

The Blue Book: A Guide to Living in and Loving Rochester

Edition 6.1 Presented by Members of the Class of 2012
and Updated by the Class of 2013

University of Rochester School of Medicine and Dentistry

Welcome

Rachel Zigler

Welcome to the Class of 2014! In keeping with past tradition, the Class of 2012/2013 is excited to present you this “not-so-blue Blue Book”. This book is a means to provide you with 3 of the 5 W’s (What, Where, and When) plus an H (How) on a plethora of topics to help a new medical student. To those of you thinking, “Wait, what about the other 2 W’s? Where’s the ‘Who’ and ‘Why’?” Don’t worry—you’re not getting ripped off. You will have plenty of chances to find out who we are, who your classmates are and why you came here, possibly within the first days of orientation. Within these pages you will find out what’s hot and what’s not on everything from textbook recommendations, to good places to read said textbooks, to places and activities to get away from said textbooks. These are the things we have learned through our year’s experiences in Rochester as medical students and we hope that these topics are useful in your transition to the University of Rochester School of Medicine and Dentistry.

In the spirit of the biopsychosocial model, here at Rochester, we are all about fostering relationships. In your first year, you will create relationships, albeit love-hate, with sensitivity and specificity in Mastering Medical Information, the brachial plexus in Human Structure and Function, inborn errors of metabolism in Molecules to Cells, and more creepy crawlies than you would probably like to know about in Host Defense. These are the relationships that the school itself can help you attain. You must take it upon yourself to create relationships not found within the many pages of your syllabi. Take the time to find out what

Rochester has to offer beyond the feet of white snow—be it trivia nights at the Old Toad or the Lovin’ Cup, Knighthawks indoor lacrosse games, our numerous farmer’s markets, or the dollar theatre. Perhaps put best by newly minted M.D. and Rochester alum, Cathy Lee, “the most gratifying and worthwhile medical school education should not be focused solely on memorizing facts but should also include learning about the communities that you now find yourselves a part of; those of your class, your medical school and of Rochester in general.”

A lot of work from current and past students of the URSMD has made edition 6.1 of the Blue Book possible. We hope that you find bits and pieces useful in your first days, weeks, months and years as a U of R medical student. As you are settling into Rochester, finding out what our city has to offer, where you can get the best groceries, when certain nightlife activities occur, and how you are ever going to figure out what books you should buy, remember to enjoy yourselves. While your coursework may be taxing and the Case Method Room may seem like a second home, keep it just that—second. Take the time to explore... you may be surprised at what you find.

Meliora,
Class of 2012 and 2013

Editor's Note

Mike Nitzberg

The 6th edition was such a fantastic piece of work, we decided to try not to mess with it. This year, instead of completely revamping the Blue Book, we only added and updated things that we thought have significantly changed for the Class of 2014. Among the additions are a course description for SCOPE, which was a new course this past year, bar and restaurant openings and closings, and interest group updates.

We'll leave in the same Buyer Beware that came with the original 6th edition: This book is crammed with individual student's opinions, both past and present. For this edition, the Class of 2013 has done its best to add onto the Class of 2012, which added on to many classes before it. If you don't like something, don't hate us – just fix it when it comes time for you to create the 7th edition (or edition 6.2).

There have been many contributors to the 6th edition of the Blue Book. If a section has been written/updated by a specific person or group of people, their name(s) will appear underneath the section titles. We cannot totally take credit, though, as our words were built upon much of what was already written in the first 5 editions. Those who so graciously contributed their knowledge and time to past editions are listed here:

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Housing Guide

Ariel Lee, Rachel Pokorney, and Rachel Zigler with input from prior editions

One thing is for sure: when you are looking for housing in Rochester, you'll think you're anywhere but New York. Housing in Rochester is diverse, abundant, and relatively inexpensive. Here, we try to summarize the places people in our class live to give you an idea of where to look if you're still hunting.

University Sponsored Housing Options for Graduate Students

Goler House

Goler House is the large apartment complex adjacent to Strong Hospital. This is an extremely popular option among first and second year medical students and also houses residents and grad students. The spaces are large, clean, and well-kept. Apartments can be rented furnished with dorm-style furniture, but there are many ways to find cheap furniture in Rochester, so some students have suggested avoiding furnished apartments. Students are thrilled with the location (3 minute walk to class!), free utilities, and the staff who maintain the building. If you live here you will be in close proximity to many other med students both in Goler and the White Coat Ghetto, but residents describe Goler as a good place to study in peace and quiet. Residents also have a parking space right outside the building.

University Park Apartments

UPK is the most affordable university housing option, with a 2 bedroom 1 bathroom running each person a bit over \$415 a month. The apartments come with ample floor space and

are very close to school (about an 8 minute walk), but some students have complained that the apartments are old and ugly with thin walls (not that you can't jazz it up with the money you save on rent). Residents are very friendly though and there is a communal type environment. Residents have a parking space right outside their unit.

Whipple Park Apartments

Whipple Park, though located a good deal farther from the medical center, is nicely tucked away on a few acres of forested land. Residents describe it as very family friendly (most students who get a spot here have kids), secluded, quiet, and safe with free heat and polite neighbors. The walk to school can run you 20-30 minutes, but there is also a bus that runs between here and campus. Whipple Park is great for married students with a kid or two because they are relatively large.

University Towne House

This residence is a former motel located near Goler House. It offers single rooms with private bathroom as well as included heat and AC, but we wouldn't recommend it because it could use a good renovation and there are only shared kitchens with communal refrigerators. Students have complained that it houses almost entirely grad students and a few residents, the building is surrounded by parking lots, and its location near the hospital administrative buildings means that business people are walking by the apartments all day. If you are sold on the location/convenience, try Goler instead.

Most Popular Places to Live Other than Graduate Housing

For those of you who have had your fill of academic housing, Rochester is home to a number of pleasant neighborhoods. Because there are some older houses/apartments out there that don't have the best insulation (and Rochester gets cold... shocked?), it's a good idea to check the average utility bill for a property before you lease. Also, especially if you are moving from a pricey city on one of the coasts, beware reverse sticker shock! What sounds like a great deal to you may be overpriced for Rochester. Check out our suggestions below for some average prices in neighborhoods around town. Though Craigslist can be helpful, one of the best ways to find a place is just drive around and look for "For Rent" signs!

White Coat Ghetto

The 20-block area, just south of Strong and west of Mt. Hope Ave, makes up one of the most popular neighborhoods among med students, residents, grad students, and maybe even some attending physicians, hence the name often applied to the area. It's a great option for people who don't want to have to deal with driving to school in the morning.

Housing

Most of the housing in the White Coat Ghetto is in the form of single family homes that can be shared between 3-4 people. There are a sprinkling of homes that have been divided so that there are 2 apartments within the house.

A Craigslist search for "Strong" will turn up some options for the Ghetto. Renting in this area can run the gamut... but average for this area would be \$400-\$650/month.

Convenience

The WCG is located right behind Strong, so your walk will only take you about 5-15 minutes, depending on how far back you are in the neighborhood. Most of these houses are closer to the hospital than the parking lot. It's extremely nice to live here in the winter months because scraping snow off your car can be a pain.

Southwedge

The Southwedge is a slightly older neighborhood that has been making a bit of a comeback in the last few years due to an active planning committee working very hard to attract new residents and foster a sense of community. It's a great option for people looking for a neighborhood with varieties of shopping and dining, and a little bit of space from the hospital and med school.

Housing

Most of the housing in the Southwedge is in the form of single family homes that can be shared between 4 or 5 people, or houses that have been divided into 1 or 2 bedroom apartments. If you live here you can expect to have a bit of grass to call your own in front or in back and plenty of trees around, so if you're a gardener or just like seeing green outside your window this area is worth checking out.

A Craigslist search for "Southwedge" will turn up plentiful options, many with pictures. Rentrochester.com also has a specific search tab for the Southwedge, but the apartments listed there tend to be slightly more expensive. A single bedroom in the Southwedge will run between \$500-\$750/month, while a two bedroom will be between \$600-800/month making this a pretty economical choice if you have a roommate.

Convenience

The Southwedge is about 1.5 to 2 miles from the med center. Depending on your inclination this can be walked or biked in Spring and Fall (roughly 25-35 minute walk, 10-20 minutes biking). During morning traffic it's usually about a 10 minute drive and you'll want to allot yourself another 5 or 10 minutes to make it in from the parking lot. For the sake of completeness, the #5 bus line also goes from the Southwedge and makes morning stops at or near Strong, but the schedule isn't particularly convenient for the start of class and a monthly bus pass is \$56 (unfortunately, no student discounts). Over the course of the year this would end up being about twice the cost of just buying an individual hospital parking pass, and much more expensive than a carpool parking pass. The Southwedge isn't as heavily populated by med students as some other areas, but there are a good handful scattered throughout and a carpool pass split between 2 people is only \$60/person, split between 3 people is only \$25/person and split between 4 people is free! This can be a good option if you want to save on that one extra expense.

In regards to other things like grocery stores and Laundromats the Southwedge is at least as convenient as most other neighborhoods. There's no big supermarket, but there are a number of small stores for groceries and toiletries, the nicest of which is Mis En Place at the corner of South and Gregory. They have fresh produce there, as well as staples like milk, eggs, cereals and bread. They also carry local and organic products if that's important to you, and have a pretty tasty deli with daily soups and sandwiches. There is also a laundromat right on South Ave that is open to about 10 pm most days.

Attractions

The motto on the Southwedge lamp flags is "Savor the Flavor" which is fitting considering the variety of restaurants in the Southwedge. There is Cajun, tex-mex, Little Venice Pizza parlor, an open-face sandwich restaurant, a vegetarian café, a place that sells nothing but cheesecake, a chocolatier and about seven or eight more restaurants nestled in the Southwedge. Eco Bella is an organic bakery on South Ave. that offers vegan and gluten free cookies, pastry and treats. In addition there are four different independent coffee shops, each with their own atmosphere, and a number of bars and nightclubs, including an Irish pub. Many of these establishments have live music at least one night of the week. During the summer there is an outdoor farmer's market on Thursday evenings, and the Greek Orthodox church hosts an annual Greek Fest on its front lawn for three days at the end of August with food, music and dancing. Finally, the Southwedge is walking distance from Highland park which is full of miles of trails, hosts the ten day long Lilac Festival every spring, and has free Thursday night movies in the park from July through August. For more information about the restaurants and activities going on in the Southwedge, we have our own social networking website (<http://southwedge.ning.com/>) with links to the webpages for many of the stores and restaurants in the area and a monthly calendar of events.

Cornhill Neighborhood

The Cornhill neighborhood is located west of the Genesee River, and north of the med center and University of Rochester River Campus. It prides itself on being one of the oldest neighborhoods in the city with historic architecture that lends it charm and class.

Housing

Many houses and apartments are available in the Cornhill area, often in converted single family homes. A craigslist search for "Cornhill" will bring up a listing of available properties, often with descriptions and pictures. A one bedroom apartment will run you between \$500-\$750/month, with studios slightly cheaper, and oddly plentiful in this neighborhood. Two or more bedroom apartments are a deal from about \$600-\$850/month. Location plays a big effect on apartment price in this area, with properties near the river becoming more expensive.

Convenience

Cornhill is about a mile from the med center making it pretty accessible by foot or by bike. It is important to take into consideration though that you will be living in Rochester in the winter, and even a 15 minute or so walk in February might be unappealing, especially as it will often be dark (or well on its way to getting there) on days when you're in class until five o'clock.

Attractions

Cornhill boasts a number of coffee shops, restaurants and nightclubs within its limits, and a strong community spirit. It is home to a spectacular Art Festival every summer the weekend after the Fourth of July, as well as the Taste of Rochester Festival, during which restaurants from all over the city set up booths and strut their culinary stuff. There are also

community building events like Neighborhood Clean Up day, and Corn Hill Kids and Family Meet-ups. These events are not compulsory of course, but if you're the kind of person that really enjoys getting to know your neighbors you might find yourself surrounded by similarly friendly folks. Cornhill is also one of the more diverse neighborhoods with various ethnic groups and a strong gay/lesbian presence. The neighborhood website offers more information about the many restaurants, shops, and services, as well as the community events calendar: <http://www.cornhill.org/>.

The 19th Ward

The 19th Ward is a very affordable neighborhood and a convenient alternative to the White Coat Ghetto. The University of Rochester recently opened several undergrad residence halls in this area which may indicate that the student presence here may be increasing.

Housing

Housing options in the 19th ward are plentiful and very affordable. A one bedroom apartment will cost you about \$350-500/month, while a 2 bedroom will range from as low as \$495-675. Scrolling through the Craigslist search results for the "19th ward" you'll even see some listings for furnished 3 bedroom apartments or half houses for \$850-900. Even factoring in heat and utilities to that price it's a pretty unbeatable deal. Of course, heeding the old adage about things that are too good to be true you'll definitely want to see firsthand the premises and the surroundings before you commit to anything.

Convenience

The 19th ward is considered to begin once you cross over to the west side of the Genesee River. This means that parts of it may be as close as a ten minute walk from campus, and actually closer to Case Method than the most outlying parts of the White Coat Ghetto.

Attractions

The main attractions are probably price and convenient location to the med center, though the 19th Ward does have a community association and a website with an events calendar. It seems to have slightly fewer fun or recreational events listed than other neighborhoods in the city. Website: <http://www.19wca.org/>.

Monroe Ave and Park Ave

www.park-avenue.org

This area is close to some of the Rochester nightlife and culture and provides students with an opportunity to "get away" from med school life. The distance to school and higher rents discourage some students from living in the area, but if you are looking for nightlife and a house or apartment with character and charm, this may be the area for you. Most of the housing consists of old homes that have been converted into apartments. There are some nice finds in this area all with great proximity to Park Avenue's restaurants, shops, and cultural attractions. The best way to locate an apartment for rent in this area is just to drive around and look for all of the "for rent" signs placed in yards during the summer months.

Distance to school: about 3 miles away, generally a 10 to 15 min drive, too far to walk
Rent: \$600-800 for a 1BR; \$350-700/person for a 2BR or more

East Ave and University Ave: The Neighborhood of the Arts

<http://rochesterseastend.com>

Who says you can't live in a Victorian mansion on a med student's budget? This neighborhood, located adjacent to the Park Ave neighborhood, is a haven for old, character-rich, Victorian homes, some of which have been converted into multi-apartment units. East Avenue's high concentration of art galleries and museums, as well as the University Avenue's status as a haven for local artists, has contributed to the area's nickname. The Neighborhood of the Arts has long been the center of Rochester's gay and lesbian community. Look here for some of the more elegant (and often reasonably priced) living spaces available in the city but be prepared for a long commute to school or sharing a large apartment with many roommates.

Distance to med school: 3.5-4miles, 10-15 min drive, too far to walk

Rent: \$600-1000 for a 1BR; \$300-\$600/person with roommates

Downtown Rochester

Unfortunately, downtown Rochester is anything but the center of activity here in the city. Very few people, and possibly no med students, live downtown. Most areas downtown are pretty desolate after dark and not so safe. A few apartment buildings are available but are very expensive and far from restaurants, bars, and other things that you would expect in a downtown area. If you want to be close to downtown but in a more vibrant neighborhood, the East End is your best bet.

Popular Apartment Complexes Maybe

you've had bad experiences with independent landlords and don't want the headache, maybe you'd rather have the convenience of only a single bill per month, and maybe you don't have time to obsessively apartment hunt and find that quaint, quirky

little gem. Or maybe you're a closet indoor midnight horseshoe player and want to be able to call maintenance to fix the plaster after you missed that last ringer at 3 am. Whatever your reason, here are some tried and true apartment complexes that shelter med students year after year. These are all within 2 miles and a 5-10 minute drive from the med center.

Elmwood Manor

<http://www.elmwoodmanorapts.com/>
1400 Elmwood Ave, Rochester, NY 14620
585-271-8740

This is a very popular choice among med students and grad students, and it's not surprising given its convenient location and relatively reasonable prices. It's located along Elmwood Avenue, close enough to the med center to be walk or bike in good weather, and very close to the trails and green space of Highland Park.

Studio: \$600
One BR: \$655-705
Two BR: \$770-795

All come with heat and hot water included.

1600 Elmwood Avenue

<http://www.1600elmwoodavenue.com/>
1600 Elmwood Ave, Rochester, NY 14620
585-473-2544

This complex is slightly pricier, but not without reason. It's very well maintained with extra features like a pool, fitness center and balconies on most units. It allows pets, though a monthly pet rent is charged. It is often a popular choice among med students each year.

Studio: \$869
One BR: \$914
Two BR: \$1026
Three BR: \$1339

All come with heat, gas, electric, cable and air conditioning included.

Rustic Village Apartments

<http://www.rusticvillageapartments.com/>
999 East Henrietta Road, Rochester, NY 14623
585-424-4380

This complex won Best Apartment Community from '02 to '08 from the Democrat and Chronicle, Rochester's daily newspaper. It certainly has a lot to offer including a fitness center, two pools (one Olympic size and one kiddy pool) with life guards on duty, reading and video libraries free to residents, tennis, basketball and volleyball courts, and a children's playground. It also sponsors resident activities like dessert night, ice cream socials, monthly bingo and more. One drawback is that the complex is slightly isolated and nothing is really in walking distance so you'll have to drive to get to school, stores, restaurants or class activities, but hey, with all those amenities, why would you want to leave anyway?

One BR: \$805-825
Two BR: \$870-980

All come with heat, gas, electric, cable and high speed internet.

Imperial South Apartments

<http://www.imperialsouth.com/>
1577 Elmwood Avenue, Rochester, NY 14620
585-271-8770

This complex is a pretty short drive from the med center, and is located close to a lot of things you'll probably need like grocery stores, banks and gas stations. They call themselves "feline friendly" but don't give any specifics to their pet policy on their website so no telling if that friendship comes with a pet deposit or a monthly pet rent.

Studio: \$695
One BR: \$790
Two BR: \$850

All come with heat and hot water.

The Club at Lac de Ville

<http://rochesterny.apartmentfinder.com/Rochester-Apartments/The-Club-At-Lac-De-Ville-Apartments>
1111 Lad de Ville Blvd, Rochester, NY 14618
1-866-816-3261

The pictures seem pretty, and there is a fitness center, sauna and the option of mini-blinds. They don't allow pets and a previous incarnation of this bluebook listing said that no utilities are included in the price. I couldn't find this out one way or another (partially because this complex doesn't have its own website, just listings on other sites), but I tend to believe that's probably true since otherwise it would be a selling point.

One BR: \$775
Two BR: \$885-985

Apartment Hunting Strategies

Here are some handy resources for starting your housing search online or long distance...

1. University of Rochester Off-Campus Housing Database:

<http://manit.resnet.rochester.edu/och/>

2. Rent Rochester.com- highly searchable housing website, with specific neighborhoods, features, and size; very incomplete however, and seems to have slightly more expensive listings: <http://www.rentrochester.com/>

3. Craigslist- quick and dirty, you can still search by neighborhood and number of bedrooms, listings change daily so looking here will keep you busy and you'll have to act quickly to get a look at some of the more desirable properties; seems to be a greater number and a wider range of listings (in both price and quality) than RentRochester

4. The moving section at the Democrat and Chronicle website:

<http://www.rochesternews.com/>- choose the Apartments tab at the top of the page

Once you get to the city...

1. You can pick up a City or Insider magazine at many coffee shops and diners (Mt. Hope Diner on West Henrietta has them all the time) and check their housing listings

2. Choose a neighborhood and cruise around by car or bike for an afternoon, you'll probably find plenty of properties never listed or that you overlooked in your virtual search

Renting Vs. Buying a Home

Updated by Robin Valpey

So you're thinking about buying a house? Lucky for you, Rochester is a great place to own a home. Many medical students decide to purchase a house because the cost of maintaining a home can be the same as renting, or even cheaper. Plus, there is the additional benefit of having a yard, garage, more space and liberty to have pets. Also, many medical students lower their costs by renting a room to a fellow student, which can even turn into a profit.

Probably the best reason to own a home is location. Many neighborhoods surrounding Strong Hospital have homes as low as \$80,000 within walking distance. One neighborhood, the "White Coat Ghetto," is even closer to the school than the student parking lot. You'll appreciate how close your home is when you don't have to commute to school during the winter. In fact, many students choose to move closer to campus after realizing this.

You don't need me to tell you that there is always a down side to such endeavors. Some students have struggled to get approved on loans, considering that medical students are not only not making money, but going into debt hand over fist. Also, if you choose to rent to other students, you then have to serve the role of landlord. Some renters expect things such as yard work and snow-shoveling to be included in the rent, and these duties are therefore left in the landlord's hands. Some home-owners are concerned about house re-sale when their time in Rochester is up, especially in the current economic situation. Thankfully, that is not much of a concern in this area, as the homes

near school are continually being recycled between old and new students.

The best way to start your house hunting is to give yourself plenty of time to do it. Ask fellow medical students for real estate agent recommendations, but also realize that you'll need to do some searching on your own as well. Local real estate websites can serve as great search engines. When you do find a home that meets what you're looking for, don't wait on it too long. Chances are another medical student/resident will see it right after you, and it will sell in a day or two, especially in the neighborhoods near Strong.

Setting Up Phone/Internet Services

Robin Valpey

One thing that is absolutely necessary in medical school is staying connected. Whether it's chatting on the phone with your parents back home or looking up articles on the Internet for PBL, you have to stay up to day with your technological communications. If you check out the yellow pages in Rochester, you will learn that there are tons of providers for these services in the area, ranging from big names like Time Warner and Verizon to smaller providers like Expert WildBlue. Here are two of the main providers used in the area with a few more details to get you started.

