

# POSTDOC SURVIVAL GUIDE 3RD EDITION



by  
the Postdoctoral Association  
at  
UT Southwestern Medical Center

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### **Disclaimer:**

This guide is based, in part, on personal opinions and is not an official publication of UT Southwestern Medical Center.

## INTRODUCTION

This guide is intended to welcome and serve as a resource for postdoctoral scholars new to UT Southwestern. It was written as accurately as possible by members of the Postdoctoral Association (PDA), but the opinions expressed are personal and do not represent all members of the Association or of the University.

This third edition was completed in May 2009 and prices contained herein reflect this date. To find contact information for the PDA as well as a PDF of this guide (with active links), please visit the Postdoctoral Association's webpage on the UT Southwestern site: [www.utsouthwestern.edu/pda](http://www.utsouthwestern.edu/pda)

## THE POSTDOCTORAL ASSOCIATION AT UT SOUTHWESTERN MEDICAL CENTER

### Postdoctoral Association (PDA)

*The mission of the PDA is to improve the postdoctoral training experience by:*

- Developing a sense of community through scientific and social interaction.
- Promoting effective training and career development.
- Representing and addressing issues relevant to postdoctoral researchers.
- Easing the transition for new, particularly international, postdoctoral scholars.

The [PDA by-laws](#) designate all postdoctoral scholars at UT Southwestern as members of the PDA and postdocs are encouraged to participate in activities of the association. Through its standing committees, the PDA hosts a number of seminars and social functions. The needs of the general postdoc population on campus are identified through annual online surveys and general meetings to which all postdocs are invited. Information on seminars and social events as well as important information are shared through the [Postdoc Informer](#), a monthly e-newsletter written by postdocs. Every year, the PDA works with the Postdoctoral Affairs Office to co-host the annual Postdoctoral Research

Symposium held in the spring. This event includes a poster competition with cash prizes of \$100 to \$2000. Check out the site for additional information. <http://www.utsouthwestern.edu/UTSouthwestern/cda/dept315572/files/493199.html>

There is an e-mail distribution list used for contacting all postdocs; the address is [UTSWPDA@utsouthwestern.edu](mailto:UTSWPDA@utsouthwestern.edu). Please note these important stipulations:

- The PDA email group should be used ONLY for official PDA or Graduate School business, reagent requests, or scientific advice; not for personal spam such as advertising the sale of your car or the like.
- To avoid outsiders access and spam, it is imperative that you type UTSWPDA in the "BC" (blind copy box) and your name in the "To" box.

### ***National Postdoctoral Association (NPA)***

UT Southwestern is a sustaining member of the [National Postdoctoral Association](#), which addresses many issues confronting the postdoctoral community that are national in scope and require action beyond the local level. Most of the following information is from the NPA website <http://www.nationalpostdoc.org> and/or the NPA brochure. The mission of the NPA is to advance the U.S. research enterprise by maximizing the effectiveness of the research community and enhancing the quality of the postdoctoral experience for all participants. The NPA works with the leadership of federal funding agencies, such as the NIH and the NSF, to develop new programs and policies for postdoctoral training, compensation, and benefits.

Postdoctoral scholars (and other UT Southwestern-affiliated persons with a "UTSouthwestern.edu" email address) are eligible for free Affiliate Membership in the NPA. The benefits of being an NPA member include access to web content (e.g. Postdoctoral Policies Database, International Postdoc Survival Guide), discounts to the NPA Annual Meeting, and resources for professional and leadership development. Also, members have access to

affordable group health insurance plans. Individual (dues paying) Members also have access to a number of additional discounts. See the [NPA Member Discounts page](#) (members only access) for extensive details on membership status and respective benefits.

The NPA is always interested in recruiting people to one of their [four committees](#). This is great “beyond the bench” experience since the committees involve policy, diversity, and international issues.

## POSTDOCTORAL FUNDING OPPORTUNITIES

It is a highly beneficial learning experience to develop your grant writing skills as a postdoctoral scholar. It also helps your CV stand out to future employers if you have been awarded a postdoctoral fellowship. H1B visa holders are also encouraged to apply. There are some funding agencies that welcome applications from international postdocs and are willing to pay employee salaries through the university rather than a stipend. If a fellowship is particularly well suited for your research and citizens from your country are eligible, you may contact the funding agency to ask if they will pay salary rather than stipend. A list of funding agencies that have paid fellowships as salary to H1B visa-holders at UT Southwestern in the past is available on the [Postdoctoral Funding Opportunities](#) website.

### Resources

Video recordings provided by Southwestern Graduate School relating to [Grant Writing](#) are available on a campus networked computer or by [VPN](#). Copies of several funded grant/fellowship applications and boilerplate text for applications are available upon request from the [Postdoctoral Affairs Office](#). Funding search engines and lists for postdoctoral scholars of all levels, from recent Ph.D. graduates to those transitioning to their first faculty position are available on the Postdoctoral Funding Opportunities website.

## POSTDOCTORAL AFFAIRS OFFICE

Postdoctoral Affairs are administered by Southwestern Graduate School of Biomedical Sciences. The [Postdoctoral Affairs Office](#) (PDAO) develops and implements [policy](#) and procedures of the [Postdoctoral Certificate Training Program](#), which is intended to extend the traditional best practices of postdoctoral training in basic sciences and to make available new initiatives to improve training. The PDAO can be contacted at [SGSPostdocOffice@UTSouthwestern.edu](mailto:SGSPostdocOffice@UTSouthwestern.edu). All departments and centers have specific policy and procedures that apply to their postdocs. Questions concerning departmental policy and procedure should be directed to your mentor, department/center chair and/or their administrators.

*The mission of the Postdoctoral Affairs Office* is to address issues, including registration, advocacy and guidance, for UT Southwestern postdocs. The PDAO and the PDA work together to enhance the postdoctoral experience with a focus on recommendations made by the National Academies of Sciences, the National Academy of Engineering and the Institute of Medicine and “Enhancing the Postdoctoral Experience for Scientists and Engineers: A guide for Postdoctoral Scholars, Advisers, Institutions, Funding Organizations, Disciplinary Societies,” National Academy Press, Washington D.C. 2000.

## OFFICE OF INTERNATIONAL AFFAIRS

All postdoctoral scholars on non-immigrant visas must have an appointment for an interview in the International Office on or before their first day of appointment at UT Southwestern. The office is located on the fourth floor of the Eugene McDermott Academic Administration Building, also known as the “B” building. U.S. immigration law is very complex and changes frequently but to help you become familiar, information is provided on the International Office [website](#). This website

provides descriptions of the visa categories available for visitors coming to UT Southwestern and additional useful information on [travel](#) and [helpful resources](#) including pages on living in Dallas, finances, and classes in English as a Second Language. You can locate the immigration advisor for your department under the “Contact Us” section of the website. Your advisor is here to help you and we strongly encourage you to contact them with any questions you may have about immigration/visa-related issues.

## **REGISTRATION OF POSTDOCTORAL SCHOLARS**

### **Goals**

It is the aim of UT Southwestern to attract the best postdoctoral scholars and to provide a [structured program](#) to aid in the transition of each scholar to career independence through the development of professional and research skills. Postdoctoral scholars are enrolled in the Postdoctoral Certificate Training Program when they begin their training. Postdocs are expected to register each term (Spring, Summer, and Fall) and participate in activities to augment their laboratory training at UT Southwestern. Postdocs receive official credit for these activities which is applied towards completion of a certificate to document their training.

### **The Process**

Postdocs receive an e-mail each term which provides the information necessary to register, including courses offered and an active link to the registrar’s office. Responding to the e-mail completes the registration process. The cost of tuition and fees for postdoctoral training is provided by UT Southwestern.

### **Benefits of the Certificate Training Program**

In addition to superior training, registration provides benefits including access to student services such as [health](#), [mental health](#), fitness and recreation participation opportunities at the [Bryan Williams, M.D. Student Center](#),

[software](#), [technical assistance](#) for your personal computer, lowest [campus parking](#) rates, and individualized assistance with [career development](#).

## **INSURANCE, RETIREMENT AND LEAVE BENEFITS**

Postdoctoral scholars are appointed as a Postdoctoral Researcher, Postdoctoral Research Fellow, or Postgraduate Trainee, depending on the source of funds that pay the individual. The source of funds stipulates the [benefits](#) for which the individual is eligible.

### **Postdoctoral Researcher**

Postdoctoral Researcher is the title used to appoint a scholar paid a salary (usually from their mentor’s research grant). A Postdoctoral Researcher is considered to be an employee and is therefore eligible to receive all [benefits afforded to classified employees](#). They are eligible to receive the medical premium sharing dollars paid by the State for regular employees. They are subject to Federal Income and FICA (Social Security) tax withholding and have a choice of retirement benefits: the [Teachers Retirement System \(TRS\)](#) or the [Optional Retirement Program \(ORP\)](#).

### **Postdoctoral Research Fellow**

A Postdoctoral Fellow is appointed on a federal training grant or is paid a stipend from any of a variety of sources. [Benefits for Postdoctoral Research Fellows](#) are different from benefits for Postdoctoral Researchers because fellows are not considered employees of UT Southwestern. Stipends are not subject to withholding of taxes. Recently, with the help of the Graduate School and PDA’s Standards Committee, the benefits for fellows have been changed to more closely match the compensation with Postdoctoral Researchers. As of September 1<sup>st</sup> 2008, fellows on a stipend are paid a 7.5% supplement to compensate for the lack of university retirement benefits. **Please check with your specific department/division for the current benefits offered.**

## **Insurance**

Detailed information regarding medical, dental, vision, life, personal accident, short- and long-term disability insurance and electronic enrollment services are [available on-line](#). Employees of UT Southwestern are covered by [Workers' Compensation](#) insurance. This insurance covers medical expenses for reasonable and necessary care as prescribed by law and, in some instances, provides income benefits for lost wages, in the event of a work injury or notification by an employee that an occupational disease has been contracted.

## **Retirement**

Participation in a retirement program is mandatory for regular employees (i.e. Postdoctoral Researchers, not Postdoctoral Research Fellows). Employees appointed for 50% time or greater are automatically enrolled in the [Teacher Retirement System](#) (TRS) upon their first day of employment. Postdoctoral Scholars appointed at 100% time are eligible for the alternative retirement plan, called the [Optional Retirement Program](#) (ORP), and have the choice of staying with TRS or changing from TRS to ORP.

ORP-eligible employees have 90 days to make a one time *irrevocable* decision to elect ORP or to remain in TRS (later promotion to a faculty title will *not* provide an opportunity to change your retirement plan). Employees participating in TRS contribute 6.4% of their annual salary and UT Southwestern contributes at the rate of 6.58% of the employee's annual salary. Employees participating in ORP contribute 6.65% of their annual salary and UT Southwestern contributes 8.0% of their salary in fiscal year 2009. Employees are fully vested in TRS after earning 5 years of service credit and in ORP after 1 year and 1 day of active participation. TRS is a defined benefit plan so retirement income benefits are determined by a calculation that includes the participant's years of service credit, average annual salary, and a factor determined by the state. ORP is a defined contribution plan so retirement benefits are determined by the value of employee and employer contributions in the account plus the gain or loss.

In addition to one of the mandatory retirement plans in which only eligible employees may participate, all employees may participate in one or both voluntary retirement plans. The voluntary retirement plans are a 403(b) known as the UTSaver [Tax Sheltered Annuity Program \(TSA\)](#) and a 457(b) known as the [UTSaver Deferred Compensation Program \(DCP\)](#). For tax year 2009, you may contribute \$16,500 to the UTSaver TSA and \$16,500 to the UTSaver DCP.

For more information about all the retirement programs, you can visit the UT System website at [www.utretirement.utsystem.edu](http://www.utretirement.utsystem.edu). Employees who wish to participate in the ORP, UTSaver TSA, or UTSaver DCP can enroll electronically by using the [UT Retirement Manager Service website](#). Employees are encouraged to consult with the [Social Security Administration](#) and their financial advisor on matters related to retirement and financial planning decisions.

UT Southwestern approved financial companies are available to assist you with enrollment and asset allocation questions: **AIG VALIC**- Don Stewart (972) 383-7208; **Fidelity**- Michael Quiroga (972) 424-8481; **ING**- Jim Arrington (972) 643-6341, Judson Arrington (972) 643-6342, Lisa Jo Emmons (972) 643-6316; **Lincoln National Life Insurance Company**- Monte Hinkle (972) 361-3800, Colleen O'Donnell (972) 361-3800, Shannon L. Knapp (972) 281-8899; **MetLife Resources**- Wes Keeton, Chuck Mulkey, Greg Jones, Rick Stainsby (972) 378-6829; **TIAA-CREF**- Dave Welker, David Cathey (972) 869-2455.

## **Leave**

There are paid holidays each fiscal year. Because UT Southwestern does not observe all state holidays, employees also accrue two hours of "floating" holiday each month. New employees accrue eight hours per month of vacation time which may be used after six months of employment. Sick Leave is accrued at a rate of eight hours per month. There is no waiting period for use of sick leave and no maximum allowed accrual. Employees of UT Southwestern are eligible to receive credit for prior State of

Texas employment. Once an employee's length of prior state service has been confirmed, the employee may qualify for higher vacation accruals and longevity pay, if employed on a full time basis.

