

LLNL Student Resources & Events

From the Institutional Education Committee (IEC)



SECOND EDITION

MAY 2011

Lawrence Livermore National Laboratory (LLNL) is thrilled to have a campus that is packed with intelligent, energetic and hardworking scholars for the Summer of 2011. As a result, we have created this newsletter to serve as one of many ways you may find the information and resources that will make your internship experience a rewarding one!

As a monthly, summer resource, it will also keep you informed of upcoming seminars, tours, and events taking place not only at LLNL but around the Dublin/Livermore/Pleasanton Tri-Valley, and the SF Bay Area as well. We urge you to take advantage of a wide variety of these events, so get out your calendars and mark the dates that peak your interest. Please note that the Laboratory does not endorse the following businesses. The information is merely a sampling of providers in the area.

CONTENTS

Section 1: LLNL Student Events	
Section 2: Lab Resources, Fitness & Useful Tips	
Section 3: Tours & Lectures	
Section 4: Getting Around Outside of Work	
Section 5: Dining on a Student's Budget	
Section 6: Activities Around Town	
Section 7: Beyond Livermore	
Section 8: Affordable Necessities	
Section 9: LLNL Safety Moment	

1. LLNL STUDENT EVENTS

LLNL has many activities planned specifically for students. For an up-to-date listing of activities, please visit the [Student Bulletin Board](#) (must have begun employment to log in). Items include:

- **Reserved Lunch Location for Students** – a great way to get to know other students! Summer students across the Laboratory have reserved seating at the Central Cafeteria every Tuesday and Thursday through June. The tables will be clearly

marked with balloon tablecloths so drop by and check it out!!!

- **Meet the Director** - LLNL Director, George Miller, will host this summer student welcome event. In addition to the Director, presenters will include Art Wong, Associate Director for Strategic Human Resource Management, Tommy Smith, Diversity Manager, and John Knezovich, Director of Strategic University Relations.
- **Student BBQ** - Join fellow students for a barbecue lunch and take advantage of not only the delicious food but make new friends and get to know interns around the Lab!
- **Lab-Wide Summer Student Poster Symposium** - This annual event seeks to promote undergraduate and graduate student research by providing a forum to experience the art of presenting technical research. Students have the unique opportunity to present their work to LLNL researchers and management making this an ideal form of networking for future career growth!
- **NewsOnLine** - For more information on Lab news and events, view [NewsOnLine](#). To navigate there, click on the News tab on your MyLLNL Portal.

2. LAB RESOURCES, FITNESS & USEFUL TIPS

Needing to find information and not sure where to get it? This section hosts many links to helpful Laboratory resources, as well as useful tips!

- **Timekeeping** – All students employees (excludes Academic Cooperation Program participants) must release weekly time cards by the close of business each Thursday so that they can be approved and released to Payroll each Friday. For more information on how to use the LITE timekeeping system, [Click Here](#).
- **Books 24x7** – Fast, Easy, FREE! Now, get the answers you need when you need them with Books 24x7, a new productivity and learning solution in a web-based interactive environment. Over 5000 books are currently available with new titles being added daily and many of the leading publishers offer their most current titles. To access, [Click Here](#), enter your OUN and PAC and click on Submit. Also, check the Student Bulletin Board (SBB) for brown bag sessions on making the most of Books 24x7!
- **Fit For Business** – [LLESA](#), the Livermore Laboratory Employee Services Association, is dedicated to providing you with great services which include exercise and fitness classes, networking activity groups, an on-site massage program and discounted sporting/entertainment tickets. They are also offering student rates for those who want to stay in shape this summer!

3. TOURS, LECTURES & SEMINARS

LLNL hosts a variety of facility tours, as well as, lectures and seminars which provide stimulating, academic enrichment. The Student Bulletin Board (SBB) is your vehicle to learning more about the new technologies and world-class research happening at LLNL. Each directorate hosts their own events as well so check [MyLLNL](#) and the [SBB](#) to see a full listing of tours, lectures and seminars!

4. GETTING AROUND OUTSIDE OF WORK

Not sure how you will get around while interning at LLNL? Check out the following options for great means of transportation.

- **LLNL Transportation Systems Management Program (TSMP)** - keeps employees informed about convenient and cost-effective commuting alternatives such as buses, carpools, vanpools, bicycles, and trains. They can be contacted at (925) 422-RIDE.
- **Public Transportation**
 - [Wheels](#) is a service of the Livermore Amador Valley Transit Authority (LAVTA) and provides public transportation for the Tri-Valley communities of Dublin, Livermore and Pleasanton, California. With easy connections to San Francisco via [BART](#), Wheels is a convenient way to travel and an excellent way to build a cleaner, healthier and less congested community.
 - [BART](#) – Whether you're headed to work or meeting friends, catching a flight or catching a game, the Bay Area Rapid Transit system (BART) brings the Bay Area together.
- **By Bike or On Foot** – If you are going to be walking about town (or anywhere else for that matter), this helpful website will [“map your walk”](#) providing a route with precise mileage and paths.
- **Car Sharing Organizations:** City Car Share: <http://www.citycarshare.org/>
Zipcar: <http://www.zipcar.com/>