Time Warner Cable

Probably the biggest provider around for phone and internet is Time Warner Cable. As advertized on TV, the best deal they have is the combo deal for phone, internet and cable all in one. You have unlimited use of all of these for only \$125 with no installation fee. This can be a great deal, but if you have a cell phone and you are studying too much to enjoy the cable, this might not be for you. Individually, these services run around \$40 a month, so you can pick and choose. The nice thing about Time Warner is that there is no required contract, so you can cut off service whenever you want without penalty. So give digital cable a try and then cut it off when you start to get busy. Number to call is 1-888-383-0772 or visit the Time Warner Cable website.

Frontier

Frontier will set you up with great local service. Local internet and local phone start at individual prices of \$45 and \$50 respectively. Like Time Warner, it also has a combo package of phone, television and internet. Frontier offers DISH Satellite TV with high-speed internet and digital phone for only \$110. Some would argue that

satellite is not as good as digital cable, but the price reflects that. One downside to Frontier is that some of their services require at least a year long contract. Oh, and forget the installation fee, just wait for one of their specials that waives it. Check out www.frontier.com for more details.

If neither of these options tickle your fancy, hit the internet and look around at some other options and details. Finding random specials at specific times of the year can make these services even more affordable for you, so be on the lookout.

Managing Other Life Issues:

Choosing a Bank

Drew Scoles

Here's the info on area banks, the programs they offer, and the perks and drawbacks for each institution. This is not a completely exhaustive list, but it represents the banks most commonly used by UR med students. Be sure to check with individual banks to verify these details. Always be on the lookout for special student deals.

Bank of America

Accounts: "MyAccess Checking" offers free checking with no minimum balance or fees when the account is opened online. "Campus Edge" offers free checking, no minimum balance and a one time get out of overdraft free card.

Branch & ATM locations: Park Ave, Near Pittsford Plaza, Downtown

Perks: A bank that has branches all over the country, so you can avoid ATM fees when you travel. Online banking is good.

Drawbacks: Only a few locations in Rochester, and none very close to campus.

www.bankofamerica.com

Chase

Accounts: "Chase College Checking" offers free checking with no minimum balance or fees. This account is only available to students under 24. "Chase Checking" offers free checking with no minimum balance or fees IF you use your debit card for 5 purchases a month. Otherwise there is a \$6 monthly fee.

Branch & ATM locations: Inside URMC!!, River Campus, Monroe Ave, Near Marketplace, 12 Corners and more.

Perks: The only bank with a branch inside URMC. Plenty of ATMs around town make it easy to avoid ATM fees. Chase offers excellent fraud protection and the online banking interface is among the best.

Drawbacks: The rules for getting free checking are silly, but as long as you buy your morning coffee with your debit card you can have a free account. Sometimes the branch employees can be less than helpful, but a quick call to headquarters can set things straight.

www.chase.com

Key Bank

Accounts: "Student Checking Account" offers free checking with no minimum balance or fees. Key will also reimburse up to \$6 per month of non Key ATM fees.

Branch & ATM locations: Mt. Hope (near URMC), Pittsford Plaza, Marketplace Mall.

Perks: Free is always good, and they sometimes offer an iPod nano for opening an account. The Mt. Hope location is walkable from URMC.

Online banking is good.

Drawbacks: The student account is limited to 4 years.

www.key.com

HSBC

Accounts: "Free Checking" offers free checking with no minimum balance or fees. This account is not listed on the website, but the local branch claims that it is available to graduate and medical students.

Branch & ATM locations: Mt. Hope (across from URMC), 12 Corners, Pittsford Plaza, Marketplace Mall.

Perks: An International bank means locations all over the country and globe.

Drawbacks: Since the account details are not on the web, it may lack features like online banking.

<http://www.us.hsbc.com>

M&T

Accounts: "Totally Free Checking" is self explanatory. "@College" is an account that medical students may be eligible for depending on their age. This is another free checking account that also reimburses you for non M&T ATM fees.

Branch & ATM locations: Top's Plaza (S. Clinton), 12 Corners, Pittsford Plaza

Perks: Everything is free, and they have a rewards program for debit card purchases. If you can get an “@College” account you can use any ATM in the country for free. Online banking is good.

Drawbacks: No locations near campus.

www.mandtbank.com

Picking a Cell Phone Carrier

Written/Updated by Rachel Zigler

The Rochester market offers some of the familiar names in wireless service, a few of which will be discussed here: Verizon, AT&T, Sprint, and T-Mobile. Unfortunately, the quality of service varies from carrier to carrier and from city to city (i.e. if you’ve had great service in San Francisco using Sprint, don’t assume that the same will be true for Rochester). So make sure to check out the following recommendations and look at service maps on your carrier’s website.

If you will be using your cell phone in lieu of a landline, also make sure that your carrier gets a signal in your neighborhood and in your house. Most carriers can tell you how the reception is at a certain address. Since price is pretty standard among carriers, reception and phone choices are what you have to choose between.

Verizon

Overall, this seems like the best choice for Rochester. Most of my classmates have it and love it. It gets better signals than other plans in most areas of the city. Most people are able to get a signal inside the medical school atrium, PBL rooms, labs, and even Miner Library. To the

best of our knowledge, there are no known dead zones in nearby towns. Verizon even gets a signal on the NYS Thruway in areas where some service providers do not.

Locations:

- 951 Jefferson Rd.: (585) 697-5900
- Marketplace Mall: (585) 475-9085

Example Plans:

- *Basic: 450 minutes, unlimited mobile to mobile, unlimited nights and weekends, long distance- \$39.99/month*
- *Select: same as Basic plan plus unlimited text, picture, video and instant messaging- \$59.99/month*

AT&T

AT&T seems to be the next most popular carrier. Signals are weak in parts of the atrium as well as the Case Method Room and most other parts of the school (but you won’t need it during school, right? 😊). AT&T usually gets a pretty good signal inside houses as well. I personally have AT&T and I am very happy with it.

Locations:

- 3144 Winton Rd S: (585) 427-7211
- 3122 Monroe Ave: (585) 381-1810

Example Plans:

- *450 Minutes, rollover minutes, 5000 nights/weekends, long distance, unlimited mobile to mobile- \$39.99/month*
- *900 Minutes, rollover minutes, unlimited nights/weekends, long distance, unlimited mobile to mobile- \$59.99/month*

Sprint

Sprint seems to be somewhat equivalent to AT&T. It gets pretty good signals all over town, but not as good as Verizon when calling from

inside the med school and hospital, or within buildings in general. Some claim that weather even affects their service. Some trouble spots in town include along Elmwood, Goodman St, Park Ave and East Ave (frustrating if that's where you live!). Overall, though, people seem satisfied with Sprint.

Locations:

- *621 Jefferson Road: (585) 272-1400*
- *2951 Monroe Ave: (585) 442-4444*
- *In Marketplace Mall: (585) 427-7700*

Example Plans:

- *Basic: 200 anytime minutes, unlimited nights and weekends starting at 9 pm, long distance- \$29.99/month*
- *Talk: 450 anytime minutes, unlimited nights and weekends starting at 7 pm, long distance- \$39.99/month*
- *Talk: 900 anytime minutes, unlimited nights and weekends starting at 7 pm, long distance- \$59.99/month*
- *Add unlimited messaging to the Talk Plans for \$10 more a month*

T-Mobile

Not many people in my class have this carrier, but it may be worth exploring due to possibly cheaper plans/phones. T-Mobile seems to have good signals inside homes, but doesn't really get reception in the school/hospital. It's hard to get a feel with this carrier, as so few people have it.

Locations:

- *3349 Monroe Ave: (585) 586-2800*
- *In Marketplace Mall: (585) 292-0680*

Example Plans:

- *Individual 300: 300 minutes, unlimited weekends, long distance- \$29.99/month*
- *Individual 600: 600 minutes, unlimited nights and weekends, long distance- \$39.99/month*

- *Individual 1000: 1000 minutes, long distance- \$39.99/month*

Pets

Ariel Lee

Thinking of getting a pet? Highly recommended! The special brand of unconditional love that can only come from a small animal that sees you as its meal ticket will be very welcome come HSF, and if you let them on the bed...built in space heater!

Shelters

Still in the market for a pet...here are a couple of options:

1. Rochester Animal Shelter- This is the city shelter, located at 184 Verona St., Rochester NY, 14608. They have dogs and cats for adoption, as well as some more unusual critters from time to time. The adoption fee for a dog is \$158 for a puppy, or \$128 for dog older than six months. For a cat the fee is \$95 for a kitten, or \$80 for a cat older than six months. There are significant discounts for "senior" animals (older than 8 years for a dog or older than 10 years for a cat) so you could save some money and rescue an animal really in need and already trained. These fees cover veterinary care, spay/neutering, de-worming, flea control, vaccinations, license, microchip, a bag of Science Diet food, and a voucher for a free "new pet" visit with a vet. If you're interested in cats, they have an especially good "2-Fur-1" deal, where with your adoption fee for one animal you get a second animal (plus the food, vet voucher, microchip, etc.) free. For less than a hundred dollars you could bring home two

adorable kittens! (Personal note: this is what I did last year, and it was great because they could play and keep each other company, and I didn't feel bad about leaving them alone from 8-5 every day) Website: <http://www.cityofrochester.gov/rochesteranimalservices/> (click on the Pet Adoption Program link on the right)

2. Lollypop Farm- This name sounds a little bit like where your parents told you Fido went to live when you were five years old, but actually it's the Rochester area Humane Society. There fees are a little more expensive than the city shelter, \$200 for a puppy, \$160 for a "junior" dog (5 months to 1 year), or \$130 for a dog older than 1 year. For cats it is \$120 for a kitten, \$100 for a "junior" cat, and \$80 for a cat older than 1 year. The fees here include: spaying/neutering, vaccinations (including rabies), de-worming, flea control, microchip, ID tag, 30 days of pet insurance, free vet voucher, and discount Science Diet food. They also offer discounted obedience classes for dogs. The adoption process here is a little more involved than the city shelter in that you have to answer a pretty detailed questionnaire that asks about your income level, asks for landlord information so they can verify that you're allowed to have a pet, and how many hours a day you plan to leave the pet alone. You must be 21, and have to meet with an "adoption counselor." Its a few more hoops to jump through, but they're doing it with the best interest of the animal in mind, and according to their website have one of the lowest animal return rates in the country. Website: <http://www.lollypop.org/>

3. Paws and Purrs Rescue, Inc.- This is a volunteer rescue group for dogs and cats based in Rochester. They foster animals rather than keeping them in a shelter, so kittens and

puppies from this group will likely be well socialized and used to humans and other animals. They don't have fees listed on their website, so I honestly do not know if or what they charge for a new animal. They provide vaccinations, spaying/neutering, FIV/FelV and/or heartworm testing. They are a no kill group. On their website they have an e-mail application for a dog, cat or small animal that you can turn in to become approved for adoption. They also have pictures and biographies of all their animals available for adoption. From the amount of detail they provide you can tell this is a labor of love. Website: <http://www.pawsandpurrsrescue.org/>

Veterinarians

It's hard to tell for sure how well you'll like any vet or animal hospital before you go yourself, but here are a few that have gotten the seal of approval from previous classes:

1. Mendon Village Animal Hospital- This is my vet, and I would never, ever change. They're located at 1380B Pittsford-Mendon Road, Mendon, NY 14506. Phone number is 585-624-2240. It's about a 30 minute drive from the med center, but absolutely worth it. Twice I've had to take an animal in because of an urgent concern, and they've gotten me in within 24 hours both times, and taken excellent care of my pet. Very clean, with friendly staff, they have evening hours a couple times a week, and are open Saturday mornings, which is great for a med student schedule. Dr. Sanders is my favorite, but Dr. Culbertson is great too.

2. Cats Exclusively Veterinary Hospital- Pittsford, 248-9590

3. Pittsford Animal Hospital- "Good service, nice doctors, good boarding", what's not to love?
271-7700

4. Suburban Animal Hospital- "clean, professional" 334-4230

5. South Towne Veterinary Hospital- Dr. Gshrey and Dr. Lake are supposed to be wonderful,
334-1550

6. Scottsville Veterinary Hospital- apparently a portion of their profits goes towards their adoption programs, 889-8340

7. Veterinary Specialists of Rochester- ***Offer Emergency Services***- 424-1260

Dog Parks

If you've got a date with your canine pal, here are some places that you and your dog can go together.

Local Parks:

1. Ellison Park- "lots of hills, be watchful of park rangers"

2. Henrietta Memorial- on Calkins Street, between East and West Henrietta Rd, next to the Henrietta town library

3. Genesee Valley Park- at peak times you'll need a leash, especially on weekends

4. Brighton Town Park

5. Mendon Ponds- on Clover road, avoid peak times, like weekend days, on popular trails

Within Driving Distance:

1. Letchworth State Park- "great place to hike with your dog and let him run wild"

2. Hamlin Beach- "Places to BBQ, walk along the beach or path, many other dogs around"

3. Lake Ontario- early morning in the summer is a good time to let your dog swim, but the beach will get busy with people during the day

Pet Friendly Housing

A lot of apartment complexes will charge a pet deposit and/or monthly pet rent. They may also have restrictions on the type, size or number of pets you can have, and may ask for a "pet interview" before approving your application. If having a pet is important to you, it's best to ask directly what the policy is when you're touring a potential dwelling, though most larger complexes will have their policy explicitly stated on their website somewhere too. Craigslist housing ads have lines specifically at the end of the listing saying whether cats, dogs or both are welcome at that property. You may be better off renting a house with roommates, or an apartment in a converted single family home as the landlords may be more flexible than in larger establishments. Home Properties (www.homeproperties.com) offers some apartments that will allow big dogs (usually up to 50 lbs.)

Pet Supplies

Your little monster is hungry, and unless you want them to chew up your dress shoes while you're in class, or attack your feet when you're sleeping, you better stock up...here are some likely places.

1. The pet aisle at Wegmans will have most commercial brands of dog and cat food (Purina, Iams, etc.) as well as a generic store brand. They don't carry the higher end foods like Wellness or Science Diet, so if you're picky about what you feed your creatures, they may not be the best option, though they are open 24 hrs, which can be its own virtue. Also, Wegmans kitty litter, perfectly serviceable and pretty much the cheapest you can get it anywhere, \$3 for a 20 lb bag.

2. Petco-

- a. 300 Hylan Drive, Henrietta, in the same plaza as the Marketplace Wegman's, one stop shopping for the whole family!
- b. 3200 Monroe Ave, Pittsford

These stores **will** carry the higher end foods, and you can bring your pet into the store.

3. PetSmart- 420 Jefferson Road, 427-7160

4. BJ's Wholesale sells very cheap cat and dog food

Grooming

1. Bubbles and Bones- dog grooming, 482-5067

2. Petsco and PetSmart offer cheap grooming services

Obedience Training

1. DotCorny- Jane Morris, director, 251-1784

2. Dogs at Play- training, and doggy daycare, 325-3647

Kennels

1. La Mist Kennels- 289-6904, Joe Letta is the trainer

Dog Walking

1. Dogs Etc.- 381-8780

2. Your next door neighbor's 12 year old kid

Transportation

Drew Scoles

Although the prevailing opinion is that you need a car to live in Rochester, there are plenty of ways to get around without your own wheels.

Getting around Town

Bicycle:

If you have a bike, consider bringing it to school with you. Most housing options, White Coat Ghetto, South Wedge, Corn Hill, UPK and Whipple are all a short bike ride away. There is no shortage of safe rack space, and there are some weather protected spots. On the weekend a bike is a great way to get to the Public market, the Park Ave shops or go for a leisurely ride down the canal path to Pittsford for some ice cream. There are plenty of options for road riding as well, since wide country roads are only 3 miles from campus.

Bonus: If you don't have a bike you can rent one at the undergrad gym for FREE from March to November-- just bring your ID.

<http://www.sa.rochester.edu/citycycles/index.php>

Buses:

Since the UR undergrad campus is so close, Med students are able to take advantage of their clean and organized and FREE (with your ID) bus system. There are several lines with the details and schedules highlighted on the website below. All of these buses stop on the undergrad campus behind Rush Rhees library, but you can also get on at other stops. Some highlights for each line include:

Red Line: Used to get downtown for work or play or to get to school and home for those who live in the Monroe/Park neighborhoods.

Green Line: Used to get to Marketplace Mall, Wegmans, Target, Walmart, Pittsford Plaza and the very popular

Rochester Public Market! Routes change daily so take a close look before you board.

Blue Line: Used to get to URMC from Whipple Park or UPK.

Gold Line: Used to get to and from the 19th ward housing areas and Boulder Coffee.

Purple Line: Used to get to and from Rustic Village Apartments.

The Rochester City buses offer many options for getting around town, however, they are not free and not known for punctuality.

www.rochester.edu/parking/shuttle.html

www.rgrta.org/

Zipcar:

Another benefit of our proximity to UR is their Zipcar program. This allows students to pay a small yearly fee to gain access to a fleet of vehicles on the undergrad campus. There are hourly and daily rental rates with gas included. This program is not super cheap, but if you really need a car for a day it can come in handy.

www.zipcar.com/rochester/

Getting out of Town

Airplanes: Greater Rochester International Airport (ROC)

<http://www.roairport.com>

The Rochester airport is definitely on the small side, but it offers a decent selection of carriers that can get you to destinations and hubs across the country. The most popular carrier has to be JetBlue with their super cheap flights to NYC.

Non-stop service from Rochester can be surprisingly expensive, so look for stopovers in hubs to save some cash.

Air Canada

Rochester to Toronto, twice a day on weekdays.

www.aircanada.com

AirTran Airways

Discount airline connecting Rochester to Atlanta twice a day and Rochester to Baltimore three times per day.

www.airtran.com

American Airlines

Connection service on its American Eagle branded planes to the hub in Chicago three times per day.

www.aa.com

Continental Airlines

Rochester to NYC Westchester County three times a day, flights to Newark five times a day, Cleveland three flights a day and Albany four times a day.

www.continental.com

Delta Airlines

Delta Connection service to its hubs in Cincinnati (two times a day) and Atlanta (four times per day).

www.delta.com

JetBlue Airlines

Rochester to NYC (six times per day - \$64 one way), Rochester to Orlando (once a day).

www.jetblue.com

Northwest Airlines (now served by Delta)

Rochester to Detroit (four per day), Rochester to Minneapolis/St. Paul (once a day).

www.nwa.com

United Airlines

Rochester to O'Hare International airport in Chicago (six times a day), as well as Dulles outside of Washington, D.C.

www.ual.com

US Airways

Direct service to Cincinnati, Hartford, Washington, Boston, Baltimore, Knoxville, Manchester, Cleveland, Houston, Norfolk, Indianapolis and its hubs: New York (LGA), Raleigh-Durham, Pittsburgh, and Philadelphia.

www.usairways.com

Buses:

Although Buses have become less popular they are still a cheap option to get out of Rochester, as long as your destination is on their route!

Megabus:

Megabus service is new to Rochester and it is really a great asset for our community. Our Megabus goes from NYC to Toronto, so you can ride to either one of those cities daily. Expect fares around \$45 and a travel time of 6 hrs to NYC or 3 hours to Toronto. Bus stop is at Eastview mall, and you can leave your car there while you're gone.
www.megabus.com/us

Chinatown bus:

At \$40 one way this is the best deal around if you can deal with the quirks. The bus leaves for NYC every night at 1:00 AM, arriving in the city at 7:00 AM. The return bus leaves NYC at 5:00 PM and gets to Rochester at 11:00 PM. Picks up at 733 Monroe Ave.
www.gonycbus.com

Greyhound:

Greyhound is the old standard for bus travel i.e. odd passengers and frequent delays. It is not as cheap as the discount lines above, and usually the trips are much longer because they make more stops. The main benefit of Greyhound is that with patience you can make it anywhere in the country. Picks up downtown at 187 Midtown Plaza.

www.greyhound.com

Taxis:

There are more taxis in Rochester than many would believe, yet you are not likely to be able to waive one down in front of the med center. Luckily the drivers are clever enough to crowd around popular nightlife locations making it easy to find one when you are ready to call it a night. If you can't find one, any bar or restaurant can give you a number and they will get there quickly. Rates and service are comparable across the different dispatchers.
http://rocwiki.org/Taxi_Services

Trains:

The Rochester AMTRAK (320 Central Ave.) station provides 8 departures daily on three routes from Rochester, allowing travel to Chicago, NYC and Toronto as well as stops along the way. Compared to the bus options above train fares cost more and generally take more time.
www.amtrak.com

Textbook Review and Class Tips

Written/Updated by Rachel Zigler

Second Update by Mike Nitzberg and Ian Schreiner

FIRST SEMESTER

Within any class, there are three types of people. By now, you probably have a good sense of the category into which you fall:

The Traditionalist: You buy all of the required books—nothing more, nothing less. Your rationalization: What if something in the assigned reading ends up on the test and I had no idea because I didn't have the book? Don't be ashamed—many of us are this way.

The Alternative: You ask around the classes above you and buy books other than those on the syllabus... who wants to follow the trends, anyway?

The Rebel: Books? People actually buy them?

For each of the classes you will be taking in your first year, I have described the buying patterns of the above characterizations. Hopefully with these suggestions, you'll never miss a question nor waste a dime. Bonus: Helpful hints for each class follow the book suggestions as well as information on where and how to buy/borrow these texts.

One last piece of crucial information: for each class, you will receive a syllabus... and I'm not talking about the typical undergrad syllabus of 1 page front and back consisting of due dates for the course. Our syllabi are big collections of lecture notes that are bound and organized by day. In many cases, **The Rebel** in our class will suggest that you will only need the syllabus to get by.