### **Questions**

If you have questions that you would like to discuss with a UT Southwestern benefits representative, they can be reached by e-mail at [benefits@utsouthwestern.edu](mailto:benefits@utsouthwestern.edu).

## **SECURITY AND EMERGENCIES ON CAMPUS**

On-campus emergency from campus phone: 911

On-campus emergency from non-campus or cell phone: (214) 648-8911

University Police non-emergency: (214) 648-8311

### ***The University Police Department***

The University Police Department has a [website](#) where you can learn about crime prevention, campus crime statistics, and services. One such service is personal escort; officers will walk with anyone to any location on or near campus. Officers are available 24 hours a day, including weekends and holidays. You may want to avail yourself of this service after dark. To request an escort, dial extension 88311. Give the dispatcher your name, phone extension you are calling from, and the location where you'd like the officer to contact you.

### **Call Boxes**

Emergency Call Boxes are located in most of the garages and other strategic areas on campus. The boxes have a blue light that is illuminated to assist you in locating the box should you need assistance from the police department. "Emergency" is printed on the boxes in large blue lettering. To operate the box, simply press the button on the base of the box. You will hear a phone ringing and the communications officer will answer it. You press the button to speak and release it to listen.

### ***Wear your ID Badge!***

Keep your UT Southwestern identity badge with your good-looking photo clearly visible. This helps increase on-campus security and once you and the card are registered, allows you to [check out items from the library](#) and will allow access to certain areas such as the recreation facilities at the [Bryan Williams, M.D. Student Center](#), [parking lots/garages](#), and [animals rooms](#) to which you have been granted access.

## **STUDENT HEALTH SERVICES**

Student Health Services is located in the James W. Aston Ambulatory Care Center on South Campus. Their office hours are 8 am to 5 pm, Monday-Friday. To schedule an appointment call (214) 645-8690 or stop by U8.409. Student Health Services offers a variety of services similar to a family practice clinic including: evaluation and treatment of routine primary care medical problems, physical examinations, well-woman exams, and immunizations. Medical emergencies and needle sticks are NOT handled at Student Health Services

Student Mental Health Services is located within the Student Health clinic. The clinic has psychiatrists who provide many services to students and postdocs including individual counseling, marital/family counseling, and psychiatric medication. Visits with the psychiatrists are confidential and by appointment only. To schedule an appointment, call (214) 645-8680 or stop by U8.409.

## **BANKS & CREDIT UNIONS**

The International Office maintains a very useful web page on Living in Dallas with a section on [Your Finances and Income Taxes](#), which includes information on banking, credit cards, figuring your monthly expenses, and income tax information. The Living in Dallas web page is useful for any postdoc new to the area, not just international.

Usually U.S. banks have banking fees. This can be reduced if you have your paycheck automatically transferred into your checking account. Credit Unions are generally

smaller and offer a higher interest rate on savings accounts but the facilities are often limited with high fees. Some of the online banking systems for savings such as Emigrant direct, ING direct, HSBC, etc also provide very competitive interest rates and there is no charge for opening accounts with them.

If you take cash out of an automatic teller machine (ATM) from a company which is not your bank, you will be charged a fee per transaction; therefore it may be advisable to use a bank with conveniently located ATMs, many ATMs, or one without ATM fees. There are two ATMs located on campus: outside the south campus cafeteria ([Bank of America](#)) and inside the NG3 cafeteria (not marked with a bank affiliation).

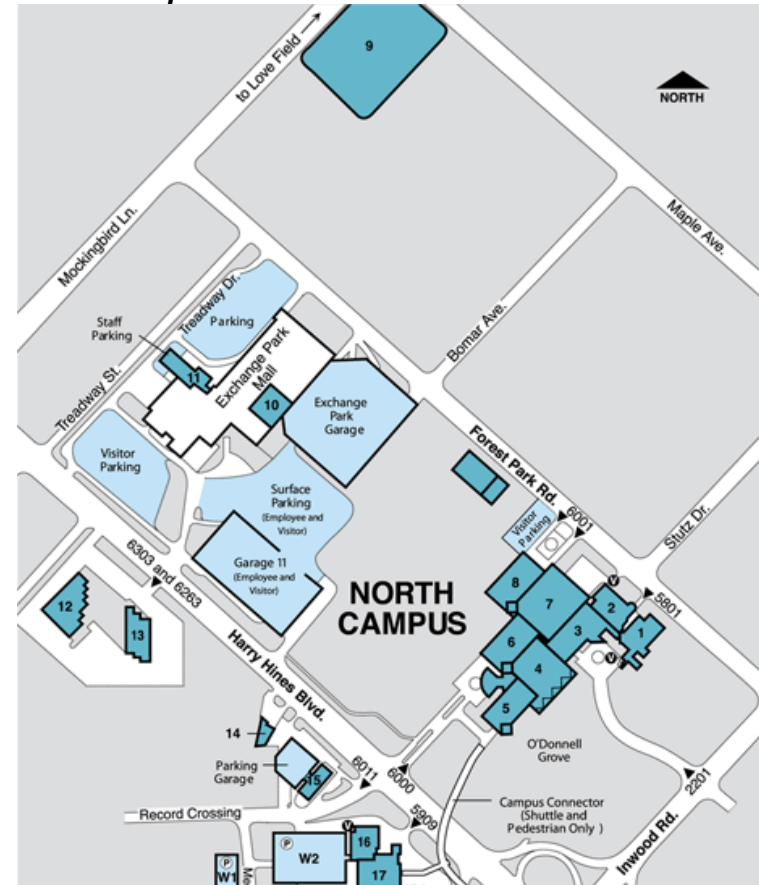
There are several banks conveniently located near UT Southwestern Medical Center: [Wachovia](#) (on Inwood and Lemmon), [Chase](#) (banking center and ATM is just off the north campus at Exchange Park), and [Citi](#) (on Inwood and Lovers).

## POST OFFICES

The United States Postal Service (USPS) has many locations throughout the Dallas area ([www.usps.com](http://www.usps.com)). Please visit their website for locations and hours of operation (different locations vary greatly). For convenience, there is a [post office](#) on the first floor of south campus (next to cafeteria, D1). There is also a post office walking distance from the north campus located at 2310 Stutz Rd (8:30am- 5:00pm Monday- Friday; closed on weekends). Additionally, the Dallas Main Post Office is open 24 hours a day, seven days a week and is located on the frontage road south of I30 between Beckley and Sylvan Ave.

## CAMPUS MAPS

### North Campus



8	-Biomedical Tower	(ND)	6001 Forest Park	2	- Moncrief Building	(NF)	5801 Forest Park
1	- Clements Imaging Builder	(NE)	2201 Inwood Rd.	3	- Seay Building	(NC)	2201 Inwood Rd.
7	- Conference Center	(NG)	6001 Forest Park	6	- Simmons Building	(NB)	6000 Harry Hines Blvd.
11	- Exchange Park	(EP)	6000 Harry Hines Blvd.	4	- Prothro Plaza and Gardens	(NH)	6401 Maple Ave.
5	- Hamon Building	(NA)	6000 Harry Hines Blvd.	9	- UT Southwestern Apartments		6401 Maple Ave.
10	- Human Resources Office	(FL)					

## TRANSPORTATION ON AND OFF CAMPUS

### On Campus

UT Southwestern spans three corners of the broad intersection of Harry Hines Blvd. and Inwood Rd. Each UT Southwestern-occupied corner is referred to as a campus: the original south campus, the expanding north campus, and west campus which includes University Hospital, St. Paul Building. These campuses are linked by the campus connector, which is a convenient bridge restricted for use by pedestrians and shuttle buses. Routes and schedules for this and other convenient [shuttle bus services](#) are available on-line as well as useful maps.

### Off Campus

While most long term residents of the Dallas - Ft. Worth metroplex find car ownership necessary, public transportation is improving and affordable. In addition to what you find listed here, the web page for the UT Southwestern International Office has useful transportation information on Getting Around in Dallas.

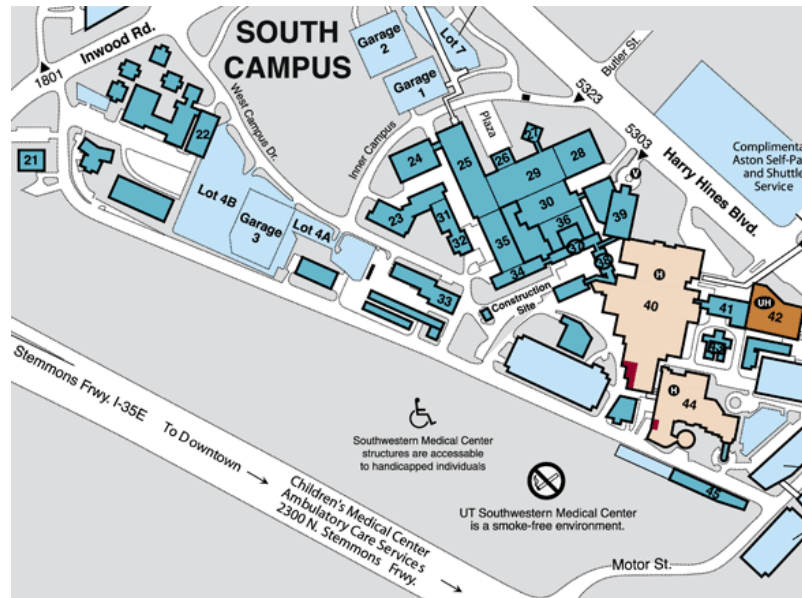
## PUBLIC TRANSPORTATION

### DART

The Dallas Area Rapid Transit, or [DART](#), operates a network of buses and light rail trains. In addition there is the [Trinity Railway Express](#) (TRE), a commuter train that connects Dallas and Fort Worth. UT Southwestern offers a terrific deal on a [DART E-Pass](#), which for a low price, allows unlimited rides on the DART system and the Trinity Railway Express.

Many of the light rail stations in the Dallas area are conveniently located next to shopping and entertainment areas, such as the Mockingbird Station, or near residential areas, such as the White Rock station. A new Green Line DART rail is under construction with the completion date of December 2010. This new line will connect the DFW and Love Field airports and one of the stations will be very close to our campus intersection of Inwood Rd. and Denton Drive.

### South Campus



39	- Aston Building	(U)	5303 Harry Hines Blvd.
22	- Callier Child Development Center	(CD)	43 - Meadows Imaging Building (AM)
36	- Cary Building	(F)	34 - Moss Building (J)
44	- Children's Medical Center and Emergency Room	(CM)	40 - Parkland Memorial Hospital and Emergency Room (PM) H
45	- Children's Medical Center, Bright Building		5201 Harry Hines Blvd.
38	- Danciger Building	(H)	33 - Physical Plant (P)
30	- Florence Building	(E)	32 - Police Station (S)
24	- Green Research Building	(Y)	31 - Skillern Building (M)
25	- Green Science Building	(L)	41 - Sprague Building (CS)
28	- Gooch Auditorium	(C)	21 - 5161 Harry Hines Blvd. Transplant Services Building (R)
	(food court, University Store and postal substation)		42 - University Hospital, Zale Lipshy below) (ZL)
37	- Hoblitzelle Building	(G)	5151 Harry Hines Blvd.
35	- Jonsson Building	(K)	23 - Williams Student Center (MA)
27	- McDermott Administration Building	(B)	26 - Visitor Information (A)
29	- McDermott Plaza	(D)	
	(lecture halls below)		

The DART website has a handy [trip planner](#) that will help you get around. For a bus you need patience and time, especially if changing two or more buses en route. But there is no parking hassle, it's inexpensive, and buses and trains have cushy chairs and air-conditioning; you can meet new people and see more of Dallas.

### ***M-Line***

The M-Line is an historic trolley which operates a free service from downtown Main Street to the West End (though donations are accepted). The drivers are usually animated while reciting a lot of history of the surrounding area. Service is seven days a week. Call for schedule, (214) 855-0006. A good pastime for weekends when it is warm and sunny outside.

### ***Ground Transportation beyond the DFW Metroplex***

You may consider rail or bus. [Amtrak](#) trains stop at Union Station in downtown. Foreigners can buy heavily discounted passes. Check their website and hit the rails. [Greyhound](#) provides intercity bus service which is accessed at the station located in downtown Dallas at 205 S Lamar.

### ***Bicycling***

Dallas city leaders want your head to be protected; they have enacted a law requiring cyclists to wear a helmet (required for all ages in Dallas. Surrounding areas vary from under 15 years to under 18 years of age). For commuting by bicycle, Dallas has a system of recommended bike routes on city streets. You can pay for a [map of bike routes](#) at city hall or have one mailed to you.

