

**Welcome to AECOM**

**The Einstein Postdoctoral Association  
presents the 2<sup>nd</sup> Edition of:**

**Orientation Handbook  
and  
Resource Guide**

**for Postdocs, by Postdocs**

**January 2008**

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# 1) Introducing the Einstein Postdoctoral Association (EPA)

You are the EPA!

From the beginning, the EPA has been a volunteer organization run by postdocs with one goal in mind: to serve the postdoctoral community. The EPA meets periodically with the leadership of the Belfer Institute to discuss topics of interest, importance, and concern to the postdoctoral community. By working together, over the past several years a number of academic programs have been initiated and quality-of-life issues have been addressed successfully for postdocs by the Belfer Institute and the EPA.

The association has two primary roles, (i) to provide both social and career development resources for postdoctoral fellows at AECOM, and (ii) to represent the interests of this group directly to the AECOM faculty and administration as needed. All employed AECOM postdocs are automatically members of the association. The faculty and administration of AECOM actively encouraged the formation of the association, and it was established by a number of volunteers who assembled as an exploratory committee.

## Our Mission

The mission of the EPA is to advance the AECOM research enterprise by maximizing the effectiveness of the research community and enhancing the quality of the postdoctoral experience.

## What the association can do for you:

The association has a number of goals that we hope will enrich and enhance the scientific careers and social life of all postdocs. These include:

- Encouraging scientific interaction within the AECOM postdoctoral community. Promoting career development by offering information about career choices both in research and non-research areas (including seminars on grant writing, lab management, alternative careers; contacts/career fair for jobs in industry).
- Representing the interests of postdocs, in both formal and informal settings, to the faculty and administration of AECOM (issues of interest include salary, housing, visa/immigration issues, day care and other facilities).
- Organizing regular social events for postdocs and their families.

**What can you do for yourself and the association?** There are many services a postdoctoral association can provide, but ultimately it is up to the postdocs at AECOM to make things happen! Please contact the EPA with any opinion or concern regarding postdoc life on campus.

## How is the EPA organized?

Each AECOM department is eligible to announce or elect one to two EPA representatives as necessary.

The current EPA representatives are:

**Anatomy & Structural Biology:** Jeff Chao, jchao@aecom.yu.edu , Golding 601

**Biochemistry:** Patrick Frantom, paflsu@yahoo.com , Forchheimer 315,  
Joerg Schlatterer, jschlatt@aecom.yu.edu , Forchheimer 311

**Cell Biology:** Laura Norwood Toro, lnorwood@aecom.yu.edu , Chanin 402,  
Kerri McIntosh, kmcintos@aecom.yu.edu , Chanin 412

**Developmental & Molecular Biology:** Christian Riebeling, criebeli@aecom.yu.edu , Chanin 504

**Microbiology & Immunology:** Erin McClelland, mcclella@aecom.yu.edu , Forchheimer 411, Scott Garforth, garforth@aecom.yu.edu , Golding 401

**Medicine/Nephrology:** Ana Maria Garcia, agarcia@aecom.yu.edu

**Molecular Genetics:** Anna Bergsmedh, abergsmedh@aecom.yu.edu , U.1217

**Neurology:** James Heida, jheida@aecom.yu.edu

**Neuroscience:** Ellen Yang, eyang@aecom.yu.edu , Kennedy 426

**Pathology:** Radhashree Maitra, rmaitra@aecom.yu.edu Forchheimer 538

**Physiology & Biophysics:** Moez Bali, mbali@aecom.yu.edu , U 213A,  
Michaela Jansen, mjansen@aecom.yu.edu , U213A

## **EPA Web Page**

<http://einsteinpostdocs.info>

Here you find EVERYTHING you have to know as a postdoc at AECOM (events, links discussion forum ...).

## **EPA Mailing List**

**What do I have to do if I want to send a note to the EPA mailing list?**

Write your e-mail to the following address: [epa@lists.aecom.yu.edu](mailto:epa@lists.aecom.yu.edu)

Your e-mail will then be reviewed by one of the moderators, currently Erin McClelland and Christian Riebeling (two EPA representatives), and should be sent out within a few hours when approved. The e-mail will present you as the sender.

**How to sign up for the EPA e-mail list.**

Go to the following URL: <https://lists.aecom.yu.edu/mailman/listinfo/epa>

Type in your data.

The moderators will then get an e-mail notifying of a request of subscription. It should be approved within hours.

**How to get removed from the EPA e-mail list.**

Go to the following URL: <https://lists.aecom.yu.edu/mailman/listinfo/epa>

Type in your data and request removal.

The moderators will then get an e-mail notifying of a request for removal. It should be approved within hours.

## 2) Introducing the Belfer Institute for Advanced Biomedical Studies

The Belfer Institute for Advanced Biomedical Studies is directed by a senior member of the research faculty who is responsible for overseeing the academic and "quality of life" aspects of the postdoctoral experience at the College. Working with the Director is the College's Assistant Dean for Research Development and the Belfer Institute's full-time Administrator. The Belfer Institute Office can be contacted as follows:

**Mary Anne Clifford**, Administrator

Room 915, Belfer Building      Albert Einstein College of Medicine      1300 Morris  
Park Avenue      Bronx, New York, USA, 10461      Phone: (718) 430-3191      FAX: (718)  
430-3198      E-mail: [belfer@aecom.yu.edu](mailto:belfer@aecom.yu.edu)

The office serves as a resource for current and prospective postdocs, faculty investigators, and administrators for any and all issues related to postdocs. Specific responsibilities include:

- organizing all the activities sponsored by the Belfer Institute
- implementation of the postdoc housing plan, including coordination of housing eligibility, the housing waiting list, and notification of the availability of community housing
- arranging e-mail accounts for newly-arrived postdocs
- monitoring postdoctoral salaries and anniversary increments
- notification of job opportunities

The current director of the Belfer Institute is **Allan W. Wolkoff**, M.D. (Professor of Medicine, and Anatomy & Structural Biology), e-mail: [wolkoff@aecom.yu.edu](mailto:wolkoff@aecom.yu.edu)

### 3) Campus Map & Directions



#### Campus Map Key

1. Weiler Hospital	14. Kinney Parking Garage
2. Robbins Auditorium	15. Rhineland Hall Residence Complex
3. Chanin Institute for Cancer Research	16. Falk Recreation Center
4. Forchheimer Medical Science Building - Gottesman Library - Friedman Lounge	17. Rose F. Kennedy Center
5. Golding Building	18. The Michael F. Price Center for Genetic and Translational Medicine/H. & M. Block Pavilion
6. Ullmann Research Center for Health Sciences	19. Jacobi Ambulatory Care Pavilion
7. Belfer Education Center for Health Sciences	20. Nurses' Residence
8. Mazer Building	21. Jacobi Medical Center
9. Lubin Dining Hall, Singer Faculty Club	22. Jacobi Staff Residence
10. Gruss Magnetic Resonance Research Center	23. Bronx Psychiatric Center
11. Early Childhood Center	24. Bronx Developmental Center
12. Rousso Building	25. Bronx Children's Psychiatric Center
13. Eastchester Road Residence Complex	26. 2100 Eastchester Rd Housing
	27. Williamsbridge Housing

## How To Get Here

Albert Einstein College of Medicine of Yeshiva University  
Jack and Pearl Resnick Campus  
1300 Morris Park Avenue  
Bronx, NY 10461  
(718) 430-2000

## By Subway and Bus

**By Express Bus From Manhattan:** The Metropolitan Transit Authority (MTA) runs an express bus service between Manhattan and the Bronx (BxM-10 --Morris Park Avenue) that stops directly in front of the College of Medicine at Morris Park Avenue and Eastchester Road. Northbound stops in Manhattan are at Madison Avenue and 24th St., 36th St., 44th St., 52nd St. and 59th St, 71st St, and on Third Avenue between 84th and 85th Sts.

Call MTA for fare and schedule: (718) 994-5500 , or visit <http://www.mta.nyc.ny.us/busco/schedules/bxm10nxt.pdf/> .

**Please Note:** Exact fare (currently \$5) is required and only coins or "pay as you go" Metrocard are accepted.

**By Subway From Manhattan:** **5** (from east side Manhattan) or **2** train (from west side Manhattan) to East 180th St. Then take the Morris Park Avenue bus (Bx21) to Eastchester Road.  
**6** train to Westchester Square. Then take Bx31 or Bx21 bus to Morris Park Avenue.

## By Car

From Manhattan & Brooklyn: FDR Drive to Triborough Bridge to Bruckner Blvd. (toll!); Bronx River Pkwy. (northbound); exit at Pelham Pkwy.(eastbound); right into service road after Williamsbridge Road; right turn at Eastchester Rd. to Morris Park Avenue. (Remark: the 3<sup>rd</sup> Ave. bridge is toll free and can be used to commute from Manhattan to AECOM as well)

Alternate Route from West Side: Continue on West Side Highway to the Henry Hudson Parkway, going over the Henry Hudson Bridge (toll). Continue on Parkway to the Mosholu Parkway exit. Follow the Mosholu Parkway until it ends at a traffic light/T intersection. Go left at the light and watch on the right for the entrance to the Bronx River Parkway SOUTH. (It will be the first entrance ramp you come to.)

Take the Bronx River Parkway to exit 7E (Pelham Parkway East). Get into the middle lane and continue straight (DO NOT veer left) on Pelham Parkway, passing under the subway tracks at White Plains Road. Then move to the right lane and watch for the entrance to the SERVICE ROAD running parallel to Pelham Parkway at Williamsbridge Road. Exit onto the service road and come to a traffic light at Williamsbridge. Stay in the far left lane and continue straight on the service road to the traffic light at Eastchester Road. (You will go through a light and pass Jacobi Hospital before reaching the Eastchester traffic light.) Go right onto Eastchester Road to the third traffic light at Morris Park Avenue.

From Queens: Whitestone Bridge (toll \$4.50) to Hutchinson River Pkwy., to Pelham Pkwy. (westbound); left at Eastchester Rd. OR Throgs Neck Bridge ((toll \$4.50) to the New England Thruway to Pelham Pkwy. (westbound); left at Eastchester Road (southbound); turn right to corner of Morris Park Ave.

From Upstate New York & Lower Westchester: N.Y. Thruwy. to Tappan Zee Bridge; Cross Westchester Expwy. to Sprain Brook Pkwy. to Bronx River Pkwy. and exit at Pelham Pkwy.(eastbound) to Eastchester Rd. (southbound) to Morris Park Avenue OR Saw Mill River Pkwy. to Cross County Pkwy. to Bronx River Pkwy

(southbound); then follow directions above OR Hutchinson River Pkwy.

