



Welcome to CCIS this month!
Our goal is to provide news, program updates, and stories about life in the U.S. to international graduate students, post docs, visiting scholars, and their families at Stanford.

WORK OUT RESOURCES

By Alan Tan

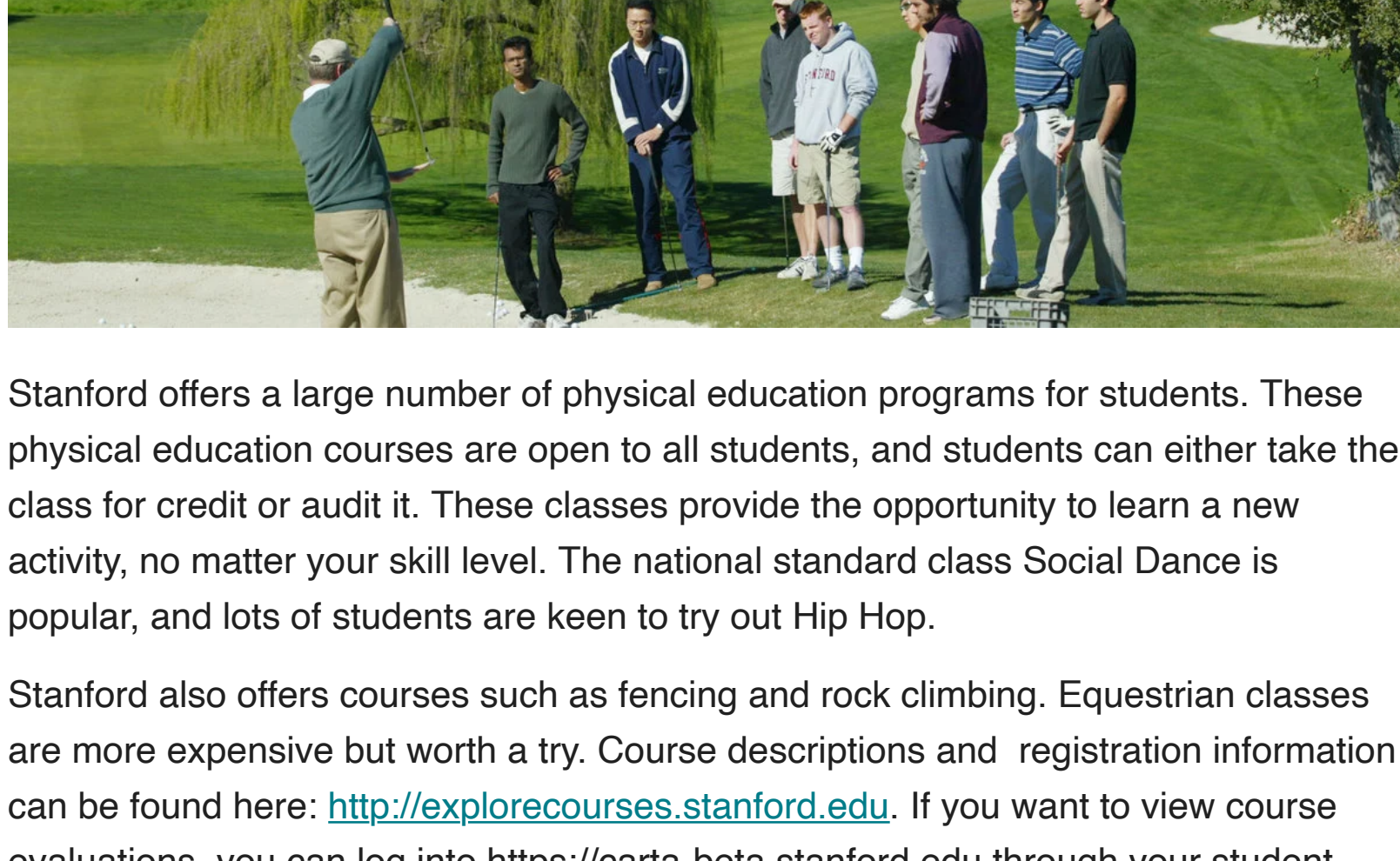
Sports you can play at Stanford

Stanford is full of sunshine and the temperature difference between the four seasons is small, making it a great place for outdoor sports. With the Pacific Ocean to the west and the Rocky Mountains to the east, water, ice and snow sports are all very popular among Stanford residents. For surfing, you can go to Half Moon Bay (a 40-minute drive) or Santa Cruz (an hour's drive). For skiing, you can go to Lake Tahoe (a four-hour drive).