For recreational cycling, [White Rock Lake Park](#) is the most popular in-city destination. A loop around the shimmering lake is about 10 miles. The two most popular paved bicycle paths are the Katy Trail and the White Rock Creek Trail. A very useful [interactive map for all Dallas hike and bike trails](#) is available online. If you want to venture farther, join other like-minded cyclists who ride with local bike clubs, for example in Dallas, the [Greater Dallas Bicyclists](#) and [Dallas Area Off Road Bicycle Association](#) (DORBA) and in the suburbs, the [Carrollton Cycling Club](#)

and the [Plano Bicycle Association](#). The cycling community in Dallas is a friendly, helpful one.

### ***Motorcycle***

Texas weather is motorcycle-friendly throughout the whole year. You can get a Texas motorcycle operator license (class and test) from <http://texasrider.com>

## **OWNING AND OPERATING A CAR IN DALLAS**

### ***Which Car to Buy?***

Consult car buying resources such as, [www.edmonds.com](http://www.edmonds.com), [www.kbb.com](http://www.kbb.com) (Kelley Blue Book) and Consumer Reports. You can access the annual Consumers Report car issue (April of each year) by subscription at [ConsumerReports.org](http://ConsumerReports.org) or at no charge through the [UT Southwestern Library](#). The annual car issue rates and reviews new and used cars for reliability and other features. For information on fuel efficient vehicles, visit the [Environmental Protection Agency's fuel-efficiency](#) web site.

### ***Where to Find Cars for Sale.***

Many of your fellow postdocs put their cars up for sale from time to time. You can often find flyers for these vehicles posted on bulletin boards around campus. You can go to a new or used car dealership in town. Alternatively, you can try the [Dallas Morning News classifieds](#) or online resources such as: [Carsearch.com](http://Carsearch.com), [Carmax.com](http://Carmax.com), [Citysearch.com](http://Citysearch.com), [Cars.com](http://Cars.com)

### ***The Bureaucratic Steps.***

In order to own and operate a vehicle in Dallas, you must complete the steps below. Additional info is available on the Interational Office web page entitled [Getting Around Dallas](#) and at the website for [Texas Department of Motor Vehicles](#).

- 1) Obtain proof of liability insurance for the State of Texas.  
 You must keep a copy of your insurance information including: 1) Name of Insurer, 2) Insurance policy number and time period of coverage, 3) Name and address of insured, 4) Make and model of the vehicle being registered. Ratings of insurance companies can be found in Consumer Reports (mentioned above under Which Car to Buy?). Insurance is available from many companies, such as: Geico, State Farm, Progressive, Allstate.
- 2) Have the vehicle inspected.  
 All cars in Texas must be inspected yearly and cars in Dallas and Tarrant counties must also be tested for emissions. Be sure to get your car inspected in the same county that your car is registered. You may utilize any one of several hundred garages and service stations in the DFW Metroplex that offer this service; you will be required to present proof of insurance.
- 3) Register the vehicle at the [county tax office](#).  
 You are allowed 30 days after you arrive in Texas to get a valid registration and license plates. You must present: 1) Proof of insurance, 2) Green sheet certifying that the car has been inspected, 3) The title of the car
- 4) Apply for a Texas driver's license.  
 If you are on a non-immigrant visa, it would be best to contact the [International Office](#) on how to proceed. Otherwise, you may go to an office of the [Department of Public Safety](#). You will need: 1) Vehicle registration, 2) Proof of insurance, 3) Your current driver's license, 4) Social security card. No testing is needed if you have a license from out of state.

## GENERAL RELOCATING AND MOVING INFORMATION

### **Better Business Bureau**

[www.dallas.bbb.org](http://www.dallas.bbb.org) - Consumer and business information in Dallas

### **Chamber of Commerce**

<http://www.dallaschamber.org> - Local business economy information

### **Official Dallas County Website**

[www.dallascounty.org](http://www.dallascounty.org) - Links to many relocating issues: voter registration, property tax, vehicle registration, tax office, driver's license renewal, etc.

### **Social Security Offices in and Near Dallas**

[www.ssa.gov](http://www.ssa.gov)

## PLACES TO LIVE

Housing is plentiful and affordable in Dallas. In many areas of the country postdocs cannot afford to buy a home but in the Dallas area, you have your choice of either renting or buying. When looking for the best neighborhood, finding top quality public schools is one of the most important considerations for many postdocs. If you have children, it may be your highest priority. Even if you don't have children, good public schools can help protect the resale value of your home and generally reflect the quality of the community. You can conduct an on-line search for the [best quality public school districts](#) or [private schools](#). Overall, suburban school districts typically rate better than Dallas. Everyone likes low crime rates. You can go on-line to check Dallas [crime statistics by neighborhood](#).

### **Apartments**

Be sure to ask about discounts when searching for an apartment. Several area apartment complexes offer discounts to UT Southwestern employees, but do not openly disclose this arrangement. Furthermore, some complexes offer "look and lease" discounts of up to \$500 if you are prepared to sign a lease within 24-48 hours of viewing the apartment. In addition, there are many privately owned, nice condominiums close to the campus that are for rent.

### **Apartment Locaters**

There are several online services available in Dallas including: [www.apartmentavenue.com](http://www.apartmentavenue.com), [apartmentdallas.com](http://apartmentdallas.com), [www.rent.com](http://www.rent.com), [www.alldfwapartmentlocators.com](http://www.alldfwapartmentlocators.com), [www.dallasapartmentsguide.com](http://www.dallasapartmentsguide.com).

### **Apartment Ratings**

A good site to compare how different apartments stack up against each other for value, neighborhood, etc. is

[www.apartmentratings.com](http://www.apartmentratings.com). Bear in mind that this site consists of user reviews from tenants, and that those tenants with complaints tend contribute most.

### **Free Apartment Movers**

Examples are found at [www.umovefree.com](http://www.umovefree.com) and [www.moveforfree.com](http://www.moveforfree.com). Both provide apartment locator services and free moving if you sign their name on the lease as the referring agency. At least one of our postdocs has used such a service and found it to be quite convenient. All you have to do is pack your own boxes and their movers will take care of the rest. As always, be sure to read the fine print before committing to the service.

### **Apartments Closest to the Campus**

Although opinions of these apartments are varied, for newer apartments that are walking distance to the medical center, you may consider the following complexes. There is one local grocery store, Rio Grande (on Maple Ave., just across from the 5225 Maple Ave apartment complex) that you can walk to from all of these apartments, located about 10 minutes from south campus. Although Rio Grande caters mostly to the Hispanic population, they also have a large selection of U.S. products and fresh vegetables and fruits. The other nearby grocery store is the Kroger on Cedar Springs, between Douglas Ave. and Oaklawn that is open from 6 am until 1:00 am everyday.

[Southwestern Medical Park Apartments](http://www.utsouthwestern.edu/utsw/home/facultyadministration/auxiliaryservices/campushousing/) (214) 956-9300  
<http://www.utsouthwestern.edu/utsw/home/facultyadministration/auxiliaryservices/campushousing/>

This UT Southwestern campus housing is a 3-story apartment complex located at Maple Ave and Mockingbird Lane, fairly close to the airport Love Field. It is as expensive (or more so) as other apartments in the vicinity but this family-friendly safe complex (gated and guarded) with included amenities (washer/dryer in unit, and cable TV) is highly recommended. You can access the gym and library with computers 24 hours a day and resident can jog around the large well maintained complex area. Every building has apartments for disabled persons with modified bathtub. If you want to share two-bedroom apartment, management will give you contact information of other UT Southwestern-affiliated people of the same gender who are also looking for a roommate. There is a shuttle service that connects

this apartment complex with the north and south campuses but you must pay attention to the limited schedule. Walking to campus is now more convenient because of the recent installation of sidewalks and lighting.

[Inwood on the Park](http://www.inwoodonthepark.com) [www.inwoodonthepark.com](http://www.inwoodonthepark.com), (214) 361-7207

This apartment is located just across Forest Park Rd. from north campus, making it the most convenient location if you don't have a car. However, this apartment is NOT affiliated with UT Southwestern. Some postdocs have reported disappointment with the management and maintenance of the complex. Considering the minimal recreational space, this may not be the best place for children. Apartments do not have washers and dryers, but they do have hookups and laundry rooms are available. There is a gate at the entrance, which is kept open during office hours.

[5225 Maple Ave](http://www.5225maple.com) [www.5225maple.com](http://www.5225maple.com), (214) 634-5225

This apartment is a 10-minute walk from south campus but due to the proximity of the Salvation Army homeless shelter, you may encounter panhandlers on your walk in to campus. The apartment complex is located across the street from the Rio Grande supermarket, which is quite convenient. There are no washers and dryers in the apartments, but they do have hookups.

### **Other Apartments for Those Who Do Not Have a Car**

#### The Village

If you want to live car-free in a nicer residential area and/or spend less money on housing, then you may want to consider apartment complexes that are on a bus and/or train route. One complex of affordable apartments accessible by train are the Village Apartments in Dallas. Their website describes this as "one of the most unique multiple apartment communities in the United States." Many postdocs live in this complex, mainly because of its low rent and proximity to White Rock Lake, which makes it a desirable living option if you like outdoor activities and if you have children. This is a good place for singles as there are a lot of entertainment options in the area.

[South Side on Lamar Lofts](http://www.southsideonlamar.com) [www.southsideonlamar.com](http://www.southsideonlamar.com) , (214) 428-4848

If you want a more urban environment, consider one of the many renovated lofts in the downtown area. The lofts at South Side on Lamar (1409 S. Lamar St.) offer large spaces with exposed brick walls, tall ceilings, hardwoods, and great city views for a relatively low price. The lofts are located right on the #26 busline, which passes directly by campus on Harry Hines Blvd. (a

15-20 minute ride), and are also situated one block away from the DART light rail (red and blue lines). Other amenities include a coffee shop, restaurant, and grocery store in the basement, along with regular social activities.

### Irving

You may also consider living in the suburb of Irving, which is close to the Trinity Railway Express (TRE) that links Fort Worth to Dallas. The TRE stops directly on UT Southwestern campus, two stops away from the Irving station. West Irving apartments that are close to the train station have Wal-Mart nearby, as well as a \$1 movie theater. Keep in mind that it is mostly a family-oriented suburban residential area with few entertainment opportunities for singles. An Indian community has developed in this area thus there are great Indian restaurants and grocery stores.

### **Real Estate**

If you want to buy a home, you will probably want to contact a real estate agent. There are numerous realty companies in Dallas, and agent commission is usually paid by the seller, so there is no fee to have someone help you find a place to purchase. One of the largest realty companies in the Dallas area is Ebby Halliday. The Ebby Halliday website has a lot of info about the different neighborhoods in which to live. You can search newspapers or the web for other real estate companies.

### **Dallas Neighborhoods**

#### Downtown Dallas

There has been a surge in development and revitalization so that downtown is becoming a trendy and fun place to live. To the east of downtown is the Deep Ellum neighborhood, where there has been a recent shift toward loft living. It is also a young and vibrant area of town with a distinct night culture of bars and clubs. Both the downtown area and Deep Ellum range in price from affordable to luxury living.

#### Uptown (State-Thomas/West Village)

Uptown is just north of downtown and a convenient 10-minute drive from UT Southwestern. This neighborhood has seen tremendous growth of new apartments and condominiums over the past few years and has quickly become a young, lively and vibrant part of town. There are

numerous restaurants and bars that are within walking distance of your apartment allowing for an easy night out. It is also extremely pet friendly with many stores/bars/restaurants offering dog treats to patrons accompanied by their four-legged friends. One drawback is that apartment pricing is considerably higher than in other areas of Dallas but the location, convenience and neighborhood make it a worthwhile area to consider.

### Oak Lawn

This area is on the fringes of downtown Dallas. Recently, there has been an increase in condos, new housing and apartments. It has great atmosphere, multiple shops and a fun nightlife. Every year on the Saturday closest to Halloween there is also the Dallas Gay Pride Parade on Cedar Springs Ave.

### Greenville Ave

This is an area known for its eclectic mix of bars, shops and older residences. If you like a good mix of ethnicity and character, this is an interesting place to live. You can rent a house privately or through an apartment locator for a reasonable price for two or more people.

### Highland Park/University Park

The Park Cities are actually separately incorporated towns surrounded by Dallas. They are located just north of the center of Dallas, near the Southern Methodist University campus. Homes in this beautiful area are mostly single family, free standing, and very expensive. The Highland Park School District is widely considered the best in the DFW metroplex, the property is guaranteed to increase in value, and the location is very convenient to the medical center. There are a handful of apartment complexes in this area, which vary greatly in price, age and amenities. Many postdocs that live in this area sacrifice amenities for the zip code so that their children can attend the Highland Park schools.

### North Dallas and Far North Dallas

North Dallas is the area north of the Park Cities but inside the loop of Interstate 635 (also known as the LBJ Freeway). It encompasses Preston Hollow and some other older, nice areas with mostly single family houses on good-sized lots. Far North Dallas is north of Interstate 635. This area is newer and still expanding with homes a little more affordable than below the interstate. If you live this far north, you will probably use the Dallas North Tollway to drive to campus.

