 Downtown or lounges such as Stubbies.

When one realizes that his life is worthless he either commits suicide or travels.
~ Edward Dahlberg

Orlando, Tampa, and Tallahassee

Orlando has some GREAT venues like the **Sapphire Supper Club** (<http://www.sapphiresupperclub.com/1.html>) where you can see such greats as The Reverend Horton Heat. Another great club is the **Midtown Tavern**.

Tampa has some great large and small venues. **Skipper's Smokehouse** is a favorite of ours. Check out <http://www.mbus.com/clubs/genadm/Skipper's.Smokehouse.htm>

Tallahassee has one excellent club called The **Cow Haus** where we recently saw the Cigar Store Indians. It is "THE" place to be in Tallahassee. Check out the website at <http://www.cowhaus.com> Other really cool clubs in the area include: **The Cigar Bar** in Ft. Myers.

Millions long for immortality who do not know what to do with themselves on a rainy Sunday afternoon.
--Susan Ertz

Beach and Surrounding area

Cedar Keys

Crescent Beach

St. Augustine Beach

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

Daytona Beach Shores

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

Jacksonville Beaches

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

The Florida Keys

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

Other Orlando area beaches

<http://www.orlandogetaway.com/beaches.htm>

The Program The Program

Basic Information for Surviving your First Day

The first day of school is always stressful. At least you won't have your mom taking your picture—or will you?? Anyhow, your first day is likely to be a disaster if you don't remember one thing—get here early! The traffic in Gainesville is very unpredictable, especially for beginning gators. You must allow yourself time to park and then make the trek to campus. As long as you arrive by 8:30 or 9 ish, you should be able to get a space. The first day of the lab course is pretty low key, as most of the first week is really a good opportunity to meet new people and get used to having class all day. There is some free time to take care of those last minute details, however, it is very stressful to not have everything taken care of before hand.

Education would be so much more effective if its purpose were to ensure that by the time they leave school every boy and girl should know how much they don't know, and be imbued with a lifelong desire to know it.

—Sir William Halsey

Academically, you should always remember that the faculty is there to help you. In a program as accelerated as this one, you really need to ask for help as soon as you feel that you are having trouble. Do not let things get out of hand and then try to play catch up. You are all bright individuals, or you would not be here. Please don't feel shy about asking for help from your student mentors, fellow students or your faculty. They will gladly help you or find the people who can. As a group, you may choose to form study groups and meet regularly to help each other. Every student will have weaknesses in particular subjects and helping each other will ensure that no one gets left behind. Remember, we all learn at different rates and with different methods. Realize that just because someone else “Get's It” right away, this does not mean that they are more intelligent than you! **Make sure to read the tips for studying that were contributed by Drs. Condit and Sumners and take them to heart. For those of you who have not had to study in the past, the first few months may be very difficult times. I have found that graduate school is really just learning to exercise your brain. You must put in the work in order to train your brain to think in the way you must think to be a scientist. There are no short cuts, no magic formulas, and no way to avoid putting in the necessary hours to develop into a critical thinker. There is no way to actually study for the exams except to just put in the time. Use the material given to ask more questions and understand the

While one person hesitates because he feels inferior, the other is busy making mistakes and becoming superior.

—Henry C. Link

experimental approaches that led to the knowledge presented to you in the course. When you learn something that scientists have discovered, ask yourself what process could have led to that knowledge. What experiments could you do if you wanted to show this data or fact to be true?

Man's mind, once stretched by a new idea, never regains its original dimensions. — Oliver Wendell Holmes, Jr.

Key Points in Choosing Your Lab

It is extremely important that you are interested in the project that you are working on because you will be working on it for at least 2 years.

It is also important that you are compatible with the faculty and staff in this lab. In essence these are the people that you will be working with for at least the next 4 years so the question that you should ask yourself is “Can I get along with these people?”

Last, but certainly not least, it is **extremely** important that your final lab is adequately funded (i.e. ample supply of grants, private funding, etc.) in order for you to finish your degree.

If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away.