Mastering Medical Information (MMI)

Gordis, L. Epidemiology

Motulsky, Intuitive Biostatistics

The Traditionalist: Even for the Traditionalist, you really only need one of these books. Gordis is very good and thorough, but way more than you will need for MMI. Motulsky is written in simple language and might be helpful if you've never taken stats.

The Alternative: Any stats book with which you feel comfortable would probably work.

The Rebel: Both are on reserve at Miner Library and if stats is easy and/or recent for you, the syllabus will certainly suffice.

Helpful Hints

It is said every year—MMI is the easiest class you will have all year. Your upperclassmen will all tell you to relax. Seriously, relax. We know this is easier said than done since this is your first medical school class and all (and hindsight is 20/20)... but try to take our advice. Read the primary literature for PBL and for weekly quizzes. Do some problems to make sure you understand what's going on. Understand the figures and graphs in the journal articles and you will be able to predict what will be quizzed every week. MMI is Rochester's gift to you—it gives you time to adjust to medical school. Start creating balance in your life, get involved in something that makes you happy (clubs, sports, etc.) and then try to keep it up during HSF in order to maintain sanity. This course also teaches you how to use the library and how to find resources online which will prove useful for the rest of the year. Breathe. Relax. Repeat.

Human Structure and Function (HSF)

-Anatomy & Embryology

Netter, Atlas of Human Anatomy

Hansen, Essential Anatomy Dissector

Moore, Essential Clinical Anatomy

Langman, Medical Embryology

Freebie- Everyone will receive a Netter's Atlas from the Alumni Association at the end of orientation week... so don't buy one!

The Traditionalist: Besides the Atlas, the Dissector is pretty crucial. It will be helpful to preview/review dissections at home. Each anatomy table comes complete with an atlas and dissector (and cadaver, obviously), so leave yours at home (seriously, for your own sake... you're already going to smell like lab, your books don't need to join in the fun). Moore's is very good for most. There are blue shaded boxes that are always good tidbits to study (i.e. show up on exams). Moore's is great if you need to get the hang of something in words rather than just pictures. As far as Langman's goes, this one is not necessary, even for the Traditionalist. You will learn that Dr. Hansen is a chalkboard art expert, and his lectures/notes/drawings are excellent for embryology.

The Alternative: Read through the Traditionalist section above. In addition, many people enjoy Netter's Anatomy Flashcards (also one of Dr. Hansen's many gems... and thanks to him, they now come in an iPod version). Many people also buy another book written by Dr. Hansen, Netter's Clinical Anatomy. This book is a somewhat summarized version of Moore's, but also has review questions at the end of the chapters. If Hansen wrote the book, and Hansen sometimes writes anatomy questions for the exams... you do the math. Finally, some enjoyed

Gray's Anatomy for Students rather than Moore's. It's a huge book filled with pictures and explanations galore.

The Rebel: Hate to break it to you, but you are probably going to need to at least use a book or two for this class. You'll get the atlas for free and then the rest of the books are on reserve at Miner Library. This is not to say the syllabi aren't wonderful—they really are. But you just can't learn gross anatomy without some sort of reference.

Helpful Hints

- Read the blue boxes found in Moore's Essential Clinical Anatomy. They include diseases/disorders/injuries/what have you that are not always touched on in class but like to show up on exams.
- The learning objectives at the beginning of each dissection and the bold terms throughout the dissector are very important for exams. To study, students have sent out lists of the bold words for each exam so that groups/individuals may come into the lab and identify each word. For your own study, it's always good to write out answers to learning objectives in the dissector and lecture notes.
- For the delightfully anal among us, some students have found it helpful to prepare for dissections by watching videos found online at <http://www.anatomy.wisc.edu/courses/gross/index.html>.
- For lab, buy some scrubs (nothing fancy here kids), bring in some old ones, or bring in something grungy that you never want to see/wear again. Also be willing to give up a pair of comfy sneaks

that you don't mind tossing at the end of semester. Some people even wore bandanas to cover their hair from the stench. You will all have lockers to keep your scrubs, so it might be a good idea to keep an air freshener and some Febreeze in it. Also, many students pair up so one of their lockers can be the smelly locker and the other can keep the clean clothes. Do not purchase a dissection kit in advance—you'll get one with your supplies for the year. Do

- not fall behind!
- <http://www.medicalmnemonics.com> can help with memorizing.
- Always go to lab. And go to lab more than you're supposed to. How much extra you go in depends on how you learn—some students liked to go in a few extra times a week whereas some students just went in one extra time right before an exam.
- Look at other cadavers. Sure, you know your own, but it's not going to be the only one on the exam. Each exam has about 25 stations... meaning 24 of those stations are not your cadaver. No cadaver is the same!
- Do not fall behind!
- Don't worry; you will get over the initial shock of lab. Very quickly. It will be second nature to go into the lab at night and not be creeped out about it. But beware... just because this is normal to you does not mean it is normal to everyone outside the medical school world, so be careful with your stories ☺
- Learn to reverse scissor. Reverse scissor is your friend. Also, hemostats are fun to hang on your lab partner's gown.

- Do not fall behind (this one seems to be important...)!

Histology

Ross, Histology Text and Atlas

The Traditionalist: Ross is fine, and you really just need it for the pictures... and when you have Dr. Stevens in your lab (she is known for saying "You can't learn histology without an atlas!"). The syllabus notes are often superior to the lengthy text in Ross.

The Alternative: Many students buy Wheater's Functional Histology instead of Ross, saying it has less text and better pictures.

The Rebel: It's hard to study histo without pictures, but there are resources available (see below) if you don't want to buy any book at all. I would say that a good majority of people take this route and do just fine. Lab is trickier without a "field guide" to what you are looking at, but when you have Drs. Hansen, Piekut, Davis, or Kornack, you'll probably be okay.

Helpful Hints

- The key to histo is repetition, repetition, repetition. You need to look at slides over and over to see patterns and recognize them.
- Don't be shy in lab—ask for help!
- Beware of scope motion sickness.
- Dr. Davis is the best. So are her reviews. Never, ever miss these. Ever.
- Later in the year during Host Defense, you will be covering your lab bench with micro specimens... including ones from your butt. So don't think you can feel comfortable eating on it now.
- There are tons of histo websites that are very good. Many of us used

<http://www.bu.edu/histology/m/index.htm>, but you can also try:

- http://www.meddean.luc.edu/lumen/MedEd/Histo/frames/histo_frames.html
- <http://www.path.uiowa.edu/virtualslidebox>

Physiology

BLOCK 1

Use Block I to figure out what you need to do to be successful and establish your study habits.

Alternative students were often into the general physio books by Costanzo (BRS Physio was used by many). You might be sent exams from years past and often one is included in the syllabus. These are (obviously) very helpful. It is NOT necessary to purchase the Boron and Boulpaep Medical Physiology book unless you really like how it is written since it's pretty dense. It's also on reserve in Miner.

BLOCK 2

Mohrman, Cardiovascular Physiology

The Traditionalist: Most found this book very helpful. It explains everything in the block and is a pretty quick read.

The Alternative: You should probably follow the Mohrman lead on this one. It's small, inexpensive and helpful. Don't waste your time searching for an alternative text... this one will do the trick.

The Rebel: Mohrman is on reserve at Miner, and many that fit this type say the syllabus is enough.

BLOCK 3

Levitsky, Pulmonary Physiology

The Traditionalist: Levitsky is good. Last year, the lectures mirrored the text so much that this book was more important than the syllabus.

The Alternative: See above.

The Rebel: You might want this book, depending on how much the lecture notes have changed.

Helpful Hints

- Go to Dr. Rubenstein's extra help sessions if offered. He is awesome at explaining key concepts.
- You will have problems to work through and sessions to talk about them. The sessions can be helpful but very frustrating if you don't take a look at the problems ahead of time.

BLOCK 4

Vander, Renal Physiology

Johnson, Gastrointestinal Physiology

The Traditionalist: The renal book is pretty decent and worth buying since the kidney can be complicated. Even for the Traditionalist, the GI book is not worth it... the syllabus is sufficient.

The Alternative: There's another book by Valtin/Schafer called Renal Function that a couple of people have used and is a perfectly reasonable alternative.

The Rebel: If you feel pretty comfortable with renal, you could probably get by with the syllabus and go to the book reserved at Miner if necessary.

Introduction to Clinical Medicine (ICM)

Bates' Guide to Physical Examination and History Taking

The Traditionalist: Bates is very good and very helpful in helping to prepare for physical exam sessions. It is also sometimes useful for PCC in second semester.

The Alternative: There is a pocket form of Bates that many found to work for ICM and it's cheaper.

The Rebel: Bates is revised frequently, so you could wait until later to buy it if you find you want a copy.

Helpful Hints

- As with every class, the more you put in, the more you get out. With a good small group preceptor in both history-taking and physical exams, you can gain tremendous amounts of clinical knowledge that will serve you well in SCOPE and PCC.
- Practice exam techniques on friends, family, or willing second years.
- There is a website (the link will be sent to you) that has videos of all physical exam techniques. It is often more helpful to watch these than just read it out of a book. Bonus: You can watch them at double speed.

SECOND SEMESTER

Skills in Complete Patient Evaluation (SCOPE)

Bates' Guide to Physical Examination and History Taking
Woodhead JC: Pediatric Clerkship Guide

Ian Schreiner's take on SCOPE:

SCOPE is basically intro to PCC (Primary Care Clerkship). Mondays you will be in an office working with a preceptor from 1pm to 5pm(ish). Ditto for Wednesdays. Thursdays you will have lectures followed by small groups from 1pm to 4pm(ish). Our year was the first year and some disorganization was to be expected. Dr. Medina-Walpole, course director, is eager to tweak the course to make it work so don't hesitate to tell her about problems that come up.

Preceptorships: You will have preceptorships in pediatrics, geriatrics, primary care and rehab medicine. For one half of the class, you will work with a pediatrician once a week and a geriatrician once a week. For the other half of the class, you will work with a primary care doc once a week and a rehab doc once a week. Attendance is required. If you miss a day due to illness, you will (probably) be expected to make it up.

Partners: You will be paired with a partner of the opposite sex. This is to prevent the awkward/lawsuit potential of having two male students exam a female patient. (It is a litigious world). You will work with this partner for the geriatrics, primary care and rehab clerkships. (The peds clerkship will be one-on-one with a peds doc.) The usual pattern is one partner will do the interview and the other will do the exam one week, switching roles for the following week.

Lectures: Sometimes good, sometimes bad. Attendance is not required but this might be the only lecture you get on subjects like cochlear implants. They bring in the experts, to boot.

Assigned readings: I never had time to do them. I tried very hard to skim them before lecture.

Small group activities: Sometimes useful, sometimes not. These are REQUIRED, however. I had no idea what I was doing with the otoscope exam before the small group with the ENT residents. Now I see the TM every time.

Test: There will be one multiple choice test at the end of the year from the material presented in lectures. Everyone passed last year, even those who missed every lecture. The lecture slides were sufficient study material.

Preceptor evaluations: These are pass/fail and it is really hard to fail. Note: your peds preceptor for SCOPE is almost always your peds preceptor for PCC. PCC preceptorships ARE graded so it behooves you to make a good impression during SCOPE.

Primary Care Clerkship 1 (PCC)

There aren't any required texts for the first block of PCC, however that doesn't mean there isn't any reading. The syllabus is huge and chocked full of random readings for each lecture. Like SCOPE, these "required" readings are for your own benefit – they rarely present on a test.

PCC has a lot of moving parts, so make sure to stay on top of it. There are CLIPP cases to complete online, dermatology self studies, and a paper to write: Putting Prevention into Practice. Don't put all of these things off until the last minute as they can pile up!

Helpful Hints

- The PCC experience can be broken into different parts: lectures (which can be enlightening, the same as a previous lecture, and usually go on for too long), preceptor, and small group (often with standardized patients like in ICM).

- The preceptorship experience varies widely from person to person, so just make the most out of what you've got. What matters most is your willingness to learn—from EVERYBODY, not just your preceptor. Ask the nurses, NPs, and anybody else in the office to show you what they do. Be courteous to everyone. Ask lots of questions. Get yourself a notebook and take notes on patients you see that day, do research during the following week and follow up with your preceptor.
- Really learn how to write a good SOAP note and give a good patient presentation. These skills will come in handy for the rest of your life.
- PCC Exams: mostly multiple choice and often taken at varying levels of seriousness among students as they are not worth much towards your final grade. Granted, this is material worth knowing in the long run.

Molecules to Cells (MTC)

Lippincott, Biochemistry

The Traditionalist: Lippincott can be great if you've never taken biochem before. But Dr. Fong's syllabus is so good and thorough that if you were a science major and/or have taken biochem, you probably won't need it. The Genetics text is rarely bought by anyone—Dr. Fong is better than any text.

The Alternative: Lehninger Principles of Biochemistry is good for the pathways of biochem, but is pretty hefty. Many also used this in an undergrad biochem class.

The Rebel: You can do well with just the syllabus for this course.

Helpful Hints

- Dr. Fong is the best. Cherish him, love him for his quirks (including the shoulder shimmy and the lip smack) and his wonderful sweatshirts.
- The syllabus = MTC bible.
- You also receive a "syllabus companion" for each block of the course that is a compilation of old exam questions. Keep up with these questions, doing them as soon as you can after the lectures—there are a lot of them. Definitely do not leave these till right before the exam.
- Keep up with all the pathways you will learn (they pile up). Drawing lots of diagrams is helpful for many... mini whiteboards can be your friend.
- This may seem easier than HSF, but it's still a load of work. Don't slack off!
- Don't be afraid to ask Dr. Fong for help in person or via email... he loves to help.

Host Defense

Lippincott, Microbiology

Cases in Medical Microbiology and Infectious Diseases

Parham, The Immune System

Robbins Pathologic Basis of Disease

The Traditionalist: Lippincott is a pretty solid book, and those who used it seemed to enjoy it. The Parham book is very good, but very detailed. It is worthwhile, though, especially if you've never taken an immunology course. Read it starting at page 1! The Cases book is helpful in preparing for the exams (sometimes exact cases will be pulled from the book and put on the exams). Robbins is a wonderful book with a lot of info, but can also be viewed online. It is expensive to buy new, but you will also be using it second year.

HOW TO FIND/BUY/BORROW YOUR TEXTBOOKS

The Alternative: Micro Cards are often bought by students and can be helpful in memorizing all of the bugs you need to learn. A majority buy Clinical Microbiology Made Ridiculously Simple since the book puts the information in laymen's terms and has some quirky mnemonics and pictures. If you already have an immuno book, that will work.

The Rebel: If you've already seen all of this information before, you can probably get by with Robbins online and the syllabus. Any books used in undergrad for these types of classes might help.

Helpful Hints

- Start memorizing bugs early. There are a lot of them and the names are crazy if you've never had micro before.
- Make sure you've got a strong foundation in basic concepts, especially in immuno.
- If you have a hard time memorizing the bugs, try using things like the Cases book to put things into context.
- Go to the immuno lectures, especially Dr. Frelinger's. He's very eager to help you understand and will often have people show concepts in the front of the class with toys he has. For volunteering, you get some candy.
- Depending on if they reformat the class from last year, the pathology/dermatology portion can come at you quickly at the end of the course. Make sure to stay on top of it (especially if you were not a fan of histo in HSF).

The URMC Bookstore website has the list of books required/recommended for each course. Make a list of these at the beginning of the semester. This will help you in two ways: you can go look at them in the bookstore to see if they would be of use to you before buying them there or online, and you can bring this list to the booksale(s) that always happen at the beginning of the year to get some good deals on all the books you'll need for the semester.

There are many different ways to get your hands on textbooks. If you have a generous Big Sib, you might be able to borrow some books from them over the course of the year, and then maybe buy their USMLE prep materials after they have taken the Boards in the summer. You'll also see hundreds upon hundreds of emails and postings in the Classified section of Blackboard from other students looking to sell their old books often at a very steep discount. It can be very smart of you to grab these while you can, even if you aren't quite sure you'll need it yet. You can always turn around and sell it to a classmate or future first year when it is your turn to be a sophisticated second year (ahem, ahem). As mentioned above, booksales also occur throughout the year (through groups like AMSA or through the 4th years) and are a great place to pick up some cheap texts.

Miner Library, as mentioned in many places above, will have all of the required books on reserve for you to use. You can search for books at the library at <http://www.urmc.rochester.edu/miner>.

Our bookstore is the highest priced option. But, if you happen to have a Barnes and Noble gift card, you can use it there.

Finally, there are all the online sources. Many check out <http://www.bigwords.com> first to see how various retailers compare on price. After that, all of the usual suspects (Amazon, etc.) are in effect.

Lots of people do not fit into the characterizations above. Always check out your options so you can make the most of your (little amount of) money. Ask upperclassmen and search for deals. Find a book series that works for you and run with it.

Places to Study

Karla Haag

On Campus

Medical School Library (Miner)- has a big, open quiet room in the back with big tables as well as computer areas. Hours: Monday - Thursday: 7:30 am – Midnight, Friday: 7:30 am - 10:00 pm, Saturday: 10:00 am - 10:00 pm, Sunday: 10:00 am – Midnight

PBL Rooms- Open 24 hours! Great for studying with a small group but are snatched up quickly around test times. Don't forget about the ones on the second floor near Adolph.

Undergraduate Campus

Carlson Library- Engineering library where lots of graduate students go. Big tables and desks in both quiet and group studying areas. Has a parking lot nearby that is open for parking in the evening or is a short walk from the medical school (it is the closest undergraduate library). Hours: Open until 2 am on weekdays and 12 a.m. on weekends.

Rush Rhees Library- Main undergraduate library with a large, open study room. Has a parking lot nearby that is open for parking in the evening. Hours: Open until 2 am on weekdays and 12 a.m. on weekends.

Gleason Library- 24 hour student lounge/study area has both quiet and group study areas but can get crowded and loud (better on weekend nights... not that you will be studying on most of those). Is located in the same building as Rush Rhees-- to the left and upstairs when you come in.

Off Campus

Panera Bread

1902 Monroe Ave

Great place to study and grab some food or coffee. Hours: 6am-9pm

Wegmans at Pittsford Plaza

3195 Monroe Ave

Tables in the café area upstairs with plenty of food and coffee downstairs! Hours: Sun-Thurs-7am-midnight, Fri-Sat 7am-2am

Barnes and Noble

At RIT- (100 Park Point Drive) has a great study space in the café as well as upstairs. Hours: Mon-Sat 9:00am-10:00pm. Sun-11am-7pm.

At Pittsford Plaza (3349 Monroe Ave)- can be a bit more crowded especially on the weekends. Hours: Sun 9:00AM-9:00PM, Mon-Sat 9:00AM-10:00PM

Starbucks at Mt. Hope

1380 Mt. Hope Ave

Small and can get noisy, but if it gets too crowded, Bruegger's Bagel and the medical center are both nearby. Hours: Sun: 7am-11pm; Mon-Thurs 6am-11am, Fri-Sat 7am-10pm.

Café Cibon

688 Park Ave

Trendy European café in the Park Ave. neighborhood. Staff is sometimes intolerant of space-mooching students. Hours: Mon-Fri 10 am- Midnight; Sat-Sun 9 am- Midnight.

Java's

16 Gibb's St.

A longtime haven for Eastman students, Java's is one of the best known funky coffee shops in town. Prime location in the East End. Frequently have live jazz in the evenings.

Hours: Sun-Thurs 7:30 am- midnight; Friday-Saturday 7:30- 1 am.

Starry Nights

696 University Ave.

New to the café scene, Starry Nights offers a small, but bright space to study. Located in the Flatiron building. Hours: Mon-Wed 7:30 am-11 pm, Thurs-Fri 7:30am-midnight, Sun- 9am-10pm.

Spin Café

739 Park Ave.

A cozy, though somewhat expensive, little café in the Park Ave district. Hours: Sun-Thurs 6:30am-11 pm, Fri-Sat 6:30am-midnight.

Boulder Coffee Co

100 Alexander St.

The closest non-Starbucks coffee place. Free Wi-Fi and music makes this place a popular spot to sit in a corner and study. Hours: Monday-Friday 6am-midnight, Saturday 8am-midnight, Sunday 8am-10pm.

Computing on Campus

Rachel Zigler

There are tons of computers available throughout the school for you to use when you need to check email, do research for your PBL learning objective (maybe minutes before PBL begins), etc. Many of these computers also have printers nearby with swipe access. All students have an insane printing quota, and if you ever run out, then you might just be a little too printer happy.

Side-note: Many wonder if Rochester requires a certain type of computer (i.e. PC vs. Mac). Either will work great here as long as you have Microsoft Office, so go with whatever you're comfortable with! Many of my classmates love their Macs because of the size (among other things) while many others love their PCs for the price (among other things). While most of the desktop computers found throughout the school are PCs, you can also find Macs in Miner Library.

Available Computers/Printers

- Admissions Office: 4 PCs as well as a printer
 - Open 7:30 am – 4:30 pm-ish
- Miner Library: A bunch of PCs and Macs, printers (black/white and color), copiers
 - Open Mon-Thurs 7:30 am-Midnight; Fri 7:30 am- 10:00 pm; Sat 10:00 am- 10:00 pm; Sun 10:00 am- Midnight
- Student Services: 2 PCs that are often pretty tied up
 - Open: 8:00 am-5:00 pm
- Student Lounge: 6-8 PCs in the computer lab and a printer
 - Open: 24 hours with student ID card
- PBL Rooms: 1 PC/room and a printer
 - Open: 24 hours with student ID card

Internet

All computers found in the medical center are connected to the internet. Since the Medical Center at the U of R went wireless, internet access has become extremely simple to attain if you want to bring your own laptop to school. To access the internet on your laptop, enable your wireless card and the SSID "UR_MCguest" should be found.