### Oak Cliff

Located in the southwest part of Dallas, homes are typically older but very affordable. This is the neighborhood for those who desire a diverse socioeconomic and ethnic mix. The Bishop Arts District within Oak Cliff is home to some great shops, restaurants and galleries. Crime rates are typically higher here than for neighborhoods in Downtown and to the North.

### Far East Dallas/Lake Highlands/White Rock Lake

East Dallas areas are comprised of mostly older single-family homes with character. There are lots of shops and places to eat. A focal point is the [White Rock Lake Park](#), which surrounds the lake and has plenty of space to have picnics, ride your bike, or launch your sailboat (no motorized boats or swimming is allowed in White Rock Lake). Along the Garland Road edge of the lake is the [Dallas Arboretum](#), a great place to hang out on a sunny weekend. As there are no direct routes to UT Southwestern from this part of town, your drive into work will be at least 30 to 40 minutes along Interstate 30 (south of downtown) or Mockingbird Lane (north of downtown).

### Richardson/Plano/Frisco

These cities north of Dallas are a long haul into the medical center, but they have great public schools and shopping. New homes are going up all the time. Many people with kids are buying homes or renting here and taking the train or braving the long road commute to the

medical center. Richardson is where you'll find Dallas' "Chinatown" with many of the best Chinese restaurants.

### Carrollton/Coppell/Las Colinas

These areas are the definition of "the suburbs" which have an abundance of newer houses for sale. You can find mid- to high-price range houses in manicured developments with smaller lots. They are in close proximity of new shopping malls, the crime rate is low, and the schools are good. Your drive in to work will likely include Interstate 35, where traffic can be heavy at peak times.

## **RESOURCES FOR THE DISABLED**

For those postdocs with disabilities in the DFW metroplex, there are resources to allow you to adapt and get around more easily. [REACH](#) is the local Center for Independent Living and is an indispensable resource. Although perpetually under staffed and under funded, the folks at REACH have compiled a wealth of information on such topics as:

- Programs for first time home buyers with disabilities to obtain low rate loans (the Home of Your Own program)
- Laws, local, state and national, affecting disability issues, such as new parking laws.
- Where to find medical equipment suppliers in the Metroplex
- Locations of talking ATMs
- Details of Medicare and other government programs

Dallas has new construction in most parts of the city, which means that almost all shopping and public facilities are accessible by wheelchair users or others with movement impairments, and handicap parking is almost always available, if not plentiful. However, many privately owned businesses that have not been renovated recently may be inaccessible because they are not required to update access specified by the Americans with Disabilities Act. Unfortunately, this includes the majority of apartment complexes in Dallas proper. It is unusual to find an apartment complex that has wheelchair accessible units,

and most landlords are unwilling to redo their units to provide access. Some are willing to let you renovate at your own expense provided you are willing to also pay to put things back when you move out. Fortunately, there are a few more reasonable places to be found. In addition to [Southwestern Medical Park Apartments](#) (described above), another such place is [The Reserve at White Rock](#). This complex was built in 2000, is quite nice, and the management is willing to provide renovations for disabled use. Located on Garland Road near White Rock Lake, it is a little expensive, but it's in a nice neighborhood and has lots of amenities. Other places to live can be found in Far North Dallas and Plano, where new complexes are being built. It's imperative that you use a good apartment locator service to sift through all the possibilities (see above).

## **CHILDCARE AND EDUCATION NEAR/ON CAMPUS**

### ***UT Southwestern - UTD Callier Child Development Program***

1966 Inwood Road, (214) 905-3128.

This on-campus daycare facility is located on the south campus, by the tennis courts. They take children from 6 weeks to 6 years old. Unfortunately, there is a very long waiting list due to the high demand. Faculty gets priority, and therefore if there is an intake of new faculty with children, you may find your position on the waiting list altered. Their school year starts in August, with notification of acceptance in the program during the preceding April. Most postdoc moms get on the waiting list as soon as they discover they are pregnant and still have to wait at least another year on average for a spot.

The teachers are all accredited by the National Association for the Education of Young Children (NAEYC). The curriculum is based upon that of High/Scope and Texas Essential Knowledge and Skills for Kindergarten. There is special consideration for students with hearing loss and speech impediments. Further details and the application

form can be found on the website: [www.utdallas.edu/calliercenter/child-development/child/](http://www.utdallas.edu/calliercenter/child-development/child/)

### ***First Step Learning Center***

6303 Forest Park Rd. Suite 130a, (214)352-8608.

This center is located in Exchange Park, close to north campus. This facility accepts children between the ages of 6 weeks and 5 years, offers drop-in flexibility and charges on a weekly basis. The cost varies depending on the age of your child. The facility is licensed by the State of Texas and the High Reach curriculum is taught. The cost is lower than Callier, but the child to caregiver ratio is much higher.

## **FINDING CHILD CARE FACILITIES NEAR YOU**

While childcare facilities can be found through online resources such as [www.naeyc.org](http://www.naeyc.org), and the Texas Department of Family and Protective Services, more convenient options are home care providers and nannies. Home care providers are typically mothers who will watch up to six children at their own house instead of an institutional setting. There is an on-line listing of [registered home childcare providers](#) in the Garland, Richardson, Murphy, Rowlett, Rockwall, Sachse, Wylie, Mesquite, Plano and Dallas areas. This is a great resource for parents who are looking for in-home child care. Contacts: phone: (972) 496-4600; email: [texaschildcaretx@yahoo.com](mailto:texaschildcaretx@yahoo.com).

There are several nanny referral service companies in Dallas. Three of them are: [www.momsbestfriend.com](http://www.momsbestfriend.com) , [www.globenanny.com](http://www.globenanny.com) , and [www.domesticallyyours.com](http://www.domesticallyyours.com) .

## **PUBLIC SCHOOLS**

When looking for the best neighborhood, finding top quality public schools is one of the most important considerations for many postdocs. If you have children, it may be your highest priority. Even if you don't have children, good public schools can help protect the resale value of your home. You can conduct an on-line search for the best

quality public school districts. The “exemplary” schools are found in Highland Park, Coppell, Flower Mound, and Plano. Richardson Independent School District was also recommended and is closer to UT Southwestern (20 min commute).

## **RELIGION IN DALLAS**

Dallas and Tarrant counties are home to thousands of religious organizations of diverse faiths. Christian churches in the Dallas metro area can be found at: [www.usachurch.com/texas/dallas/churches.htm](http://www.usachurch.com/texas/dallas/churches.htm). Though Western religions are predominant, there are many other faiths practiced in the Metroplex. These include: Buddhism, Hinduism, Jainism and Islam. Religion resources may be found at the following website: <http://dallas.areaconnect.com/churches.htm>

## **RECYCLING IN DALLAS**

If you live in Dallas county, find out how to recycle in your area at: <http://www.dallascityhall.com/sanitation/recycling.html>. While Dallas county does not provide recycling at apartment complexes at this time, homeowners and some condominium owners associations have been known to set up their own recycling pick-up programs. For apartment renters with no pick-up available in their dwellings, collection of your recycled items can be dropped off at recycling containers set up across the city. The closest one to UT Southwestern is in the Cathedral of Hope overflow parking lot near Inwood and Cedar Springs. Please see the UT Southwestern recycling website for directions: [www.utsouthwestern.edu/resources/recycling](http://www.utsouthwestern.edu/resources/recycling).

Currently, UT Southwestern recycles only paper and cardboard. If you’d like to help increase recycling efforts to include plastic, aluminum, and glass please check out the above mentioned website to learn more about volunteer recycling programs on campus.

## **THINGS TO DO AND SEE IN THE CITY OF DALLAS AND SURROUNDING AREAS**

Up-to-date weekly happenings are published in the Guidelive section of the Dallas Morning News on Fridays (also online; [www.guidelive.com](http://www.guidelive.com)) and in the Dallas Observer ([www.dallasobserver.com](http://www.dallasobserver.com)). The Dallas Observer “Best of” is a great source to go through and pick somewhere to go. “Best hotdog (Wild about Harry’s), best hamburger (Jake’s), best place to spend a date (Billy Bob’s), etc. The on-campus Student Center often organizes sports activities, both on and off campus. They also may play some international sport tournaments on the large wide screen TV.

### ***Camping***

Texas has a number of terrific state parks that are great for biking, hiking, and camping. Please see the Texas Parks and Wildlife department website [www.tpwd.state.tx.us](http://www.tpwd.state.tx.us) for locations, attractions, fees, etc...

### ***Music***

One of the main attractions of Dallas is the abundance of live music. Fantastic local bands play in bars, pubs and even cafes. These are ideal locations to see really great bands up close and personal. There is usually a cover charge or a tip jar donation for the band, but it works out to be a lot better deal than the larger venues. Places like the Granada Theatre, Lakewood Theater, the Cavern and the Sons of Herman Hall, and The House of Blues host major bands for a reasonable price and have the advantages of a smaller location. Larger venues are the Smirnoff Center, the Nokia Center and the American Airlines Center. Check out [www.texasgigs.com](http://www.texasgigs.com) for a weekly update and live streams of local bands.

If you enjoy classical music, the Dallas Symphony Orchestra performs in the beautiful Morton H. Myerson Symphony Center [www.dallassymphony.com](http://www.dallassymphony.com). During the spring and early summer months they have free concerts in area parks. In addition, the Dallas Opera currently has performances at Fair Park, but will be relocating to the downtown Arts District in the near future,

<http://www.dallasopera.org/>. The new opera house is a small component of a greater vision for the new relocation area and will be part of the Dallas Center for the Performing Arts. The estimated date for opening of the Center is summer 2009. [www.dallasperformingarts.org](http://www.dallasperformingarts.org)

**Selected Annual Festivals/Events**

For actual festival/event dates, see [www.guidelive.com](http://www.guidelive.com)

MONTH	EVENT	AREA
January	Rodeo	Fort Worth
March	Irish Festival	Fair Park, Dallas
	St Patrick's Day Parade	Greenville Ave
	South by Southwest	Austin, TX
April	AFI Dallas International Film Festival	Dallas, Tx
	Dallas Music Festival and Arts Festival	Deep Ellum, Dallas
	Fort Worth Arts Festival	Fort Worth
April/May	Scarborough Fair	Waxahachie May
	Cinco de Mayo	Dallas
June	Taste of Addison	Addison
	Dallas City Arts Festival	Dallas
	Shakespeare Festival	Dallas
August	Restaurant Week	Dallas
September	Austin City Limits	Austin, TX
Sept-Oct	Texas State Fair	Fair Park, Dallas
October	Oktoberfest	Dallas
	Texas/OU football	Dallas
	Grapevine wine festival	Grapevine
November	Deep Ellum Film Festival	Deep Ellum, Dallas
December	White Rock Lake Marathon	Dallas

**Sightseeing Dallas**

The downtown skyline

Like many large cities, the unique buildings in downtown Dallas makes it easily recognizable. It is most spectacular during sunset and at night. Dallas has its share of museums, monuments and parks. There are many places to eat and go out, places to shop till you drop, interesting art venues and great sports teams. Summer heat in Dallas is scorching (especially to the non-natives) so it is best to do sightseeing once the temperature is below 85 degrees F. Download coupons to help out with your sightseeing expenses; [www.visitdallas-fortworth.com/pdfs/coupons.pdf](http://www.visitdallas-fortworth.com/pdfs/coupons.pdf)



Reunion Tower

The 50-story tower is topped by a three-level geodesic dome complete with revolving observation deck, restaurant and

cocktail bar. It is easily recognizable at night due to its lit dome comprised of 260 computer-controlled lights that create different patterns all night long. The revolving part of the dome takes 55 minutes to make a complete circle. The view is majestic during sunset or at night, providing a new perspective of Dallas. The observation deck is sometimes closed for private functions. When you go there, leave the car in the valet parking of the adjacent Hyatt hotel and have your server validate the parking ticket; if you stay less than three hours the cost of the parking is just \$3.

Wolfgang Puck's new restaurant is located in the revolving space from which you can enjoy the 360 degree view of Dallas over a nice meal. Valet parking at the tower is validated by the server and will cost you only \$5.

J. Erik Jonsson Central Library

This downtown branch of Dallas Public Library, located in Young Street just across Dallas City Hall, is named for a former mayor. A huge library, it contains a collection of over 3 million items, including one of only ten original copies of the 1776 Declaration of Independence. Becoming a member of Dallas Public Library System is free for Dallas residents. Bring your driver's license to get a library card and start enjoying countless (free) benefits. You can keep the items for 21 days and if you need them longer you can extend this period online, by sending the email or calling them (have your library card's number ready).

[www.dallaslibrary.org](http://www.dallaslibrary.org)

Nasher Sculpture Center

Opened in 2003, it houses one of the world's foremost collections of modern sculpture. It consists of five light-filled galleries and a wonderful sculpture garden. The center offers free entrance on Saturday mornings and some Thursday evenings and membership for 2 guests start at \$75 per year. Sometimes they offer music in the evenings and the place is filled with good-looking elegant people. It is a great place to take and impress a date: sit in the Turrell's skyspace, watch the sky through the open ceiling and contemplate the beauty of life.