From New Jersey: George Washington Bridge to Cross Bronx Expwy.; exit at Rosedale Ave. to Bronx River Pkwy. (northbound); exit at Pelham Pkwy. (eastbound); bear right onto service road after Williamsbridge road; right at Eastchester Road to Morris Park Ave.

From Connecticut: New England Thruwy. (95 South); exit at Pelham Pkwy. (westbound); left at Eastchester Rd. (southbound) to Morris Park Avenue.

## 4) First Steps upon Arrival to the College

We all know a new start at the next level of life is affiliated with a plethora of questions. Don't worry! You will get help!

Upon your arrival at Einstein a key person is the **departmental administrator** who will initiate many essential steps to get started at your new department and AECOM.

However, coming from outside New York you might be interested to get an affordable apartment which could be set up prior to arrival.

AECOM provides affordable postdoc apartments but if you are interested in finding an apartment somewhere else the following link might be useful:

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

### AECOM Housing

Mary Anne, the Administrator of the Belfer institute, can give you information about the current availability of postdoc apartments prior to your arrival. There are three possibilities: 1) 1579 Rhineland (map: 15), 2) 2100 Eastchester Rd (map: 26), and 3) Williamsbridge Rd (map 27). The apartments are NOT furnished.

For pictures visit: <http://einsteinpostdocs.info/Site%202/housing.html>

**Mary Anne Clifford**, Administrator

Room 915, Belfer Building (map: 7) Albert Einstein College of Medicine 1300 Morris Park Avenue  
Bronx, New York, USA, 10461 Phone: (718) 430-3191, FAX: (718) 430-3198,  
[belfer@aecom.yu.edu](mailto:belfer@aecom.yu.edu)

For detailed information about eligibility, length of occupancy etc., refer to:

[http://www.aecom.yu.edu/home/belfer\\_institute/housing.htm](http://www.aecom.yu.edu/home/belfer_institute/housing.htm)

### Housing Office:

The Housing Office is located in the lobby floor of 1935 Eastchester Road ("triple towers"/student housing/map: 13).

Joseph Zagreda is the Housing Manager and is located at 1935 Eastchester Road #1A, Bronx, New York 10461, 718-430-3552, [jzagreda@aecom.yu.edu](mailto:jzagreda@aecom.yu.edu)

**Repairs:**

If you live in 1579 Rhineland Avenue and something has to be repaired you should go to the security booth located at the lobby and fill out a Repair Request. For problems at Eastchester Road apartments or Williamsbridge Road apartments, please go directly to the Housing Office to fill out a Repair Request. The Housing Office is open from 8:00AM to 5:00 PM. For problems after this time, please go directly to the Superintendent of the building.

**Exterminating:**

All postdoctoral residents must provide access to the exterminating company for monthly treatment. Please check with the Housing Office for the extermination schedule for your building.

**Amenities:**

All postdoctoral buildings are equipped with a laundry room located in the basement. They include washers and dryers.

Please note: washing machines of any kind are strictly prohibited inside postdoc apartments.

**Parking:**

Indoor parking is available for those who live at 1579 Rhineland Avenue.

If you have any questions about your apartment or building it is most effective to speak to the Housing Office.

If you have suggestions how to improve the housing quality send an e-mail to any representative of the Einstein Postdoctoral Association.

**Information for Foreign Scholars**

All questions regarding your visa and the social security number should be addressed to Alexia Pakiela, the Manager of the "International Students and Scholars Office".

International Students and Scholars Office (ISSO)

**Alexia Pakiela**, Manager Belfer Building, Room 1201, Bronx, New York, 10461

Tel: (718) 430-2850, Fax: (718) 430-8770, [pakiela@acom.yu.edu](mailto:pakiela@acom.yu.edu)

<http://www.aecom.yu.edu/home/isso/>

The office hours are from 9 am to 4 p.m., Monday through Thursday. It is recommended that an appointment be scheduled to discuss any concerns or questions.

**Visa:** The ISSO will work with you in applying for a new visa or changing visa status.

**Social Security Number:** In the United States, a Social Security number (SSN) is a 9-digit number issued to citizens, permanent residents, and temporary (working) residents. The number is issued to an individual by the Social Security Administration, an agency of the federal

government . Its primary purpose is to track individuals for taxation purposes. In recent years the SSN has become a de facto national identification number .

The ISSO will provide a handout indicating where and when you can apply for the SSN. For detailed information, please, visit:

**[www.socialsecurity.gov](http://www.socialsecurity.gov)**

Where can I apply for the SSN near AECOM?

Social Security

2<sup>nd</sup> Floor

1380 Parker Street

Bronx, NY 10462

Toll-Free 1-800-772-1213

Office hours: Mo-Fri: 9.00 AM - 4.00 PM

(see map on p.37)

What do I have to submit in order to apply for the SSN?

- 1) Documents proving: Immigration status and DHS work authorization, Age, and Identity.
- 2) Application For A Social Security Card (Form SS-5).

**Taxes:** As a foreign scholar your home country might have a special tax treaty with the USA. That means you can save money!

Information about a potential tax treaty between the USA and your home country can be obtained from

- ISSO (Belfer 1201)
- Payroll office (Belfer, 1106). All visa holders must stop by the Payroll office to fill out their tax information form. (As a national postdoc this visit is not necessary.)

Every February/March the ISSO organizes a tax seminar! There you can get advice on filing your tax forms. You can get additional information from the International Revenue Service website:

**<http://www.irs.gov>**

## **Human Resources**

Some spouses might be interested in working at AECOM as well. All available jobs at AECOM are announced at the Human Resources website:

**<http://www.yu.edu/hr/aecomhr/intro.asp>**

## **ID Card**

Upon arrival at AECOM you will need to get your ID card. Your departmental administrator will

give you a letter providing the necessary information for card set up. The ID card will be issued at the security office which is located at the ground floor of the Forchheimer Building (Forchheimer G-30, Office (718) 430-2180 ).

Monday- Thursday 8:00 AM - 6:00 PM

Friday 8:00 AM - 12:00PM

## **Medical Exam**

During your first days at Einstein it is necessary to get a medical exam done (Mazer Building, Room 219; Monday-Friday, 9am to 5pm; (718) 430-3141) (map: 8).

Your departmental administrator will give you detailed information upon arrival.

Usually you have to revisit the nurse at least once.

## **Laboratory Safety**

The Department of Environmental Health and Safety (EHS) provides excellent safety trainings which you will have to attend according to your work in the laboratory.

- Laser Safety Training
- Hazard Communication Training
- Blood-borne Pathogen Training
- Radiation Training

During the first weeks/months at AECOM you will be contacted by the EHS office providing the information about the next possible training/quiz.

If you have any questions regarding the safety in your laboratory don't hesitate to contact the safety officers:

### **Chief Safety Officer**

Anthony Chibaro, [chibbaro@aecom.yu.edu](mailto:chibbaro@aecom.yu.edu), (718) 430-4150

### **Laboratory Safety Officer**

Delia Vieira-Cruz, [vieira@aecom.yu.edu](mailto:vieira@aecom.yu.edu), (718) 430-3560

### **Radiation Safety Officer**

Peter Babin, [pbabin@aecom.yu.edu](mailto:pbabin@aecom.yu.edu) (718) 430-2243

### **Fire Safety Officer**

Al Navaretta, [alnav@aecom.yu.edu](mailto:alnav@aecom.yu.edu) (718) 430-2031

### **Industrial Hygienist**

Evan Rousseau, [erousseau@aecom.yu.edu](mailto:erousseau@aecom.yu.edu) (718) 430-4152

Visit the EHS website for detailed information <http://www.aecom.yu.edu/ehs/> or stop by the EHS office (**Forchheimer, 8<sup>th</sup> floor**).

If your work requires animal handling you will be required to attend the AECOM animal training (such as "Safe and Humane Rodent Handling"). For further information we would like to refer to Jeannette Camacho (Secretary, Animal Institute Committee, Ullmann 1103 (map: 6), Telephone: (718) 430-3572).

## **E-MAIL**

Your e-mail account set up will be initiated by Mary Anne Clifford (see section 2).

## **Paycheck**

All national postdocs will find their first paycheck in the departmental office without filing any additional forms.

All foreign scholars (VISA) will have to stop by at the Payroll office (Belfer 1106) to submit tax information. After your signature you will find your first paycheck in the departmental office.

If you are interested in a transfer of your biweekly salary from AECOM to your bank account talk to the manager at the Payroll office.

## **5) Getting settled in your home**

There will be a few hurdles to cross before you get settled in your new home, but here are some basic tips until you are oriented and ready to explore all the options NYC has to offer.

### **Phone, Internet, Cable, Cell phone**

Maintaining contact with friends and family will likely be one of your primary concerns when moving to a new city, and in many cases, a new country. Arranging telecommunications can be a difficult and expensive task if you are from outside the US - hopefully this guide can help reduce the frustration involved.

#### **Documentation:**

This will depend on the service and the carrier. If you are a foreign postdoc with no social security number and no American credit history, plan on having to put down a hefty cash deposit (\$150-300) for a cell phone if you sign up for a (typically 2-year) contract. This will probably be refunded via credit on your account after you have been paying your bills regularly for at least 11 months. You may also be asked for a cash deposit if you want to sign up for long distance plans on a land line. A better way to operate may be to buy your own cell phone (instead of getting one free with contract purchase) and pay a carrier to activate it.

#### **Major cellular providers:**

Sprint ([www.sprint.com](http://www.sprint.com) ), Cingular ([www.cingular.com](http://www.cingular.com)), T-mobile ([www.t-mobile.com](http://www.t-mobile.com)), Alltel ([www.alltel.com](http://www.alltel.com)), Verizon ([www.Verizon.com](http://www.Verizon.com) ) (staff discount available!).

For AECOM staff discounts, check:

[http://www.yu.edu/purchasing/secure/Policies/page\\_nav1.asp?id=840](http://www.yu.edu/purchasing/secure/Policies/page_nav1.asp?id=840)

You can sign up for cell phones via the internet (you can use a debit card to make a cash deposit), or you can go to one of their retail locations (see websites for details).

Land lines, cable, and internet can all be arranged by calling the provider. Many people choose to bundle their phone, cable, and internet by getting a package deal from Optimum or Verizon. When hooking up your cable with Optimum or Verizon, you can install it yourself or have a representative come by and install it for you, which will mean an additional charge.