—Henry David Thoreau

Study Tips from Rich Condit, Former Director of the IDP Core Course

- 1) Try to read ahead, at least skimming handout material and notes, so that you know what's coming in a lecture.
- 2) Keep up. This may be the most important technique of all. You can't cram this stuff in at the end of a section. If you don't keep up you'll be lost.
- 3) Organize. Organize your time, organize your notes, and organize the handout material. The effort spent in organization itself forces you to review and overview and is in fact time spent studying. Organizing helps you fit details into the big picture.
- 4) Focus on the lectures and discussions; use the reading to reinforce lecture and discussion topics.
- 5) Try to see the big picture. Over-focusing on the details will hurt. Don't expect to assimilate all the details. Not even the faculty know all the details. Understand how the details embellish the big picture and that's enough.
- 6) Work problems whenever possible. Especially old exams. Don't wait till the last minute to do this.

I pay the schoolmaster, but it is the school boys who educate my son.

—Ralph Waldo Emerson

7) Pester the faculty. Study, review, organize, and when you find you don't understand something, take your organized notes to the most appropriate faculty, usually the lecturer, and talk with them.

8) Study in groups. And if you find that your group is not studying but rather gossiping, find another group.

9) Use the discussions. They can be very valuable. In doing so, practice the figure drill (refer to journal club presentations). That is, try your best to understand the experimental techniques, and how the techniques lead to data, lead to interpretation, lead to conclusions, lead to more questions.

Dr. Condit added the following:

"One of the most revealing comments I get from students is "the exam did not cover the material presented in class." On numerous occasions following on comments like this I have reviewed the exam and found that it was a good and fair exam. Usually, this comment comes after an exam that is a problem solving exam and which demands that the students use material from the section to solve novel problems in the field. The comment quoted above reveals to me that the student doesn't understand the concept of graduate education at all. They are expecting to, on an exam, regurgitate details or pictures or facts that they have crammed into their heads during the section, rather than to use some facts, plus concepts and newly learned experimental approaches to address a new problem in the field."

Examinations are formidable even to the best prepared, for the greatest fool may ask more than the wisest man can answer.
—Charles Caleb Colton

Dr. Colin Sumners (former Associate Dean) wrote:

"The advice that I have given first year students concerning their classroom courses is straightforward. Simply, I encourage students to study the material from each lecture the same day that they have heard the presentation. In my case this meant re-writing the lecture notes so that I could understand them, and going to see the teacher if I had questions. In this way students can make sure that they understand the material from lecture to lecture. Thus, by the time they begin to study for the exam they have a good basic understanding of the topics and are not trying to comprehend information for the first time. This approach helped me tremendously, and I think has helped some of our first year students."

Picking a Graduate Committee

Within 60-90 days, you must obviously choose committee members that will be responsible for passing or failing you. Keep this fact in mind when choosing members, however, often your mentor will choose them for you (or at least indicate that certain faculty members would be the

appropriate choices for both political and personal reasons). You are required to have 3 total members, which includes your mentor. So you must find 2 professors willing to participate in your little 2 year (or more) adventure.

Knowledge is of two kinds. We know a subject ourselves, or we know where we can find information about it.

—Samuel Johnson

People that make the best committee members are those that can offer guidance and support to you throughout your project. It is helpful to find members from diverse disciplines, especially if your project requires many different techniques ranging from molecular biology, biochemistry, and genetics. Speaking from some experience, the earlier you secure committee members, the better off you will be, particularly due to the sheer numbers of students being added to the ranks of the IDP yearly. I know students that waited too late and most of the faculty were on 4-5 committees already and they ended up not getting their first choices. Since this committee is going to be the people you must please in order to get out of this place, you should take their selection quite seriously. A bad committee member is like a bad apple, they can spoil the whole bunch! In addition, you need to make sure that they can show up to the meetings. If your committee members can't show up, then you can't get credit for the meeting and they can't sign off. What usually happens is that the student must do a one on one with the missing member at a later date before they will sign. What a nightmare, trust me! Schedule your committee meetings early!!!

The best way to have a good idea is to have a lot of ideas.
—Linus Paulina

Registration

In the first semester the Master's program secretary will assist you with the whole registration process. In the subsequent years you will need to fill out a written registration form that will be put in your campus mailbox that was assigned to you when you entered the program. Also, a list of the courses available is attached since they never appear ANYWHERE in the graduate catalog. The registration process is then taken care of by the busy little bee (Master's program secretary) and you don't have to worry any longer. The only issue is turning in the forms on time so that you don't have to pay the \$100 late fee.