Stanford students play a multitude of sports. Some include soccer, American football, basketball, volleyball, tennis, and golf.

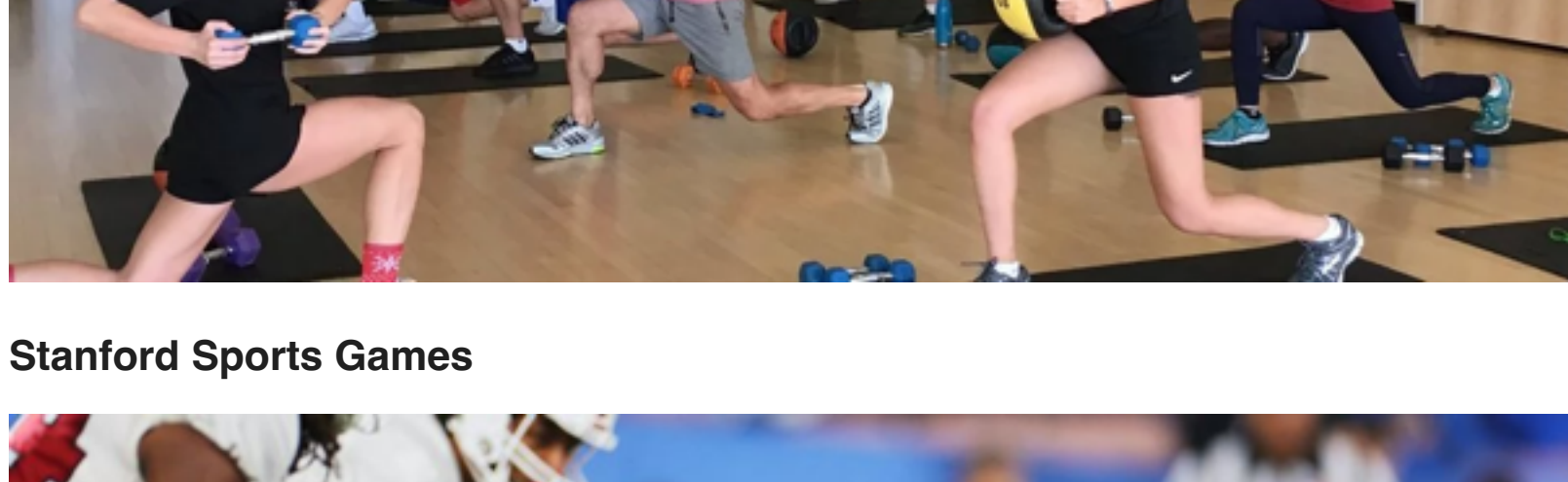
The sports activities officially organized by the school are divided into three levels: school team, club, and intramural. In addition, there are plenty of beginner-friendly sports classes and student-run activities.

Stanford Physical Education



Stanford offers a large number of physical education programs for students. These physical education courses are open to all students, and students can either take the class for credit or audit it. These classes provide the opportunity to learn a new activity, no matter your skill level. The national standard class Social Dance is popular, and lots of students are keen to try out Hip Hop.

Stanford also offers courses such as fencing and rock climbing. Equestrian classes are more expensive but worth a try. Course descriptions and registration information can be found here: <http://explorecourses.stanford.edu>. If you want to view course evaluations, you can log into <https://carta-beta.stanford.edu> through your student account. Stanford Recreation also offers a variety of fitness classes for a reasonable quarterly fee. Partners and spouses can also sign up! You can learn more about fitness classes here: <https://rec.stanford.edu/>.