There are other, cheaper ways to contact friends and family. If you have home internet, you can download Skype ([www.skype.com](http://www.skype.com)) and talk for free to anyone in the world over your computer (this is called VOIP), as long as you have a basic microphone and the other person also downloads Skype. You can also buy cheap Skype credit and call landlines.

Another solution is to buy phone cards with low rates to your home country. These can be purchased over the internet and activated immediately. Good examples are [www.pinbyemail.com](http://www.pinbyemail.com), [www.masterbell.com](http://www.masterbell.com), [www.phonecardsforsale.com](http://www.phonecardsforsale.com), and [www.idtcalls.com](http://www.idtcalls.com). Another example is Reliance, where you can get good rates to India or other international destinations ([www.relianceindiacall.com](http://www.relianceindiacall.com)).

## **Grocery Shopping (nearby stores and some personal favorites)**

Walking distance from AECOM:

**Big Deal** (1018 Morris Park Ave; fresh baguette and "Fruehstuecksbroetchen"!!!!)

**Pathmark** (see map p.38, 1720 Eastchester Rd)

**Key Food** (2722 East Tremont Ave)

Groceries by car:

**Super Stop & Shop** (240 East Sandford Boulevard, Mount Vernon, NY 10550)

**Stew Leonards** (1 Stew Leonard Drive, Yonkers, NY 10710; Wine Store, Fresh Stuff, great for Kids!)

**Trader Joe's** (1260 Boston Post Road, Larchmont, NY 10538 and 727 White Plains Rd. Scarsdale, NY 10583)

**Chang Li Supermarket** (2079 Benedict Ave, Bronx; Asian Supermarket with fresh and cheap fish)

**Poshora Halal and Grocery** (2148 Starling Ave, Bronx, 718-828-8418; specialty grocery carrying green chilis, halal meats, and a variety of Indian ingredients and prepared foods)

Groceries in Manhattan:

**Trader Joe's** (142 E. 14th St; visit the adjacent TJ Wine Store)

**Coffee and Tea:** Porto Rico Coffee (201 Bleecker St, NY 10012, (212) 477-5421); 40 St. Mark's Place between 1<sup>st</sup> and 2<sup>nd</sup> Ave, (212) 533-1982)

**Cheese:** East Village Cheese (40 3rd Ave, NY 10003-5504, (212) 477-2601); Small shop with wide array of domestic and imported cheeses at cheap prices, plus crackers, deli meat and more)

## **Furniture and Housewares**

NYC offers a massive array of shopping options, so once you get settled you will have no problem exploring many different stores for housewares. If you need basic furniture items in a timely manner, one of the first things you can do is check notices for items for sale on the bulletin

boards around AECOM and in your department. The information boards in/at AECOM elevators often have postings for postdoc and student moving sales. Announcements of moving sales are also frequently circulated on the EPA e-mail list.

Near campus, Cort Furniture on Eastchester Ave. offers used furniture, and will deliver for a fee. For small items like cheap cleaning supplies, inexpensive cookware and tableware, try Pathmark, or any of the dollar stores near White Plains Road and Lydig Ave, or down Morris Park Ave.

Bay Plaza Shopping Center, accessible by bus (catch BX12 at Eastchester & Pelham Parkway for direct service), has Kmart, JC Penney, and Linens 'N' Things (bedding, kitchen and bath supplies, etc.).

Popular Manhattan housewares retailers include Crate and Barrel and Bed, Bath, and Beyond, and there is an IKEA nearby in New Jersey.

**Crate and Barrel** ([www.crateandbarrel.com](http://www.crateandbarrel.com) )

650 Madison Avenue New York, NY 10022 (212) 308-0011

611 Broadway New York, NY 10012 (212) 780-0004 Store Hours: Mon-Fri: 10 am - 9 pm; Sat: 10 am - 9 pm; Sun: 12 pm - 7 pm

**IKEA** ([www.ikea.com](http://www.ikea.com))

Free Shuttle Buses to IKEA Elizabeth, NJ

On Saturdays and Sundays the Free IKEA round trip shuttle bus operates out the Port Authority Terminal (Eighth Ave & 42nd St). Buses depart from Gate #5 on the Lower Concourse. Departures on the half hour between 10:00am - 2:30pm. Return trips are also on a half hour with service available from noon to 6:00pm. Catch the 2 train at East 180th Street all the way to Times Square, and follow the signs to the Port Authority Bus terminal. If you are planning on getting larger items delivered to your home, anticipate delivery charges of \$100+ or check the web specials.

Elizabeth Center, 1000 IKEA Drive Elizabeth, NJ 07201

phone: 908-289-4488; 1-800-434-IKEA

Store Hours Mon-Fri 10am - 9pm; Saturday 9am - 9pm; Sunday 10am - 8pm

**The Container Store** ([www.containerstore.com](http://www.containerstore.com))

725 Lexington Avenue New York, NY 10022

Phone: 212/366-4200

Hours: Mon - Sat: 9am - 9pm; Sun: 10am - 8pm.

**Home Depot** ([www.homedepot.com](http://www.homedepot.com))

1806 E Gunhill Rd Bronx, NY 10469 (718)862-9800

OR

Manhattan 59th Street 980 Third Avenue at 59<sup>th</sup> Street  
New York, NY 10022

(212)888-1512

**Kmart** ([www.kmart.com](http://www.kmart.com) )

Bay Plaza Centre  
300 Baychester Avenue  
Bronx, NY 10475  
Store: (718) 671-5377

OR

Astor Place  
(770 Broadway)  
New York, NY 10003  
Store: (212) 673-1540

OR

250 West 34th Street  
New York, NY 10119  
Store: (212) 760-1188

Store Hours: Mon-Fri: 8 am - 10 pm; Sat: 8 am - 10 pm; Sun: 8 am - 9 pm

On-line shopping also offers an array of options, often with free or cheap shipping, even of large/furniture items: e.g. amazon.com, overstock.com, ebay.com, Int.com, newyork.craigslist.org.

## **Security Escort Service**

Security escorts are available after dark for postdoctoral fellows living in AECOM housing at 1579 Rhineland Avenue, 2100 Eastchester Road, and 1651 Williamsbridge Road, or within the neighborhood boundaries listed below:

North:	Pelham Parkway
South:	Westchester Square
East:	Railroad Tracks
West:	Williamsbridge Road

**What time are Escorts available?** Escort service is available from sunset until 11:15 p.m.; postdocs will be escorted on foot or driven to their destination. After 11:15 p.m., a security officer will call Plaza Taxi Service.

### **Is There a Charge for Taxi Service?**

There is no charge to postdoctoral fellows for this service.

### **How do I Request an Escort to my home?**

To request an escort home, you will need to present your ID card to the security officer on duty in the lobby of the Forchheimer building. The officer will call the security van driver or Plaza taxi. Please do not telephone Plaza yourself; the call **must** be made by an AECOM security officer.

### **Are Escorts available to the Parking Garage?**

Postdoctoral fellows are eligible to be escorted on foot to the parking garage. Present your ID card to the officer on duty in the lobby of the Forchheimer building and request a security

escort.

**What to do if Escort Service is refused** If, for any reason, you are refused escort service within the accepted boundaries, during the allowable times, request to speak to the captain on duty (captains are the security officers wearing white shirts). If he, too, refuses escort service, write down the details of the event (date, time, officer's name, requested destination, reason for refusal). Telephone Plaza taxi, pay the fare and ask the driver for a receipt. The following day, contact Dr. Stephen Lazar in the Office of Education, Belfer 115, to explain the situation. If you should have been provided with a security escort, you will be reimbursed for your taxi fare.

**Telephone Numbers** Security Office: 430-2019 Plaza Taxi: 881-1111

## Public Transportation

Luckily, NYC has one of the best public transport systems in the world, and it is definitely possible to live here without a car, even in the Bronx. Transit runs 24 hours a day, although you can expect changes in service on evenings and weekends. The best thing to do is to look up the schedules and route maps on the MTA site; these can be downloaded as PDFs.

Website: [www.mta.info](http://www.mta.info)

Subways: 2, 5, 6 lines run close to AECOM and into Manhattan (see map p. 38/39).

Bus: BX 21 - runs East/West on Morris Park avenue

BX 31 - runs north/south on Eastchester Road

BX12 - runs East/West on Pelham Parkway

BX8 - runs north/south on Williamsbridge Road

BXM10 Express goes into Manhattan

To the airports:

LaGuardia Airport: Take 5 train to 125<sup>th</sup> Street, transfer to M60 bus for service to all terminals at LaGuardia Airport.

JFK Airport: Take 2 train to 42nd street, take the E train to Sulphin Blvd, take the AIRTRAIN (\$5) to JFK.

Newark Airport: Take 2 train to 34th street/Penn Station and take NJ Transit to Newark Airport from Penn Station, AIRTRAIN at Newark Airport is free.

## Banking

Banking can be a tricky issue for foreign postdocs, but at least there are a few banks very close to AECOM. The two closest major banks are Citibank ([www.citi.com](http://www.citi.com)) at the corner of Morris Park Avenue and Williamsbridge Road, and Chase bank ([www.chase.com](http://www.chase.com)) at the corner of Morris Park Avenue and Eastchester Road.

## Vital documentation for foreign postdocs:

- Passport and visa
- AECOM ID
- Letter from your department (get it from your departmental secretary) stating that you are an employee, and stating your home address

You do not need a social security number to open a bank account, but you do need the above documentation. Please note that if you wish to open a joint bank account with your spouse, your spouse must also provide documentation proving their home address - either a letter from an employer, if they have one, or a utility statement/bill addressed to them at your home address. They will also need photo ID. When you get a debit card for your account, it is usually one that has the Mastercard/VISA symbol on it - this can be used at all ATMs, debit card readers, and can be used like a credit card for on-line purchases. If you are a non-resident alien, you cannot open bank accounts on-line, including those on-line only high-interest savings accounts.

## **Local Post Offices**

Fairly straightforward services for sending domestic and international mail. Filling out the proper customs forms before stepping up to the window will ensure much better attitude and service from the agents.

1807 Williamsbridge RD Bronx, NY  
715 Morris Park AVE  
2488 Williamsbridge RD  
2100 White Plains RD  
2619 Ponton AVE (near Weastchester Sq., incl. PASSPORT FACILITY)  
**www.usps.com**  
Phone: (800) ASK-USPS

There are post office services offered by the AECOM mail room in the basement of Belfer. Stamps can be purchased using a vending machine (it takes \$1, 5, and 10 bills and change). Parcels can be weighed and mailed, and letters mailed (all postage must be purchased from the machine or elsewhere) from the mail room between 1 and 3 pm on all working days.