As a new member of the department you may have to rely on your mentor (I know that this is scary) for information regarding who to talk to about registering for the summer. Don't fear, as soon as you figure out who the Master's Program secretary is and where she lives, you can simply stop by and ask her questions. If you don't know what to do, these are the people to ask. Often they have more insight into the inner workings of this place than anyone

Invest in yourself, in your education. There's nothing better.
~ Sylvia Porter

else. They are the ones filling out that paperwork that we never have to even see and turning in all the forms we don't have to worry about. These are the people that take care of the headaches so that we don't have to worry about them and we can stay locked up in our laboratories.

Biotechnology Seminar Presentations

Biotechnology Seminar is one of the continuing requirements. You take this for 4 semesters.

Biotechnology Seminar is a course where you must make a presentation to the rest of the class, which is comprised of the other master's students. Dr. Condit has graciously provided us with a written outline for how you should go about doing this. I have included this in this guide so that we all might be enlightened. Please remember that when selecting a topic, try to make sure that the average student should have some interest in the topic as well, or you are just making us all suffer. Never be afraid to ask a fellow student for help, particularly if they have given a stellar performance in the past. If you are presenting a journal club article, these presentations tips should help you. You can adapt these tips for whichever type of presentation you are doing.

Presentation Tips (Adapted from Rich Condit)

1. Preparation
 - a. Choose an INTERESTING paper with PRESENTABLE data
 - i. Have your mentor approve it
 - ii. Choose only one paper
 - iii. Research Papers only
 - b. Make sure you understand the background
 - i. Look up the pertinent references
 - c. Make sure you understand the experimental details
 - i. Again, look up references
 - d. Make sure visuals are easy to see—ENLARGE THE FIGURES/TABLES
2. Presentation
 - a. Assume no one understands anything. Start from the beginning and keep it simple remembering the Big Picture. It is far better to insult an arrogant know-it-all than to leave someone behind.
 - b. At least half of your responsibility is to tell the audience what you are doing during the presentation, to guide them through it.
 - c. Outline on board or PowerPoint slide
 - d. Presentation Drill
 - i. Tell'em what you're gonna tell'em
 - ii. Tell'em
 - iii. Tell'em what you told'em
 - e. Figure Drill
 - i. Hypothesis
 - ii. Experimental design/details – use written outlines
 - iii. Data
 - iv. Interpretation

- v. Conclusions
- vi. New Hypothesis-how it leads to the next experiment
- vii. Caution:
 1. Don't show a figure unless you intend to actually address specifics of the figure in detail
 2. If you are not going to discuss all of the data in a figure, tell the audience to direct their attention on the things you are going to discuss
 3. It takes the audience a long time to assimilate a figure. If you carefully point out all of the features of a figure as it is presented (abscissa, ordinate, symbols, columns, etc.) it helps them understand it and forces you to keep a reasonable pace.
- f. Communicate with your audience
 - i. Ask for questions
 - ii. Listen when a question is asked. Don't start answering before the person asking has finished the question. Often there is a lot of time wasted discussing a misunderstood question. IF you don't understand the question, ask for clarification.

3. WHAT YOU MUST DO EACH TIME

- a. Choose your paper with your mentor and get approval from the faculty leader.
- b. Ten days prior to the presentation, provide a copy to your faculty leader or the secretary via e-mail or in person.
- c. They will e-mail the citation and indicate where it can be acquired (web or paper copy at some location) to the rest of the class.
- d. They will also bring copies to the preceding JC meeting.
- e. Second year IDP students will usually present the second semester of the year and ALL students will be required to present once during either the fall or spring semester. The departments differ on these rules, so this is a general outline of the Immuno/Micro department protocols.

The whole of science is nothing more than a refinement of everyday thinking
—Albert Einstein

Committee Meetings

You are supposed to meet with your committee twice per year – in January and July. And you thought you were done with them! Here is where you will present your new data and show that you are making progress on your project. Typically a 30-minute slide presentation will suffice to get things rolling and then they will offer their wisdom. They will also determine if the proposed path is still feasible or if changes to your program are necessary. Use these meetings to pick their brains about your new “crazy ideas”. Everyone should have a folder in their lab called “crazy hair-brained

ideas” and should consult it regularly. It is also necessary that 6 months prior to graduation you meet with your committee to determine what, if any, problems need addressing or experiments need to be accomplished prior to your graduation. You must then meet again closer to the date you plan to graduate to get approval to write your thesis. Remember, your committee decides if you have met the requirements for graduation and whether or not you can write and defend your thesis.