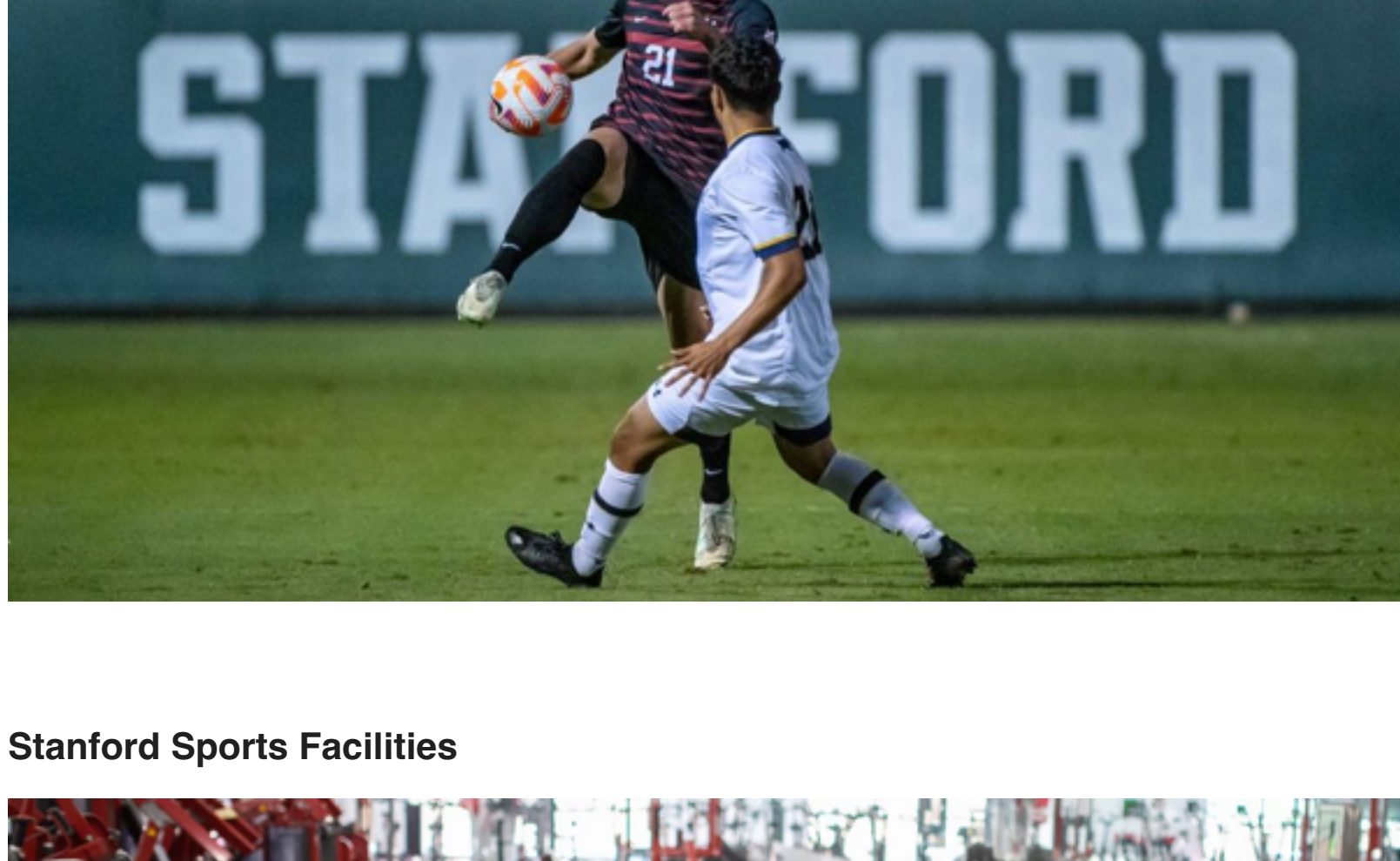
Stanford Sports Games



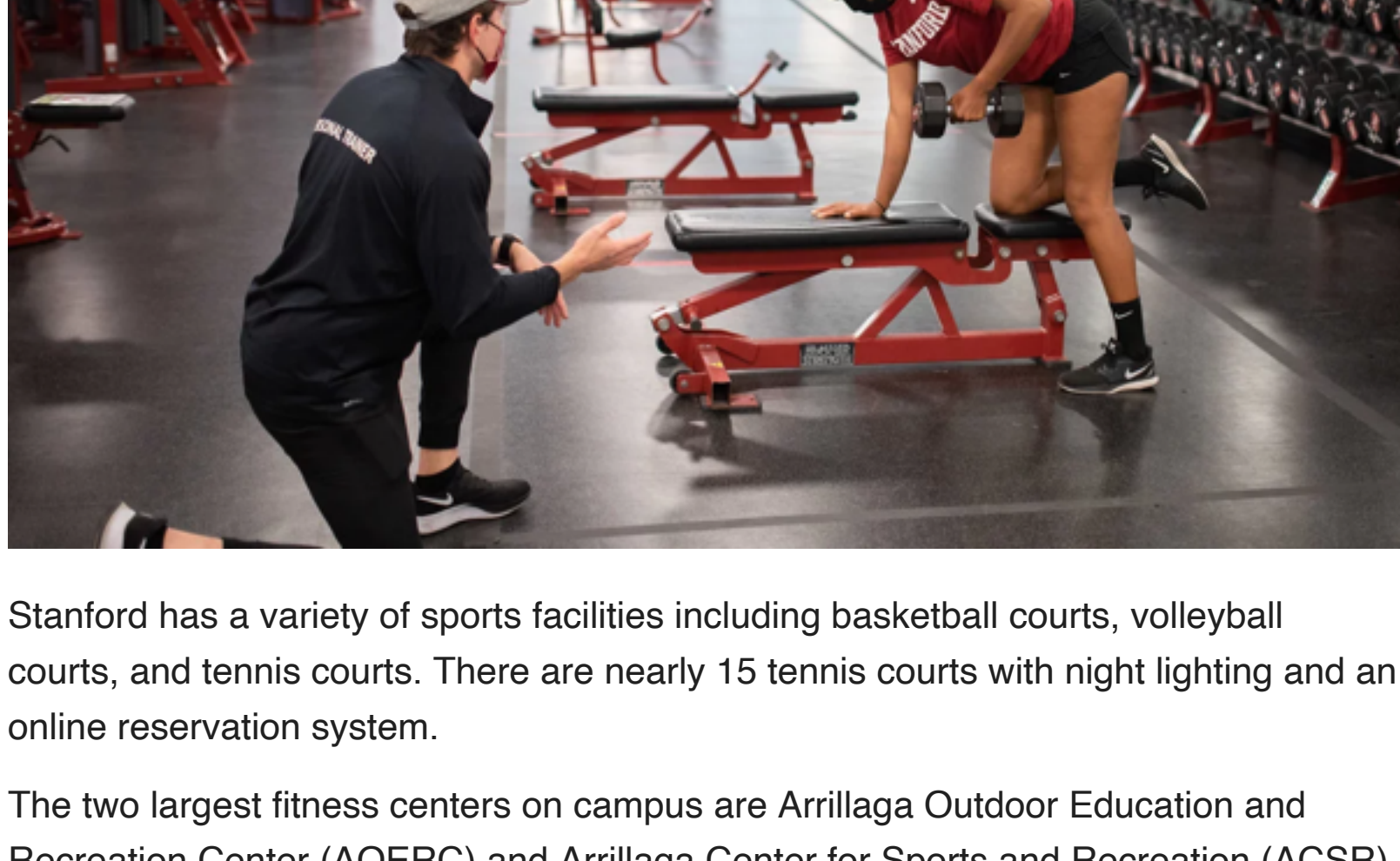
Stanford has a number of high-achieving varsity sports teams, as well as a fun cheerleading squad. Stanford's mascot, the Stanford Tree, is often seen at Stanford football and basketball games.