[www.nashersculpturecenter.org](http://www.nashersculpturecenter.org)

Dallas Museum of Art (DMA)

The DMA has a little bit of everything and you can enjoy it for free on Thursday evenings. DMA garden hosts free summer jazz concerts and those are not to be missed: bring a blanket or foldable



chairs, a cooler, a bunch of friends and have a picnic under the stars. The streets around DMA are closed for the event and your best bet for parking is the underground DMA garage (free for members of DMA and Nasher; \$5 for the rest of the world).

[www.dallasmuseumofart.org](http://www.dallasmuseumofart.org)

#### Crow Collection of Asian Art

This is one of the nation's most important collections of Asian art; offers free self-guided docent-led tours and programs such as lectures, family days and concerts throughout the year.

[www.crowcollection.org](http://www.crowcollection.org)

#### John F. Kennedy Memorial Plaza

The Plaza is an open-roofed, concrete walled monument symbolic of an open tomb or cenotaph. It is in memory of President Kennedy (the 34th president of the USA) who was assassinated in Dallas. The Sixth Floor Museum at Dealey Plaza examines the life, death and legacy of John F. Kennedy. The School Book Depository and the famous Grassy Knoll are within an easy walking distance. [www.jfk.org](http://www.jfk.org)



#### Freedman's Cemetery Memorial

Located off of North Central Expressway between Lemmon Avenue and Hall Street (214) 670-3284, it is less than one mile north of Downtown Dallas and less than 10 minutes from UT Southwestern. This pre-Civil War African-American burial ground was once the Freedman's Town Area which was a small community formed by freed African-American slaves in the mid-1860s. Among the attractions at this historic and state landmark memorial are large figures cast in bronze by African American artist, David Newton.

#### Old Red Courthouse & Tourist Information Center

This red sandstone Romanesque-revival building (looks like a fairy-tale castle) houses the Tourist Information Center on its first floor. Here you can find abundance of advertisements for local businesses, obtain a couple of useful maps and check your email for free.

#### Dallas World Aquarium

If you are fan of water, you will be impressed with its 85,000 gallons of saltwater exhibits, a tropical rain forest and a South African lagoon, animals and plants from four continents, three oceans and various seas. Great place for children! (214)

720-2224. The aquarium is open seven days a week from 10 am to 5 pm. [www.dwazoo.com](http://www.dwazoo.com)

#### Zoo

The Metroplex is host to two outstanding zoos: the Dallas Zoo [www.dallas-zoo.org](http://www.dallas-zoo.org) and the Fort Worth Zoo [www.fortworthzoo.com](http://www.fortworthzoo.com). Most would agree that the Fort Worth Zoo has much better exhibits. Discounted tickets to both are available through the UT Southwestern bookstores on the first floor of south campus and NG3 of north campus.

#### Pioneer Plaza & Cemetery

A 4.2-acre park just outside the Dallas Convention Center with the world's largest bronze monument with huge Longhorn cattle and cowboys depicts a mid 19th-century cattle drive. Great place to take photos to send home and to bring visitors from out-of-town.

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

#### Thanksgiving Square

This cool chapel (1627 Pacific Ave, at Ervay and Bryan, Dallas) has a bell tower, meditation garden, soothing fountains and an interesting chapel designed by Philip Johnson. Interfaith services are held regularly in the spiral-shaped chapel. [www.thanksgiving.org](http://www.thanksgiving.org)



#### Fountain Place

Located on the corner of Field St. and Ross Ave., in the base of the prism-shaped skyscraper (yeah, that weird, oddly shaped building downtown), Fountain Place is a delightful urban oasis designed by I.M. Pei. This six-acre plaza is filled with native bald cypress trees, waterfalls, bubbler fountains and a central fountain with 360 computer-driven water jets. There are chairs and tables; you can come here during the day or night (fountains are all lit up) and enjoy the sound of water in relaxing atmosphere and bring a date. This is one of the most interesting outdoor places in Dallas. [www.dallasarchitecture.info/fountain.htm](http://www.dallasarchitecture.info/fountain.htm)

#### Morton H. Myerson Symphony Center

In the Arts District of downtown Dallas at the intersection of Pearl and Flora Streets, this center is also designed by the famous architect I.M. Pei. This acoustical masterpiece is the home of the Dallas Symphony Orchestra and the 4,335 pipe organ. Concerts, meetings, tours and special events are held year-round. Check the website and buy tickets early to get the best deals. [www.dallassymphony.com](http://www.dallassymphony.com)

### Dallas Farmers' Market

This is said to be one of the largest open-air farmers' markets in the country. Farmers come to sell their seasonal crops directly to customers. There is an abundance of fresh fruits, vegetables, flowers, specialty, and international products, although for a good deal you have to purchase items in bulk. Local furniture and home decorations are also sold. It is located in the southeastern corner of the central business district in downtown Dallas at 1010 South Pearl Street, Dallas 75201. The Dallas Farmers Market is open daily 7 am to 6 pm. [www.dallasfarmersmarket.org](http://www.dallasfarmersmarket.org).

### West End Historic District

Although well advertised on its website, [www.dallaswestend.org](http://www.dallaswestend.org), this historic district is not exactly bustling with activity. One fun event to check out is the Taste of Dallas which is held there every summer.

### Fair Park

Built in 1936 to celebrate the Texas centennial, the park, located two miles east of downtown is a National Historic Landmark. Over 7 million visitors annually enjoy nine permanent museums, the Music Hall, and the Cotton Bowl. It is famous for its 1930s art-deco architecture and the annual State Fair of Texas [www.bigtex.com](http://www.bigtex.com). Come ride the largest ferris wheel in North America or eat deep fried everything ....the Fletcher corny dogs and funnel cake are a must!!!!. The fair is also host to two classic football games (Texas v. Oklahoma University and Grambling State v. Prairie View A&M). (WARNING: The traffic is horrific the days of these football games!) Fair Park is a great place for children as there is the Dallas Aquarium, Museum of Nature and Science with an IMAX theatre, Texas Discovery Gardens and lots of green areas in the shade. [www.fairpark.org](http://www.fairpark.org)

### **Fort Worth**

Fort Worth is known as "Where the West Begins" and if you go there, you will see why. Wranglers, ropers and cowboy hats are the norm. This city is much more laid back than Dallas, and is full of culture (world class museums and concert halls), fabulous restaurants, and plenty to do.

### Sundance Square

The square is a large pedestrian-friendly historic area with lots of specialty shops, art galleries, theaters (movie and live performance), and Bass Performance Hall. Parking is free on weekends and after 5 pm on weekdays. [www.sundancesquare.com](http://www.sundancesquare.com)

### Billy Bob's

The largest Honky Tonk in the world, it has hosted many big stars (note the hand prints on the walls on the way out). They also feature professional bull riding on Friday and Saturday nights at 9 pm. [www.billybobstexas.com](http://www.billybobstexas.com)

### Stockyards

A reminder of the old Texas past. Here you can see true cowboys on the street, cattle drives and the last stockyard in the USA. This is a great place to bring out of town guests.

[www.fortworthstockyards.org](http://www.fortworthstockyards.org)

### Water Gardens

The Fort Worth Water Gardens is a mix of beautiful architecture and landscaping. This "urban park" covers 4 full blocks of downtown adjacent to the convention center. 1502 Commerce St. (817) 871-5755 for more information.



### Botanical and Japanese Gardens

The Fort Worth Botanical Gardens is the oldest botanic garden in Texas, containing thousands of native and exotic species of plants in a 109 acre park located centrally in Fort Worth's Cultural District. With many specialty gardens to choose from, including a Tropical Conservatory, Fragrance Garden, Japanese Garden with Koi ponds, and two Rose gardens, you may have a hard time choosing what to visit on your first trip. An admission fee is charged for entry to the Conservatory and Japanese Gardens, all others are free. [www.fwbgo.org](http://www.fwbgo.org)

### Modern Art Museum of Fort Worth

This museum houses a large collection of modern art pieces from artists such as Pablo Picasso, Richard Serra, and Andy Warhol, as well as many special exhibitions. The building has one of the most unique architectural styles in North Texas (designed by Tadao Ando) and is located in the Cultural District. [www.mamfw.org](http://www.mamfw.org)



### **Arlington**

(20-30 miles west of Dallas)

### Six Flags Over Texas (THE original)

Ever wondered why it is called Six Flags"? In the late 1950s Angus G Wynne Jr. returned from a trip to Disneyland with the ambition for a theme park in Texas. He named it Six Flags after the six nations that had governed Texas; France, Spain, Mexico, the Republic of Texas, the Confederate States of America, and the United States of America. Six Flags is quite pricey, but discounted tickets can be found at the UT Southwestern bookstore. Your best may be a season pass at \$65 which will allow you as many visits as you want in a season. (There are also online deals like 2-day passes- check the website.) The park is open all summer and then in September and October (Fright Fest), December (Holiday in the Park), and a week in March for spring break.

[www.sixflags.com/parks/overtexas/index.asp](http://www.sixflags.com/parks/overtexas/index.asp)

### Hurricane Harbor

One of the largest water parks in the country. There are a number of attractions that will help keep you cool during the hot Texas summers. This place is unbelievably crowded (mostly with kids and teenagers). Discounted tickets are available at the UT Southwestern bookstore. 1800 E. Lamar Blvd. (817) 265-3356

[www.sixflags.com/parks/hurricaneharbordallas/index.asp](http://www.sixflags.com/parks/hurricaneharbordallas/index.asp)

### **Glen Rose**

#### Fossil Rim Wildlife Center

The center displays a large variety of exotic and endangered animals. Visitors can get close up to some of the animals at the petting pasture. You can drive through areas in your car and see free-ranging herds of wildlife including zebra, antelope, and giraffe. There is also a lodge and a safari camp, as well as nature trails and a learning center. Admission is pricey, but Wednesdays are half off. [www.fossilrim.org/visiting/index.php](http://www.fossilrim.org/visiting/index.php)

#### Dinosaur Valley State Park

During the Jurassic Period, the Gulf of Mexico was located in Glen Rose. Thus, this park contains some of the best preserved dinosaur tracks in the world. The dinosaur tracks are located in the riverbed, so call ahead to check on river conditions. Another popular attraction is the two fiberglass dinosaur models; a 70-foot Apatosaurus and a 45-foot Tyrannosaurus Rex. The park features camping, hiking, and mountain biking. Visitors also enjoy river swimming and fishing, and wildlife observation. Entrance fee is only \$5 per person >13 years old. There are additional fees for

overnight camping and usage of the picnic pavilions.  
[www.tpwd.state.tx.us/spdest/findadest/parks/dinosaur\\_valley](http://www.tpwd.state.tx.us/spdest/findadest/parks/dinosaur_valley)

## **MUSEUMS**

Dallas is home to one of the largest arts district in the nation. Most of the museums in Dallas are just a DART ride or a short drive away from UT Southwestern, and some of them feature extended hours on Thursdays. In addition, many are free to the general public. General admissions prices and times vary. Check out their websites for current hours and prices.

Dallas Museum of Art	<a href="http://www.dallasmuseumofart.org">www.dallasmuseumofart.org</a>
Kimbell Art Museum	<a href="http://www.kimbellart.org">www.kimbellart.org</a>
The Modern Museum of Art	<a href="http://www.themodern.org">www.themodern.org</a>
Fort Worth Museum of Science and History	<a href="http://www.fwmuseum.org">www.fwmuseum.org</a>
Museum of Nature and Science	<a href="http://www.natureandscience.org">www.natureandscience.org</a>
Nasher Sculpture Garden	<a href="http://www.nashersculpturecenter.org">www.nashersculpturecenter.org</a>
African American Museum	<a href="http://www.aamdallas.org">www.aamdallas.org</a>
Crow Collection of Asian Art	<a href="http://www.crowcollection.org">www.crowcollection.org</a>
The Sixth Floor at Dealy Plaza	<a href="http://www.jfk.org">www.jfk.org</a>
National Cowgirl Hall of Fame	<a href="http://www.cowgirl.net">www.cowgirl.net</a>
Amon Carter Museum	<a href="http://www.cartermuseum.org">www.cartermuseum.org</a>
The Women's Museum	<a href="http://www.thewomensmuseum.org">www.thewomensmuseum.org</a>

## **RESTAURANTS AND NIGHT LIFE**

Dallas has one of the highest number of restaurants per capita in the United States. Listed below are a few areas in and around Dallas, recommended by some PDA members. To get up-to-date information and suggestions about Dallas restaurants, cultural events, and other services (such as hairdressers, mechanics, drycleaners, etc) try the following websites: [www.yelp.com/dallas](http://www.yelp.com/dallas), Citysearch for the "best of" lists <http://dallas.citysearch.com>, Chowhound Texas message board (good for tips on restaurants – especially if you're an international postdoc and looking for a restaurant with food from home <http://chowhound.chow.com/boards/5>, Dallas Observer Magazine's [www.bestofdallas.com](http://www.bestofdallas.com), Dallas Morning News' [www.guidelive.com](http://www.guidelive.com).