Lab work and more LAB WORK!

The majority of your time will be spent locked away in the lab. You will hopefully make grand progress and impress your committee with your newfound enthusiasm and accomplishment. Things to remember while working in lab is that all lab staff are working toward a common goal and you should always be willing to help out when needed. If you are a senior student, part of your responsibilities include to teach incoming or rotating students. In our program we do not have formal teaching duties which allows us to spend way more time in lab than other graduate students, therefore, we should have adequate time to teach other students or staff what we have learned. You may find that some individuals like to learn the hard way through trial and error (myself being one of them) and may not always seem to be heeding your warnings, however, as long as you give helpful advice you are doing your part. Leave it up to them to use that advice or reinvent the wheel. Occasionally they may come up with a much better way of doing things and you should not take offense—remember ego has no place in science or the lab (R. Condit)! Some people find that doing things the hard way is more of a learning experience. I find that sometimes I just want to prove to myself that I can do it alone without any help. All you can do is make yourself available and hope that they realize when they need to ask questions and when they don't. **The only exception to this rule is if they are affecting your experiments by not following lab protocol or behaving in a way that may be harmful.

The Dreaded Thesis

So you think you're ready to graduate now?? Making sense of the grad school's documentation is more difficult than trying to use the Swahili translation of the IRS tax code to file your 1040. Hopefully this little “to do” list will simplify things for you during this process.

1. **When do I start writing??** Your committee will tell you when you are ready to start writing the data portion of your dissertation, but this doesn't mean you can't be working on the background and introduction well in advance. When you think you're nearing that graduation time, start working on this! You'll be glad you did.

2. **What do I have to include in this thing?** The easiest way to do this is to break it up into chapters that focus on specific aspects of your project. Hopefully, you have a publication or two already. With your publications, you can simply take off the abstract and paste it in. You'll have to redo the references so they coincide with the rest of your dissertation, but for the most part, you're done. If you feel adventurous, you can try and do all your data as one big, all-inclusive chapter, but this will likely become too large and unwieldy for efficient editing. Try to logically form three or four separate chapters from your data. Then you just need:

- a. **Title page**
- b. **Dedication (if necessary)**
- c. **Acknowledgments**
- d. **Table of Contents**
- e. **Abstract**
- f. **Introduction**
- g. **Background**
- h. **Data Chapters**
- i. **Summary Chapter**
- j. **Bibliography**
- k. **Your biography**

3. **How do I know how to format all this stuff??** Jump over to this web site: <http://gradschool.rgp.ufl.edu/editorial/format.html>

Here you'll find all the relevant info for preparing your dissertation. The two documents you'll really want are [Guide for Preparing Thesis and Dissertations](#) and the dissertation template for Word, which you can find at: <http://etd.circa.ufl.edu/download.html> They talk about this template being for people doing electronic theses and dissertations, but of course, it works for printing one out as well.

4. **What software do I need??** You **MUST** have Microsoft Word and a citation manager package, like Endnotes or Reference Manager (<http://www.isiresearchsoft.com/>). Don't even think about getting started without these (and if you've gotten this far in grad school without these, I'm amazed). After you have these two tools, the most difficult thing you'll run into is getting your text and figures on the same page without formatting chaos occurring. I recommend buying the Adobe Design package (get your PI to buy it, it's the kind of thing the lab will always need to use). Go to <http://www.adobe.com/store/products/designcoll.html> to see it. In addition to Photoshop and Illustrator, lab mainstays for great figures, it has InDesign (you can also look for apps like PageMaker or Quark), which is the software used to make textbooks and such, and the full version of Acrobat, so you can make and edit pdf files. This isn't necessary, but after you tussle with Microsoft Word for a while trying to put your figures in,

you'll see why I suggest it. You'll have to get all your text and references done in Word first, then just import it all into InDesign and put your figures and figure legends in.

5. ***So what do I have to get done and by what dates?***

First, go talk to Joyce Conners and let her know that you plan to graduate the next semester. She will help you keep track of the necessary dates. The first one is to apply for your degree. Go to <http://gradschool.rgp.ufl.edu/catalog/current-catalog/catalog-deadlines-calendar.html#DeadlinesLonglist>

and look for the link that says **Critical Dates**. This will let you know the deadline for your degree application. It's usually near the end of the semester before you want to graduate. Get the first page off the [Guide for Preparing Thesis and Dissertations](#) and use it to keep track of the dates.