5. DINING ON A STUDENT'S BUDGET

[John's Char Burger](#) - \$

2617 Old 1st St, Livermore, CA 94550

[First Street Ale House](#) - \$

2086 1st St (between K St & L St), Livermore, CA

[Tequila's Taqueria](#) - \$

1306 N Vasco Rd
(between Crestmont Ave & Scenic Ave)
Livermore, CA 94551

[Best New York Pizza](#) - \$

978 Murrieta Blvd (at Fenton St),
Livermore, CA 94550

[BBQ Pitstop](#) - \$\$

4084 East Ave, Livermore, CA 94550

[Los Vaqueros Grill & Bar](#) - \$\$

1000 N Vasco Road, Livermore, CA 94551

[Demitri's Taverna](#) - \$\$



2235 1st St, Livermore, CA 94550

For great local reviews: visit www.yelp.com and search by your budget and fave cravings!

6. ACTIVITIES AROUND TOWN

From [Panama Bay Red Shop](#) and the [Bankhead Theater](#) to the [Farmer's Market](#) and [downtown shopping](#), there are some great events happening this month (or this summer?) in cities around the Tri-Valley. Take some time to enjoy what the local area has to offer.

- [Livermore Scottish Games and Celtic Celebration](#) – May 16-17th, Heavy athletics, Scottish music, re-enactments and more!
- [Farmers Market](#) - Every Thursday May 29th through October 20th at Carnegie Park in Livermore (on 3rd Street) from 4:00pm to 8:00pm. Get your fresh produce and affordable, hot, BBQ food.
- [Free "Concerts at the Flagpole."](#) Every Tuesday beginning June 2nd from 6pm – 9pm, enjoy free music and great scenery on the downtown streets of Livermore.
- [The Famous Livermore Rodeo](#) – On Saturday, June 11th and Sunday, June 12th Livermore Stockmen's Association will host the 93rd Annual Livermore Rodeo at the Robertson Park Rodeo Grounds, 3200 Robertson Park Road. Deemed as the "World's Fastest Rodeo," tickets range between \$12.00 and \$20.00. The Annual Rodeo Parade also takes place on Saturday, June 11th from 10:00am to 12:00pm between 1st and 3rd Streets.
- [95th Annual Alameda County Fair](#) - June 22 - July 10 at the fairgrounds in Pleasanton. Don't miss the opening night fireworks display, the horseracing, festive fair food, and entertainment on the main stage.
- [Livermore Events Calendar](#) - Plan a trip through Livermore's beautiful wine country or drop by the farmers market every Thursday evening at Carnegie Park.
- [Pleasanton Community Calendar](#) - Check out free Friday Night Concerts in the Park or drop by the 1st Wednesday Street Party on historic downtown Main Street.
- [Tri-Valley \(Pleasanton, Livermore, Dublin\) Convention & Visitors Bureau](#) - (Where are we; Visitor information; Where to Stay; Where to Eat; What to Do; What to See).
- [Del Valle Lake and Park](#) – This lake is only about 11 miles from the Lab. You can have large picnics, rent boats, fish, and camp for the weekend with good hiking, but this is rattlesnake season so be careful!
- [East Bay Regional Park District](#) - With 65 parks and 29 regional inter-park trails covering more than 97,000 acres in Alameda and Contra Costa counties, you may find some beautiful scenery to explore in your spare time!



- **Umigo Go Kart Racing** – Put on your race face at Umigo! No experience is necessary and they provide everything you need to have a blast on the track. If you plan to race, be sure to visit the LLESA office for discounted tickets--You'll be glad you did!



- **Campo di Bocce** – Bocce ball anyone? Enjoy indoor and outdoor bocce ball courts and great food--partake in the “all you can eat \$10 spaghetti Monday” specials. Note: Check their [closure calendar](#)—occasionally closed for private parties.

7. BEYOND LIVERMORE



[San Francisco Events Calendar](#) - For those who prefer the excitement of the city, pick up BART in Pleasanton and head for San Francisco or take a bus ride to the state capital or even head to the mountains. For a list of a great SF Bay Area and beyond spots, check out this [site](#)!

[ThingsToDo.com](#) - ThingsToDo.com has become the premiere online guide for travel, recreation and entertainment information. From the Santa Cruz Beach Boardwalk to thrill rides at Great America, you'll find it here!

Tilden Park: <http://www.ebparcs.org/parks/tilden>

Berkeley Marina: <http://www.shopinberkeley.com/neighborhood/marina.php>

Mount Diablo: http://www.parks.ca.gov/?page_id=517

[Lake Tahoe](#) – Hiking, fishing, camping, golf, tennis, mountain biking and (of course) over a dozen world-class ski resorts, 24 hour gaming, cabaret shows, live music & dancing... the Blue World has it all.

[Yosemite National Park](#) - One of the first wilderness parks in the United States, is best known for its waterfalls, but within its nearly 1,200 square miles, you can find deep valleys, grand meadows, ancient giant sequoias, a vast wilderness area, and much more. Attention all campers...Mother Nature is calling!