## ***Around UT Southwestern***

Although the area immediately surrounding the campuses can appear a bit seedy, just a mile up the road is the Oaklawn area, Lemmon Ave., and Lovers Ln. These streets feature ample restaurants and hangouts, favored by the locals.

### **Buzz Brews**

4334 Lemmon (214) 521-4334. A very cool late night diner. Open 24 hrs. Features great local art you can buy. Bonus: Free Wifi and great coffee too. [www.buzzbrews.com](http://www.buzzbrews.com)

### **Buffalo Wild Wings**

4140 Lemmon (214) 520-7069. Located close to campus; although a chain this is a great place to grab a beer and watch the game with oodles of TV screens. And the wings are fantastic!

### **The Grapevine**

3902 Maple (214) 522-8466. Close to UT Southwestern, this place is popular with the after-work crowd due the great drink specials (\$2 drinks until 7 pm) and the laid back atmosphere. Can be crowded inside but there is always space out the back by the basketball court or on the roof. [www.thegrapevinebar.com](http://www.thegrapevinebar.com)

## ***Downtown***

### **Ghost Bar**

2440 Victory Park Lane (214) 720-9909 Very swanky night club. Has a great view of the downtown Dallas. Celebrity sightings (if you know Dallas celebrities!) are common on weekends. The cover charge for guys is \$20 on Fri and Sat nights (generally free for girls). [www.n9negroup.com](http://www.n9negroup.com)

### **Arcodoro and Pomodoro**

2708 Routh St. (214) 871-1924 One of the best Italian restaurants in Dallas. Sardinian food is their specialty. The restaurant is divided into two dining areas: Arcodoro has cool bar area, more casual atmosphere, and a great patio for spacious dining whereas Pomodoro is more

formal with white tablecloths and candles. Dinner entrees: \$14.50-\$28.50 [www.arcodoro.com](http://www.arcodoro.com)

### **Iron Cactus**

1520 Main St (214) 749-4766 Mexican and margarita bar. Great happy hours and a fun place to be. Happy hours M-F from 3-7 pm. Dinner entrees: \$9.95-\$24.95. [www.ironcactus.com](http://www.ironcactus.com)

### **Fuse**

1512 Commerce St (214) 742-3873 A relatively new restaurant in the renovated Dallas Power and Light building. The cuisine is a Texas-Asian fusion, and so far we have had very good reviews! Happy hours M-F from 4-7 pm. Dinner entrees: \$14-28; Sushi rolls: \$9-15 [www.fusedallas.com](http://www.fusedallas.com).

### **Café Rembrandt**

703 McKinney Ave. (214) 468-0073 Great pub atmosphere with a surprisingly large variety of drinks (i.e. not just beer) and good food. Sometimes has music, poetry readings, and other events. Happy hour M-F from 5-7 pm. Dinner entrees: \$6.95-17.50 [www.caferebrandtdallas.com](http://www.caferebrandtdallas.com)

### ***Deep Ellum***

[www.deepellumtx.com](http://www.deepellumtx.com) This is an area famous for jazz and blues, bars and clubs. From Thursday to Sunday the nightlife kicks off at around 11pm and keeps going until 2 am and sometimes 4 am. Most places are open from Tuesday to Saturday.

### **All Good Café**

2934 Main St, (214) 742-5362 They have amazingly good Texas food, very comfortable surroundings, music and live bands from Thursday-Saturday in the evenings (tickets for the music are generally \$5-15). Try the South Austin Migas or the King Ranch Chicken – and its 2 for 1 entrée on Tuesdays from 6-9 pm. Dinner entrees: \$8.99-12.99 [www.allgoodcafe.com](http://www.allgoodcafe.com)

### **Café Brazil**

2815 Elm St. (214)747.2730. Café Brazil has several restaurants all over the Metroplex; the one in Deep Ellum is excellent. This is a good place for brunch, also a great

2am post-clubbing stop. Pancakes, Omelets... you name it. A loyalty card is available to accumulate points to get a free entrée. Entrees are \$5.29-10.99 [www.cafebrazil.com](http://www.cafebrazil.com)

### Elbow Room

3010 Gaston Ave (214) 828-9488  
[www.elbowroomdallas.com](http://www.elbowroomdallas.com) On the outskirts of Deep Ellum. Voted one of the top 10 bars in Dallas. Unpretentious, good pizza, good music in the Juke box and a patio outside the back. Entrees \$6-12

### The Local

2936a Elm St. (214)752-7500 Expensive, but offers excellent food and ambience. A reservation is required well in advance. Worth a mention for the special moments. Chef's tasting menu: \$70-100 per person.  
[www.localdallas.com](http://www.localdallas.com)

### Lizard Lounge

2424 Swiss Ave (214) 826-4768 This is late night, after hours dance club which changes its theme daily.  
[www.thelizardlounge.com](http://www.thelizardlounge.com)

### Angry Dog

2726 Commerce (214)741-4406 Voted as one of the best burgers in town, this bar also shows the main sports events. Dinner entrees: \$5-11.25 [www.angrydog.com](http://www.angrydog.com)

### Deep Sushi

2624 Elm St (214) 651-1177 This is the only sushi restaurant in Deep Ellum – and it's good. Try the specials of day – they usually have a local and different theme! Happy hours M-Th. 5- 7 pm (2 for 1 sushi!!); Dinner entrees: \$13-40, Sushi/sashimi/rolls: \$4.50-16  
[www.deepsushi.com](http://www.deepsushi.com)

### Lee Harvey's

1807 Gould St (214) 428-1555 Located between Deep Ellum and Downtown, Lee Harvey's was voted Dallas' best bar in 2007. Described as an up-and-coming, down-and-dirty dive, this place has a huge beer garden great for weekend socializing and live music. Don't miss it! Entrees: \$5.50-12.95 [www.leeharveys.com](http://www.leeharveys.com)

## ***Uptown and West Village***

### The Idle Rich Pub

2614 McKinney Ave (214) 965-9926 A good Irish bar. Medium prices and a fun crowd on a Friday and Saturday night. [www.idlerichpub.com](http://www.idlerichpub.com)

### The Quarter Bar

3301 McKinney Ave (214) 754-4940 Another pub with warm atmosphere and eclectic decor. There is an outside area upstairs. Named after the French Quarter in New Orleans, the building it's in was once a whore house in old Texas. [www.breadwinnerscafe.com/quarter](http://www.breadwinnerscafe.com/quarter)

### Bread Winners

3301 McKinney Ave (214) 754-4940 and 5560 W Lovers Ln # 260 (214) 351-3339 Breakfast and lunch Mon – Sat., Dinner Tues- Thurs. and Sunday brunch until 3 p.m. Their in-house bakery is outstanding and has been named in the top 5 best breakfast restaurants in the area. Lunch is reasonably priced and quite tasty (sandwiches, pastas, wraps, etc.). Dinner is a little more upscale and pricey. The McKinney location is right next door to the Quarter Bar. [www.breadwinnerscafe.com](http://www.breadwinnerscafe.com)

### La Duni

Two locations in Dallas 4264 Oak Lawn, Highland Park (214) 520-6888 and 4620 McKinney Ave, Dallas (214) 520-7300. Food is described as "Blending European traditions with Latin American soul". Whatever it is, it's terrific!! Desserts are made in house and are spectacular. Open on weekends for brunch (voted one of the best breakfast spots in Dallas) and dinner Tues-Sun. The McKinney Ave. location is closed on Mondays. Now a 3rd location at Northpark Mall. Prices range from reasonable to a bit pricey, but worth it! [www.laduni.com](http://www.laduni.com)

### Primo's

3309 McKinney Ave. Dallas, (214) 220-0510 Tex-Mex food is good but this place is more known for its atmosphere. Crowded on weekend nights with lots and lots of "pretty people." A very happening place to be. [www.primosdallas.com](http://www.primosdallas.com)

### Gingerman

2718 Boll St. (214) 754-8771 Located next to the Quadrangle, this is a fun place to hang out – a whole lot of different beers from all over the world on tap. There is a beer garden in the back – which is great in warm weather, particularly when they have live music. [www.gingermanpub.com](http://www.gingermanpub.com)

### Margarita Ranch

2800 Routh St. (214) 220-2116. Formerly the Martini Ranch, the food is very good and reasonably priced but the main attraction at this highly trendy hang out is the bar and what is being served from it. There is a plethora of trendy and unique martinis. Weekday happy hour 4 pm to 8 pm (and all night on Monday) includes \$2 well drinks and domestic beer, \$3 martinis, and half priced glasses of wine. Monday nights are quite crowded and there are often celebrity sightings. [www.margaritaranch.com](http://www.margaritaranch.com)

### Jake's Hamburgers

2702 McKinney Ave (214) 754-8001. Great patio area for an afternoon beer and burger – awarded the best burger in Dallas more than once. [www.jakesburgers.net](http://www.jakesburgers.net)

### Grimaldi's Pizza

3636 McKinney Ave (214) 559-4611. Coal-fired pizzas are too good to share. [www.grimaldispizzeria.com](http://www.grimaldispizzeria.com)

### The Loon

3531 McKinney Ave (214) 559-0044. Hard to find (look for the single door in the wall) but with ample parking this bar is the place you go to drown your sorrows. Consistently a favorite in Dallas, they focus on liquor here rather than beer – and they pour the strongest drinks in town. Try their cheeseburger and jalapeño poppers.

### Knox-Henderson

#### Café Madrid

4501 Travis St (214) 528-1731, a Spanish restaurant with excellent tapas and sangria. The place is not expensive if you want to try one thing, but the portions are small and a full meal will cost a lot. [www.cafemadrid-dallas.com](http://www.cafemadrid-dallas.com)

### Cuba Libre

2822 N Henderson Ave (214) 827-2820. The mojitos are great. The menu is varied and surprisingly, reasonably priced. However, be prepared to see the Dallas beautiful people here. [www.cubalibredallas.com](http://www.cubalibredallas.com)

### The Old Monk

2847 N. Henderson (214) 821-1880. This is about the closest you will get to a British pub without going out to Addison. The fish and chips are the best in Dallas! (UK vote approved!). There is also a great selection of American and European beers. [www.oldmonkdallas.com](http://www.oldmonkdallas.com)

### Fireside Pies

2820 N Henderson Ave (214) 370-3916 There's another one up Inwood Rd near UT Southwestern. This restaurant serves excellent thin crust pizza (voted second best in the Dallas/Fort Worth area) with interesting combinations and fresh ingredients. Great wine and ambience at average prices and great service. [www.firesidepies.com](http://www.firesidepies.com)

### Chuy's

4544 McKinney Ave (214) 559-2489 Great Tex-Mex, good happy hours and fabulous margaritas. It is also a family place. [www.chuys.com](http://www.chuys.com)

### Roti Grill

4438 McKinney Avenue, Dallas, TX 75205, (214) 521-3655, Nice place for good Indian food ordered at the counter and delivered to your table.

### ***Greenville Ave: Upper and Lower***

### Good Records

1808 Greenville Ave (214) 752-4663 This is certainly one of the best record shops around. Where else can you see your favorite band play three or four songs with free beer and pizza? Keep your eye on [www.goodrecords.com](http://www.goodrecords.com) for upcoming listings or go and visit and chat to the guys.