- a. ***Apply for degree*** – as discussed above
- b. ***Schedule your defense*** - On that critical dates page, it should list the LAST day to submit the final copy of your dissertation. Schedule your defense well in advance of that date so you have plenty of time to make your corrections. It will take you a while to find a date and time when all your committee members are available for 2-3 hours, so start planning early.
- c. ***Pay your bills*** – Go up the hill to S113 Criser and pay them money for library processing and microfilming. It's about \$68 total, and you can probably get your PI to reimburse you. Get this out of the way early so you don't forget.
- d. ***Get your first draft done*** – Your first draft has to be submitted to the Editorial office 5 working days in advance of your defense. REMEMBER, your PI will want to read and edit this some before you send it up the hill, so you need to have the first draft ready in time for that to happen. However, this draft does not have to be that close to the final product, so if you are not completely finished try to send something up for editing. This will ensure that your formatting is correct at the very least.
- e. ***Go to Office Depot for supplies*** – You need to get a couple of letter-size expanding envelopes and label them as is described in the Guide. Go ahead and pick up some 20-lb, 100% cotton bond paper while you're at it, cause you'll need that for your final submissions unless your department provides it for you.
- f. ***General Audience Abstract*** – they want you to write an idiot-proof abstract that they can show to people with deep

pockets to encourage them to give more money to the school. Dumb everything down and keep it under 150 words. Use the formatting explained in the Guide.

- g. ***Thesis Forms*** – They have all these at the Editorial office up the hill. You don't really need them filled out now; you can just take them with you and bring them back later.

6. ***Take it all up the hill!*** – Grab everything I listed in the previous section, pack it into your properly labeled letter-size expanding envelope, and head up the hill. The Editorial Office is in Grinter Hall; it's across the street to the South from Criser Hall. **Remember to get it there at least 5 working days before your defense date!**

7. ***Pick up your corrections*** – the people from the editorial office will send you an e-mail within a couple of days to let you know your dissertation is ready to be picked up.

8. ***Get copies to your committee*** – You need to get copies of your most recent draft to your committee before your defense. The rule of thumb is two weeks before your defense. In reality, no one will open it until the day before, so if you're a little late, no one will notice.

9. ***Oral Defense!!!*** – Prepare and print a Signature Form using the template provided in that Microsoft Word template you downloaded earlier. Print this on 100% cotton bond and bring it to your defense. Do your presentation, answer your questions, get back your dissertation drafts from your committee members with their corrections, and get them to sign the signature page. This is MOSTLY a rite of passage not an exam so don't get stressed out. They wouldn't have let you start writing if you weren't ready to graduate.

10. ***Corrections*** – Ugh. Now you need to get the final corrections made to your dissertation. Take all the copies you got back from your committee, along with the copy you got back from the editorial office, and start chugging through them. Also make sure to make any corrections suggested during your defense. Once you get these done, give it to your PI for another round of proof reading. Repeat until your PI says its ready to go up the hill.

11. ***Prepare Final Copies*** – Almost done. You'll need:

- a. ***Fully signed signature page (original)***
- b. ***All those Thesis forms if you haven't dropped them off yet.***

12. ***Deliver the goods*** – Upload the .pdf file to the editorial office. They'll check your things and tell you congratulations.

13. ***Make extra copies*** – If you wanted bound copies for yourself, your PI, your committee members, or anyone else who gives a hoot, get them printed and take them to a business that does book binding. Custom Copies in Gainesville (377-4221) will do

hardback binding for \$35, and it takes them about 3 weeks to get it done. Kinkos can do a Velo bound document for \$3. You have to at least get a hardbound version for your PI and yourself. That's just common courtesy. If your PI pays for it, get hardbound for the others too, otherwise, stick with the Velo binding.

14. ***Celebrate*** – You finished and lived to tell about it. Now you can move on to your post-doctoral position where you will endure the same torture for another 2-4 years ☺.

Electronic Theses and Dissertations

<http://gradschool.rgp.ufl.edu/editorial/etd.html>

There are classes offered on the submission of electronic theses. Final submission of your thesis is required in ETD format.