## **Public Library**

A great resource for books and resource material, DVDs, CDs and periodicals. All books can be checked out for three weeks and renewed online. DVDs are available for one week period. Proof of address (e.g. utility statement) and picture ID are required for library card (no fee).

Website: **www.nypl.org**

Local Branches

### **Morris Park Branch**

985 Morris Park Avenue 10462  
(718) 931-0636

**Van Nest Branch** 2147 Barnes Avenue 10462 (718) 829-5864

**Westchester Square Branch** 2521 Glebe Avenue 10461  
(Glebe and St. Peter's Avenue) (718) 863-0436

## **Area dining information**

The Morris Park area is home to many authentic Italian restaurants, pizza counters and traditional delis. An array of dining options is available around Eastchester Ave, Williamsbridge Road, and Morris Park Ave.

**Coals** is a very popular destination for AECOM postdocs, especially Friday after work. Enjoy great grilled pizza and gourmet panini sandwiches with cheap microbrews, in a warm atmosphere with friendly staff and great music.

**Pine/Pine Too** - Landmark Morris Park restaurants. Family friendly atmosphere, authentic Italian-American cuisine in large portions at reasonable prices. No reservations required. Pine: 1913 Bronxdale Ave, Pine Too: 1634 Eastchester Rd

Other popular restaurants in the neighborhood:

Enzo's (Wmsbridge & Neill Ave) - Classic Italian dining

Captains (Morris Park Avenue) - popular neighborhood Italian eatery

Patricia's (Morris Park Avenue) - popular pizza kitchen

Emilio's (Morris Park Avenue) - another popular choice for pizza

M&R deli (Morris Park Avenue, close to AECOM) - a popular place to buy lunch

For more information, visit: [www.ilovethebronx.com/where\\_to\\_eat.asp](http://www.ilovethebronx.com/where_to_eat.asp)

## **Obtaining a driver or non-driver ID Department or Motor Vehicles (DMV)**

Like the Social Security office, the DMV is a pretty unpleasant place to spend an afternoon, but a necessary one if you wish to obtain state identification. Plan to spend at least a couple of hours there, but to make it easier, avoid going to the DMV on Monday or Friday, or at noon.

### **Documentation:**

Social Security card - **MUST** be original, no copies accepted

Visa and passport

Photo ID

Proof of address - utility statement/bill with your name and address

Note: American citizens require a birth certificate (**MUST** be original, no copies accepted)

Website: [www.nydmv.state.ny.us](http://www.nydmv.state.ny.us)

Bronx Office Licensing Center

1350 Commerce Avenue Bronx NY 10461 M - F 8:30 am to 4:00pm; License tests 8:30 to 3:30;

CDL tests 8:30 to 1:00

1-718-966-6155 or 212-645-5550

Service limited to: Original license / permit tests and applications and original ID card applications. Name or date of birth changes to license, permit or ID cards. **NO OTHER**

## TRANSACTIONS

\*note: this is an insanely busy location, where you can't register your car. If you have a car to register, try the Westchester, White Plains, or Yonkers DMV locations - you can get your license and register your vehicle:

### Bronx Office

696 East Fordham Road Bronx, New York 10458 (Cross Streets Fordham Rd. and Crotona Ave)  
M, T, W & F 8:30 - 4:00; Thursday 8:30 - 6:00  
1-718-966-6155 or 212-645-5550

### Westchester White Plains Office

200 Hamilton Ave. White Plains, NY 10601 No written learners' permit tests, CDL tests or enforcement transactions.  
M, T, W & F 8:30-4:00, Thursday 10:00-6:00  
1-800-DIAL-DMV (See Call Center Directory , on website)

### Westchester Yonkers Office

1 Larkin Plaza Yonkers, NY 10701  
M, T, W & F 8:30-4:00, Thursday 10:00-6:00  
1-800-DIAL-DMV (See Call Center Directory , on website)

## Postdoctoral benefits

The following is meant only as a brief summary of postdoc benefits; for complete details consult the office of the Belfer Institute (see p.6) or see the Belfer Institute website ([http://www.aecom.yu.edu/home/belfer\\_institute](http://www.aecom.yu.edu/home/belfer_institute)), consult your department office, or see the appropriate agency (e.g. Empire Blue Cross Blue Shield).

## Health Insurance

Full-time postdocs (Research Associates) paid by AECOM are covered by Empire Blue Cross Blue Shield for Single coverage (including dental plan and life insurance), at a minimal additional cost (~ \$20/month), but be aware that you must sign up for this coverage **within 30 days of starting your employment** - you will receive a packet in the mail. Take completed forms to:

### Benefits Office

1203 Belfer Bldg.  
718-430-2547

Postdocs not receiving their stipend from AECOM must purchase single coverage if they want the AECOM group health insurance plan. Regardless of your full or part-time status, or who pays your stipend, if you want family coverage, you will have to pay for it. The amount paid for family coverage is currently under review.

Once you have signed up for coverage, you will receive additional information in the mail, and you will get an ID card that you will need to present when receiving services, including when you get prescriptions or go to the doctor (the doctor must be on the list of approved doctors for Empire). Montefiore Medical Center is a popular choice for postdocs to find primary care physicians (<http://www.montefiore.org>), but there are other providers at Jacobi hospital and elsewhere. Check with the Benefits Office or Empire at: [www.empireblue.com](http://www.empireblue.com). Pathmark has a pharmacy where you can get prescriptions filled, although there are also CVS (Williamsbridge Rd) and Rite Aid (Morris Park Ave.) pharmacies in the AECOM area.

Currently postdocs do not receive optical coverage. Detailed description of the health insurance plan is available from the University Benefits Office in Room 1203 (Belfer Building, map: 7)

## **Vacation Policy (Paid Leave)**

According to Belfer, postdocs are eligible for 20 paid vacation days per year (1 2/3 days per month), with no accumulation of vacation days from year to year unless approved by your PI and department Chair. You are also allowed eight federal holiday vacation days (or a day in lieu of those days off) - New Year's Day, Dr. Martin Luther King Jr. Birthday, President's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Christmas Day. Vacation time is quite flexible, depending primarily on approval by your PI.

Postdocs get 12 days per year (1 day/month) of sick leave, and you can accumulate up to 36 days.

### **LEGAL HOLIDAY SCHEDULE FOR 2008**

ENTIRE SCHOOL IS CLOSED

New Year's Day - January 1

Martin Luther King Day - January 21

Presidents' Day - February 18

Memorial Day - May 26

Independence Day - July 4

Labor Day - September 1

Thanksgiving Day - November 27

Christmas Day - Tuesday, December 25

### **RELIGIOUS HOLIDAY**

SCHEDULE FOR 2008

CENTRAL ADMINISTRATION IS CLOSED NOTE:

Postdocs don't get these days off unless we use our own vacation time.

Passover: April 20

Shavuoth: June 9

Rosh Hashanah: September 30

Yom Kippur: October 9

Shmini Atzeret: October 21

Simchat Torah: October 22

## **Medical or Family Leave (Unpaid Leave)**

Medical leave includes leave for illness, injury, or 'the disability period of pregnancy'. Unpaid medical leave can be taken for up to six months, and can be offset with accumulated sick leave days. The information from Belfer advises to give notice at least 30 days prior to taking leave, when possible.

Postdocs employed for at least a year at AECOM can get up to 12 weeks of unpaid leave for family reasons - birth or adoption of a child, or for a sick spouse, parent, or child. Again, giving at least 30 days' notice prior to the period of leave is advised, where possible.

Medical and Family leave may require medical documentation, and health coverage will continue during unpaid leave. It is advisable to discuss taking leave with your PI. Consult official Belfer policies. For additional information, please visit:

[http://www.aecom.yu.edu/home/belfer\\_institute/vacation.htm](http://www.aecom.yu.edu/home/belfer_institute/vacation.htm)

## **Daycare**

A daycare system at AECOM is currently being discussed. For now we would like to refer to the following day cares in the area:

### **Tutor time**

4022 E tremont Ave. Bronx, NY 10465. (718) 239-5274

### **Precious moments nursery**

3147 Bruckner Blvd. Bronx, NY 10461. (718) 828-8159

### **Bronx house day care**

990 Pelham Parkway south. Bronx, NY 10461 (718) 792-1800

### **Children's corner**

1200 waters place. Bronx, NY 10461 (718) 239-1062

### **Miss Wilson's**

2935 Barnes Ave Bronx, Ny, 10467. (718) 519-7293

### **Village day care**

607 Morris Park Ave. Bronx, Ny 10460 (718) 239-2240

### **Little learners program**

3406 Grunther Ave. Bronx, NY 10469 (718) 655-9303

## **Stipend Policy**

AECOM has a minimum stipend level for Research Associates based on the NIH/NRSA base minimum stipend. For minimum stipend amount, consult the official Belfer website. PIs can raise this minimum stipend commensurate with experience or other factors, but no postdoc can be hired below the minimum level. If the minimum level is raised during the year, all stipends will be

raised at least to the new minimum at the time of postdoc term renewals (see below).

Research Fellows, funded by federal or non-federal fellowships, are governed by different rules from RAs, but still cannot be paid less than the minimum stipend. See the Belfer website for complete details.

According to Belfer, all Research Associates/Research Fellows "must be reviewed with regard to performance at least annually". In practice, this means that you will get a letter from the Dean each year saying that your term has been extended another year. There is currently no required 'performance evaluation' process where you actually sit down and discuss your performance with your PI. However, we encourage all postdocs to initiate performance discussions on a regular basis.

## **6) At AECOM**

### **The Quality of Life Committee**

In April, 2007 a motion was passed in the Albert Einstein Senate for the formation of a Quality of Life (QOL) committee, appointed by The Committee on Committees.

The QOL committee is charged with reviewing issues that are relevant to the quality of life at AECOM, with representatives from the students (MD, PhD and MSTP), postdocs, faculty and administration, working together for improvements.

Examples of things that the committee is dealing are: Housing issues, Falk recreation center, Parking, Recycling, Daycare, Healthcare etc..

If you have any concerns affecting your quality of life at AECOM, please do not hesitate to contact one of the postdoc reps to the committee, i.e.

**Ananda** ([ananda@aecom.yu.edu](mailto:ananda@aecom.yu.edu), Dept. of Physiology & Biophysics) or  
**Aviva** ([ajoseph@aecom.yu.edu](mailto:ajoseph@aecom.yu.edu), Dept. of Microbiology and Immunology)

### **The AECOM Library**

The D. Samuel Gottesman Library, <http://library.aecom.yu.edu>, provides electronic & print information resources and services useful in the preparation of grant proposals, manuscripts, theses, etc . Newspapers, magazines, and journals are also available. If the Library does not have what you are looking for, it can be obtained free of charge, from another academic library via Interlibrary Loan. Requests may be submitted using the electronic form on the Library's website, directly from certain database searches or written paper form.