PDA Information

Updated by Rachel Zigler

A PDA is a computer that fits in your palm and can run software useful to manage your daily life or function in your career. Most PDAs will have an address book, a calendar, a calculator, a task manager, some sort of text writing tool, maybe some games... you get the point. Some will come with a stylus for interacting with the screen, while others just require your finger. Some have a keyboard in addition to the screen while others have a keyboard on the screen itself. The PDA can sync data with your desktop computer so you have a backup copy of your information as well as allowing you to make changes to your schedule/tasks/memos from your computer.

Also, nowadays people go for the phone/PDA smartphone combo for the ease of having everything on one piece of equipment. It used to be that the major disadvantage of this was a smaller screen size. But, now with the advent of the iPhone, Blackberry Storm, and Palm Pre, this is no longer a problem.

Do I need a PDA?

During first and second year? No, not at all. If you like keeping your schedule in your planner, on random post-it notes, or locked away in that brain of yours, that's totally fine. I would say that's what a majority of us do. However, a PDA is said to be very useful during your clerkship rotations, so if you want to get a jump on learning its inner workings and incorporating it into your life, it's never too early to start.

Why are PDAs useful?

Aside from keeping schedules and other data together, medical students find PDAs useful because of the increasing amount of software available for reference and study. There are programs which allow you to look up drugs or get a better description of a particular illness or injury.

But which one do I get?

Totally up to you. If you plan on using it for medical applications, make sure you take a look at the application's websites to see which PDA platform it can run on. Palm webOS is the oldest, so most medical applications can be used on Palm products. But, there are also other choices—Windows, Blackberry and the iPhone—that are quickly adding to the list of programs they can support.

In attempts to describe the options out there, I will lay out the cost and features of a few of the most popular by Operating System below.

Palm webOS/OS

Palm Pre- From \$199.99

- Type: Smartphone
- Display: 3.1 inch touch screen, 24-bit color
- Keyboard: physical QWERTY keyboard
- Wireless: Wi-Fi 802.11b/g
- Memory: 8 GB
- Battery: 5 hrs talk, 300 hrs standby
- Carrier: Sprint More Info:
- <http://www.palm.com/us/products/phones/pre/index.html>

Palm Centro- From \$49.99

- Type: Smartphone
- Display: 320x320 transfective color touchscreen
- Keyboard: physical QWERTY keyboard
- Memory: 64 MB- 128 MB
- Battery: ~4 hrs talk, 300 hrs standby
- Carrier (s): Sprint, Verizon, AT&T
- More Info:
<http://www.palm.com/us/products/phones/centro/index.html>

Windows Mobile

Palm Treo Pro- From \$199.99

- Type: Smartphone
- Display: 320x320 transfective color TFT touchscreen
- Keyboard: physical QWERTY keyboard
- Wireless: Wi-Fi 802.11b/g
- Memory: 512 MB
- Battery: 5 hrs talk, 250 hrs standby
- Carrier(s): Alltel, Sprint More Info:
- <http://www.palm.com/us/products/phones/treopro/index.html>

Moto Q- From \$149.99

- Type: Smartphone
- Display: 2.5 inches, 220x176 pixels
- Keyboard: physical QWERTY keyboard
- Wireless: 3G
- Memory: 256 Flash ROM + 96 MB SDRAM + 32 GB Expandable memory storage
- Battery: 9 hrs talk, 30 days standby
- Carrier: AT&T More Info:
- http://www.wireless.att.com/cell-phone-service/cell-phone-details/?device=Moto+Q™+Global&q_sku=sku2890218

Samsung Jack- From \$99.99

- Type: Smartphone
- Display: 2.4 inches, 320x320 pixels
- Keyboard: physical QWERTY keyboard
- Wireless: 3G
- Memory: 256 MB + 16 GB Expandable memory storage
- Battery: 7 hrs talk, 12 days standby
- Carrier: AT&T More Info:
- http://www.wireless.att.com/cell-phone-service/cell-phone-details/?device=Samsung+Jack&q_sku=sku3740232

Blackberry

Blackberry Bold- From \$199.99

- Type: Smartphone
- Display: 480x320 pixels
- Keyboard: physical QWERTY keyboard
- Wireless: Wi-Fi 802.11a/b/g
- Memory: 128 MB + 32 GB Expandable memory storage
- Battery: 4.5 hrs talk, 13.5 days standby
- Carrier: Most More Info:
- <http://na.blackberry.com/eng/devices/blackberrybold/>

Blackberry Storm- From \$149.99

- Type: Smartphone
- Display: 3.25 inches, 480x360 pixel
- Keyboard: Screen QWERTY keyboard
- Wireless: 3G
- Memory: 128 MB
- Battery: 6 hrs talk, 15 days standby
- Carrier: Verizon More Info:
- <http://estore.vzwshop.com/storm/>

Blackberry Pearl- From \$99.99

- Type: Smartphone
- Display: 240x260 pixel
- Keyboard: physical QWERTY keyboard
- Wireless: EDGE
- Memory: 64 MB + 4 GB Expandable memory storage
- Battery: 4.5 hrs talk, 15 days standby
- Carrier: Most More Info:
- <http://na.blackberry.com/eng/devices/blackberrypearl8100/>

iPhone

iPhone 3GS- \$199.99-\$299.99

- Type: Smartphone
- Display: 3.5 inch (diagonal), 480x320 pixel
- Keyboard: screen QWERTY keyboard
- Wireless: 3G, EDGE, Wi-Fi
- Memory: 16 GB or 32 GB
- Battery: 5 hrs talk on 3G, 300 hours standby
- Carrier: AT&T More Info:
- <http://www.apple.com/iphone/specs.html>

iPhone 3G- \$99.99

- Type: Smartphone
- Display: 3.5 inch (diagonal), 480x320 pixel
- Keyboard: screen QWERTY keyboard
- Wireless: 3G, EDGE, Wi-Fi
- Memory: 8 GB
- Battery: 5 hrs talk on 3G, 300 hours standby
- Carrier: AT&T
- More Info:
<http://www.apple.com/iphone/specs-3g.html>

What about Software?

There are many sites that offer medical PDA resources. Stop by the sites to take a look and see if they are compatible with your PDA.

Miner Library

Links to software (free and commercial) can be found here:

http://www.urmc.rochester.edu/HSLT/Miner/elected_topics/pda

Skyscape- <http://www.skyscape.com>

Handheldmed- <http://www.handheldmed.com>

Medical Pocket PC-

<http://www.medicalpocketpc.com>

Unbound Medicine:

<http://www.unboundmedicine.com>

Ectopic Brain: <http://pbrain.hypermart.net>

iPhone App Store

Interest Groups/Service Organizations

Written/Updated by Karla Haag and Mike Nitzberg

URSMD has many great groups that you have an opportunity to get involved with. Your involvement can range from attending meetings and listening to speakers to helping plan events, so don't hesitate to get involved! There will be an activities fair in the fall where you can meet the students in charge of the groups and get on the listserv so you can be informed of upcoming events.

Interest Groups

Student interest groups are a great way to learn more about different medical specialties or join a group of students with the same hobbies as you. Specialty interest groups host lunchtime or evening meetings with a variety of speaker topics ranging from a general overview about the specialty to specific issues relating to the field. There are also opportunities to get connected with mentors in the field for shadowing or summer research. Some groups also have service and outreach opportunities. If you want to email them, just email "firstname_lastname@urmc.rochester.edu"

Aging Interest Group

Leaders: Jenie George and Ben George

Anesthesiology Interest Group Student

Leaders: Jenna Falcinelli, Dan Feiler, Stephanie Guo, and Rachel Waldman

Cardiology Interest Group Student Leaders:

Bonnie Choy, Brandon Stein, Andrew Walters, Mircea Coca

Dermatology Interest Group Student

Leaders: Imran Uraizee, Amanda Carpenter, and Lindsay Rubenstein
Faculty Leader: Dr. Mercurio, MD

Emergency Medicine Interest Group Student

Leaders: Mike Nitzberg, Jenna Falcinelli, and Viral Patel
Faculty Leader: Dr. Matthew Spencer, MD

Family Medicine Interest Group Student Leaders:

Meghan Kelly, Aba Osseo-Assare, Nicole Altorelli, and Esther Caballero-Manrique

Internal Medicine Interest Group Leaders:

Nicole Altorelli, Matthew Brockway, Howard Lin, and Travis O'Brien

Neurology Interest Group Student

Leaders: Bohoon Lee, Jennifer Choudri, and Leana Doherty

Student Interest Group in Neurology (SIGN) brings together medical students who are interested in exploring the practice of neurology. Our SIGN chapter is very active, and approximately one-quarter of the school's medical students are members of SIGN. The enthusiasm and excellence of the faculty, residents, and staff of the Department of Neurology contribute, in a large part, to the interest of Rochester students in neurology. Our adviser is Ralph Jozefowicz, M.D., who directs Mind, Brain, and Behavior Parts One and Two (second year neurology class and third year clerkship, respectively) and the neurology residency program at the University of Rochester. We generally hold 3-4 meets during the academic year during which speakers discuss a wide variety of topics, from clinical knowledge about their subspecialties to a general discussion of the advantages and disadvantages of pursuing a career in neurology. SIGN also has a shadowing program for those who are interested.

Ob/Gyn Interest Group

Leaders: Christine Neeb and Claire Zhanqe

Oncology Interest Group Student Leaders:
Rachel Anolik and Leana Doherty

Pediatrics Interest Group Student Leaders:
Sarah Keller, Peter Capucilli, and Elizabeth Kaufman
Faculty Leader: Dr. Thomas McInerney, MD

Psychiatry Interest Group Student Leaders: Robin Valpey
Faculty Leader: Dr. Jeffrey Lyness, MD

Surgery Interest Group
The surgery interest group also has student contacts for subspecialties if you have a more specific interest that you would like to learn more about.
Student Leaders: Isabel Bazan and Darren Bryan
Faculty Leader: Dr. Robert Caldwell, MD

Student Groups

Adaptive Sports Group
To increase awareness of how able-bodied the disabled are; to give evidence to future physicians that injury is not the end, but really the beginning; to learn techniques and modalities that are not available in the medical school curriculum, such as transferring someone in a wheelchair and being familiar with adaptive equipment; to break down barriers between able-bodied and disabled individuals; to have fun while helping events run smoothly.

Student Leader: Dan Schatz

American Medical Student Association

The American Medical Student Association (AMSA) is the oldest and largest independent association of medical students in the country with a membership of over 65,000 physicians in training. AMSA is a completely student-governed organization committed to representing the concerns of medical students. We represent no single point of view, and there is a wide array of issues that we address—there is something for everyone. AMSA members champion such concerns as fighting for universal health care, eliminating health disparities, and transforming the culture of medicine. AMSA, for example was one of the leading organizations responsible for the Residency Work Hours Reform movement, resulting in the limitation of and 80-hour workweek for all residents throughout the country.

Our U of R AMSA chapter focuses on community initiatives, education and reform. We have leaders focused specifically on Universal Health Care, Community and Public Health and Advocacy. Examples of past events include: Seacover- a comparison of US and Canadian Healthcare systems in Seattle and Vancouver, A6575 Bill complain- a letter writing campaign with 8 other medical schools in New York State urging our state senators to support and initiative to investigate universal health care.

Other events have included:

- Primary care week- a weeklong series of speakers and events gearing toward informing individuals about inequities in access to health care in Rochester and

showing what you can do to be involved in reform efforts.

- Reality Tour- an afternoon bus tour of local community healthcare centers and other community-focused social organizations that serve the poor.
- Strong and Healthy Hospital Campaign- a burgeoning effort to ensure that only healthy food is provided by the hospital to patients, visitors, and staff.
- Health Carnival at School Number 7- educate elementary school students and their parents about healthy eating, exercise and other healthy habits as well as offer free screening services.
- Other Events: fighting for universal healthcare and lectures about Migrant Worker Health Care and the Indian Health Service.

Our chapter is also involved on the state and national level. AMSA provides the opportunity to use locally generated ideas and transition them to the state and national level. In addition to letter writing campaigns and lobbying days, we send students to both annual regional and national conventions. These weekend long conferences educate you on important health care issues, give you tools to advocate for your patients and enable you to network with medical students across the country.

Student Leaders: Peter Capucelli, Daniel Schatz and Meghan Kelly

American Medical Association Medical Student Section

This is the U of R student chapter of the American Medical Association. As the student section of the larger physician organization, this chapter works with doctors to bring about change in areas of medicine that will affect our health care system for years to come. At the same time we have our own policies, leaders, and meetings that are separate from the larger organization. Specifically, our organization focuses on ways to cover the uninsured, promote public health, end healthcare disparities and reform medical education.

Student Leaders: Frank Bauer, Andrew Walters, Erin Casey, Joshua Segal

American Medical Women's Association

American medical women's association was created by a group of women across the country in order to provide a networking opportunity for women to support each other, discuss the unique challenges of being a woman in medicine, and promote education and advancement of women's health. Past activities have included educational lunchtime talks on being a woman in medicine, volunteer opportunities at the women's group and Sojourner House to help women recovering from substance abuse and other hardships, monthly meetings to talk about your experiences with fellow students and faculty, mentoring opportunities and opportunities to attend the national conference.

Student Leader: Mercedes Szpunar

Asian-Pacific Medical Students Association

APAMSA is a national organization aimed to address the issues relevant to the Asian population that reside in America and elsewhere. As a significant portion of our patient population will be of Asian descent, it is particularly important to learn how to care for them in a culturally sensitive manner as well as promote the health and well-being of the Asian community. One main concern of this organization is the bone marrow crisis which many Asian-Americans and other minorities face when they are in desperate need for a compatible donor. Since tissue types are inherited, the most likely match for those in need may be someone from the same racial or ethnic group. As it stands, Asian-Americans and other minorities are severely underrepresented in the national registry of potential bone marrow donors. As such it is our goal to raise awareness of this issue as well as arrange bone marrow drives to offer those in need a fighting chance. In addition, we will have guest speakers to discuss the regional differences in healthcare that exist in Asia today, as well as the medical crises that afflict them, in hopes of providing a worldwide perspective on healthcare to medical students.

Student Leaders: Jason Chen and Stephanie Guo

EMPEX

This unique student group gives students the opportunity to get hands on experience in the emergency department. After completing training in common clinical procedures are able to volunteer in the ED for 3 hour shifts every other week. Several first year students are

partnered with a second year student that participated last year.

Student Leader: Jesse Schenendorf, Emilie Wasserman, and Rachel Waldman

GAIN (Global AIDS Involvement Network)

Student organization aimed at creating a cohesive network among students and healthcare workers in the common goal of raising awareness of HIV/AIDS and providing services to those affected by this pandemic. Accomplishments to date include creation of alliances with local volunteer organizations, outreach work, political activism, faculty lectures, information booths at local festivals, and involvement in international health projects.

Student Leader: Natalia Golub

Global and Green Medicine

To promote an environmentally conscious approach to health.

Student Leaders: Vijay Vanchinathin and Sarah Porter

Intervol

Intervol is a Rochester organization that takes donated medical supplies and sends them to underserved areas worldwide. Medical students participate in packing parties to help sort unused and recyclable medical supplies at INTERVOL's warehouse. INTERVOL collects these unused recyclable medical supplies from healthcare organizations in upstate New York and ships them to international healthcare organizations to assist people in developing and emerging countries. This is a rewarding way to get some SRO hours and you don't need to stay

the entire time. Students going abroad for the summer can also get medical supplies from INTERVOL to bring to their in-country facilities. For more information, please go to <http://www.intervol.org>.

Islamic Medical Association of North America University of Rochester Chapter

IMANA is a national non-profit organization which was established in the US in 1967. The University of Rochester chapter was co-founded by medical students Aunali Khaku and Imran Punekar in the Fall of 2006. Under the guidance of Dr Shakeel Shareef, and Dr. Ali Hamdan, It has continued to grow and thrive and now includes residents and attendings. The mission of IMANA is to provide a forum and resource for Muslim medical students, physicians and other health care professionals, to promote a greater awareness of Islam, and Islamic medical ethics and values, to provide humanitarian and medical relief, and to be an advocate in health care policy. This mission is guided by the Quranic verse; "If anyone has killed one person it is as if he has killed the whole of mankind, and if he has saved one life it is as if he saved the whole of mankind." (Holy Quran 5:32)

Student Leaders: Imran Punekar, Nurain Fuseini

Medical Center Christian Fellowship

MCCF is a group of Christians in the health professions, primarily medical students, associated with the Medical Center at the University of Rochester who gather regularly for fellowship, prayer, study, and investigation of ethical issues. The group has been an active part of the Medical Center community for over 25 years and encourages students in their personal faith as well as helping them identify

and participate in community service projects and missions experiences abroad.

The vision of MCCF is to encourage students in the medical profession and associated disciplines to grow closer in their relationship with God and His Son, Jesus Christ, amidst the demanding pressures of rigorous schedules and intensity of work, by gathering regularly in fellowship and promoting commitment to a local church throughout the years of school. Through Bible study, overseas missions, and testimonies, we will equip our members to share their faith with unbelievers and inspire them with a desire to serve others, both the needy of our community and our fellow classmates, with generosity. We will foster cogent Christian thinking in our discussion of ethics, medicine, and other intellectual issues, and openly deny secular humanism, preferring instead a worldview led by the Holy Spirit and filled with godly compassion. All this we do in the name of the Lord Jesus Christ.

Student Leader: Mary Stokes, Howard Lin

Medical Students for Choice

Medical students for choice is the largest binational non-profit group run entirely by students. MS4C was founded due to the lack of abortion providers in this country, and to address the lack of education medical students receive on the topic: over 87% of countries in the United States do not have abortion providers and 2/3 of medical students throughout the US and Canada spend a total of 30 minutes learning about one of the most common medical procedures performed on women. Due to these problems, chapters of MS4C at med schools across the nation are active in promoting awareness and sparking curriculum change, with the ultimate goal of

training and recruiting tomorrow's abortion providers and educating medical students on the option of abortion. In the past we have had educational lunch talks on the current political situation, lobbying training, religion and choice, hands-on papaya workshop, shadowing experiences and caravanned to the national conference. MS4C would be thrilled to network with other like-minded individuals but also welcomes students with all views on this issue.

Student Leaders: Emilie Wasserman, Aisha Siebert, Christine Neeb

On-Call Student A Cappella Group

On-Call is URSMD's own medical student a cappella performance group. We perform medical parodies of popular songs as well as non medical pieces. We have weekly practices with performances throughout the year.

Student Leaders: Nicole Altorelli, Megan DeGrouchy, and Isabel Bazan

Outdoor Interest Group

The Outdoor Interest Group is a group for students to share any outdoor activity that they want to participate in with their fellow classmates. Activities range from hiking to biking to weekend camping trips.

Student Leaders: Mary Fraga and Peter Creigh

Physicians for Human Rights

A national group, Physicians for human rights views protecting human rights as a way of protecting human health. At the U of R medical school, the student chapter is interested in the issue of human rights at the international, national, and community level, all while asking:

What unique qualities do physicians contribute to the protections and discussion of human rights. In the past the group has raised money for an orphanage in Thailand, has had service projects, awareness projects and regular dinner discussions of human rights issues.

Student Leader: Haleh Kadivar

Saturday School

Saturday School is a volunteer organization in which medical students go to a local elementary school on Saturday mornings. The morning begins with a breakfast for the children. Then students go to classrooms where they work with the teachers as tutors in math and reading. In the middle of morning there is downtime where we play with the kids in gym or outside. We also provide a mid morning snack. It's a great way to have some fun with the kids and help them with their school work!

Student Leaders: Tristan Nicholson and Mac Bowen

SPECTRUM

Spectrum is a group that serves as an informational, supportive, and educational resource to lesbian, gay, bisexual, transgender, and heterosexual individuals at the University of Rochester Medical Center. Including both student and faculty, this group aims to promote visibility and awareness of LGBT issues within the medical setting. Spectrum is also a social organization that sponsors events such as coffee houses and movie nights.

Student Leaders: Emilie Wasserman, Nicole Tetreault, and Alliya Qazi

StART

StART is a program designed for pediatric inpatients at Strong. Medical students plan and participate in fun activities with children staying at the hospital. We work with kids of all ages every Friday afternoon at 2 pm on the pediatric play deck. Past activities have included a carnival day, scavenger hunts, and art projects. It's a great way to have some fun after a hard week of classes!

Student Leaders: Margaret Hart

Student National Medical Association

The Student National Medical Association is a national student run organization dedicated to increasing social and cultural awareness in the medical community and fostering a diverse student body. Our University of Rochester chapter focuses extensively on community service outreach programs including service initiatives and health fairs to address issues such as adolescent health and sexuality, smoking cessation and prevention, and health maintenance particularly for underserved populations. SNMA also participates in three programs for undergraduate (MAPS), high school (HPREP), and elementary school (YSEP) students that were established to encourage underrepresented students to pursue careers in health related fields. All of SNMA's outreach programs aim both to increase patient; access to medical care and other resources and to empower future physicians to deliver competent and culturally sensitive patient care.

For the student body, SNMA also organizes several social events throughout the year such as our annual welcome reception, Kwanza celebrations, black history month events, and Hispanic heritage month events. In addition, during the year we fundraise for group activities along with collecting donations for various service organizations like our annual coat drive. SNMA would like to congratulate you on your admission to medical school and wish you the best of luck as you advance in your medical education. Feel free to contact any of the executive board members if you would like more information or have questions. You can also visit our chapter website at: <http://urmc.rochester.edu/smd/student/snma> and the national website at www.snma.org. We hope that you consider getting involved in SNMA as we would love to have you as part of our team. From all the executive board members we look forward to meeting you soon!