[Whitewater Rafting & Adventure](#) - Attention all adventure seekers! O.A.R.S. offers a one-stop shop including one-day and weekend escapes to rivers, lakes, fjords, bays, oceans, islands, arctic tundra, jungles, and deserts.

[Old Town Sacramento](#) - For a taste of the Old West, complete with dirt and cobblestone streets flanked with wide wooden sidewalks and "Bonanza"-style buildings, visit Old Sac.

[San Jose Tech Museum](#) - The Tech is singularly focused on inspiring the innovator in everyone it reaches. Truly hands-on and interactive exhibits, divided among themed galleries, offer guests a truly memorable experience.

[The Monterey Bay Aquarium](#) - The Monterey Bay Aquarium, located on the site of a former sardine cannery on [Cannery Row](#) in [Monterey, California](#), is one of the largest [aquariums](#) in the world. It has an annual attendance of 1.8 million and holds 35,000 plants and animals representing 623 species.

8. AFFORDABLE NECESSITIES

When living away from home, it may be difficult finding general necessities at an affordable price. The following links are provided to make your life a little easier while you spend the summer at LLNL.

Cleaners and Laundromat:

[Pacific Cleaners](#): (925) 449-4948 · 3018 Pacific Ave, Livermore · [Directions](#)

[East Avenue Cleaners](#) · (925) 371-6496 · 4074 East Ave, Livermore · [Directions](#)

[Advantage Laundry](#) · (925) 443-3533 · 148 S L St, Livermore · [Directions](#)

Bicycle Repair:

[Livermore Cyclery](#) · [Website](#) · (925) 455-8090 · 2752 1st St, Livermore · [Directions](#)

[Dublin Cyclery](#) · [Website](#) · (925) 828-8676 · 7001 Dublin Blvd, Dublin · [Directions](#)

[Livermore Cyclery](#) · (925) 829-4310 · 7214 San Ramon Rd, Dublin · [Directions](#)

Medical Facilities:

[Kaiser Permanente Medical](#) · (925) 243-2600 · 3000 Las Positas Rd, Livermore · [Directions](#)

[Livermore Medical Clinic](#) · (925) 373-0337 · 87 Fenton St Ste 210, Livermore · [Directions](#)

Mail and Shipping Services:

[US Post Office](#) · (925) 447-3067 · 220 S Livermore Ave, Livermore · [Directions](#)

[UPS Store](#) · (925) 606-1659 · 4435 1st St, Livermore · [Directions](#)

[FEDEX Office](#) · [Website](#) · (925) 961-1222 · 4512 Las Positas Rd, Livermore · [Directions](#)

Car Repair:

[America's Tire Co](#) - 4908 Southfront Rd, Livermore, CA 94551, (925) 449-6707

[Livermore Auto Center](#) - 1122 E Stanley Blvd, Livermore, CA 94550, (925) 373-2840

Shopping:

[Bay Area and Central Valley Shopping Mall Directory](#) – Get a directory of information on Bay Area and Central Valley Malls here!

[Jeremy's](#) 2967 College Ave, Berkeley, CA 94705, (510) 849-0701 :Has catalog returns, overstock, and floor models from J. Crew and Anthropologie, as well as as-is/damaged items from major designers.

Groceries, Personal Care and Toiletries:

[Safeway](#) Supermarket·[Website](#) · (925) 455-5667 · 1554 1st St, Livermore · [Directions](#)

[Lucky](#) Supermarket·[Website](#) ·(925) 456-2900 · 2000 Portola Ave, Livermore · [Directions](#)

[Walmart](#) [Website](#) · (925) 455-0116 · 2700 Las Positas Rd, Livermore · [Directions](#)

[Target](#) · [Website](#) · (925) 606-1445 · 4300 Las Positas Rd, Livermore · [Directions](#)

[Cost Cutters](#) - 4489 1st St, Livermore, CA 94551, (925) 606-8811

Personal Banking

[UNCLE Credit Union Lawrence Livermore Lab Branch](#) 7000 East Ave., Bldg 6425, Livermore
[Bank of the West](#) · [Website](#) · (925) 443-1212 · 2287 2nd St, Livermore · [Directions](#)
[Bank of America](#) · [Website](#) · (925) 371-0342 · 4213 1st St, Livermore · [Directions](#)

SAFETY MOMENT

Using one of the ~800 Lab bikes is a convenient way to get around the site. However, along with the convenience comes the potential for accidents. Bike accidents are a main cause of injuries here, but most accidents—either on- or off-site—are avoidable and result from inattention to riding safely. Common causes are:

- Cycling too fast.
- Making an unsafe left turn.
- Riding too close to motor vehicles.
- Using the wrong side of the road.
- Riding from a driveway or sidewalk into the path of a car.
- Weaving, leaving edge of the road or bike lane.
- Letting go of handlebars (to wave to a friend or reach for a badge).



We hope you have an exciting and fulfilling experience at LLNL!!!

***** For an electronic version of the newsletter, please visit:**

<https://scholars.llnl.gov/data/assets/docs/Newsletter.pdf>