Services offered include reference assistance in person, by phone, email, or live chat/instant messaging, interlibrary loan, public computers, online printers and photocopiers for use by library patrons. Wireless access is available for use with laptops. Access to electronic library resources

is available on campus and *remotely* from off-campus.

Consult a Reference librarian if you need help with any Library services or resources:

**askref@aecom.yu.edu,**  
**phone: (718) 430-3104**  
**or in person**

Check the Library web site frequently for updates, such as free PDA resources  
<http://library.aecom.yu.edu/resources/pda/pda.htm>  
and other pertinent information.

The Library offers classes on the efficient use of information resources and citation management. Instructional sessions for graduate students and postdocs focus on appropriate resources to fill their information needs such as Web of Knowledge, PubMed, MEDLINE, Current Contents, Impact Factors, RefWorks, EndNote, Reference Manager and others. Classes are regularly offered, <http://library.aecom.yu.edu/education/education.htm>, or can be scheduled according to the time of a department or group with instruction tailored to specific needs. Individual one-on-one teaching sessions may also be arranged.

Library hours are:

**Monday-Thursday:** 8:30am- Midnight  
**Friday:** 8:30am-4pm (5pm, DST daylight savings time)  
**Saturday:** 7-30pm-10:30pmt (closed all day, DST daylight saving time)  
**Sunday:** 10:30am-10:30pm

The newly renovated Beren Study Center located to the right of the entrance to the Library, is open 24/7. It offers a variety of seating such as booths, tables & chairs, counters and stools. PCs with Microsoft Word, Excel, Power Point, Acrobat and other programs and printers are also available. There is wireless access for use with laptops.

## **AECOM Shared Facilities**

AECOM offers a wide variety of facilities that can help your research. A complete list of the facilities available, you will find at the following site:

<http://www.aecom.yu.edu/home/shared.asp>

## **Free Membership to the New York Academy of Science**

First year postdocs are automatically enrolled in the New York Academy of Science by the Belfer Institute. The enrollment process is done once a year, during the month of September; NYAS notifies each new member after they have been enrolled. Members receive e-mail notification from NYAS about all seminars and/or events that are scheduled within that year. Members are notified when their membership year is about to expire, and they are given the opportunity to

continue their membership for a fee of \$35 for the upcoming year. The feedback from postdocs has been excellent regarding the events that they have attended at NYAS, e.g., timely topics, excellent speakers, and superb organization.

## **Outstanding Postdoctoral Research Scholar Prize**

The Outstanding Postdoctoral Research Scholar Prize(s) is an exciting competition that was initiated in 2004, in which the Belfer Institute has awarded up to six prizes of \$5,000 each, to current postdoctoral investigators, as a reward for excellence in research done here at AECOM that has led to publication. Faculty members are invited to submit applications for those postdoctoral investigators whom they feel qualify for this award. All applications are submitted to the AECOM Awards Committee for prize selection.

## **Postdoctoral Travel Awards**

The postdoctoral Travel Awards were initiated in 2007 by the Director of the Belfer Institute. Annually all postdoctoral fellows will be encouraged to submit abstracts to the Belfer Institute. Up to 10 postdocs will receive the \$500 award during to the Outstanding Postdoctoral research Scholar Prize (see above) ceremony.

## **Career Development Programs**

Career Development Programs are organized by the Belfer Institute. Events will be found at the following site: [http://www.aecom.yu.edu/home/belfer\\_institute/activities\\_and\\_events.htm](http://www.aecom.yu.edu/home/belfer_institute/activities_and_events.htm)

## **Gym**

The gym (a.k.a. The Anne and Isidore Falk Recreation Center) is one of Einstein's best non-academic assets. Membership costs \$29/month for postdocs. The gym has a basketball court, volleyball, running track, two racquetball courts and one for squash, free weights, weight machines, treadmills, Stairmasters, nordic track, a full-length swimming pool, and whirlpool. For Stairmasters, treadmills, racquetball, and squash you should make reservations in advance to be sure you get a spot. There are also organized games, activities, and classes held at the gym, so stop by for details. The intramural basketball tournament in particular is a noteworthy distraction from the monotony of studying anatomy. The gym's hours during the academic year are as follows:

<b>Monday &amp; Wednesday</b>	6:30am - 9:30pm
<b>Tuesday &amp; Thursday</b>	7:30am - 10:30pm
<b>Friday</b>	6:30am - 3:30pm
<b>Saturday</b>	6:00pm - 9.30pm
<b>Sunday</b>	11:00am - 7:30pm

For more or updated information visit: <http://www.aecom.yu.edu/home/falk/> , or call: (718) 430-4298

If you find that these hours aren't adequate, some postdocs choose to join the Dolphin Fitness Club across the street from housing on Eastchester Road.

## 7) Culture

### AECOM

At AECOM you will find a plethora of different events. An excellent overview gives the student run web page <http://www.aecomcommunity.com>. You will find clubs for diverse topics like Tae Kwon Do, Movies, Ballroom Dancing, Soccer, Music, Cooking, and many more. Even a softball team is looking for new members (ask Erin! [mccllella@aecom.yu.edu](mailto:mccllella@aecom.yu.edu) )!

The weekly BEER Hour (Fridays 5.30-8pm) at AECOM is famous! In the warm season you can get a cool beer in the courtyard between Ullmann/Forchheimer/Chanin and get to know a lot of people. During the cold season people meet at COAL's (Eastchester Rd. across from Belfer).

A lot of the following information was provided by the MSTP students! THANK YOU!

### The Bronx

Manhattan isn't the only place to go for a little culture. The Bronx has its own historical and cultural treasures--not to mention a world champion baseball team and the largest park in New York City. You can look up info at [www.ilovethebronx.com](http://www.ilovethebronx.com). The Bronx County Historical Society located in the Valentine-Varian Mansion at 3309 Bainbridge, (881-8900) has much to offer groups of all ages in the way of tours and lectures. Guided tours can be arranged by walking, bicycle, horse, train or boat, with topics like The Bronx Heritage Trail, Art Deco in Bedford Park, Woodlawn Cemetery, Ecological Views, Metropolitan New York Waterways, and many others. Walking Tours last 90 minutes and bus tours 2½ hours. Right across the street from the historical society is the Edgar Allen Poe Cottage (2640 Grand Concourse, corner of East Kingsbridge, 881-8900)--see how the famed American poet lived when the Bronx was just countryside. Admission for both of these is \$2, and two for one with the Arts Card. For both of these sites, follow Pelham Parkway west, under the Bronx River Parkway until it turns into Fordham Road. Turn right onto the Grand Concourse and you will see both buildings. The Bronx Museum of the Arts is in the other direction, at 1040 Grand Concourse. Founded in 1971, it specializes in African, Asian and Latin American art. Hours are 3-9 on Wednesday, 10-5 on Thursday and Friday, and 1-6 on weekends. Call 681-6000 for information in exhibits. You can see the famous (or infamous) criminal justice system at work with a free tour of the Bronx County Courthouse at 270 Broadway (718-643-8983, open weekdays, but call for a tour).

A little bit closer to Einstein is the Pelham Bay Park (east on Pelham Parkway). You can walk

there during the day. It has a full schedule of arts shows and even opera in the park. Call 430-1848 for dates and times. Also inside this huge park is the Bartow-Pell Mansion, a seventeenth century mansion with guided tours on Wednesday and Sunday afternoons from 2-4 (Call 885-1461 to ensure a tour is taking place).

The Bronx Zoo and Botanical Gardens (367-1010) are world-famous. Turn left from Eastchester, go west two miles on Pelham Parkway, go under the Bronx River Parkway, and you're there. Watch for signs. By bus, take the Bx12 west on Pelham Parkway to the Southern Blvd stop. You can walk, bike, bus, or drive there. It's a nice getaway. There is also a beautiful cafeteria right on the Bronx River at the Botanical Gardens. Admission varies, but the zoo is free on Wednesdays (parking is \$5). The zoo is open Mon-Fri 10am-5pm, Sat-Sun 10am-5:30pm; Nov-March daily 10am-4:30pm.

## **Biking**

There are some nice places to bike in New York. The closest is a ride out to Orchard Beach. Central Park is closed to traffic between 10am and 3pm every day and open to joggers, rollerbladers, and bikers. During the spring, summer, and fall, the Bronx River Parkway is closed above the Sprain Brook split (look under Directions for Central Avenue in Westchester). It is a beautiful 13.6 mile circuit on Sunday mornings. Get further information and maps of bikable roads in the NYC area at

<http://www.transalt.org/info/maps.html> <http://www.nyc.gov/html/dcp/pdf/bike/mapfront.pdf>

## **Inline Skating/Roller Hockey**

In the Bronx you are on your own for skates. If you have them, blading in Pelham Bay Park is very nice, plus there are tons of people in the spring. The AECOM Roller Hockey Club organizes games for Einstein students (see Clubs and Organizations at [www.aecomcommunity.com](http://www.aecomcommunity.com)).

## **Bowling**

New Roc City (95 North, Exit 16) is the best place around to bowl (among other things - arcade, stadium-seating movie theaters, restaurants, etc.). A little closer is Van Nest Lanes (792-2220). To get there, follow Morris Park northward to Bronxdale Avenue, "approximately 11 blocks from AECOM." Make a left onto Bronxdale (light). There are also some very good lanes up on Central Avenue off of the Jackson Avenue exit. There is also Gunpost Lanes on 1215 E.Gunhill Rd (881-0331). These lanes are a little older and you may have to keep your own score.

## **Horseback Riding**

This area used to be a race track back in the 1920's (That's what the name "Morris Park" refers to, by the way. You can see pictures of it on the walls at Patricia's restaurant). Located on Pelham Parkway South (make a right from Eastchester onto the little road, not the big one) is a

stable complete with horse rental. Further up Pelham Parkway towards Orchard Beach is another stable. Call Pelham Bit Stables for details (885-0551 or 885-9723).

## **Tennis**

There are outdoor tennis courts at Fordham. Just use your Einstein ID to get parking and walk towards the courts. We have used them in the summer so not sure if they are stricter during the year in terms of Einstein people using them, but worth giving it a try.