Student Leaders: Conisha Holloman, Sophia Malary, Nakita Natala, Clifford Pierre, Aba Osseo-Asare, and Millicent Okereke

Students for Integrative Medicine Students for Integrative Medicine seeks to broaden the scope of medical education discussions to include multiple systems of healing. Past topics include psychosomatic medicine, naturopathic and herbal medicine, healing through nutrition, yoga, ayurveda, music and art therapy, healing through humor, and Native American medicine. We hope to create a forum for this discussion through informal gatherings, activities, community service, and guest speakers. Come share your ideas!

Student Leaders: Janna Gewirtz, Michael Jacob

Things to Do In Rochester

Written/Updated by Robin Valpey

We all know that medical school can be a little bit time consuming....Ok, maybe a lot time consuming. With all the studying, the volunteering, the preceptoring, and the interest groups, who would think you'd have time for anything else?!? But seriously, about halfway through first semester, you will begin to hope that there is something outside of medical school here in Rochester and will want to venture out.

You are in luck! Rochester will be ready for you! Who knew that in upstate New York there would be so many fun things to do?! Arts, festivals, theaters, day trips, outdoor activities and more – Rochester has it all! Listed here is just the beginning of ideas for activities to do during your four-plus years, but don't let this hold you back. If you're interested in something that's missing, just take a look on the web or even ask around the med school. You'll be amazed at all that this city has to offer.

Annual Festivals

Believe it or not, Rochester area is known for its incredible festivals, most of which run every year. Although the most popular ones (such as the Lilac and Jazz festivals) bring in people from all over upstate New York, every month seems to be jam-packed with festival activities. Here are the Rochester area annual festivals beginning in August and running through the end of May 2010. If you're here over the summer, there are about 30 more festivals in the area during June and July! Make some time to make it out to one or two.

African/African-American Festival on August 1
Location: Genesee Valley Park
Attractions: Food, entertainment, African drum & dance, arts & crafts
For more info: 458-3389, rochesterabove.org

RBBC Love 'N' Gospel Fest on August 8
Location: Grand Avenue Park
Attractions: Live gospel music, food
For more info: 262-8172

East End Nightlife Festival on August 14
Location: East End District
Attractions: Bars, clubs, restaurants open onto the street; music and beer
For more info: 234-0630, rochesterseastend.com

Carifest & Parade on August 15
Location: Riverside Festival Site
Attractions: Caribbean-themed festival, parade
For more info: 254-1629, rwifo.com

Sankofa Music, Dance & Arts Festival on August 21 & 22
Location: Village Gate
Attractions: Poetry, Drumming, Music, Dance, Kids' activities
For more info: 442-9892, 271-7010

19th Amendment Festival on August 22
Location: Monroe Ave
Attractions: A celebration of the ratification, in 1920, of the 19th amendment to the U.S. Constitution, giving women the right to vote.

Fairport Music and Food Festival on August 29
Location: Fairport Village

Labor Day Parade on September 7
Location: Downtown
For more info: 263-2650, ci.rochester.ny.us

Rochester Irish Festival on September 11 to 13
Location: Camp Eastman, Durand Eastman Park
Attractions: Irish music, dance, cultural workshops, kids' activities
For more info: rochesteririshfestival.org

Clothesline Arts Festival on September 12 & 13
Location: Memorial Art Gallery
Attractions: Renowned arts & crafts, live entertainment
For more info: 276-8900, mag.rochester.edu

Oktoberfest from September 18-20 and 25-27
Location: Camp Eastman, Durand Eastman Park
Attractions: Echt Deutsch music, dancing, food, beer
For more info: irondequoit.org

Purple Foot Festival on September 20
Location: Casa Larga Vineyards, Fairport

Attractions: Grape Stomping, live music, wine tasting, kids' activities, hayride
For more info: 223-4210, casalarga.com
Festival of Food on September 21
Location: Public Market
Attractions: Samples from area restaurants, wineries, farmers, specialty food sellers
For more info: festivaloffood.org
Harvest Jamboree & Country Fair on October 5
Location: Rochester Public Market
Attractions: Seasonal produce, hayrides, entertainment
For more info: 428-6755, cityofrochester.gov
Rochester River Romance/Head of the Genesee Regatta on October 9 to 11
Location: Genesee River from the Erie Canal to Lake Ontario
Attraction: Entertainment, lighthouse and boat tours, hikes, largest regatta in the Northeast
For more info: 428-6767, cityofrochester.gov
ImageOut Film Festival on October 9 to 18
Location: Dryden Theatre, Little Theatre
Attractions: Gay & lesbian film festival
For more info: imageout.org
Columbus Day Parade on October 10
Location: Main Street
For more info: columbusdayrochester.org
Landmark Society Ghost Walk on October 16 to 17, 23 to 24
Attractions: This ever popular Halloween event grips audiences with true, gory talks from Rochester's past told by "resurrected Rochesterians" in period costumes.
For more info: (585) 546-7029, www.landmarksociety.org.
Zoo Boo on October 17 to 18, 24 to 25
Location: Seneca Zoo
Attractions: A Merry-Not-Scary Halloween event where kids dress in their favorite costumes and enjoy 10 trick or treat stations, kid-friendly entertainment, amazing animal presentations and more.
For more info: (585) 336-7200, www.senecaparkzoo.org.
Yuletide in the Country on December 4 to 5, 11 to 13, and 18 to 20
Location: Genesee Country Village and Museum

Attractions: A 19th century style celebration of the season with festive holiday traditions, tours and activities.
For more info: (585) 538-6822, www.gcv.org.
Rochester New Year's Eve Celebration on December 31
Location: Main Street
Attractions: Family-friendly events to count down to 2010; fireworks at midnight
For more info: 428-6697, cityofrochester.gov
Fire and Ice Festival in early February
Location: Casa Larga, Fairport
Attractions: Wine tasting, ice bar, food, seminar
For more info: casalarga.com or 223-4210
Lakeside Winter Celebration in early February
Location: Ontario Beach Park/Port of Rochester Terminal
Attractions: Chili Challenge, Polar Plunge, snow and ice sculptures, dog sled demonstrations, horse-drawn sleigh rides
For more info: cityofrochester.gov or 428-6767
St. Patrick's Day Parade on March 15
Location: East Ave/E Main St, Downtown
Attractions: Parade, family festival
For more info: rochesterparade.com or 234-5167
Rochester High Falls International Film Festival from May 19 to 24
Location: Little Theatre, Memorial Art Gallery, Cinema Theater, Dryden Theatre
Attractions: More than 80 films (full-length, shorts, documentaries)
For more info: rochestersmoviefest.com
Lilac Festival from May 14 to May 23
Location: Highland Park
Attractions: 500 varieties of lilacs, live music, activities, food
For more info: lilacfestival.com
Memorial Day Parade on May 31
Location: Downtown
For more info: 544-2839, ci.rochester.ny.us
Greek Festival in late May/early June
Location: Greek Orthodox Church, East Avenue
Attractions: Food, dancing, cultural presentations
For more info: 244-3377, rochestergreekfestival.com

Professional Sports

If you're into the sports scene, Rochester is home to a few of our own minors/professional teams. Whether it's the dog days of summer or a blizzard outside, there are sports here that you can enjoy.

BASEBALL: **Rochester Red Wings**

Break-Down: AAA Team, affiliate of Minnesota Twins

Season: Early April through end of September

Tickets: \$6 to \$10

For more info:

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

SOCCER: **Rochester Rhinos**

Break-Down: USL 1st division, play at PAETEC Park

Season: Early May through mid-September

Tickets: \$10 and up *For more info:*

<http://www.rhinosoccer.com/main.php>

OUTDOOR LACROSSE: **Rochester Rattlers**

Break-Down: Major league, Eastern Division, play at PAETEC Park

Season: May to August

Tickets: \$9 and up

For more info: www.rochesterrattlers.com

INDOOR LACROSSE: **Rochester Knighthawks**

Break-Down: National Lacrosse League, play at Blue Cross Arena

Season: January to April

Tickets: \$17 and up

For more info: <http://www.knighthawks.net>

ICE HOCKEY: **Rochester American/Amerks**

Break-Down: Play at Blue Cross Arena

Season: October to April

Tickets: \$10 and up

For more info: <http://www.amerks.com/>

BASKETBALL: **Rochester RazorSharks**

Break-Down: Premier Basketball League, play in Blue Cross Arena

Season: January to March

Tickets: \$5 (General Admission) and up

For more info: www.razorsharks.com

INDOOR FOOTBALL: **Rochester Raiders**

Break-Down: Play at Blue Cross Arena

Season: March to July

For more info: <http://rochesterraiders.com/>

Music

Rochester is known nationally for its musical culture. The Eastman School of Music in downtown Rochester is a top-rated, world-renowned training ground for serious performers of both classical and jazz, and for scholars in fields such as musicology and music theory. Founded in 1904, Eastman's Sibley Music Library is the largest academic music library in North America and is open and available to medical students. There are also numerous community organizations in classical, jazz, barbershop, and almost every other musical genre you can think of.

The best way to get informed is to read the two free entertainment papers of Rochester that come out every week. The first, "City," is Rochester's independent newspaper; it gives day by day performances of all genres. "Freetime" is available at many restaurants and bars in the area and is Western New York's arts and entertainment guide. Both papers can also be found throughout the hospital and medical school.

CLASSICAL AND OPERA

Thanks in large part to the musical patronage of George Eastman, the classical music scene in Rochester is one of the best in the country among cities its size.

Eastman School of Music

www.rochester.edu/Eastman/

For those interested in attending high-quality musical performances on a medical student's budget, Eastman is the place to go. Most concerts are free to UR students, including concerts with great artists as John Williams and Robert Shaw. The elegance and acoustics of the Eastman Theatre itself make the visit worthwhile.

Eastman School of Music, Opera Company

www.rochester.edu/Eastman/

One of the best opera performances you'll see in town is through the Eastman School's opera program. Two shows are staged each year, one in the winter and one in the spring. The students are among the most talented in the

country and typically stage an impressive performance.

Hochstein Music School

www.hochstein.org

The Hochstein Music School is a well-respected community music school offering many free concerts to students, including several popular annual productions, such as Handel's *Messiah*.

Mercury Opera Rochester

www.mercuryoperarochester.org

Mercury Opera Rochester is the area's newest cultural organization, and Western New York's only professional opera company. Only in its third season, this organization performs for the Rochester area at Kodak Hall in Eastman Theatre. This coming season includes a combined performance with the Rochester Philharmonic Orchestra featuring the work of Verdi.

Rochester Philharmonic Orchestra

www.rpo.org

The RPO is the internationally renowned orchestra associated with the Eastman School of Music. The RPO puts on over 140 classical and pops concerts per year, hosting over 350,000 patrons. Though their concerts are not free to students, discounts are available. All shows are held at the Eastman Theatre, at beautiful and acoustically excellent venue.

JAZZ AND BLUES

In addition to being the home of the International Jazz Festival every June, Rochester is also home to live jazz throughout the year. Here are the names and locations of venues that feature live jazz. Bring your books and grab a glass of wine to hear some of the best live jazz and improv there is.

Abilene Bar and Lounge

153 Liberty Pole Way; Rochester

Info: Although this normally features alternative, country and Americana, Abilene slips in jazz from time to time

Beale Street Café

689 South Ave; Rochester, NY

Info: Live Blues and music 5 days with a week with no cover!

Bistro 135, Jazz Lounge and Restaurant

135 W. Commercial St.; East Rochester, NY 14445

Info: Features live jazz 5 days a week!

Bob Shop Atrium

274 North Goodman St; Rochester, NY

Info: Live music every Friday, bringing national and international jazz and blues greats

Clarissa's

293 Clarissa St.; Rochester, NY

Info: Home of live jazz, blues and R&B. Open jam sessions every Wednesday

Dinosaur Bar-B-Que

99 Court St.; Rochester, NY 14604

Info: Live music 6 nights a week including jazz and blues

High Fidelity

170 East Ave; Rochester, NY 14604

Info: Featuring a variety of live music, HiFi has jazz every once in a while

Horizons Lounge at Woodcliff Hotel & Spa

199 Woodcliff Dr; Fairport, NY 14450

Info: Hotel near Victor with a great view and jazz on Friday and Saturday nights as well as Sunday brunch

Jazz at the Strathallan Hotel

550 East Ave; Rochester, NY

Info: Live jazz performances most Fridays and Saturdays

Leaf and Bean Coffee

3240 Chili Ave; Rochester, NY 14624

Info: Has frequent jazz performances accompanied by great coffee!

Little Theatre Café

240 East Ave; Rochester, NY

Info: Live music 5 days a week, featuring jazz frequently

Lovin' Cup

300 Park Point Dr.; Rochester, NY 14623

Info: Includes jazz regularly in its nightly lineup

PaRe Bar and Grill

2833 Monroe Ave; Rochester, NY

Info: Enjoy live jazz some nights with a forever amazing menu and relaxed atmosphere

Pomodoro Grill and Wine Bar

1290 University Ave; Rochester, NY 14607

Info: Features live music two or three nights a week in a really amazing environment

Smokin' Joe's Bar & Grill

425 Lyell Ave; Rochester, NY 14606

Info: Hosts live blues groups among other artists
3 nights a week

Water Street Music Hall

204 N. Water Street; Rochester NY, 14604

Info: The largest music hall in Rochester, now
featuring even more jazz!

POP AND ROCK

Numerous places around town host local bands
and out-of-towners for Rochester's enjoyment.

Bug Jar

219 Monroe Ave; Rochester, NY 14607

Info: Features live music 7 days a week (plus
drink specials!)

Milestones

170 East Ave; Rochester, NY 14604

Info: This all live music venue brings in bands of
every sort, ranging from jazz to rock to hip-hop.

The Penny Arcade

4785 Lake Ave; Rochester, NY 14612

Info: This rock-n-roll club has been hosting live
music since 1973! Come out and hear the local
and national rock bands 5 nights a week.

Smokin' Joe's Bar & Grill

425 Lyell Ave; Rochester, NY 14606

Info: Along with the blues, Smokin' Joe's brings
Rochester local rock groups

Water Street Music Hall

204 N. Water Street; Rochester NY, 14604

Info: The largest music hall in Rochester
features all forms of music throughout the year

FOLK AND ACOUSTIC

The fold crowd stays pleased with artists'
appearances at local small venues.

Big Tree Music

12 South Winton

Info: National and regional names in an intimate
setting. Your best bet for great folk music.

Fiddler's Green

4653 Lake Ave

Info: Showcases folk and Irish bands

Northfield Coffee Co.

1790 Penfield Road

Info: Weekly acoustic-folk entertainment and
monthly songwriter showcases.

Salena's

274 N. Goodman Street

Info: Acoustic Flamenco guitar to accompany
your meal on weekends

Theater and Dance**THEATERS AND ACTING**

If you want to enjoy some incredible
performances of acting and dancing, check out
the many options Rochester has to offer.

Featuring both local talent and national
companies, there is always something to see in
Rochester. Here are the

Blackfriar's Theatre

28 Lawn Street

The Blackfriars focus primarily on contemporary
works, typically staging one musical and four
dramatic pieces annually.

Downstairs Cabaret Theatre

20 Windsor Street

This troupe performs in an intimate space in the
East End and takes on a wide range of shows
from the new to the traditional.

Geva Theatre Center

75 Woodbury Boulevard

The largest professional theatre in New York
outside of New York City, Geva puts on six plays
annually on its main stage. It also showcases
several more on the Nextstage, a smaller venue,
often showing original or "in-development"
shows. Though they don't publicize it, rush
tickets are usually available to students for \$8
just before show time.

Nazareth College Arts Center

<http://www.naz.edu/dept/artscenter/>

Here you can experience the work of seasoned
professionals and gifted newcomers as they
display their talents in the galleries, stages, and
performance halls of Nazareth College

Rochester Broadway Theater League

www.rbtl.org

For those who enjoy musical theater, Rochester
Broadway Theater League bring in several
Broadway touring companies each year. Usually

student rush tickets are available at half price an hour and a half before curtain time

Shipping Dock

151 St. Paul St.

This group is generally regarded as the best among the smaller theatres in Rochester and often takes on some of the more challenging pieces.

DANCE

Elizabeth Clark Dance Ensemble

8 Prince St

This group performs original works each year in conjunction with local orchestras. The Dance Workshop also offers classes

Garth Fagan Dance

454-3260

A Rochester native, Garth Fagan has ushered his group from humble beginnings to its current stature as one of the finest modern dance companies in the world.

Park Avenue Dance Company

15 Vick Park B

A small modern dance company that produces one or two performances each year. Classes are also offered.

Rochester City Ballet

461-2100

This classical ballet company puts on several performances each year, including an annual version of its most popular, The Nutcracker Suite.

Art

Rochester also offers some excellent opportunities to look at artwork. Look at some of these galleries to appreciate both famous classics and up-and-coming Rochester talent.

Artisan Works

Type of Art: Work from Upstate New York artists

Location: 565 Blossom Road

Open: Friday, Saturday and Sunday

Price: \$8 for students

Jembet African Art Gallery

Type of Art: Tradition African art, including statues, baskets, jewelry, textiles, etc.

Location: 645 Park Ave

Open: Monday through Saturday

Price: None

Memorial Art Gallery

Type of Art: Paintings, sculptures, prints from over 5000 years.

Location: 500 University Ave

Open: Wednesday through Sunday

Price: Free to U of R students!

Oxford Gallery

Type of Art: Contemporary and period art

Location: 267 Oxford St.

Open: Tuesday through Saturday

Price: Free

Rochester Contemporary Art Center

Type of Art: Contemporary artwork

Location: 137 East Ave

Open: Wednesday through Sunday

Price: \$1

Museums and Historical Sites

The Rochester area is chock full of historical sites for you to learn about the local culture and history. If you're interested in doing some learning outside of the med school books, here are some excellent evening and weekend trip ideas, ranging from Native American reservations to the Jell-O gallery to a museum devoted entirely to toys! On top of that, the price is right and can definitely fit into your med student budget.

Charlotte-Genesee Lighthouse Historic Society and Museum

Open: May 9 – Nov 1

Tickets: Free on Weekends

Description: Located in the village of Charlotte, the lighthouse was constructed in 1822 and offers a beautiful panorama view of the surrounding Rochester area, including Lake Ontario, Ontario Beach Park and the Port of Rochester.

Location/Contact: 70 Lighthouse S / (585)621-6179

Dryden Theater in the George Eastman House

Tickets: \$5 for students

Description: This exhibition space in the museum showcase an unparalleled collection of motion pictures, as well as new foreign and independent cinema.

Location/Contact: 900 East Ave / (585)271-3361

Frederick Douglass Statue

Description: This monument of Frederick Douglass was dedicated by Theodore Roosevelt, then Governor of NYS, in 1899.

Location/Contact: Highland Park

Ganondagan State Historic Site

Open: May 1 to September 30

Tickets: \$3

Description: Visit this famous Native American community where thousands of Seneca lived 300 years ago, tour a full-size replica of a 17th-century Seneca Bark Longhouse, walk miles of self-guided trails and climb the mesa where a huge palisaded granary stored hundreds of thousands of bushels of corn.

Location/Contact: 1488 Victor-Bloomfield Road; Victor, NY 14564 / (585)924-5848

Genesee Country Village and Museum

Open: May 16 to October 18

Tickets: \$4.50 and up for students

Description: This attraction includes a historic village (featuring authentic farms, 19th century food and period buildings and costumes), nature walks and trails and John L. Wehle Art Gallery.

Location/Contact: 1410 Flint Hill Road, Mumford, NY 14511 / (585)538-6822

George Eastman House

Open: Tuesdays through Sundays year-round

Tickets: \$6 for students

Description: As the world's preeminent museum of photography, Eastman House cares for and interprets hundreds of thousands of photographs encompassing the full history of this medium. Visitors can also explore the restored mansion and exquisite gardens that was once home to George Eastman, founder of the Eastman Kodak Company.

Location/Contact: 900 East Ave

Granger Homestead & Carriage Museum

Open: May 19 to October 23

Tickets: \$6

Description: Home to four generations of the Granger Family, the Granger Homestead and Carriage Museum occupy a scenic 10-acre site on North Main Street, just a few blocks from downtown Canandaigua, about 20 miles southeast of Rochester.

Location/Contact: 295 North Main St.; Canandaigua, NY 14424

LeRoy Historical Society and Jell-O Gallery

Open: April 1 to December 31

Tickets: \$4

Description: Historic LeRoy and the Jell-O Museum/Gallery are located in western New York, 30 minutes southwest of Rochester. Learn all about the history of Jell-O and maybe pick up a few recipes while you're at it.

Location/Contact: 23 E. Main St.; LeRoy, NY 14482

National Women's Hall of Fame

Open: Closed in January

Tickets: \$1.50 for students

Description: The women and men of Seneca Falls created the National Women's Hall of Fame in 1969, believing that the contributions of American women deserved a permanent home. Learn about the women who have shaped our nation's history.

Location/Contact: 76 Fall St.; Seneca Falls, NY 13148

Rochester and Genesee Valley Railroad Museum

Open: May 17 to October 25

Tickets: \$7

Description: Visitors enjoy a fun day of train through the museum's train, trolley and car rides, hands-on exhibits and guided tours.

Location/Contact: 6393 East River Road; West Henrietta, NY

Rochester Museum and Science Center

Open: Year-round

Tickets: \$9

Description: Today's Museum offers three floors of hands-on exhibitions in science & technology, natural science, and cultural heritage to explore. An exciting variety of experiences,

from blockbuster exhibitions to camps, classes, and Live Science! demonstrations, are yours to discover.