Of all the varsity teams, the most talked about is the football team. Fall is football season. The Stanford and Berkeley matchup is a replica of the East Coast rivalry between Harvard and Yale. It's called the Big Game, and a large "Beat Cal" banner can be seen hanging from the library a week before the game. Various competitions follow in the fall, most of which are free. Sign up for an account at <http://gostanford.com> with your student ID to claim free football tickets. Seats in the Red Zone are reserved for students.

You can use your student or courtesy card to attend other events such as basketball games at the Maple Center and soccer games at Maloney Field. Every time you watch a game, you get a point. If you earn enough points in an academic quarter you will be eligible to receive prizes!



Stanford Sports Facilities



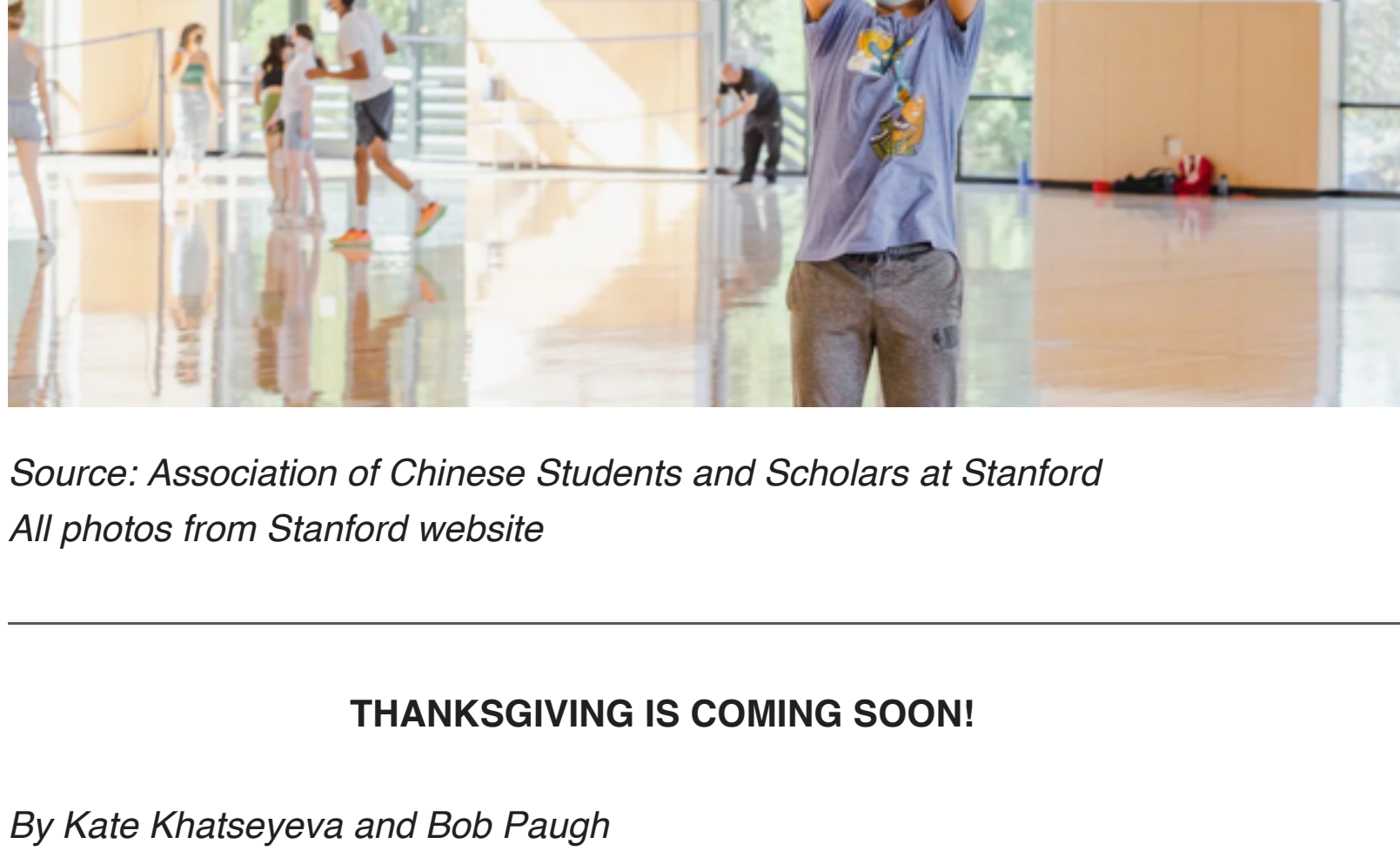
Stanford has a variety of sports facilities including basketball courts, volleyball courts, and tennis courts. There are nearly 15 tennis courts with night lighting and an online reservation system.