## **Movie Theaters**

There are many movie theaters in the area. The best, by far, is New Roc City (95 North, Exit 16) with an IMAX and 18 screens. Check Yahoo for showtimes. Two others (and less modern) are Bay Plaza (320-3020, see directions above) and Whitestone (409-9030; get on Pelham Parkway going east. After the first light, veer right onto the Hutchinson River Parkway going south. Get off at the second exit (after the gas station) and just veer right. You'll see it). A telephone service sponsored by local radio stations allows you to call 777-FILM, input your zip code, and find out the times for local movie showings. North, on Central Avenue (see Directions), is a veritable plethora of safe and large movie theaters: Yonkers General Cinema (914-793-3232) and Yonkers UA Movieland (914-793-0002). In Manhattan you can see great avant-garde and foreign films (note: films, not movies) at the Angelika Theater (212-995-2000) on the corner of Houston and Mercer Streets (one block west of Broadway).

## **Movie Rentals**

There is a Blockbuster Video store nearby, north on Eastchester (655-2640) next to Boston Market. The store is open until midnight. Pathmark (see map on p. 38) has a DVD rental kiosk (~\$1.69 per one day rental). There's always NetFlix as well... your movies usually get here the next day ([www.netflix.com](http://www.netflix.com)).

## **Orchard Beach**

Going east on Pelham Parkway (turn right from Eastchester) and continuing on Shore Road will bring you to Orchard Beach. Just follow the signs. In the summer, the eastbound "Orchard Beach" Bx12 from Pelham Parkway can take you there. The waves at Orchard Beach are all of one inch (and you don't want to go into the water), but it has some sand, nature, and lots of forest area. It also offers tennis courts. It can get very crowded on summer weekends. It's a great place to barbeque.

Van Cortlandt Park, a 1,146 acre park, located in the west Bronx at Broadway and 242nd Street is home to wetlands, woods, wild life, and the Van Cortlandt lake. The park also offers miles of hiking and horse back riding trails. (718) 430-1890

## Restaurants

There are so many good restaurants in the NY area that it would be silly to try and cover them all here, but some good local ones and some great ones that are not so close by are included. If you do not have a car, you can try the bus. A good source to get your hands on is the Zagat New York City Restaurant Survey (zagat.com), Time Out New York, or check out CitySearch (citysearch.com).

For restaurants around AECOM: see page 19.

City Island has a variety of very good seafood places (go east on Pelham Parkway and follow the signs, or take the Bx12 east on Pelham and switch at Pelham Bay Park Station for the Bx29 to City Island). The island has one main street along which almost all the restaurants are located. Dinner can be very expensive, but lunch is reasonably priced. One known seafood restaurant is **New Crab Shanty** (885-1810). **City Island Diner** (885-0362) and **The Black Whale** (279 City Island Ave. City Island, 718-885-3657, great Sunday brunch!) are reasonably priced, but don't specialize in seafood.

**Arthur Avenue**, the "Little Italy" of the Bronx, is nearby (west on Pelham Parkway, under the Bronx River Parkway, then make the first possible left onto Arthur Avenue; or take the Bx12 west on Pelham). Here you will find many great Italian restaurants, including family-style eating with classic Italian fare at Dominick's (2355 Arthur Ave. 722-2807--cash only and no menu--beware that this is the case for most things on Arthur Avenue). Other recommended restaurants include **Mario's** (2342 Arthur Ave. 584-1188), **Roberto's** (632 Crescent Ave. 773-9503), and **amici's** (Joe Pesci's previous employer--566 E 187<sup>th</sup> St. 584-6167). Dining on Arthur Ave. isn't only fun at night--go early on a Saturday morning and witness the Market, or sit back and have a cappuccino, pastry or gelato at one of the many decadent cafes. We recommend Edigio's pastry shop at the corner of Arthur Ave and 187th street.

**Mama Maria's Tattoria** down on the corner of Morris Park in Bronxdale also serves authentic Italian food that is not too expensive. The real treat is the *Gran Caffè* (829-8471) upstairs, which shows Italian television and has the dailies from the "old country." Try **Frankie and Johnnie's** at 1913 Bronxdale (take Morris Park to Bronxdale, turn right and the restaurant is two blocks up, on the left. 792-5956) or **Pine Too** on Eastchester, for an authentic Bronx-Italian experience--make sure to split whatever you order, because the portions are huge.

For sushi or other Japanese dishes, try **Yokohama** (they are far away so get it delivered, 549-2606) to satisfy your cravings. **New Hawaii Sea** (1477 Williamsbridge Road) is within walking distance and is also great for Japanese and Chinese (863-7900). **Yamada** (3811 E Tremont Ave, 718-409-3528) and **Kiraku Sushi** (walking distance, 1948 Williamsbridge Rd, 718-379-8866) serve decent sushi and both deliver. **Yamada** has a \$15 minimum for delivery but serves bigger portions and you might get lucky and have something added on the house, like their always tasty fried bananas.

## Bars

Most postdocs/students venture into the city for a night of drinking. There are a couple places nearby if you and your buddies are in the mood for a few beers. COAL's (across Belfer) has a wonderful selection of beers and excellent grilled sandwiches and pizza. Gleason's Cafe, down Eastchester towards Pelham Parkway, is a great place to go, especially on Thursdays. Another recommended bar is in Yonkers, Rory Dolan's Restaurant (890 McLean Ave 914-776-2946). Go there for a pint of Guinness. They serve up bar food and have a laid back, fresh out of college atmosphere.

## Sporting Events

The New York area has a team and a stadium for every sport. Tickets for all can be obtained, though not always through the most legal channels. We hear that scalping tickets at baseball and football games is relatively safe, but avoid any scalpers at Madison Square Garden. At MSG, the counterfeiters know what they're doing.

**Yankee Stadium:** Take the 5 train towards Manhattan, but get off at 149 St/Grand Concourse and switch to the 4 train northbound one stop to 161 St/Yankee Stadium.

**Shea Stadium/Arthur Ashe Tennis Stadium:** Drive across the Whitestone Bridge to Van Wyck south to Northern Blvd. Follow the signs to the stadium. By subway, take the 5 or 6 train to 42 St/Grand Central and switch to the 7 train to Willets Point/Shea Stadium.

**Giants Stadium/The Meadowlands:** It's in Jersey... go figure. See "Driving & Transportation" chapter. Follow the route to the West Side of Manhattan, except do get on the George Washington Bridge instead of exiting for the West Side Highway. After the GWB, follow the New Jersey Turnpike until the Giants Stadium exit.

**Madison Square Garden:** Take the 5 or 6 to 42 St/Grand Central, then the S shuttle to Times Square, then the 1, 2, 3, or 9 one stop to 34 St/Penn Station. It's right above Penn Station.

**Nassau Coliseum:** It's on the island, and you wouldn't want to watch the Islanders play anyway...

## Manhattan

Culinary and cultural highlights can be looked up at:

[www.menupages.com](http://www.menupages.com)

[www.sidewalk.com](http://www.sidewalk.com)

[www.zagat.com](http://www.zagat.com)

[www.citysearch.com](http://www.citysearch.com)

Here's some of the World's favorites...

## Lounges and Clubs

Before venturing anywhere in the city you need to check out whether or not there is a dress code

or if there is cover. Chances are wearing jeans is a major no-no. Call ahead or just break out the khakis or black pants to be safe. Each place has its own culture with different crowds and styles of music, so be sure to ask around. Also, New York City lives by constant change. Thus, some of the mentioned locations might be out of business by the time you read this or there might be great new ones, your feedback is very much appreciated!

Here are some website worth checking for what is going on:

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

<http://upcoming.org/>

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

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

<b>Bar 13</b>	35 E 13th St, 2nd Fl 212-979-6677
<b>Centrofly</b>	45 W. 21 <sup>st</sup> St.(b/w 5 <sup>th</sup> and 6 <sup>th</sup> Aves.) 212-627-7770
<b>Eugene</b>	27 W 24 <sup>th</sup> (b/w 5 <sup>th</sup> and 6 <sup>th</sup> Ave) 212-462-0999
<b>Lansky's</b>	104 Norfolk Street at Delancey 212-677-9489
<b>Life</b>	158 Bleecker St. (at Thompson St.) 212-420-1999
<b>Nell's</b>	246 West 14 <sup>th</sup> St. (b/w 7 <sup>th</sup> and 8 <sup>th</sup> Ave.) 212-675-1567
<b>NV</b>	304 Hudson St. 212-929-6868
<b>Ozone</b>	1720 Second Ave. (b/w 89 <sup>th</sup> and 90 <sup>th</sup> St.) 212-860-8950
<b>Punch &amp; Judy</b>	26 Clinton Street 212-982-1116
<b>Rififi</b>	332 E. 11th St. (b/w 1st and 2nd Ave)
<b>Saci</b>	135 W. 41 <sup>st</sup> St. (b/w 6 <sup>th</sup> Ave and Broadway) 212-278-0988
<b>Tiki Room</b>	4 W 22 <sup>nd</sup> St 646-230-1444

### Cool Music Venues

Some more known, but of medium price are

<b>Webster Hall</b>	<a href="http://websterhall.com/">http://websterhall.com/</a>	125 East 11 <sup>th</sup> St. (b/w 3 <sup>rd</sup> and 4 <sup>th</sup> Ave.) 212-353-1600
<b>The Fillmore</b>	<a href="http://www.irvingplaza.com/">http://www.irvingplaza.com/</a>	17 Irving Place on the corner of East 15 <sup>th</sup> Street.
<b>Roseland Ballroom</b>	<a href="http://www.roselandballroom.com/">http://www.roselandballroom.com/</a>	239W 52 <sup>nd</sup> Street (Broadway and 8 <sup>th</sup> Ave)
<b>Bowery Ballroom</b>	<a href="http://www.boweryballroom.com/">http://www.boweryballroom.com/</a>	6 Delancey Street (Bowery and Delancey)
<b>B.B. King Blues Club</b>	<a href="http://www.bbkingblues.com/">www.bbkingblues.com/</a>	237 W 42 <sup>nd</sup> St (Times Square)

A few cool venues for music, especially those with the shallow pockets and the open- minded ears are:

<b>Piano's</b>	<a href="http://pianosnyc.com/">http://pianosnyc.com/</a>	158 Ludlow (LES) - often crowded, popular bar with a cool music space in the back room. Hipsters, young professionals, students. Everybody fits in here.
<b>The Bitter End</b>	<a href="http://www.bitterend.com/">http://www.bitterend.com/</a>	on Bleecker and Thompson - lots of rockers got

their start here like Avril. Cool venue, lots of space to sit-down and chill with a group.

**Knitting Factory** <http://knittingfactory.com/> 74 Leonard Street - good bands and terrible bands play here. There are several rooms and stages.