Location/Contact: 657 East Ave; Rochester, NY 14607

Rockwell Museum of Western Art

Open: Year-round

Tickets: \$5.50

Description: The Museum boasts the finest American Western and Native American art collection this side of the Mississippi. Western and Native American art and culture are the focal points for engaging, dynamic exhibitions and educational events.

Location/Contact: 111 Cedar St.; Corning, NY 14830

Sonnenburg Gardens and Mansions State Historic Park

Open: May 2 to October 31

Tickets: \$5

Description: Escape here to where you'll find time to unwind, surrounded by the lush landscape, colorful vistas, and architectural treasures in our nine formal gardens, our 1887 Queen Anne-style mansion and in our Lord & Burnham greenhouse complex.

Location/Contact: 151 Charlotte St.; Canandaigua, NY 14424

Strasenburgh Planetarium

Open: Year-round

Tickets: \$2 additional to museum admission pass

Description: This addition to Rochester Museum and Science Center offers giant-screen films, star shows, laser shows, simulated space missions and telescope viewing.

Location/Contact: 657 East Ave; Rochester, NY 14607

Strong National Museum of Play

Open: Year-round

Tickets: \$10 for adults, FREE for Strong members

Description: Recognized as one of the nation's top museums for families and children, Strong National Museum of Play is home to the National Toy Hall of Fame, the National Center for the History of Electronic Games, and the

world's largest collection of toys, dolls, games, and other items that celebrate play.

Location/Contact: 1 Manhattan Square; Rochester, NY 14607

Susan B. Anthony House

Open: Year-round, closed Mondays

Tickets: \$3 for students

Description: This site shares the story of Susan B. Anthony's lifelong struggle to gain voting rights for women and equal rights for all.

Location/Contact: 17 Madison St.; Rochester, NY 14608

Outdoor Activities

So I know the warm months don't last too long up here in upstate New York, but there are tons of opportunities to get outdoors and enjoy yourself during those early fall and late spring months. Once again, this is by no means an exhaustive list, so be sure to look for more if you're interested in something else.

CITY PARKS

Genesee Valley Park (GVP)

This park is closest to the medical center. You'll get acquainted with GVP at orientation, and you will see that it has some nice playing fields, barbecue shelters, and is a good access point for the canal path.

Highland Park

Just north of the U or R, this park is very hilly with lots of big trees, paved paths and a band shelter. It plays host to the annual Lilac Festival in May.

Durant-Eastman Park

This park on the shore of Lake Ontario may be the nicest park of all in Rochester. With sand beaches, forest trails and barbecue shelters, it makes a good place to kick around for an afternoon.

Cobbs Hill

Located at the intersection of Monroe Ave, Culver Rd, and Highland Ave has fields, basketball and tennis courts and a hilltop

reservoir with a paved track around it and nice views of the city and surrounding area.

ZOO

Seneca Park Zoo

This Rochester zoo is open year round to visitors who want to take a look at some real wildlife. The zoo also hosts a bunch of events, even in the winter season. Spend a nice weekend there to tackle a different beast than your anatomy books. Hours are from 10 to 5 and rates are either \$7 or \$9 depending on the season.

WALKING/ JOGGING/RUNNING

Genesee Valley Park and the Canal Path

GVP and the Canal Path are directly adjacent to the Medical Center and offer a great place to head out for a run close to school. There are paved trails and some fields around GVP to do shorter loops and flat paved trails extending in all four directions along both the Genesee River and the Canal. The Canal Path can get pretty busy around 5:00 on nice days with bikers, walkers, runners and rollerbladers, but it is a nice place to do an out and back run.

Mt. Hope Cemetery

The cemetery is another very convenient location next to the Medical Center to go running if you don't mind the endless gravestones. The burial site of Susan B. Anthony and Frederick Douglass offers a nice change of pace, with additional hills and some paved paths to explore.

Highland Park

This is a great place to run from the Medical Center with pretty landscaping and flowers, especially during lilac season. Highland Park was designed by Frederick Law Olmstead and sits on a hill with a nice paved loop around the reservoir at the top and a few paths weaving through the lilac bushes. Highland Park is also home to the Lamberton Conservatory with its beautiful glass dome and breath-taking flowers.

Cobb's Hill Park/Washington Grove

Cobb's Hill is a medium-sized park a couple of miles away from the Medical Center. There is a great hill for hill repeats and a flatter 0.75-mile

paved road around the top. There are also some nice dirt trails adjacent to Cobb's Hill park in Washington Grove, accessible from the top of the hill.

Park Ave Area

The Park Avenue area makes for a more urban run. Head down Park Ave for people watching at the cafés, East Ave to check out the old mansions, and University Ave to check out the art scene.

Mendon Ponds Park

Mendon Ponds Park is about a 15 to 20 minute drive from campus and offers miles of fabulous running trails. The trails vary from flat, Quaker Pond Trail, to very hilly 10k Ski Trail. Taking either a map or a local who knows the park is highly recommended.

Additional Note: For those interested in group runs, Fleet Feet in Brighton has weekly workouts on Tuesdays and Saturdays. More info can be found at their website www.fleetfeetrochester.com.

SKIING

Bristol Mountain

Location: Canandaigua, NY

Vertical Drop: 32 1200ft trails; 5 lifts

Prices: \$53 for an 8 hour pass; \$35 for a twilight pass

Drive Time: 35-45 minutes

More: Arguable the best truly local ski area, Bristol offers an impressive (for western NY) vertical drop and a variety of terrain. The main lift is a high speed quad, while there are a few beginning lifts for the novices. A decent terrain park (half-pipe and a number of table-tops, spines and rails) is serviced by its own lift. The twilight pass is a good option for medical students, but it can be very busy on weekends.

Swain

Location: Swain, NY

Vertical Drop: 21 650ft Trails; 5 lifts

Prices: \$43 for a weekend 8 hour pass; \$34 for a twilight pass

Drive Time: 1 hour 15 minutes

More: Decent beginner area, Swain also offers a moderately OK terrain park. Swain would be a great place to learn to ski, for the intermediate,

or to avoid the crowds of Bristol. Don't expect a really thrilling or challenging slope, though.

Holiday Valley

Location: Ellicottville, NY

Vertical Drop: 52 750ft Trails; 12 lifts

Prices: \$55 for 8 hour pass

Drive Time: 2 hours

More: Holiday Valley is a great Western NY ski area, with a number of high-speed lifts and a variety of terrain. There are moguls, glades, cruisers, and a terrain park. One downside is that the runs tend to be a bit short. An advanced snowmaking and grooming setup make this area a good bet for early or late season skiing. Great hotel-ski packages before December and after late February! Well worth the drive.

Additional Note: Farther away, you can head to the ski places in the Catskills such as Greak Peak, or up to a Whiteface in Lake Placid. As a last resort, if you are snow starved and have a long weekend to kill, it is only about 6 or 7 hours up to Vermont and some of the best skiing on the East Coast.

BIKING

Road Biking: Riding in the city can be a bit hectic, but fear not, good terrain is only minutes to the south. Once you get a few miles south of the city, everything opens up and you are riding on empty roads surrounded by farms. A little further south (about 15 to 20 miles) and you start to hit the Bristol Hills, and they are a good option if you want to get in some hills. One popular ride is to head south on Clover Road to Mendon ponds or further on to Honeoye Falls. The Finger Lake region has great riding too, and Lake Canandaigua is a short 30 to 40 mile ride. Riding on the canal path is one alternative to fighting traffic, but on nice days it is often too crowded for anyone wishing to ride fast. Check out the local bike clubs for group rides, races and bike routes.

Mountain Biking: Unfortunately it is illegal to bike on any trails in the Monroe County Parks. This rule is pretty strictly enforced and the

parks department will slap you with a hefty fine if they catch you. There are some options outside of Monroe county though that are pretty good. The closest is in Victor in Dyer Park. The biking here is fairly tame as the trails are well maintained, but it is the closest legal mountain biking to school. About an hour south of the city is Harriety Hollister Recreational Area where you can also go biking. There are some wider well maintained trails used for cross country skiing and also some single tracts weaving through the woods. Check out the Rochester XC-ski foundation website for directions to the park. Letchworth State Park also allows mountain biking but you have to pay a fee to drive your car through the park.

GOLF

Genesee Valley Park

Location: 1000 East River Road; Rochester, NY

Price: \$16 for 18 holes weekdays; \$17 for 18 holes weekends

More: Very conveniently close to school and reasonably priced!

Durand Eastman Park

Location: 1200 Kings Highway; Rochester, NY

Price: \$16 for 18 holes weekdays; \$17 for 18 holes weekends

More: Beautiful scenery as this park is located on Lake Ontario

Shadow Lake

Location: 1850 Five Mile Line Road; Penfield, NY 14526

Price: \$27 weekday; \$33 weekend for 18 holes

More: This club features two 18 hole courses that are both challenging and enjoyable.

Ravenwood

Location: 929 Lynaugh Road; Victor, NY 14564

Price: \$48 weekday; \$58 weekend for 18 holes

More: This is top-of-the-line for the Rochester area with state of the art facility and golf shop.

FISHING

Trout and salmon streams are abundant in upstate New York, and even in the Rochester area. Sandy Creek, near Hamlin Beach, west of the city, has runs of salmon, steelhead and brown trout. Irondequoit Creek and the lower

Genesee, both more or less in the city, are also fishable, but a trip down to the Finger Lakes or east to the mountains may be preferable.

BOATING AND PADDLING

As you have probably seen from the River next to campus, there are lots of places in Rochester to do all kinds of boating and paddling. The canal and the Genesee River are the easiest options if you want to get your feet wet. Right across the river from campus is a rowing club that you can get a membership to and borrow their sculls anytime you want. They can also help get you set up with a group if you want to take out a larger boat. There are also some local paddle shops that rent boats if you are interested in a shorter day trip. For longer paddles the Adirondacks offer many great options from long river and lake trips to pond hopping through the St. Regis Canoe area. The Thousand Islands and the St. Lawrence seaways are also only a few hours away and offer some great areas to paddle around and camp in.

If your tastes run more towards the faster moving water, there are actually places to find some whitewater. The closest is a short man-made whitewater course at Lock 32 in Pittsford. The classes offered through Pack Paddle and Ski come highly recommended for beginners in kayaking and canoeing. Check out their website at www.packpaddleski.com for all kinds of trips.

For some fairly gentle rapids, you can south to Letchworth State Park. These are mostly class I and II and are often swarmed by the rafting trips. The Salmon River north of Syracuse is only about two hours away and offers some faster moving water.

OUTDOOR ROCK CLIMBING

Outdoor rock climbers have three good options. The first is the Gunks, located about 4 hours from Rochester. The Gunks offer 300 routes ranging from 5.1 to 5.13, all trad climbing. Their website is www.gunks.com so check it out. For bouldering, you can go to Niagara Glenn, about

2 hours away. A good website is www.glendbouldering.com. Finally, a weekend trip to New River Gorge in West Virginia is another great option. This is a climber's paradise with walls and walls and walls of great climbing, including sport, trad, top-rope, and bouldering. This is a breezy 8 hour drive away, but well worth it!

DRIVE-IN MOVIE

Vintage Drive-In

Located in nearby Avon, this movie theater offers a great deal for a night of fun. For just \$8, guests get to see 2 first-run movies with an intermission break in between films. There is also a drive-in radio show for an hour before the first movie. You can even bring your own food and drink, given you pay the \$5 food permit fee. Not sure how long the season lasts, but definitely something to check out while the weather is still nice. For more information, check out <http://vintagedrivein.com/>

Indoor Fun

So as you've probably already heard, the winters here can be very cold and very long. For those of you who get cabin fever (like me), you need something to keep you energized and entertained during those long winter days. Here are some ideas for indoor activities when you're not studying.

MOVIE THEATERS:

Little Theater

240 East Ave, #100; Rochester, NY
(585) 258-0400

Dryden Theater

900 East Ave; Rochester NY 14607
<http://dryden.eastmanhouse.org/>

Cinema Theatre

957 Clinton Ave; Rochester, NY 14620
(585) 271-1785

Pittsford Plaza Cinema 9

3349 Monroe Ave; Rochester, NY
(585) 383-1310

Regal Culver Ridge Cinema

2255 E Ridge Rd; Irondequoit, NY

(585) 544-2272

Regal Henrietta Cinema 18

525 Marketplace Drive; Rochester, NY 14623

(585) 424-5461

Cinemark Movies 10 (\$2 movies!!)

2609 West Henrietta Road; Rochester, NY

14623

(585) 292-0303

BOWLING:**Clover Lanes**

2750 Monroe Avenue; Rochester, NY 14618-

4192

(716)244-1484

AMF Terrace Gardens Lanes

1151 Ridgeway Ave.; Rochester, NY 14615

(585)254-0553

AMF Olympic Lanes

1350 Scottsville Road; Rochester, NY 14624

(585)235-5341

AMF Gates Lanes

645 Spencerport Rd.; Rochester, NY 14606

(585)426-0500

AMF Dewey Garden Lanes

4470 Dewey Ave.; Rochester, NY 14612

(716)865-0470

INDOOR ROCK CLIMBING**Red Barn Climbing Gym**

RIT, 113 Lomb Memorial Drive; Rochester, NY

14623

(585) 292 6571 or

<http://redbarnclimbing.rit.edu>

Info: Primarily a bouldering gym, Red Barn Climbing serves the RIT and greater Rochester community. Built in a 100 year old structure with limited heat and no facilities. Expect to climb in temperatures similar to what you find outside at the time of your visit.

Rock Ventures

1044 University Ave; Rochester, NY 14607

(585) 442-5462 or <http://rockventures.net>

Info: Over 18,000 square feet of climbing wall area, 2 bouldering caves, high ropes course with a 42' lead climbing wall.

OTHER:**LaserQuest**

2833 West Ridge Road; Greece, NY 14626

(585) 225-8505

Bars and Nightclubs

Probably no surprise, but there are a ton of bars and nightclubs in the Rochester area. Looking up in the yellow pages may give you a more exhaustive list, but here are the basics on some of the medical student favorites.

APubLive

336 East Ave

Conjoined with Soho East and Daisy Dukes in the East End for one cover price. A Pub recently created a stage area for live bands and has a little bit more of a rock feel on most nights than its hip-hop (Soho's) and country (Daisy Dukes) counterparts.

Bug Jar

219 Monroe Ave

Setting new standards for the once overused term "alternative," the bar features no-holds-barred funky decorating, complete with an "upside-down" room that serves as the dance floor/music hall for the numerous local and sometimes national artists that play here several nights a week. Monday is "Arts and Crafts Night," allowing you to hone your popsicle-stick building skills in the company of a cold beer.

Bullwinkle's Café

622 Lake Ave

It's truly worth visiting this wacky saloon bedecked in Christmas regalia all year long. Run by 70-something year old accordion-playing Betty, Bullwinkle's is open only on Saturday nights that fill to capacity with organ-accompanied, boa-bearing sing-alongers. The drinks are cheap and the popcorn tasty.

Dicky's

791 Meigs St.

A genuine hole-in-the-wall neighborhood bar with an undeniable charm. When the small kitchen is open, they serve great burgers. A welcome, down-to-earth alternative to the frenzied Alexander Street locales.

Distillery

1142 Mt. Hope Ave

The old standby and med school favorite! And not just because of half-priced appetizers after 9PM. It is so close to the hospital that it is hard not to go when downtown seems like too much effort. And the sports atmosphere with tons of TVs doesn't hurt either.

Karma

355 East Ave

Connected to Barfly, Karma also enjoys immense popularity.

Liquid

171 St. Paul St.

This large club is known for always playing good dance music and is always packed. You walk in and see an area with standing room only by a large bar. Past the bar is a large dance floor. The drinks are a little pricey though.

Lux Lounge

666 South Ave

Rochester's answer to the Goth bar. In the warm months they have picnic tables set up out back with a warm campfire. Lux shares both clientele and atmosphere with the Bug Jar.

Marge's Lakeside Inn

4609 Culver Road

A Rochester gem, right on the lake. Hole-in-the-wall bar empties right onto the beach. One of the best places to grab a beer on a nice summer night, right after you have yourself some chocolate almond frozen custard from Don's Original right across the street.

Mex

295 Alexander St

Mex offers a slightly more civilized alternative in the East End with more of a lounge set up. However, if it does get packed you might be waiting a while for a drink, as there is only one bar station. They are well-known for their martinis. The outdoor seating in the small, field-stone grotto is prime real estate during the warmer months. The second floor of Mex is a quality Mexican restaurant.

Monty's Corner

355 East Ave

A sometimes popular pub in the East End that tends to draw a larger than average international crowd, in part due to its selection of European brews that are otherwise hard to find. If you like to sing, try karaoke on Wednesdays.

Murphy's Law

370 East Ave.

Quite a popular Irish pub that gets packed on the weekends. Great place to go out near East/Alexander area.

Old Toad

277 Alexander St.

A popular traditional English pub in the East End that can be a great place for beer and conversation if it's not too busy. This bar has a much more low-key feel than anything else in

the East End. Weekly trivia night on Monday is especially popular. The staff is comprised of business students from England doing a kind of business rotation over here, so if you like English accents and good beer, this is the place for you.

Sheridan's Pub (formerly On the Rocks)

Corner of Irvington and West Henrietta (across from Wendy's)

This hole-in-the-wall bar is walking distance from the medical center and has been a med student favorite in past years. Great Irish pub that will give us deals if you let the owner know you're coming. Cheap, convenient beer. You have to check it out at least once.

Pearl

349 East Ave

A chic and swanky wine bar/restaurant in the East End, Pearl differs from the surrounding bars by drawing a slightly older and/or more civil crowd. A great place for conversation

Pelican's Nest

560 River St.

Another popular lakeside bar. Open only in the warmer months

Heat (formerly SoHo East)

6 Lawrence St.

Southwedge Colony Bar and Grille

503 South Ave

Big leather couches, nice pool table, cool bar, fast service and great prices make this a local favorite. There are also some wicked drink specials if you feel up to it on a weeknight.

Tap and Mallet

381 Gregory St.

This bar has an incredible selection of beers on tap and an even more amazing bottle list. If you're interested in trying a lot of different tastes, come on out. You won't find a Blue Light here.

Tapas 177

177 St. Paul St.

If you like Salsa dancing, this is your place! They have free salsa lessons every Thursday. You can show off your moves on the weekend. This place is also a favorite restaurant in Rochester, before it turns into a lounge in the late evening.

Tiki Bob's

60 Brown's Race

This is the biggest club in the High Falls area. It has a big dance floor and some areas to sit and talk all on the same floor. Sometimes they feature famous DJ's or music artists. They have great drink specials on Thursdays, but are relatively pricier on other days.

Venu

151 St. Paul's St.

This club is one of the classiest clubs/lounges in Rochester. The upstairs features a spacious lounge area with very nice couches. Here you can also order food from an extensive menu. Downstairs features a large dance floor, playing great music. The dress code is enforced rightly though.

Whisky Bar & Lounge

315 Alexander Street.

This club/bar is located across the street from Coyote Joe's. When you walk in it looks like a regular bar, but when you head downstairs, there is a dance floor playing a mix of music on the lower floor. They usually have good music and good drink prices. The only bad thing about this club is that it is smaller than many clubs on Alexander street, so it gets ridiculously crowded sometimes.

Additional note: Rather than look for a single place to go to, most people just bar hop near the intersection of East Ave and Alexander St. or along Monroe Ave. In both areas there are plenty of bars to suit all tastes, whether you're looking for dancing, a sports bar, an Irish pub, or just a local hang out.

Shopping

Updated by Rachel Zigler

APPAREL

Malls

Marketplace Mall

Head straight down Mt. Hope/West Henrietta towards Jefferson and you'll see it on the left. It's super close by, but not huge. It does have your standard mall chains, though, like Express, American Eagle, The Limited, Abercrombie, Macy's, Gap, Victoria's Secret, Sears, and JCPenney.

The Mall at Greece Ridge

Located at 271 Greece Ridge Center Drive and is pretty similar to Marketplace.

Eastview Mall

This is the largest mall around. It's about 20 minutes away in Victor, NY. Some stores include Abercrombie, American Eagle, Ann Taylor Loft, Banana Republic, Eddie Bauer, Express, Forever 21, Gap, H&M, J. Crew, Lord & Taylor, Macy's, Old Navy, Target, White House/Black Market, etc.

The Waterloo Premium Outlets

The Outlets are about 45 minutes away, but if you have the time, they are a great way to find good deals. The Outlets have stores like Calvin Klein, Guess, J. Crew, Nautica, Nike Factory Outlet, Polo Ralph Lauren, Puma, and many, many more.

Non-Malls

Marshalls

Located at 720 Jefferson Road, right near Marketplace Mall and 3340 Monroe Ave.

TJMaxx

Located at 3349 Monroe Ave in Pittsford Plaza

DSW

Located at the same plaza as Marshalls on Jefferson Road.

Boutiques

There are many random little boutiques that you can find in Rochester. To list a few:

A Different Point of View

Located in Pittsford at the corner of Clover Street and Monroe Ave. They carry everything from Vera Bradley to Eileen Fisher as well as Kate Spade and Brighton Leather Accessories.

Joette's of Monroe

Located between Highland Ave and Twelve Corners in Brighton. They specialize in jewelry, watches, belts, scarves, wallets, purses and sunglasses.

Thread

Located on South Ave in Southwedge. Voted Best Men's and Women's Clothing Store in 2007 as well as Best Clothing Store in 2008.