The two largest fitness centers on campus are Arrillaga Outdoor Education and Recreation Center (AOERC) and Arrillaga Center for Sports and Recreation (ACSR). They are great places to work out! The centers are open to teachers, students and partners for free, you just need to show your student or courtesy card at the front desk. Students with Stanford IDs can also buy guest tickets for their friends (see <https://rec.stanford.edu/facility-access/community/>). In addition to a gym, these fitness centers have facilities for playing basketball, squash, volleyball, table tennis, and badminton. AOERC even has a rock climbing wall!

Stanford has two main open-air swimming pools: the Avery Aquatic Center (mainly for varsity team training, closed to the public) and the Avery Recreation Pool (within the AOERC, open to all students). Gym and pool opening hours can be found here: <https://rec.stanford.edu/facilities/>.

For those who prefer running, great routes include the dish loop and "Lake" Lagunita (currently bone dry!). You can find other great routes here: <https://web.stanford.edu/group/runningclub/runs.html>. Students and the public are also able to use the Cobb Track and Angell Field.

If you're into hiking, there are many options close by. Some great places to visit include Windy Hill, Skyline Ridge, Purisima Creek Redwoods, Muir Woods, and Big Basin Redwoods State Park. The Stanford Dish is also a great place for a hike and is only a short cycle from campus! These trails are also a cyclist's paradise, with teams lining the mountainside roads everywhere. Camping and tours to Yosemite or Lake Tahoe are also perfect holiday options.