**Fat Cat** <http://www.fatcatmusic.org/> on Christopher and 7<sup>th</sup> Ave - Small's, a favorite jazz club of NYU and Columbia students, shut down but the owner opened Fat Cat. The joint is cool and very homey. Great jazz and a pool table in the room next door.

**Detour** <http://www.jazzatdetour.com/> on 13<sup>th</sup> St and 1<sup>st</sup> Ave - best free jazz. Lots of great small-time jazz and big-time jazz people come to this joint. It's a favorite late-night hangout for musicians who have finished gigging themselves and want to go for a beer and good music.

**Mercury Lounge** [www.mercuryloungenyc.com](http://www.mercuryloungenyc.com) 217 E. Houston St. (corner Ave A & Houston) is the small brother of Bowery Ballroom (this is the box office of Bowery). See next years indie stars humble Manhattan debut here.

**Luna Lounge** <http://www.lunalounge.com/> survivor of the mostly defunct Lower East Side club scene, now in Williamsburg (361 Metropolitan Avenue Brooklyn)

**Sullivan Hall** <http://www.sullivanhallnyc.com/> 214 Sullivan Street (Sullivan St. and Bleeker St.) just opened, former Lion's Den, looks promising.

**Good Eats:** For the best results, consult Zagat or [www.menupages.com](http://www.menupages.com) (where you can view the entire menu as well as reviews)

## ITALIAN

Sambuca Trattoria\*\*\* 20 West 72<sup>nd</sup> St. (b/w Columbus Ave. and CPW) 212-787-5656

Tony's Di Napoli\*\* 1606 2<sup>nd</sup> Ave. (b/w 83<sup>rd</sup> and 84<sup>th</sup> St.) 212-861-8686 (reservations req.)

## INDIAN

Baluchi's\*\* 1565 2<sup>nd</sup> Ave (b/w 81<sup>st</sup> and 82<sup>nd</sup>) 212-288-4810

Calcutta\* 324 E. 6th St (b/w 1st and 2nd) 212-982-8127

Patang\*\*\* 148 East 48<sup>th</sup> Street (b/w Lex and 3<sup>rd</sup>) 212-539-5425

Pongal\* 110 Lexington Avenue (b/w 27<sup>th</sup> and 28<sup>th</sup>) 212-696-9458

Tamarind\*\*\* 41 East 22<sup>nd</sup> (b/w Broadway and Park) 212-674-7400

## JAPANESE

Edo's\* 9 E. 17th St. New York NY 212-989-2938

Haru\*\* 1329 3<sup>rd</sup> Ave. (at 76<sup>th</sup> St.) 212-452-2230

Sushisay\*\*\* 38 E 51<sup>st</sup> St (b/w Madison and Park) 212-755-1780

## MEXICAN

La Mañana\*\* 1136 First Ave. New York NY 212)371-8023

Mary Ann's\* 1503 2<sup>nd</sup> Ave. (b/w 78<sup>th</sup> and 79<sup>th</sup> St.) 212-249-6165

Taqueria y Fonda la Mexicana 968 Amsterdam Ave (b/w 107<sup>th</sup> and 108<sup>th</sup>)

## MIDDLE EASTERN

Al Bustan\*\*\* 827 3<sup>rd</sup> Ave (b/w 50<sup>th</sup> and 51<sup>st</sup>) 212-759-5933  
Cafe Rakka\* 81 St. Marks Pl (b/w 1st and 2nd) 212-982-9166  
Mamoun's\* (open till 4 AM) 119 MacDougal (b/w Bleecker and 3<sup>rd</sup>) 212-674-8685  
Uskudar\*\* 1405 2<sup>nd</sup> Ave. (b/w 73<sup>rd</sup> and 74<sup>th</sup> St.) 212-988-2641

## STEAK HOUSES

Peter Luger's\*\*\* (The Best, in Brooklyn) 178 B'way (at Driggs Ave, Williamsburg) 718-387-7400  
Strip House\*\*\* 13 East 12<sup>th</sup> St (b/w 5<sup>th</sup> and University) 212-328-0000

## THAI

Jaiya Thai\*\* 396 3<sup>rd</sup> Ave (b/w 28th and 29<sup>th</sup>) 212-889-1330  
Sala Thai\*\* 1718 2<sup>nd</sup> Ave (212) 410-5557

## OTHER

Meskerem\*\* (Ethiopian) 468 W 47<sup>th</sup> Street (b/w 9<sup>th</sup> and 10<sup>th</sup> Ave) 212-664-0520  
Kum Gang San\*\* (Korean) 49 W 32<sup>nd</sup> St (at Broadway) 212-967-0909  
Penang (Malaysian) 1596 2<sup>nd</sup> Ave (at 83<sup>rd</sup> St) 212-585-3838

\* Cheap

\*\* Moderate

\*\*\* Expensive

## Just Desserts

Café Lalo 201 West 83<sup>rd</sup> St. (b/w Broadway and Amsterdam Ave.) 212-496-6031  
DTUT 1626 Second Ave. (b/w 84<sup>th</sup> and 85<sup>th</sup> St.) 212-327-1327  
Drip 489 Amsterdam Ave. (b/w 83<sup>rd</sup> and 84<sup>th</sup> St.) 212-875-1032  
Serendipity 225 East 60<sup>th</sup> St. (b/w 2<sup>nd</sup> and 3<sup>rd</sup> Ave.) 212-838-3531  
Xando 2160 Broadway (at 76<sup>th</sup> St.) 212-595-5616  
Café Mozart 54 W 70th St (b/w Broadway and Columbus) 212-595-9797

## Movie Theaters (Manhattan)

Loews Theater Lincoln Square 1998 Broadway (b/w 66<sup>th</sup> and 67<sup>th</sup> St) 212-336-5000  
Loews Theater Orpheum 1538 3rd Ave (b/w 86<sup>th</sup> and 87<sup>th</sup> St)  
Loew Theater Kips Bay 550 2<sup>nd</sup> Ave (b/w 30<sup>th</sup> and 31<sup>st</sup> St.)

AMC Theater Empire 25 234 West 42<sup>nd</sup> St (b/w 7<sup>th</sup> and 8<sup>th</sup> Ave)

Film Forum 209 West Houston Street (b/w 6<sup>th</sup> Ave and  
Varick) 212-727-8110

## Museums

The Cooper-Hewitt Museum 2 East 91<sup>st</sup> St. (at 5<sup>th</sup> Ave.) 212-860-6868

El Museo del Barrio 1230 5<sup>th</sup> Ave. (at 104<sup>th</sup> St.) 212-831-7272

Frick Collection 1 East 70<sup>th</sup> St. (at 5<sup>th</sup> Ave.) 212-288-0700

Guggenheim SoHo 575 Broadway (at Prince St.) 212-423-3500

Jewish Museum 1109 5<sup>th</sup> Ave. (at 92<sup>nd</sup> St.) 212-423-3200

Lower East Side Tenement Musm. 97 Orchard St. (b/w Broome and Delancey St.) 212-431-9233

The Metropolitan Museum of Art 5<sup>th</sup> Ave. (b/w 79<sup>th</sup> and 84<sup>th</sup> St.)

The Museum for African Art 593 Broadway (b/w Houston and Prince St.) 212-966-1313

Museum of Modern Art 11 West 53<sup>rd</sup> St. (b/w 5<sup>th</sup> and 6<sup>th</sup> Ave.) 212-708-9400

Museum of Television and Radio 25 West 52<sup>nd</sup> St. (b/w 5<sup>th</sup> and 6<sup>th</sup> Ave.) 212-621-6800

Solomon R. Guggenheim Museum 1071 5<sup>th</sup> Ave. (b/w 88<sup>th</sup> and 89<sup>th</sup> St.) 212-360-3500

The Whitney Museum of American Art 945 Madison Ave. (at 75<sup>th</sup> St.) 212-570-3676

## Shopping

Bloomingdale's 1000 3<sup>rd</sup> Ave. (b/w 59<sup>th</sup> and 60<sup>th</sup> St.) 212-705-2000

Macy's 34<sup>th</sup> St. (at Broadway) 212-695-4400

Manhattan Mall 33<sup>rd</sup> St. and 6<sup>th</sup> Ave.

Spring & Prince Streets have trendy boutiques as well as major chain stores; take the 6 train and exit on Spring St. As you will soon find out, there is a Gap, Banana Republic, and Starbucks on almost every street corner.

The Bronx is usually cheaper for shopping, you find bigger stores around Fordham Plaza and Grand Concourse (B,D,4 Fordham Road). If you are in Manhattan keep off touristic places like 5th Avenue or Tribeca, e.g. look around 86th Street & Lexington, 3rd Ave (4,5,6 86th Street) or 14th Street (4,5,6,L,N,Q,R,W Union Square).

## Tickets

TKTS West 47<sup>th</sup> St. and Broadway

TKTS Mezzanine of 2 World Trade Center 212-221-0013

You can get same-day tickets to Broadway shows at 25-50 percent discounts at the TKTS booths for most of the Broadway and off-Broadway shows. Sometimes you can call the theaters themselves and ask if there are student rush tickets for that day. You may have to miss class to

go into the city and stand in line for these discounted tickets. Many operas and ballets at the Lincoln Center also offer discounted standing room tickets.

During the summer there are also a lot of free concerts in Central Park (the Philharmonic in the Park, Opera in the Park, and Shakespeare in the park).

## Outdoors

Great places to relax outside in the city include Central Park, Riverside Park, Battery Park, Washington Square Park, and The Cloisters.

## Queens

Queens is included in the five boroughs of New York City and is technically located on Long Island (although no true Queens inhabitant would ever admit that). Queens is the home of both New York area airports (LaGuardia and JFK) and the New York Mets Shea Stadium. Also nearby Shea Stadium in Flushing Meadows-Corona Park is the USTA National Tennis Center, home of the U.S. Open. You can also find one of the ten best hands-on science museums in the country, the New York Hall of Science, in Flushing Meadows-Corona Park. (The QBx1 runs directly from Co-op City to Flushing. Or if you have a car, take the Whitestone Bridge and follow the Van Wyck Expressway to Exit 13, which is Northern Blvd/25A). If you are interested in equine sports, you can also check out the horse races at Belmont Aqueduct Racetrack.

Moving on to food in Queens.... There are great restaurants in Chinatown (also found in Flushing) and Little India in Jackson Heights. Some of our favorites are Delhi Palace at 74<sup>th</sup> St. & 37<sup>th</sup> Ave and Jackson Diner (yes, it's Indian food) on 74<sup>th</sup> b/w Roosevelt and 37<sup>th</sup>. Finally, no trip to Queens would be complete without a stop at the Lemon Ice King in Corona (5202 108<sup>th</sup> St) for their famous shaved ice.