Consignment/Thrift Stores

Anything Goes Clothing Consignment- Fairport
Changing Closets- Victor

Plato's Closet- Southtown Plaza in Henrietta

Goodwill- Across from Southtown Plaza in Henrietta

Salvation Army- 535 East Ridge Road, 3790 West Ridge Road

HOME GOODS

Home Depot

Closest Location: 770 Jefferson Road, (585) 427-0390

Target

Closest Location: 2325 Marketplace Drive (by Marketplace Mall), (585) 424-3370

Walmart

Closest Location: 1200 Marketplace Drive, (585)
292-6000

Lowe's

Closest Location: 2350 Marketplace Drive, (585)
424-1340

Big Lots

Closest Location: 1100 Jefferson Road, (585)
272-1450

Bed, Bath and Beyond

Closest Location: 720 Jefferson Road, (505) 424-
6310

Pier One

Closest Location: 300 Hylan Drive (Across from
Marketplace Mall), (585) 272-1830

Value City Furniture

Closest Location: 1000 Hylan Drive (Across from
Marketplace Mall), (585) 424-6650

Ashley Furniture

650 Hylan Drive (Next to Value City), (585) 487-
4130

Tuesday Morning

Closest Location: 3333 W Henrietta Road, (585)
292-6520

City Mattress

Closest Location: 400 Jefferson Road, (585) 424-
4050

Futons & More

1769 Mt. Hope Ave, (585) 244-6520

Metro Mattress

Closest Location: 600 Jefferson Road, (585) 424-
4490

BULK ITEMS**Sam's Club**

1600 Marketplace Drive (across from Walmart),
(585) 427-8880

BJ's

400 Jay Scutti Blvd, (585) 475-1180

OFFICE SUPPLIES**Staples**

1190 Jefferson Road, (585) 292-0290

Office Depot

1100 Jefferson Road, (585) 272-9860

Office Max

3333 W Henrietta Road, (585) 292-0660

SPORTING GOODS**Dick's**

30 Miracle Mile Drive (behind Marketplace
Mall), (585) 697-7400

Fleet Feet

2210 Monroe Ave, (585) 697, 3338

The Ski Company Mountain Sports

1225 Jefferson Rd, (585) 292-0580

Play It Again Sports

2199 E Henrietta Rd, (585) 359-0740

Park Ave Bikeshop

600 Jay Scutti Blvd, (585) 427-2113

BOOKS AND MUSIC**Border's**

1000 Hylan Dr, (585) 292-5900

Barnes and Noble

3349 Monroe Ave, (585) 586-6020

Greenwood Books

123 East Ave, (585) 325-2050

Small World Books

425 North Street, (585) 232-6970

Brownbag Bookshop

678 Monroe Ave, (585) 271-3494

Lakeshore Record Exchange

370 Park Ave, (585) 244-8476

Guitar Center

1100 Jefferson Rd, (585) 424-2188

House of Guitars, Inc

645 Titus Ave, (585) 544-3500

Bop Shop

274 Goodman St N, (585) 271-3354

Music Lovers

2229 Monroe Ave, (585) 242-0980

THE PLACE TO GO FOR A TON OF RANDOM THINGS**Christmas Tree Shops**

Yes, I am aware the name of the store implies they only sell Christmas trees. But, once you go into the store, you'll see the name is misleading. Like I said, this store sells a ton of random things: furniture, toiletries, kitchen supplies, decorations, food, and more... for pretty cheap prices. It's a fun store to stop by if you need to fill your new place with stuff!

Grocery Stores

Written/Updated by Tyler Moore

Wegmans: By far the best grocery chain in Western New York. Great selection and carries about anything you are looking for. They carry special items dealing with Kosher, Celiac, Low Sodium, Organic, and some item of about every ethnicity. If you really want to find something, go to the Pittsford Wegmans. It has by far the most variety. While most of the time they have decent prices, you can find most of their items cheaper at Walmart. Some of the perks of Wegmans include they don't sell tobacco products, Wegmans has great hot food ready to eat at their casual dining areas, you can check their prices online at www.wegmans.com before you go, and they are constantly ranked in the top companies to work for by Forbes Magazine.

- 3195 Monroe Ave, Rochester, NY - (585) 586-6680
- 745 Calkins Rd, Rochester, NY - (585) 334-4010
- 650 Hylan Dr, Rochester, NY - (585) 424-7255
- 1750 East Ave, Rochester, NY - (585) 244-7950

Walmart: Everyone knows about Walmart. For someone living on a budget, this is the place to shop. No matter how much you may not like shopping for food here, it cannot be beat in prices.

- 1200 Marketplace Dr, Rochester, NY - (585) 292-6000

Price-Rite: This is an up and coming chain to Rochester and the prices are great. They are kind of hit and miss on what items they carry, but their produce selection is excellent. They

carry all types of name brand items, but the real deals come on the Price-Rite brand. They don't give you free grocery bags though, so make sure to bring your own. Go check it out and see if it is your style.

- Ste 260, 3333 W Henrietta Rd, Rochester, NY - (585) 424-4140

Aldi: This is also a hit and miss kind of store. They have most dry goods and some other things, but they also don't provide you with grocery bags. Good deals on dry goods, but other than that, not much selection.

- 615 Jefferson Rd, Henrietta, NY

Palmer's Meat and Seafood Market: This is a great place to find deals on meat when you can't find it at Wegmans for cheap. They always have low prices on bulk boneless skinless chicken breasts and stew beef. They also have a small restaurant inside that is wonderful. If you need good meat, poultry or seafood make sure to stop by Palmers.

- 900 Jefferson Rd, Rochester, NY - (585) 272-9470

BJ's: This is a bulk warehouse a lot like Costco or Sam's Club. It requires a membership, but normally BJ's or Sam's Club will have the cheapest gasoline in town, so some people think it is worth it to get the membership for the gas.

- 400 Jay Scutti Blvd, Rochester, NY - (585) 475-1180

Sam's Club: A bulk warehouse that also sells gas. Most of the time has slightly better prices than BJ's.

- 1600 Marketplace Dr, Rochester, NY - (585) 427-8880

Rochester Public Market: This is the place for great produce. Every Tuesday, Thursday, Saturday and Sunday there are local vendors outside selling their goods. It is year-round, but don't plan on much during the winter if it isn't Saturday. The hours are Tuesday & Thursday: 6:00AM to 1:00PM Saturday: 5:00AM to 3:00PM Sundays: 8:00AM. to 2:00PM. You can always better and cheaper produce here than any other store.

- 280 Union St N Rochester, NY 14609-6014

Tops: Another major grocery chain in Western New York. However, only go here out of last resort. Everything is much more expensive than Wegmans or Wal-Mart, and the selection is not any better. Rumor is they are cutting some stores in the near future.

- 1100 Jefferson Rd, Rochester, NY - (585) 427-9980
- 1900 Clinton Ave S, Rochester, NY - (585) 442-2997

Lori's Natural Foods: Organic food and pretty good selection.

- 900 Jefferson Road, Rochester, NY - (585) 424-2323

African/Caribbean

- D&L Tropical Grocery, 1005 Genesee St (Across the river from the River Campus); (585) 436-0460

Asian

- **Hikari:** 1667 Mt Hope Ave
 - Walking distance from the University and fairly well stocked. At the risk of giving away vital White Coat Ghetto

neighborhood secrets, you should know that their shipment of Chinese specific produce and goods arrives on Tuesdays.

- **West Lake Food Products:** 85 Commerce Dr.; (585) 334-0372
 - A popular, large Asian market with a selection of goods from all over Asia. Lots of produce, seafood, house wares, the works.
- **Rochester Oriental Foods:** 228 Monroe Ave; (585) 325-2354
 - Smaller than West Lake, but with a decent selection of products and some fresh produce.
- **Win Fa Market:** 497 State St.; (585) 546-1250
 - A larger market downtown with a pretty good selection of fresh foods.

Indian

- **India House Food and Imports:** 999 S. Clinton Ave; (585) 244-9210
 - The largest Indian market in the area and a great selection of dried medicinal herbs.

Italian

- **Palmero's:** 2332 Culver Rd.; (585) 467-3950
 - A hometown Italian market with a good selection that will probably meet all of your Italian eating needs.
- **Rubino's Imported Italian Foods:** 1304 E. Ridge Rd; (585) 544-5680
 - A huge selection of Italian specialty items. Carries just about everything.

Food and Wine in Rochester

Bonnie Choy with contribution from previous Blue Book editions

The list below will give you a general idea of what Rochester has to offer, but I would also recommend checking out www.rocwiki.org before you head out to grab a bit to eat. It provides the most updated descriptions and reviews of restaurants. Do keep in mind that this is Rochester, and not New York or San Francisco. However, you can still find good and sometimes unique places to eat. There are always your chain restaurants in town, so I'll focus on places that are more local. Here are some of the highlights:

Price Code (for dinner entrees)

\$ - 10 dollars and under

\$\$ - 10-20 dollars

\$\$\$ - over 20 dollars

AMERICAN-CONTEMPORARY

2 Vine - \$\$/\$\$\$

Trendy bistro setting in the East End with menu based on fresh, local produce. Food is tasty, but not very innovative.

24 Winthrop Street (454-6020)

Bamba Bistro - \$\$/\$\$\$

Casual atmosphere with a upscale menu and raw bar.

282 Alexander St (244-8680)

The Crystal Barn – \$\$/\$\$\$

A fancy place to go, especially when your parents are in town or other special occasions.

Located in a renovated 1860 barn filled with Tiffany chandeliers and Victorian motifs.
2851 Clover St (381-4844)

Edibles – \$\$

Menu is eclectic and creative. Great location and cozy ambience.

704 University Ave (271-4910)

Good Luck - \$/\$\$

A "shared plates" restaurant. Excellent food and inventive cocktails. Trendy decor, but bad acoustics so it can get very loud on a busy night.
50 Anderson Ave (340-6161)

Grill at Strathallan - \$\$/\$\$\$

One of the finest upscale eating establishments in town. Very extensive wine.

550 East Ave (461-5010)

Lento - \$\$/\$\$\$

Excellent food that is local, seasonal, sustainable, organic and bio-dynamic. Also offers a delicious vegetarian menu.

274 N Goodman St, Village Gate (271-3470)

Max of Eastman Place - \$\$\$

Excellent menu and ambience. Conveniently located across from Eastman Theatre.

25 Gibbs St (697-0491)

One - \$\$/\$\$\$

Good food at a decent price (try the calamari). Becomes a nightclub on Thurs-Sat at 11pm.

One Ryan Alley (546-1010)

Rooney's - \$\$\$

Tucked away on a residential street. Many reviewers claim this to be one of the best restaurants in Rochester. Menu changes daily.

90 Henrietta St (442-0444)

Sienna Grill & Bar - \$\$\$

Creative dishes with generous portions and attentive services. Offers complimentary valet.
151 St Paul St (546-4070)

Tapas 177 Lounge - \$\$/\$\$\$

Delicious and creative food and cocktails that changes weekly, though not really offering Spanish food or tapas. Free salsa dancing lessons every Thursday.
177 St. Paul St (262-2090)

AMERICAN-TRADITIONAL**Distillery - \$**

Popular med school bar hangout. Great place to watch a sports game.
1142 Mt. Hope Ave (271-4105)

Elmwood Inn - \$

Another med school bar haunt.
1256 Mt. Hope Ave (271-5195)

Hogan's Hideaway - \$/\$\$

A fixture on Park Ave for almost 20 years. Nice spot for sandwiches, soups, salads, etc.
(442-4293)

J.B. Quimby's Public House - \$/\$\$

Delicious wings and Guinness burger. Great selection of beers to go with your food.
3259 S Winton Rd, Win-Jeff Plaza (272-9780)

Jeremiah's Tavern - \$

One of the best wings in town. Karaoke on Tuesday and Friday nights.
1104 Monroe Ave (461-1313)

Nathan's Soup & Salad - \$

At least 10 soups to choose from on any given day. Want something sweet? You can get the dessert soups.
691 Park Ave (461-3005)

Nick Tahou Hots - \$

Home of the famous garbage plate. Don't know what a garbage plate is? Let's just say that it's amazing.
320 W Main St (436-0184)

BAKERIES**Cheesy Eddie's**

This bakery has been producing delicious cheesecake from a family recipe since 1976. The carrot cake cupcake is also a must-have. Plus, the owners are really nice people.
602 South Ave (473-1300)

Eco Bella

Offers organic gluten-free and vegan baked goods by using local and/or fair-trade products.
732 South Ave (503-2488)

Etna Italian Pastry Shop

Features a wide selection of cookies and pastries. The cannoli are delicious.
2318 Lyell Ave (429-6369)
349 Commercial St, East Rochester (586-2860)

Goodness Cakes

Specialties include mini-cupcakes, cake by the slice, and other goodies. Give their red velvet cake a try.

720 University Ave (271-1890)

The Little Bakery

Voted "Best Bakery" in City Newspaper in 2002, 2006 and 2008. You'll just have to go and decide for yourself.

89 Charlotte St, behind Little Theatre and 2 Vine (232-4884)

Small World Bakery

Breads, pies, pastries, cookies, granola, and more using whole grain organic flours and other organic and local ingredients.

Find them at local farmer's markets, Abundance Co-op, Health and Harmony Natural Foods. (563-9018)

BARBECUE

Beale Street Cafe - \$/\$\$

Higher priced and lesser quality than other places, but free live blues on weekends.

689 South Ave (271-4650)

Dinosaur BBQ - \$\$

Very popular, so be prepared for the wait.

Located in the old Lehigh Valley Train Station overlooking Genesee River.

99 Court St (325-7090)

Sticky Lips Pit BBQ - \$\$

Its delicious BBQ can rival Dinosaur BBQ. So who's better? The debate continues. Also has vegetarian choices.

625 Culver Rd (288-1910)

Uncle Moe's - \$

BBQ and southern comfort food for a great price.

493 West Ave (464-8240)

CARIBBEAN

LJ's - \$

Enormous portions of Jamaican food. Menu changes regularly, but try oxtail and jerk chicken.

366 Thurston Rd (527-0778)

LOM2FWA - \$

Its Haitian cuisine tastes like a good home cooked meal with enormous portions.

554 Chili Ave (697-1092)

Natural Vibes - \$/\$\$

Some of the highlights from this Jamaican restaurant includes ackee and saltfish, Irish moss, and stuffed snapper.

146 Lincoln Ave (235-0770)

CHINESE

Cantonese House - \$/\$\$

If you want some excellent, authentic Cantonese cuisine, this place is it. You can't find a better Chinese restaurant unless you drive 3 hours to Toronto. Great place for dim sum and dinner.

3159 S. Winton Rd, Win-Jeff Plaza (272-9126)

Chen's Garden - \$/\$\$

Good, but not great, Chinese food. Also offers Thai dishes.

1750 Monroe Ave (241-3070)

Golden Port - \$/\$\$

Offers Chinese, Vietnamese and Thai dishes, but food is subpar and overpriced.

105 East Ave. (256-1780)

Shanghai Chinese Restaurant - \$/\$\$

2nd best Chinese restaurants in town.

Shanghainese cuisine and dim sum.

2920 W Henrietta Rd (424-4000)

If you are craving for some greasy Chinese takeout or buffet, no worries, there are many of those around.

DINERS**Charlie's Frog Pond - \$**

A popular Park Ave gathering spot, especially for breakfast. Features daily blackboard specials.

652 Park Ave (271-1970)

Flour City Diner - \$/\$\$

Difficult to find since it moved to the 1st floor of the Renaissance Apartment Bldg, but you'll be rewarded with delicious food once you find it.

2500 East Ave (546-6607)

Highland Park Diner - \$/\$\$

Not the cheapest place for brunch, but food is delicious and you get to enjoy the meal inside an Orleans diner that looks like a big airstream trailer.

960 S Clinton Ave (461-5040)

James Brown's Place - \$

Look past the sometimes "unclean" environment and enjoy the wide selection of delicious breakfast food.

1356 Culver Rd (288-4250)

Jay's Diner - \$/\$\$

Food is decent, and it's open 24 hours.

2612 W Henrietta Rd (424-3710)

Jines Restaurant - \$/\$\$

One of the most popular spots to see and be seen. Food is only decent, so avoid the wait and go somewhere else.

658 Park Ave (461-1280)

Mt. Hope Family Diner - \$

convenient for those who live around the White Coat Ghetto.

1511 Mt Hope Ave (256-1939)

South Wedge Diner - \$/\$\$

Low key place with friendly staff. Try the Asian and Thai specials when they're offered.

880 S Clinton Ave (271-3190)

ETHIOPIAN**Abyssinia - \$/\$\$**

Tasty meal served with injera, a kind of rolled bread. Dishes served in clay pots are good too.

80 University Ave (262-3910)

EUROPEAN**Cherry's European - \$**

Pierogies, crepes, potato pancakes, cabbage rolls, etc. for a very good price.

Public Market near Railroad St entrance

The Old Toad - \$/\$\$

Run by British exchange students and offers monthly Sunday Roast and Curry Night. What makes it special is the extensive selection of beer.

277 Alexander St (232-2626)

Olga's Restaurant - \$/\$\$

Serves up home-style Ukrainian cooking, sometimes with musical entertainment. Call first to make sure it's open.

303 E Ridge Rd (342-2151)

Philip's European Restaurant - \$\$/\$\$\$

Skip the entrees, just go for their desserts. Also sells a candy called 'Zellies' made from Birch tree bark sugar that decreases tooth decay.

26 Corporate Woods (272-9910)

Simply Crepes - \$/\$\$

Delicious savory and dessert crepes for any time of the day.

7 Schoen Place, Pittsford (383-8310)

114 South Ave, B&L Public Library (428-8300)

GERMAN**Swan Market - \$**

A German meat market and deli. Great place for lunch, and always have German beer on tap.

231 Parsells Ave (288-5320)

Rohrbach Brewing Co. - \$/\$\$

In addition to Rohrbach beer, it offers a laid back environment and a page of German specialties.

3859 Buffalo Rd (594-9800)

If you're really craving for more German food, take a road trip down to Rheinblick German Restaurant in Canandaigua or Dano's in Lodi.

GREEK/LEBANESE**Aladdin's Natural Eatery - \$/\$\$**

Lots of vegetarian options. One on the Erie Canal offers a great outdoor dining.

650 Monroe Ave (442-5000)

8 Schoen Place, Pittsford on Erie Canal (264-9000)

Oasis Mediterranean Bistro - \$/\$\$

Casual and friendly atmosphere with a small yet uncrowded dining room and outdoor seating.

Uses seasonal and local ingredients.

687 Monroe Ave (473-0050)

Olive's Greek Taveran - \$/\$\$

Cozy little place with good food.

50 State St, Northfield Common in Pittsford (381-3990)

Sinbad's - \$/\$\$

Similar to Aladdin's, but with a little more flavor. Popular place to go on Park Ave

719 Park Ave (473-5655)

ICE CREAM

Abbott's Frozen Custard

If you like frozen custard, you can find an Abbott's all over Rochester. The one in Bushnell's Basin offers a nice view of the Erie Canal.

624 Pittsford-Victor Rd (385-1366) and many other locations

Bill Wahl's Ice Cream and Yogurt Parlor

Great place to grab some refreshment after a bike ride down the canal path.

45 Schoen Place, Pittsford (248-2080)

Corn Hill Creamery

One of the best ice cream in town.

Unfortunately, it is closed indefinitely, but keep this place in mind if they reopen.

290 Exchange Blvd (454-5110)

Read's Ice Cream

Known for their interesting April Fool's flavor, available only on April Fool's Day. Recent flavors include "Picnic Supreme" with ketchup, mustard, and relish and "Old Ball Game" with hot dogs, cracker jacks, and peanuts.

3130 E Henrietta Rd (334-5520)

Roman Holiday Gelato

One of the few places where you can find gelato in Rochester. A dozen flavors to choose from and they change weekly.

747 Park Ave (244-9450)

INDIAN

India House - \$\$

Not the best in town, but it has a grocery store that sells spices, books, etc.

998 S Clinton Ave (461-0880)

Mysore Woodlands - \$/\$\$

Good South Indian food with lots of vegetarian options.

1900 S Clinton Ave (271-2100)

Shinwari Kabab - \$/\$\$

Recently opened in May 2009, this place has a lot of potential.

1009-15 S Clinton Ave (442-1140)

Tandoor of India - \$\$

From the owners of Thali of India, it boasts the same, if not better, food quality and service.

376 Jefferson Rd (427-7080)

Taste of India - \$/\$\$

Decent food accompanied by entertaining/distracting (depending on your taste) Indian movies and music videos on the television.

3047 W Henrietta Rd (475-1111)

Thali of India - \$\$

Lunch buffets daily and dinner buffet on Mondays. Very popular place for Sunday brunch.