### Blue Goose

2905 Greenville Ave (214) 823-8339 Check out the vast array of motorcycles parked on the weekends (old and new). No, this isn't a biker bar, but the nice weather attracts fun rides to fun places. This is a great place to

hang out. Voted as having the best margarita in Dallas on more than one occasion. The fajitas and taco salads are great! Dinner entrée prices range from \$9-16. [www.bluegoosecantina.com](http://www.bluegoosecantina.com)

### Royal Thai

5500 Greenville Ave Ste 608. (214) 691-3555 This is a moderately priced Thai restaurant with great food. It's always packed, so it must be good! Entrée prices range from around \$9-14. [www.royalthaitexas.com](http://www.royalthaitexas.com)

### Café Izmir

3711 Greenville Ave (214) 826-7788. Turkish owners with food from all over the Mediterranean (Greek, Turkish, Lebanese, Russian and Persian cuisine). Enjoy hot and cold tapas (a large variety of vegetarian dishes, too) at a reasonable price. The humus is delicious!! Tapas prices range from \$4-11. [www.cafeizmir.com](http://www.cafeizmir.com)

### Kismet Lounge

3707 Greenville Ave (214) 824-8883. Located next to Café Izmir, Kismet lounge is a nightclub with a beautiful ceiling that is virtual sky of stars, good music and pretty people. Very similar to a Moroccan lounge. Every night they play different music. [www.kismetdallas.com](http://www.kismetdallas.com)

### Izmir Deli

3607 Greenville Ave. (214) 824-8484. Mediterranean deli only one block away from Café Izmir (same owners). The menu is full of healthy sandwiches, salads and snacks. They also have a fruit and vegetable juice bar. Entrée prices range from around \$5-8. [www.izmirgroup.com](http://www.izmirgroup.com)

### Teppo

2014 Greenville Ave, Dallas, TX (214) 826-8989  
Amazing sushi – this may be the best sushi in Dallas – the jury is still out! Great ambience. Sushi/Yakitori prices: \$3.50 - \$10.00 each. [www.teppo.com](http://www.teppo.com)

### Terilli's

2815 Greenville Ave. (214) 827-3993 A great place to eat good Italian food and listen to Jazz. The famous Italian nachos (Italchos) are a must. Dinner entrée prices range from \$10-43. <http://www.terillis.com/dallas.htm>

### The Grape

2808 Greenville Ave. (214) 828-1981. Amazing food with an excellent wine selection. Warning: this is a pricey restaurant (especially on a postdoc salary) where dinner entrée prices range from \$18-31. More affordable are the Happy Hours, which are M-F 4:30-7:00 PM with \$2-4 drinks and great appetizers for \$6 or less. [www.thegraperestaurant.com](http://www.thegraperestaurant.com)

### Dubliner

2818 Greenville Ave. (214) 818-0911. A very fun Irish pub in lower Greenville. They are known for their wide selection of Scotch and Irish whiskies. The menu is typical pub fare (mostly sandwiches and finger foods). Entrée prices range from around \$5-7, and most drinks are \$4.50-9.00 with Happy Hour from 4-7 PM. [www.dallasdubliner.com](http://www.dallasdubliner.com)

### Snuffer's

3526 Greenville Ave. (214) 826-6850 Very casual atmosphere. Food (burgers, chicken sandwiches, etc.) is inexpensive with big portions. Entrée prices range from \$6.50-10.50. The famous cheese fries (dieters beware) are the best ever and worth the trip alone! Plus, you can't live in Texas without trying the Southern snack of fried pickles. It gets crowded on the weekends so, go early. Happy Hour specials are all day 11AM-11PM on M-W and 3-7 PM on Th-F. There are other locations: 8411 Preston Rd ste #112, Dallas (214) 265-9911; 14910 Midway Rd, Addison (972) 991-8811. [www.snuffers.com](http://www.snuffers.com)

### Campisi's

5610 E Mockingbird Ln. (at Greenville) (214) 827-0355. Known mostly for their pizzas (named best in Dallas). Campisi's also has great salads and simple, but good pastas all at a reasonable price. There 6 other locations in the DFW metroplex, including one at Inwood and Lovers (a few miles from UT Southwestern). Entrée prices range from around \$7-13. [www.campisis.us](http://www.campisis.us)

### Gloria's

3715 Greenville Ave. (214) 874-0088. Good Salvadoran and Tex-Mex food at a reasonable price. They have great

Happy Hour prices for their drinks. You also get free chips with a black bean sauce that is worth the trip. There are a number of locations in the Dallas/Ft.Worth area (one is located only a couple of miles from UT Southwestern on Lemmon Ave). Dinner entrée prices range from about \$10-17, but lunches are more affordable, especially with all day Happy Hours M-W! Th-F Happy Hours are from 3-7 pm. Some locations have music and salsa dancing on Friday and Saturday night. Check out their website for details. [www.gloriasrestaurants.com](http://www.gloriasrestaurants.com)

### Ozona Grill and Bar

4615 Greenville Ave (214) 265-9105. Very popular upper Greenville hangout. Large tree-shaded patio is great for outdoor dining year round. (Large fireplaces keep it cozy during mild winter evenings). The food (mostly Tex-Mex) is good and plentiful with dinner entrée prices ranging from about \$7-18, though most regulars (and there are a lot of them) go mostly for the atmosphere. [www.ozonagrill.com](http://www.ozonagrill.com)

### **West End**

#### Dick's Last Resort

2211 N. Lamar. (214) 747-0001 Located on the corner of Houston and N. Lamar, is rightly called The Shame O' West End on their own menu. Service is designed to be offensive and fun (not a family place). You must be at least 21 years old to enter and you must have a sense of 'crude' humor. They serve American cuisine (burgers, fries, and steak) and the names on the menu will have you laughing as will the service. They have live music nightly and dinner entrée prices range from around \$11-25. Consider this place if you are looking for a meal and a show in one. [www.dickslastresort.com](http://www.dickslastresort.com)

### **East Dallas/White Rock**

#### Monica's

2914 Main St., (214)748-7140 Salsa dancing is an attraction. [www.monicas.com](http://www.monicas.com)

#### Franki's Lil' Europe

362 Casa Linda Plz., (214)320-0426 A little wonderful little bistro with a Bavarian menu in the Casa Linda shopping center at Garland and Buckner.

#### Lover's Pizza

6434 E Mockingbird Ln., (214)823-2262 Makes a pretty good cannoli. [www.loverspizzeria.com](http://www.loverspizzeria.com)

### **Far North Dallas/Plano/Richardson/Addison/Irving**

The Addison area has some of the best restaurants and entertainment in the DFW area.

#### Fogo de Chao

4300 Beltline Rd. (972) 503-7300. A brazilian churrascaria steak house. 'All the meat you can eat' courses cost about \$35-50. [www.fogodechao.com](http://www.fogodechao.com)

#### Chaucer's Steaks & Sushi

5080 Spectrum Drive (972) 233-3939. A great place for cheap weekend drinks and sushi. DJ's on Friday's and Saturday.

#### Duke's Original Road House

4180 Beltline Road (972) 503-2337. Very popular bar and restaurant for the college crowd. They dish out regular American fare. It is always busy. Dodgeball tournaments during the summer are a huge draw. [www.dukesoriginalroadhouse.com](http://www.dukesoriginalroadhouse.com)

#### Flying Saucer.

14999 Montford Dr. They have one of the biggest selections of beers from around the world, both on tap and in bottles. Live bands perform on the weekends. [www.beerknurd.com](http://www.beerknurd.com)

#### BJ's Restaurant & Brewhouse

4901 Belt Line Rd. (972) 392-4600. If you are into microbrews, this is the place to go. The food is good and it is also a great place for watching the major sporting events. [www.bjsbrewhouse.com](http://www.bjsbrewhouse.com)

### Karma

15203 Knoll Trail Dr. (972) 980-9199. A popular club for the young hip Asian American crowd in Dallas. [www.karmadallas.com](http://www.karmadallas.com)

### Mr. Sushi

4860 Belt Line Rd (972) 385-0168. Arguably one of the best (and the most expensive) sushi restaurants in Dallas area. Go there when the faculty are paying.

### Carson's Live

17727 Dallas Pkwy. Suite #150. (972) 931-9111. Huge dance club for hip hop and pop music. Great live bands and DJs on weekend. Be dressed to impress (and to get in). Cover charge on weekends. [www.carsonsdallas.com](http://www.carsonsdallas.com)

### Comedy Club and Pete's Dueling Piano Bar

4980 Beltline Road, (972) 726-7383 Features dueling singers and pianists. Comedy tends to be a bit "off-color" and the bar can be very crowded on weekends.

### Sherlock's Baker St Pub.

5100 Belt Line Rd. (972) 726-6100. English style pub has great (cheap) beer, live music, good (cheap) food and a lively dance floor. An all in one place very popular with people of all ages. [www.sherlockspubco.com](http://www.sherlockspubco.com)

### Grande Lux Café

13420 Dallas Pkwy, Dallas, TX, (972) 385-3114. The environment is very ornate and trendy and almost everything on the menu is outstanding. It is located in the Galleria, so stop by while shopping. Some of the dinner prices are a little steep on postdoc salary but worth every penny (and the portions are big enough for a couple of meals). Much of the food is "Asian fusion" though there are some fantastic American, Tex-Mex, and Cajun entrees. And save room for their desserts because they have a number of fantastic made to order items (the beignets are to die for!!!). Try their Sat/Sun brunch or afternoon tea. [www.grandeluxcafe.com](http://www.grandeluxcafe.com)

### Clay Pit

4460 Beltline Road, Addison (972) 233-0111. Serves contemporary Indian Cuisine. The menu is more upscale,

though reasonably priced, with great wine and mixed drink selections. Enjoy lunch, dinner and happy hour inside or on their shaded patio. [www.claypit.com](http://www.claypit.com)

### New China Grille

13331 Preston Rd. # 2114. (972) 385-1855. Located inside of Valley View Center. They serve buffet and Northeastern Chinese cuisine. [www.NewChinaGrille.com](http://www.NewChinaGrille.com).

### Chaat Café

18101 Preston Rd. # 202 Dallas, (972) 713-0003. They serve chaat, tandoori wraps, curries and vegetarian dishes among other delicacies. Located at the intersection of Preston and Frankford and another location in Irving. [www.chaatcafedallas.com](http://www.chaatcafedallas.com)

### Richardson

The Richardson area has the most authentic international restaurants in the DFW area. The 'China town' strip is located close to Main Street and Greenville Ave. Many Indian restaurants and grocery stores are located on Southwest corner of US 75 and Beltline Rd. Another area where there is heavy concentration of Indian restaurants and grocery stores are at 183 and O'Connor and on McArthur Blvd in Irving. Vietnamese restaurants can found in a strip mall on Walnut St and Greenville Ave.

### Maxim's

310 Terrace Dr., (972) 231-6371. Great Chinese food, dim sums are featured all day but are just decent. They serve Cantonese cuisine and have the option of the family style dinners. It is hard to get a table for lunch on weekends.

### First Chinese BBQ

1927 E Belt Line Rd Ste 122 (972) 478-7228 Authentic Chinese and Vietnamese BBQ. There is also a location in Arlington.

### Bistro B

9780 Walnut St (214) 575-9885. It is very clean and nicely decorated with plasma TVs all over the place. Unfortunate they don't show any sports, but can't beat

their 25 cent spring rolls and late night hours. Many people show up just to pick up pre-packed dishes and boba drinks being sold by the register. Pho is large and fresh every time. Often runs "buy 2 Pho get 1" free specials (FYI, it's not printed anywhere, you have to ask).

### Chettinaad Palace

2205 N. Central Expressway. (469) 229-9100. Serves the most authentic South Indian non-vegetarian fare. Lunch buffet and a la carte served.

### Masala Wok

1310 W. Campbell Rd. Suite 110 Richardson, (972) 644-9000. Serves Indo-Chinese and Northern Indian Cuisine. [www.masalawok.com](http://www.masalawok.com)

### Kirin Court Chinese Restaurant

221 W Polk St. Richardson, TX 75081 (214) 575-8888. Many Chinese people agree they have the best dimsum in Dallas. It's packed during brunch hours on the weekends, but well worth the wait.

### Shanghai Restaurant

12817 Preston Rd (972) 239-1400. Recommended by several postdocs for their Shanghai dishes.

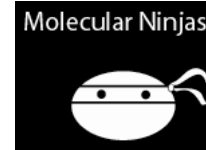
### Grapevine

From UT Southwestern Medical Center head north on 35E to 114 (north) Exit on Main St. for a true old Texas feel. There are a number of wineries which offer tasting throughout the year. [www.ci.grapevine.tx.us](http://www.ci.grapevine.tx.us)

## **SPORTS**

### ***On Campus***

Check out the opportunities to participate in individual, organized, and intramural sports at the Brian William's Student Center. Members of the PDA of all athletic abilities participate in intramural sports (i.e. softball, basketball, soccer, dodge ball) under the team name of "Molecular Ninjas". Check out the PDA website for more information on the sports that the Ninjas participate in and contact information for the current organizer.