## Attractions Outside of New York

### New Jersey

New Jersey is yet another great alternative to New York City and the Bronx. You will need a car to get there and to get around. Even though the Cross Bronx Expwy always has traffic, it's the easiest way to get to the George Washington Bridge. (Take the Cross Bronx Expwy to *GWB*)

A great website to visit is [www.nj.com](http://www.nj.com). It had detailed directions, as well as information about the Jersey Shore and Newark Airport.

### Shopping

New Jersey is home to a couple of great malls. New Jersey, in general, is known for huge malls. If you have a lot of shopping to do, this is the place to go. You can get everything you need, and the parking is free and there is no tax. Here are some suggestions:

Garden State Plaza: Huge. Take Cross Bronx Expwy to *GWB*. Follow signs for Rt 4 West. You will see signs for the Garden State Plaza when you see signs for Rt 17. (The mall pretty much has its

own exit ramp from the highway).

Riverside Mall: Upscale, so be prepared for obnoxious salespeople. They are opening a Cheesecake Factory soon. Take Cross Bronx Expwy to *GWB*. Follow signs for Rt 4 West, and the mall will be on the right.

Paramus Park Mall: Cross Bronx Expwy to *GWB*. Follow signs for Rt 4 West. Take Rt 4 West to Rt 17 North. Signs for mall/Sears Drive will appear on the right, but look carefully.

Jersey Gardens Outlet Mall: Cross Bronx to *GWB*. NJ Turnpike to exit 13A. Follow Signs (Mall is next to *IKEA*)

## **Other Attractions**

Six Flags Great Adventure is always fun, especially if you can get a group of people to go. You can usually find a buy-one-ticket-get-second-one-free on Coke cans in the spring. Take I 95 South/NJ Turnpike off of the *GWB* to Exit 7A. Proceed on I-195 east to exit 16A, then one mile west on Rte. 537 to Six Flags Great Adventure. Right next to Great Adventure is Six Flags Hurricane Harbor which is a huge water park that just opened in the spring of 2000.

Atlantic City is lots of fun. Definitely make reservations ahead of time if you plan to stay the night. Take I 95 South/NJ Turnpike off of the *GWB* to Garden State Parkway exit. Take this parkway to the Atlantic City Expwy (lots of tolls).

### **Other Places**

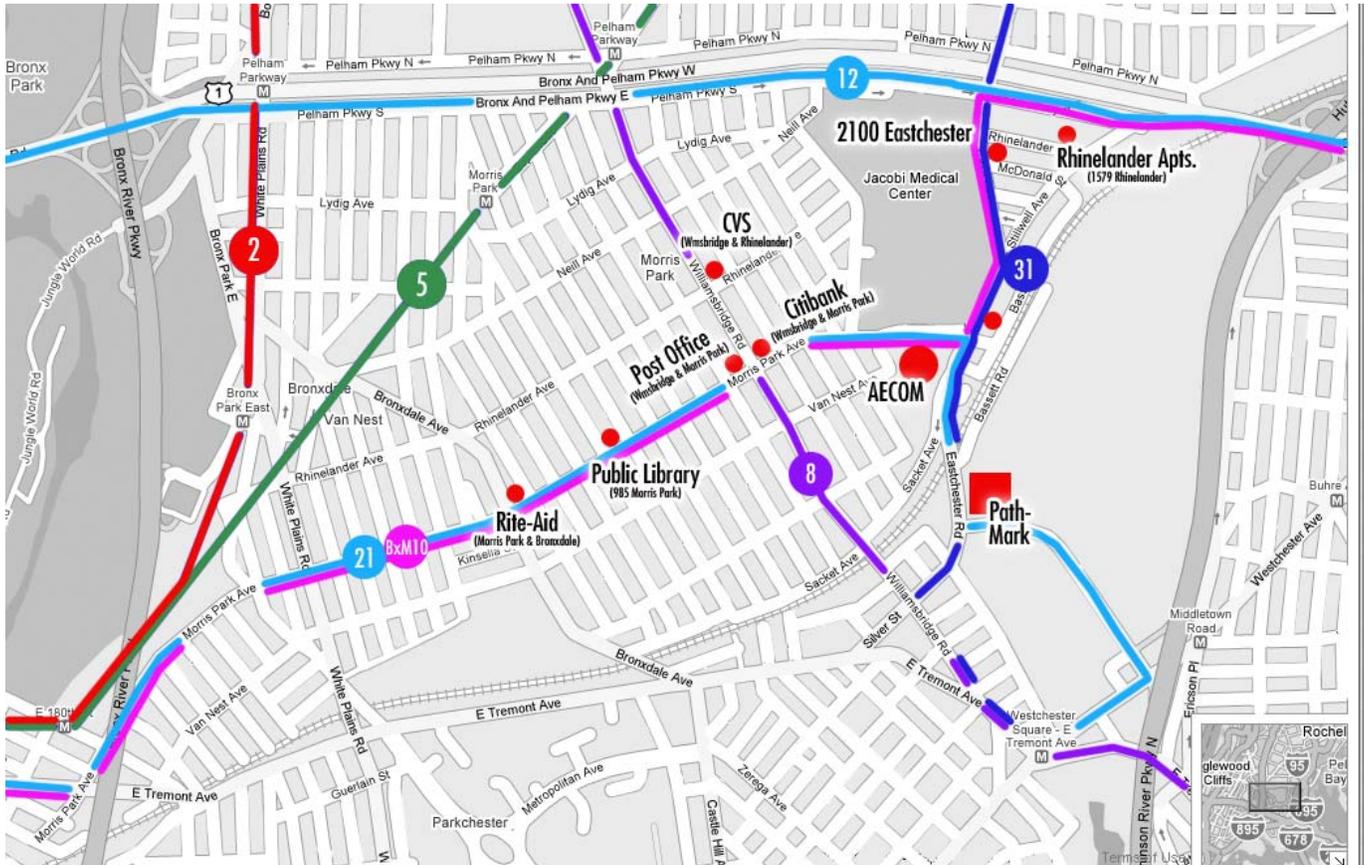
Washington, DC. Very simple directions: 95 South (New Jersey Turnpike)

Philadelphia, PA. Again, no brainer: 95 South.

Boston, MA. A little more complicated, but still not difficult. Take 95 North (New England thruway) to 91 North. Follow 91N to 84 East, then onto 90 West directly into Boston

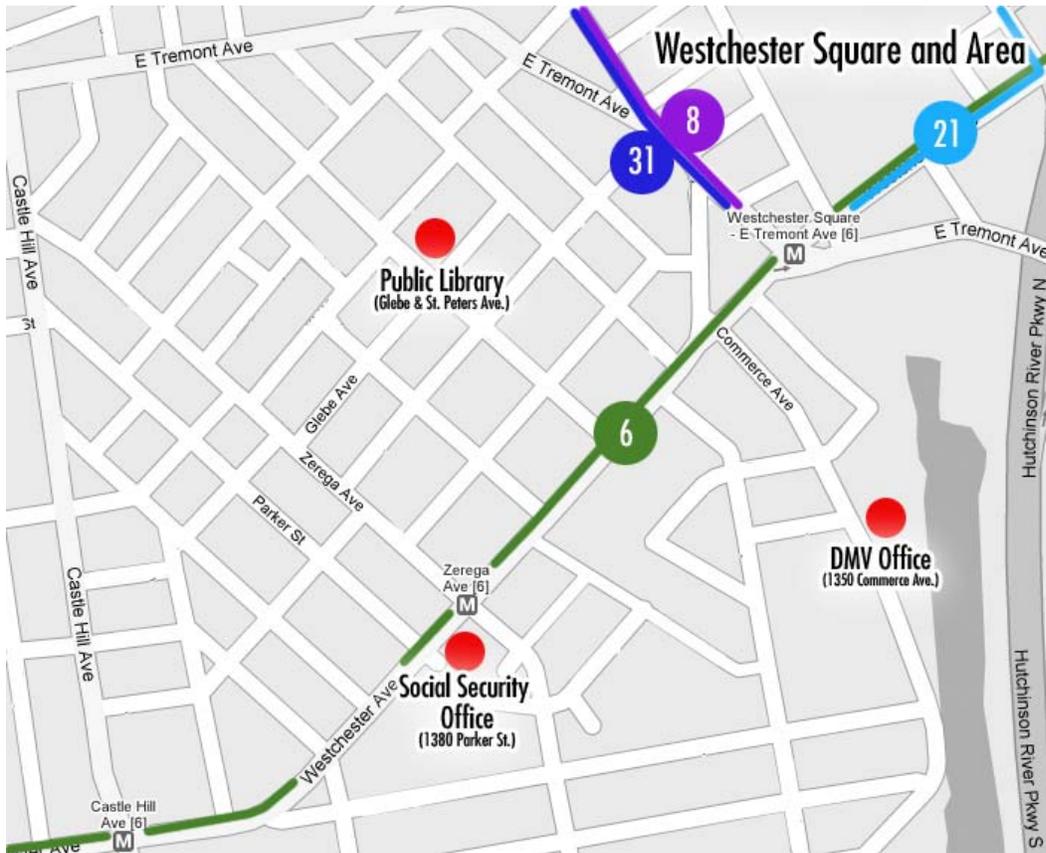
# Useful Maps and Miscellaneous

## Bus, Subway, Shopping near AECOM



- Subway: 2 and 5 train (red and green line)
- Bus: 21, 8, 31, BxMT10 (turquoise, purple, blue, pink)
- Shopping: Pathmark (Grocery)  
Rite Aid (Drug Store)
- Post Office
- Citibank
- Public Library

**Social Security Office, DMV, Public library, Subway (area is overlapping with the south east corner of the previous map)**



- Subway: 6 train (green line)
- Bus: 21, 8, 31 (turquoise, purple, blue)
- Shopping: Dollar Stores and Fast Food around Westchester Square
- Public Library
- Social Security Office: Application for Social Security Number (SSN)
- DMV Office: Department of Motor Vehicles, application for driver's License



Due to potential changes of venues in the city, please, call the locations or get updated information online.

If the provided information is not correct, please send a note to:

Joerg Schlatterer

[jschlatt@aecom.yu.edu](mailto:jschlatt@aecom.yu.edu)

This guide will be updated once a year, thank you!

"I consider it important, indeed urgently necessary, for intellectual workers to get together, both to protect their own economic status and also, generally speaking, to secure their influence in the political field."

Albert Einstein