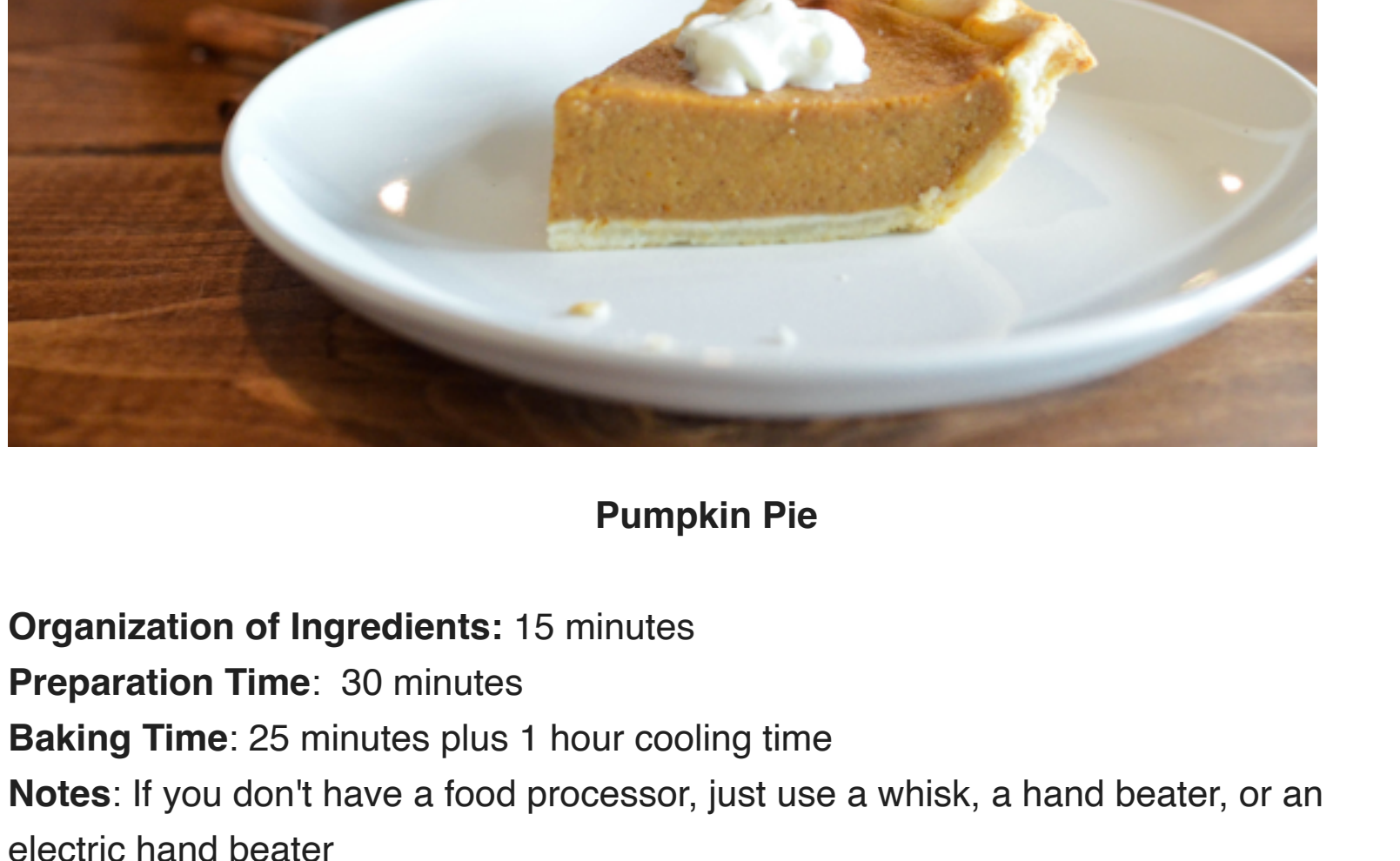
Source: Association of Chinese Students and Scholars at Stanford
All photos from Stanford website

THANKSGIVING IS COMING SOON!

By Kate Khatseyeva and Bob Paugh

I love this time of the year not only for the amazing tradition of sharing gratitude but also for the delicious food. To be honest, we already started buying pumpkin pie in a bakery in October. But this year I decided to go further and try to cook pumpkin pie myself. I asked my friend Bob Paugh to share his favorite recipe with us.

Bob: "Pumpkin pie is a good choice since it is easy and the result is delicious. Here is the recipe I have used when teaching Apple pie and pumpkin pie to a cooking class."



Pumpkin Pie

Organization of Ingredients: 15 minutes
Preparation Time: 30 minutes
Baking Time: 25 minutes plus 1 hour cooling time
Notes: If you don't have a food processor, just use a whisk, a hand beater, or an electric hand beater

Ingredients:

- 1 frozen pie shell or one recipe of pie dough for pre-baked pie shell
- 2 cups (16 ounces) plain, canned pumpkin puree
- 1 cup packed (7 ounces) dark brown sugar (1/2 cup if you don't like desserts too sweet)
- 2 teaspoons ground ginger
- 2 teaspoons ground cinnamon
- 1/2 teaspoon freshly grated nutmeg
- 1/4 teaspoon ground cloves
- 1/2 teaspoon salt
- 2/3 cup heavy cream
- 2/3 cup milk
- 4 large eggs
- 1 1/3 cups chilled heavy cream
- 2 tablespoons granulated sugar
- 1 tablespoon vanilla

Directions:

1. For the pie shell: Let frozen pie shell thaw or follow the directions for partially baking the crust until light golden brown
2. As soon as the frozen pie shell comes to room temperature or the last position and the pie shell comes out of the oven, adjust the oven rack to the lowest position and increase the oven temperature to 400 degrees Fahrenheit
3. For the pie filling: meanwhile, process the pumpkin puree, brown sugar, spices, and salt in a food processor for 1 minute until combined
4. Transfer the pumpkin mixture to a 3-quart heavy bottomed saucepan; bring it to a sputtering simmer over medium-high heat
5. Cook the pumpkin, stirring constantly, until thick and shiny, about 5 minutes
6. Mix the heavy cream and milk into the pumpkin mixture and bring the mixture to a bare simmer
7. Process the eggs in a food processor until the whites and yolks are combined, about 5 seconds
8. With the motor running, slowly pour about half of the hot pumpkin mixture through the feed tube of the food processor
9. Stop the machine and add the remaining pumpkin mixture.
10. Process 30 seconds longer
11. Immediately pour the warm filling into the pie shell (Ladle any excess filling into the pie after it has baked for 5 minutes or so - by this time, the filling will have settled)
12. Bake the pie until the filling is puffed, dry looking and slightly cracked around the edges, and the center wiggles like jello when the pie is gently shaken, about 25 minutes
13. Cool on a wire rack for at least one hour
14. For the whipped cream: When ready to serve the pie, beat the cream and sugar in the chilled bowl of an electric mixer at medium speed to soft peaks; add the vanilla.
15. Beat to stiff peaks
16. Accompany each wedge of pie with a dollop of the whipped cream

Notes:

This pie may be served slightly warm, chilled, or at room temperature. Room temperature is our preference.

Enjoy!

WHAT MOTIVATES TO SHARE?

By Jihye Park

Have you ever thought about this silly question? Why are people willing to "share" something of themselves with others? I'm having a golden year with my husband (visiting scholar) in Stanford, and I'm looking for answers to this slightly curious question in real life outside of the academic box. I'm a Postdoc researcher at business school in Korea and have mainly explored behavioral motivation aspects based on social network views. For example, people's sharing motivation is one of my research interests. I spent most of my time finishing off my Ph.D. before I came here this year. I have only vaguely imagined that I would like to share something useful someday in meaningful ways for someone. But honestly, I couldn't take a step forward thinking about the right timing to carry it out, using the excuse of the tasks in front of me. However, the Goddess of fortune presented me a white drawing paper that could capture valuable experiences in a new place, and I met the Stanford Bechtel International Community to witness and experience various ways of life willingly shared by friends from all around the world.

(May I tell you a short story regarding the research? Just one minute.)



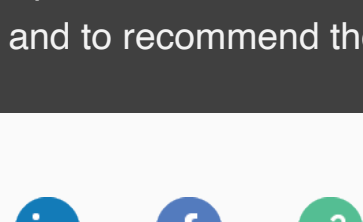
Many studies have attempted to clarify why people share something (e.g., information, knowledge, know-how, etc.) through the lens of socioeconomic, social capital, and social exchange theory. For example, 1) expected utility from sharing, 2) tangible and intangible values included in social connections (economic, information, etc.), and 3) respect, reputation, and emotional aspects (fellowship, satisfaction, fun, happiness) have been considered as motives for sharing behavior. But I'm discovering more marvelous "Aha Moments" from our vivid life here. It means that our real world, where multiple global perspectives and good intentions are shared, cannot be analyzed by fitting it into a specific frame. I realized it's totally impossible! This is because the feelings I felt while hanging out with international friends and folks who happily share their precious experiences and sincerity are so magical and priceless. For me, everything that happens in connection with the Bechtel network is a valuable real experience that cannot be compared to any theoretical framework. At this moment when there is not much time left to enjoy the sunshine of California, I remind myself.

Don't analyze, let's let go of the heavy thoughts, and just do what your heart wants. Even if it's an outlook that I'm not used to and haven't engaged in before!

P.S., Will the answer to my question suddenly be found like a treasure about 10 years later?



If you have enjoyed this newsletter, please feel free to share the link with your international friends and to recommend the CCIS.



CCIS this month is edited by Kirsty Lienard and Kate Khatseyeva.

CCIS supports international graduate students, visiting scholars, post docs, and their families at Stanford University by offering gracious and helpful connections between Stanford Internationals and the community.

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