### ***Professional***

#### BASEBALL

For an inexpensive evening and loads of fun the Texas Rangers can be seen playing at Ameritrust Field from spring to fall. Located in northeast Arlington, the ballpark can be easily accessed from I-30 and is located a short distance from a variety of restaurants. [www.texasrangers.com](http://www.texasrangers.com)



#### FOOTBALL (aka American Football)

With a long history of winning, the Dallas Cowboys epitomize American Football and can be seen from September to January. A new state of the art stadium, located next to Ameritrust Field in Arlington, is the new home of the Cowboys. The 2011 Super Bowl is scheduled to be played at the new stadium. [www.dallascowboys.com](http://www.dallascowboys.com)

#### Arena League Football

The Dallas Desperados provide an exciting and entertaining outing to see the growing sport of indoor/arena football. They play at the American Airlines Center located near Downtown Dallas. [www.dallasdesperados.com](http://www.dallasdesperados.com)

#### BASKETBALL

Also located in the American Airlines Center is the Dallas Mavericks. Maverick's tickets are affordable and the team has

plenty of games to be seen from October to June.  
[www.nba.com/mavericks](http://www.nba.com/mavericks)

### HOCKEY

The Dallas Stars, the winners of the 1999 Stanley Cup, can be seen playing ice hockey at...you guessed it, The American Airlines Center. With their season running from October to June a trip to a hockey game is a must. [www.dallasstars.com](http://www.dallasstars.com)

### SOCCER

For professional soccer in Dallas you have to take a short trip north to the city of Frisco, at Pizza Hut Park, where you can see FC Dallas. Tickets are affordable and Pizza Hut Park offers a wide variety of activities for the family. [www.fcdallas.com](http://www.fcdallas.com)

### CAR RACING

Located just south of Denton on I-35W is one of the largest sports and entertainment facilities to be found in the nation, The Texas Motor Speedway. You can find numerous races throughout the year including races of the NASCAR Winston Cup Series, the Craftsman Truck Series, and IRL Indy Car racing. With its week long events this can be a day outing or a vacation. [www.texasmotorspeedway.com](http://www.texasmotorspeedway.com)

### GOLF

There are two PGA tournaments held in the DFW metroplex every year, The Colonial and The Byron Nelson Golf Classic. The Colonial can be seen at the Colonial Country Club in Fort Worth at the end of May. The Byron Nelson is played a week before the Colonial and can be seen at the Four Seasons Resort in Las Colinas. [www.pgatour.com](http://www.pgatour.com)

### ***Semi-Professional (Minor Leagues)***

With a large number of semi-pro/minor league teams in the area here are a few you may want to visit:

#### RUGBY

The Harlequins [www.quins.com](http://www.quins.com)

#### BASEBALL

The Frisco Roughriders [www.ridersbaseball.com](http://www.ridersbaseball.com)  
Fort Worth Cats [www.fwcats.com](http://www.fwcats.com)

#### BASKETBALL

Fort Worth Flyers [www.nba.com/dleague/fortworth](http://www.nba.com/dleague/fortworth)

#### HOCKEY

The Texas Brahmas [www.brahmas.com](http://www.brahmas.com)

## **SHOPPING**

Dallas is said to be a shopper's paradise. Check this site for all the opportunities to spend your hard-earned money: <http://dallas.about.com/od/shopping/> . Below are just a few of the malls near campus. Most of the malls have coupon books for out of town shoppers. If you've just arrived or have friends/family visiting, be sure to check out the guest concierge at the mall for out of town shopper specials.

### ***Malls***

Galleria (Skating rink inside) I-635 and Inwood Rd. (972) 702-7100. This is very large mall. Go prepared with comfortable shoes. [www.galleriadallas.com](http://www.galleriadallas.com)

Highland Park Village Mockingbird Rd. and Preston Rd. (214) 521-0050. Cute outdoor "village" with lots of restaurants and a range of stores from regular to haute couture. [www.hpvillage.com](http://www.hpvillage.com)

NorthPark Center Northwest Hwy and I-75 (214) 363-7441. They have everything here. A blast during the holidays and fashion week. [www.northparkcenter.com](http://www.northparkcenter.com)

Mockingbird Station Dart Rail Station 5465 E. Mockingbird Lane, Dallas (214) 452-7180. Convenient location for Dart users, with Angelika Theater inside (University Bookstore sells discounted passes to this theater). Great restaurants and shops. [www.mockingbirdstation.com](http://www.mockingbirdstation.com)

### ***Grocery Stores***

A number of American supermarkets sell a variety of ethnic goods. These stores are throughout the Metroplex area. For a location near you, go to:

Kroger [www.kroger.com](http://www.kroger.com)  
Albertson's [www.albertsons.com](http://www.albertsons.com)  
Tom Thumb [www.tomthumb.com](http://www.tomthumb.com)  
Central Market [www.centralmarket.com](http://www.centralmarket.com)  
Whole Foods [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

### Selected European Grocery Stores:

Euro Market Saraj 10113 Shoreview Road, Dallas (214) 343-8740  
British Emporium 140 North Main Street, Grapevine (817) 421-2311 [www.britishi-emporium.com](http://www.britishi-emporium.com)  
European Market & Deli (Polish) 11613 N. Central Expressway, Dallas (214) 696-5441  
Deli Russian Specialty Store 7632 Campbell Rd, Dallas (972) 380-4652  
For You European Cafe & Delicatessen 910 W. Parker Rd, Plano (972) 423-2458  
Euro Delicatessen 670 N Coit Rd, Richardson (972) 234-8052  
Kuby's Sausage House Inc (German) 6601 Snider Plaza, Dallas (214) 363-2231  
Little Nicky's Marketplace (Italian) 55 Memorial Highway, Dallas (570) 674-2900

### Selected Asian Grocery Stores:

May Hua (Chinese) 2220 Coit Rd, Plano (972) 398-6987  
Hong Kong Market (Chinese) 9780 Walnut St, Dallas (972) 437-9888  
Bombay Imports (Indian) 2301 N. O'Connor Road, Dallas (972) 255-3037  
India Mart 1008 W. Airport Fwy, Irving (972) 438-6865  
Tajmahal Imports (Indian) 26 Richardson Heights, Richardson 75080 (972) 644-1329  
Tajmahal Groceries (Indian) 1741 N Galloway, Mesquite (972) 329 6242  
Minoya 99 cent Plus (Japanese) 3115 W. Parker Rd, Plano (972) 769-8346  
Nanami Japanese Gourmet Market 17721 Dallas Pkwy, Dallas (972) 818-1488  
Komart (Korean) 2240 Royal Lane, Dallas (214) 256-0077

## **GAY SCENE IN DALLAS**

### ***A gay scene in Texas, really?***

Over the years, many cities in Texas have become gay friendly. In particular, Dallas has a thriving and active gay community, which consists of students and professionals alike in both urban and suburban areas. Dallas is similar to other major metropolitan cities in that it has a unique gay community with restaurants, coffee houses, clubs/bars, stores, and churches. This area is

located in the Cedar Springs and Oaklawn Areas, and is referred to by Dallasites as "the strip". People tend to be relatively friendly in this area. Other parts of Dallas including the West Village, Victory Park, Bishop Arts District, and Mockingbird Station, are also very gay friendly. Finding gay activities to be involved in or organizations to join will not be difficult. Dallas has many gay organizations (i.e., political, sports, religious, volunteer) and activities (i.e., Pride Fest, Film Festival).

For UT Southwestern gay student organizations (such as the Gay/Straight Alliance), go to the Bryan Williams Student Center website: [www.utsouthwestern.edu/UTSouthwestern/home/educ/studctr/index.html](http://www.utsouthwestern.edu/UTSouthwestern/home/educ/studctr/index.html).

### ***Where to find all the information***

The main source of information is the Dallas Voice, which is the newspaper of Dallas gay community. The Dallas Voice provides information on local and national politics, community events, organizations, and volunteer activities. It can be found at many stores in the Oaklawn and Cedar Springs area, can be delivered to your home, and can be accessed on-line at: [www.dallasvoice.com](http://www.dallasvoice.com).

Another avenue of information for local and community events is the Oaklawn Mall. This website provides invaluable information for upcoming events and contact information: [www.oaklawnmall.com/OakLawnCalendar.asp](http://www.oaklawnmall.com/OakLawnCalendar.asp)

### ***John Thomas Resource Center of Dallas***

The John Thomas Resource Center of Dallas (known by most as just the Resource Center) 2701 Reagan St, (214) 528-0144, is a non-profit organization that serves to support local activities in Dallas. For complete information, visit their website: [www.resourcecenterdallas.org](http://www.resourcecenterdallas.org)

### ***Religion***

In Dallas, the Cathedral of Hope (non-denominational Christian) and Congregation Beth El Binah (reform Jewish congregation) have predominantly gay and

lesbian membership. The Cathedral of Hope is located 5 min from campus, and provides services, support groups, and social activities. For a thorough overview, visit the website: [www.cathedralofhope.com](http://www.cathedralofhope.com) (5910 Cedar Springs Rd. (214) 351-1901). Congregation Beth El Binah provides services and social activities (701 Reagan St. (214) 521-5342 x1784).

### **Annual Events**

Out Takes Dallas - The Annual Lesbian and Gay Film Festival - This film festival began in 1999 and has recently been recognized for its high caliber films. This event generally takes place during the month of November and is usually held at the West Village. Out Takes also hosts One Night Engagements events which are held at various theatres throughout Dallas and Ft. Worth. For exact location of events and schedule, visit the Out Takes website. [www.outtakesdallas.org](http://www.outtakesdallas.org) (972) 988-6333

Gay Pride Parade - Gay Pride usually takes place in early September in Dallas. It's a weekend full of lots of great events and is attended by much of the Dallas community. The parade takes place rain or shine.

Halloween Block Party - The Halloween Block Party is a long standing tradition in Dallas that takes place usually the weekend before Halloween. The street is blocked off for the costume contest and much of the Dallas community (straight and gay) comes out to support the event.

Easter in the Park - Easter in the Park takes place on Easter Sunday at Lee Park (over near Cedar Springs and Lemmon). It is a fun filled day with the pooch parade, picnicking, and a free concert by the Dallas Symphony.

Black Tie Dinner/Event - The Black Tie Dinner/Event began in 1982 and is an annual event that raises funds for gay and lesbian organizations and the Human Rights Campaign. It is a night to get dressed up in your best outfit, mingle and hob-nob with others, and support a good cause. Each year has a different theme and guest

of honor speaker. For up-to-date information visit the Black Tie Event, Inc. [www.blacktiedinner.org](http://www.blacktiedinner.org)

### **Video Stores**

If you are looking for gay/lesbian and other alternative lifestyle movies, then look no further. Dallas has three video stores that stock historical and current release "community favorites" in stock: Blockbuster ([www.blockbuster.com](http://www.blockbuster.com)) 3501 McKinney Ave, and 3911 Lemmon Ave, and Tapelenders ([www.tapelenders.com](http://www.tapelenders.com)) 3926 Cedar Springs.

### **Clubs and Coffee Houses**

What would gay life be without a club to dance at, a place to hang with friends, or a coffee house to sip on the latest craze in coffee creations? Dallas is home to many clubs, each with their own respective identity and crowd. Given that clubs can come and go the best place to find this information is in the Dallas Voice. Of note, the Roundup, a gay-western themed club, was voted the number one friendliest gay bar by Instinct Magazine! Also, other popular clubs located on the strip include JR's (Sunday afternoons are very popular for being seen on the balcony), S4 (Station 4), Throck Morton Mining Company (TMC), and Sue Ellens.

As for coffee and the like, on and near the strip there are two Starbucks (3330 Oak Lawn, and 4101 Lemmon Ave.), and a local coffee shop called Buli (3908 Cedar Springs). These three coffee hot spots (no pun intended) offer great people watching venues, tasty drinks and eats, and excellent places to study. Another place for coffee, located at Borders Bookstore in the West Village is Seattle's Best Coffee.

### **Restaurants**

Dallas is very well known for having lots of local and unique restaurants. Popular places to be include Monica's on Wednesday nights which is sometimes known as "gay night", Hunky's and Buli are always great to hang out with friends, and Mi Cocina in the West Village on Friday nights is the new in-place to be seen! Definitely check the Dallas Voice or D Magazine for other great restaurants.

## **LUNCHEON EXCURSIONS: DECENT FOOD AROUND CAMPUS**

Mike Anderson's BBQ -5410 Harry Hines Blvd (214) 630-0735. Famous for its Texas BBQ, and is located directly across from the UT Southwestern south campus. Try the monster baked potato if you're hungry.

Sonny Bryan's-2202 Inwood Rd (214) 357-7120. Might be Dallas' oldest BBQ joint, and its [original location](#) still stands on Inwood Rd. across from north campus.

Milwaukee Joe's Ice Cream Parlor -Next to Inwood Theater, definitely a good place to check out. Millions of ice cream tastes.

La Madeleine -Located near Lemmon & Oak Lawn, this chain restaurant features French patisserie and café. Tomato and Basil soup comes highly recommended.

Taj Express -Offers quasi-decent Indian food. It's a five-minute drive away from campus, located on 4436 Lemmon Avenue, Dallas. Offers buffet-style food for about \$6 lunch and \$8 dinner.

Ojeda's -4617 Maple Ave (214) 528-8383 A large Mexican restaurant, so they're very quick to seat you. The service is quick and food is really good and prices modest. The margarita swirls are highly recommended after a tough day.

## **HISTORY OF THE PDA AT UT SOUTHWESTERN MEDICAL CENTER**

In February of 2005, the Graduate School of Biomedical Sciences sponsored a trip to the annual meeting of the National Postdoctoral Association for two postdocs, Livia Puljak and Wallace Sharif. Inspired by representatives of other postdoctoral associations, they returned to the University determined to create an organization at UT. With the help of three additional enthusiastic postdocs, Anna-Marie Fairhurst, Vinay Parameswara and Alp Yaradanakul, they began talks with the administration and formed a core of the future PDA. The formation of the *ad hoc* Postdoctoral Committee was crucial for the PDA development. This committee comprised of postdoctoral representatives from

all departments served as a starting point for identifying postdocs who would be willing to serve as liaisons for PDA. The Postdoctoral Association at the University of Texas Southwestern Medical Center was officially founded in April of 2005. The first step of the newly formed PDA was designing a postdoctoral survey and distributing it through departmental liaisons. To motivate postdocs to take and fill out the survey, liaisons were encouraged to talk to department chairs, ask them to sponsor a lunch for postdocs and distribute the surveys during the meal. These meetings were also used for disseminating information about the association and inviting volunteers to PDA meetings. The postdoctoral survey was conducted to generate more information about the profile, employment, training and career outlook of our postdocs.