3259 Winton Rd, Win-Jeff Plaza (427-8030)

ITALIAN

Bacco's Ristorante - \$\$/\$\$\$

This little restaurant provides a nice atmosphere and service. Food is great too.
263 Park Ave (442-5090)

Mario's Via Abruzzi - \$\$/\$\$\$

A little overpriced for the quality of the food, but the Sunday brunch buffet is a highlight of the restaurant.
2740 Monroe Ave (271-1111)

Pane Vino - \$\$/\$\$\$

Reviews range from average to excellent. Nice space overlooking the Genesee River.
175 N Water St (232-6090)

Pomodoro Grill - \$\$/\$\$\$

Wood-fired pizzas, pastas, etc. Trendy atmosphere in a renovated sawmill factory with an outdoor patio in the warmer months.
1290 University Ave (271-5000)

Portofino Bistro - \$\$

Moderately upscale. Good food and service, without emptying your pockets.
2171 W Henrietta Rd (427-0110)

Ristorante Lucano - \$\$/\$\$\$

A gem hidden in an unassuming strip mall. Homemade pastas, especially the gnocchi, and desserts are excellent.
1815 East Ave (271-8760)

Rocco - \$/\$\$

An osteria where you can relax and enjoy some food and wine. Simple and seasonal menu with great flavors.
165 Monroe Ave (454-3510)

Veneto - \$\$

Tasty wood-fired pizza when you're in the mood for a fancier dinner.
318 East Ave (454-5444)

JAPANESE

California Rollin' Sushi Bar - \$/\$\$

Quality is poor, but features interesting sushi rolls and all you can eat sushi on Wednesdays.
274 N Goodman St, Village Gate (271-8990)

Plum Garden - \$\$

One of the better Japanese restaurants in town. Good sushi. Large crowds come for hibachi, so be prepared to wait and spend some money. Services can be hit or miss.
3349 Monroe Ave (381-8730)

Plum House - \$\$

Pretty good sushi and bento boxes. Formerly run by the owners of Plum Garden.
686 Monroe Ave (442-0778)

Shiki - \$\$

Good quality sushi and wider selection from the kitchen than other restaurants.
1054 S Clinton Ave (271-2090)

Tokyo Japanese Restaurant - \$\$

Decent sushi and hibachi. Traditional Japanese tables for larger groups.
2930 W Henrietta Rd (424-4166)

Pirahna - \$\$

Creative sushi rolls like California Rollin', but better quality. Slightly overpriced.
682 Park Ave (360-2754)

KOREAN

Seoul Garden - \$\$

Decent, but slightly overpriced. Offers Korean BBQ.

2805 W Henrietta Road (424-2220)

Sodam Korean Restaurant - \$\$

Small dining area. Spicy dishes are genuinely spicy and accommodating to vegetarians.

900 Jefferson Rd, Genesee Valley Regional Market (475-9810)

Young's Korean Restaurant - \$\$

Positive reviews since it opened, some say it's the best of the 3 Korean restaurants in town.

120 Mushroom Blvd (427-76500)

KOSHER

Brownstein's Deli & Bakery - \$

Have the best bagels in Rochester.

1862 Monroe Ave, near Twelve Corners (442-2770)

Geulah's Kosher Cafe - \$

Delicious soups and side dishes.

1200 Edgewood Ave, Jewish Community Center (461-2000)

MEXICAN/TEX-MEX

Dorado - \$\$

Trendy place with good food on Park Ave.

690 Park Ave (244-8560)

John's Tex-Mex Eatery - \$

A laid back atmosphere and food for a good price. Vegetarian/vegan friendly menu.

489 South Ave (232-5830)

Juan and Maria's Empanada Stop - \$ Delicious empanadas with homemade hot sauces. One of many reasons why you should visit the Public Market.

280 N Union St, Public Market (325-6650)

Salena's Mexican Restaurant - \$/\$\$

Its Dos Equis Braised Chicken Wings are out of this world. Check out the Happy Hour Specials.

274 N Goodman St, Village Gate (256-5980)

For those of you who love **Chipotle**, I am happy to announce that one will be opening on Jefferson Rd.

NOODLES

Aja Noodle Company- \$/\$\$

2602 Elmwood Ave This Asian fusion place in Twelve Corners provides large portions for the price – try the garlic eggplant rice bowl.

K.C. Tea & Noodles - \$

Two words: bubble tea. Though not the most traditional. Also offers noodles and sushi.

373 S Goodman St (271-1420)

Ming's Noodles - \$

A variety of tasty noodles, along with other dishes. Great place to warm up in the winter with a bowl of hot noodle soup.

1038 S Clinton Ave (244-0920)

New Ming - \$/\$\$

Like the other Ming's, you'll find a good selection of tasty noodles.

1132 Monroe Ave (271-7267)

PIZZA

Chester Cab Pizza - \$

Nothing can compare to a Giordano's deep dish pizza, this place has stuffed and thin-crust pizza. Heart shaped pizza is available for special order on Valentine's Day.

707 Park Ave (244-8211)

Mr. Shoes - \$

Thick and doughy crust and flavorful sauce. Mr. Shoes generously donates pizza to us hungry med students volunteering at UR Well clinic every week.

1921 South Ave (442-3000)

Piatza's - \$

Pizza here is not great, but if you're hungry, you can get a 14" mega slice for \$3.50.

365 Park Ave (271-4950)

1703 Crittenden Rd (292-5770) take out only

The Pizza Stop - \$

New York-style thin crust that many have claimed to be the best in town.

123 State St (546-7252)

PUERTO RICAN**El Taino - \$**

Hearty, plentiful and cheap.

146 Lyell Ave (454-6522)

Georgie's Bakery - \$

Though it's a bakery, it features Puerto Rican home cooking every Saturday and Wednesday

857 S Clinton Ave (241-3987)

SANDWICHES**Dibella's Old Fashioned - \$**

Locally owned franchise with some of the best subs around.

420 Jefferson Rd (475-1831)

1900 S Clinton Ave, Tops Brighton Plaza (256-2060)

1882 East Ave (473-1118)

Fox's - \$

With a big selection of sandwiches with goofy names drawn from show-biz and pop-culture, it's a great place for lunch . Offers some kosher cold cuts.

3450 Winton Place (427-8200)

Magnolia's Deli & Cafe - \$

With sidewalk seating and location at Park & Oxford, it's a great place to eat especially when the weather is nice.

366 Park Ave (271-7380)

Mise en Place Market - \$

In addition to good food and service, it's also a grocery store with foods produced in the South Wedge neighborhood.

683 South Ave (325-4160)

Open Face Sandwich Eatery - \$

Eclectic selection of sandwiches. Only place in Rochester you can get Moxie (America's oldest soda from 1884). Also try the cookie splits.

651 South Ave (232-3050)

Park & Oxford Deli - \$

Brooklynesque deli serving good quality sandwiches. Features Boar's Head meats.

283 Oxford St (242-8990)

Pellegrino's Deli Cafe - \$

Cold and hot subs, wraps, salads conveniently close to the med center.

1120 Mt Hope Ave (442-6463)

STEAKHOUSES

Black and Blue - \$\$\$

Seared beef served rarer than medium-rare or "blue" is its specialty. Also has an extensive seafood menu.

3349 Monroe Ave, Pittsford Plaza (421-8111)

Grinnell's Restaurant - \$\$/\$\$\$

A Brighton landmark since it opened in 1961. It offers tasty dishes and friendly service.

1696 Monroe Ave (244-3710)

Max Chophouse - \$\$\$

As with Max of Eastman Place, this place does not disappoint.

1456 Monroe Ave (271-3510)

Scotch 'N' Sirloin - \$\$/\$\$\$

Rustic atmosphere with wooden floors and doors.

3450 Winton Place (427-0808)

THAI

Esan's - \$/\$\$

Tasty food, extremely fast service, and good price. Try the Drunken Master Noodle.

696 Park Ave (271-2271)

The King and I - \$/\$\$

A little pricier than Esan's and dishes are hit or miss, but it remains to be a favorite among med students.

1455 E Henrietta Rd (427-8090)

Thai Taste - \$/\$\$

Located close-by, but the decor or lack thereof may explain why it is not as popular as others.

1675 Mt Hope Ave (461-4154)

Siam - \$\$

Meant to be a more upscale experience, but your money will only get you mediocre food and service.

290 Exchange Blvd (232-7426)

Want more Thai food? Many of the Vietnamese restaurants also offer a Thai menu.

VEGETARIAN

Health Garden - \$

For vegetarians who are craving for some "meat" dishes, the menu includes pepper soy steak, curry soy chicken, and sesame mango soy chicken.

350 State St (262-8958)

New Health Cafe - \$

Sunday brunch buffet is an opportunity to taste a variety of vegetarian dishes.

133 Gregory St (301-4095)

VIETNAMESE

Dac Hoa - \$

Great variety of Asian cuisine in addition to Vietnamese at a cheap price. Try the BBQ duck displayed at the window.

230 Monroe Ave (232-6038)

Flavors of Asia - \$

Large portion size and selection. Great vegetarian dishes too.

831 S Clinton Ave (256-2310)

Le Lemon Grass - \$\$

Good quality food, even though it's a little overpriced. Looks closed/abandoned on the

outside, so make sure they're really closed before you turn around and leave.
942 Monroe Ave (271-8360)

Mamasan's - \$\$

Decent food, but overpriced and service can vary. Skip the dumplings, they're bought pre-made from a local Asian market.
2800 Monroe Ave (461-3290)

SEA Restaurant - \$

Try the pho, but stay away from the phat thai.
741 Monroe Ave (473-8031)

Public Market/Farmer's Market

Even though the Rochester Public Market is not a true farmers' market, since you do not need to be a farmer to sell things at the market, it is the place to find the cheapest produce that is in season. Do look around before you buy to check out the quality and price at different stands because some vendors are selling back stock that has been sitting around for days or weeks, while others are selling fresh produce that they picked the day before. Produce is not the only thing you'll find at the market. There are vendors who also sell plants, baked goods, wine, etc. On Saturdays, you will find people from all walks of life converge at the market.

Vendors of interest:

The Pierogie Guy: Handmade pierogies with traditional flavors such as Sauerkraut and Potato Cheddar, but also some novelty ones such as Buffalo Chicken and Pulled Pork.

Stuart's Spices: Many of these are freshly ground by Stuart himself. You'll find just about everything from black pepper to roadkill seasoning.

VM Giordano Import: As you walk in, you will see hundreds of different types of cheese spread out on the long counter. Feeling overwhelmed? Samples are available. Make sure to also check out the selection of olives and the family's own brand of olive oil.

Also check out the baked goods by the Amish family's stand.

5 a.m. to 3 p.m. Saturdays and 6 a.m. to 1 p.m. Tuesdays and Thursdays year round at 280 N Union St.

Farmer's Market in Monroe County

Here are some of the farmers' market close by. Go to www.nyfarmersmarket.com for a complete list of farmers' market.

Brighton Farmers' Market: 9 a.m. to 1 p.m. Sundays from late May through early November at Brighton High School parking lot, 1150 Winton Rd.

Foodlink Farmers' Market: 11 a.m. to 2 p.m. Wednesdays from mid June through September at Washington Square Park, corner of Court and S Clinton.

Monroe Village Farmers' Market: 4 p.m. to 7 p.m. Wednesdays from mid June through mid October at Church of the Blessed Sacrament, 700 Monroe Ave.

Pittsford Farmers' Market: 8:30 a.m. to 2:30 p.m. Tuesdays and Saturdays from May through early November at Pittsford Colony Plaza, 3400 Monroe Ave.

South Wedge Farmers' Market: 4 p.m. to 8 p.m. Thursdays from May through mid November at corner of S Clinton and Alexander, behind Boulder Coffee.

Finger Lakes Wine

The Finger Lakes wine region produces award-winning whites such as Riesling, Chardonnay, and Gewutztraminer. While the terroir of the region is more suitable for whites, do check out the colder weather varietals of reds such as Cabernet Franc, Lemberger, and even the occasional Pinot Noir. Be aware that there are a lot of low quality wines produced by wineries who try to capitalize on the popularity of wine tours and care more about the architecture of their tasting room than their wines. But don't let that deter you from going. Spending a day in the Finger Lakes wine region to enjoy the wines and the scenic views of the area is one of the must-do's in Upstate New York. Here are some of the highlights:

Seneca Lake

With over 35 wineries, Seneca Lake wine trail is the largest and most popular in New York State.

Fox Run: On the west side of the lake, you will often find a crowded tasting room and affordable wines. Its Fine Old Tawny Port is excellent. www.foxrunvineyards.com

Hermann J. Wiemer Vineyard: Has one of the best whites in the region, but it's also one of the priciest. www.wiemer.com

Chateau Lafayette Reneau: A \$5 tasting fee will entitle you to sample 17 wines and receive a souvenir glass. One of the best deals around. www.clrwine.com

Wagner Vineyards

Bring a picnic and enjoy a beautiful view of Seneca Lake from the winery. Not only does it offer great wine, but it also offers great beer from their own micro-brewery. www.wagnervineyards.com

Keuka Lake

Though not as frequently traveled as Seneca Lake, its wineries do have something different to offer. Just visiting Dr. Frank's is worth the trip.

Dr. Konstantin Frank's Vinifera Wine Cellars:

Founded by the one and only Dr. Konstantin Frank who was a pioneer grower of European wine grape varieties in the region, this winery produces some of the finest wines in the Finger Lakes. www.drfrankwines.com

Heron Hill Winery: The beautiful view of the vineyard and Keuka Lake from the winery is the reason to visit this winery, even though their wines are nothing terribly exciting. www.heronhill.com

McGregor Vineyard: Home to the rare (in United States) Vinifera grape varieties Sereksiya Charni, Saperavi Rkatsiteli, and Sereksiya Rose. This is a good place to go for some drinkable red wines from the Finger Lakes. www.mcgregorwinery.com

Cayuga Lake

Bellwether Hard Cider: If you want a slightly different experience, check out the variety of hard ciders offered at this cidery. www.cidery.com

Summer Opportunities

Bill Tran

Updated by Jen Fichter

Okay, after reading the title you might be thinking, “I haven’t even started medical school yet and you’re asking me to think about what to do over the summer, which is...another give or take 10 months away?”

No, I’m not asking you to plan out your entire first year of medical school before you even opened your first medical textbook. Honestly, I would be amazed if you did (unless, you were an MD/Ph. D student) and it might actually be comforting to know, but that would probably take the joy out of exploring new interests, curiosities, and opportunities that await you as future doctors in training. A better idea would be to have that notion in the back of your mind early on so that when an opportunity arises that piques your interest whether it is doing research in another country or participating in a public health project to improve a certain community health issue, you will be on track to taking necessary steps to assure you an opportunity that could have been overlooked otherwise. The mere fact of simply being cognizant about the summer could mean the difference between finding something you will enjoy doing and take a lot from and scrambling to find something to do to fill the time. That’s not to say that some students don’t take the summer off to travel or relax, some in fact do. However, if you have other plans in mind, my best advice is to be aware that you do have opportunities and take initiative to pursue them for summer plans. Another thing that may or may not be obvious is that many summer options you can apply for have deadlines late fall (November to December) to early spring

(January to March). So, make sure you’re aware of the deadlines as well as certain prerequisites before you apply.

Before giving you an idea of common activities past medical students have done over the summer, I do want to emphasize that as you learn about them, do not be limited by them. Your summer opportunities are boundless (you just have to find them!) the most important thing is to choose something that you will enjoy and take the most out of. Considering that you may be planning to finish medical school in four years, this upcoming summer is technically your only “free” summer so try to make the best of it while you can.

Summer Ideas and Research Opportunities

Whether you’re interested in pursuing basic science research in the lab, participating in clinical research or even international research in another country, opportunities are available for you to explore your curiosities. With a diverse array of departments doing world-class research here at Rochester, it is simply a matter of finding a mentor and the right lab for you to get your feet wet in the research arena. Check the Student Portal periodically – it’ll list up and coming and current student opportunities. Many deadlines for summer research are due around December and January. Also, look out for the second-year student research display in the spring. This will be held in Flaum Atrium and will give you a chance to see what students did the summer before, where they traveled and what they recommend. It’s often possible to continue research in an area students worked on previously. Here are some local research opportunities:

- University of Rochester Medical Center General Clinical Research Center
Contact: Kathleen Jensen, MHSA
(585) 275-6409
Kathleen_Jensen@urmc.rochester.edu
- University of Rochester School of Medicine and Dentistry Department of Environmental Medicine Get the Lead Out Project (GLO)
Contact: Katrina Korfmacher, Ph. D
(585) 275-4304
Katrina_korfmacher@urmc.rochester.edu
- University of Rochester School of Medicine and Dentistry Experimental Therapeutics Program Huntington Study Group and Parkinson Study Group
Contact: Ira Shoulson, MD or Aileen Shinaman, JD (Program Coordinator)
(585) 275-2585
Ira.Shoulson@ctcc.rochester.edu
Aileen_Shinaman@rochester.edu
- University of Rochester School of Medicine and Dentistry – Babigian Summer Research Fellowship in Psychiatry
Contact: Jeffrey M. Lyness, M.D., Director, Medical Student Education in Psychiatry
(585) 275-6741
Jeffrey_Lyness@urmc.rochester.edu
- University of Rochester School of Medicine and Dentistry – The Strong Children’s Research Center Student Training Program
Contact: Pamela Iadarola
(585) 275-1537
Pamela_iadarola@urmc.rochester.edu
www.urmc.rochester.edu/scrc
- University of Rochester School of Medicine and Dentistry Student Fellowships in Pathology and Laboratory Medicine
www.urmc.rochester.edu/smd/Path/stufel.html

If learning a new language, new culture, or way of life different from your own is what you’re looking for, consider doing research internationally for the summer. Each summer, nearly half the first year students journey to

another country with a research question they’re interested in answering. Research topics don’t necessarily have to have a science bend to them; instead, they can be sociological or anthropological surveys issues that have yet to be explored or addressed. For students who have gone abroad, most recount wonderful experiences. In addition to research, students have the chance to travel, explore, and immerse him or herself in the local culture. To get some ideas, you may want to explore the following sites:

- American Medical Student Association (AMSA) International Medicine Programs
www.amsa.org/gh.html
www.amsa.org/global/ih/intlinintro.cfm
- Global Health Education Consortium
http://www.globalhealth-ec.org/GHEC/Resources/GHonline.htm
- International Federation of Medical Students’ Associations
www.ifmsa.org
- International Health Care Opportunities Clearinghouse, University of Massachusetts Medical School
www.library.ummed.edu/ihoc
- International Committee, Society of Teachers of Family Medicine (STFM)
www.rushu.rush.edu/familymed.stfm
- Canadian International Health Education Network (CIHEN)
www.cihen.cstudies.ubc.ca
- American Society of Tropical Medicine and Hygiene (ASTMH)
www.astmh.org

- Global Health Council
www.globalhealth.org
- Canadian Society for International Health
www.csih.org
- Centers for Disease Control and Prevention (CDC)
www.cdc.gov
- World Health Organization (WHO)
www.who.org
- United Nations Children’s Fund (UNICEF)
www.unicef.org
- Joint United Nations High Commission for Refugees (UNHCR)
www.unhcr.ch
- Pan American Health Organization (PAHO)
www.paho.org
- Teaching Aids at Low Cost
www.talcuk.org
- Healthlink
www.healthlink.org.uk/index.html
- Hesperian Foundation
www.hesperian.org
- Oxfam
www.oxfam.org
- Intervol
www.intervol.org
- Christian Medical and Dental Society
www.cmds.org
- Doctors Without Borders
www.dwb.org

- Reproductive Health International
<http://www.amwa-doc.org/RHI.htm>
- International Service Learning Health Professions Programs
www.ISLonline.org/health

How do I get funding for research?

Each year, the Office of Medical Education Center for Advocacy, Community Health, Education and Diversity (CACHED) has funds to provide students with a stipend (usually \$3000) to use toward living and other financial expenses. In order to receive funding, interested students fill out an application where they include a written proposal of their research project, which will be reviewed by the research faculty committee. Furthermore, students must also have a letter of support from mentor in which they are going to work with during the summer. Once approved, stipends will be awarded to students for the summer. Deadlines for the application and proposal are usually in early February.

Some Advice...

Whether you’re interested in doing research here, in another state, or in another country, nothing is more important than taking initiative and forming a network of connections. As a starting point, talk to your Advisory Dean about your project and ask them whom you could talk to or meet with. Talk to other students who have done what you’re interested in doing. If you need to find a mentor in another country and don’t know where to start, meet with Adrienne Morgan – the director for Student Enrichment Programs. Her email address is: Adreinne_Morgan@urmc.rochester.edu

The key is networking, and the more you network, the more successful you'll be in finding a mentor.

Another piece of advice...

If you're interested in going to another country over the summer, plan on starting to contact potential mentors earlier as correspondence and communication from another country is often slower and may be a bit more difficult, but not impossible. A judicious time start is sometime during late fall, such as November or December. The same piece of advice also goes for summer research here or in another state as well. The early bird catches the worm...

Community Outreach

Opportunities to immerse oneself in the Rochester community, to explore its issues, as well as making a direct impact among fellow Rochesterians are widely available. Here are a few that are associated with the medical school. Bear in mind this is not an exhaustive list.

UR Well Clinic

UR Well is an entirely student run non-profit organization whose mission is to provide free health care services to the uninsured and under-served families in the Rochester community. Numerous volunteer opportunities are available during the year that allow first and second years to take patient vitals, take history as well as partake in administrative responsibilities. Third and fourth years perform patient exams and workups. During the summer, full-time positions are available for students with greater role in clinical care and administrations. Training is also provided for more specialized clinical responsibilities.

Rochester City School District
Sojourner House
FoodLink
Children Helped in Illness Loss or Death
Reaching Out to Kids
Hoops for Health
The Women's Place
Monica House
Melita House
Westside Health Services
St. Joseph's Neighborhood Center
The Women's Health Partnership
Salvation Army
Hadassah "Check It Out"
Knitting Needles in Therapy
StrongArt
Heritage Christian Stables
Together Including Every Student (TIES)
Christopher's Challenge
Apple Wars
The American Cancer Society
The American Heart Society
The American Lung Association
Global AIDS Awareness Interest Group
Get the Lead Out Nazareth
Middle School Rochester
Psychiatric Center Migrant
Health Clinic
Tar Wars
Threshold
Isaiah House
One-on-One
Bethany House
Alternatives for Battered Women
INTERVOL
In Good Company with Monroe Community
Hospital
Operation smile
Musician's Gift

Science Technology and Entry Program (STEP)

STEP is a month long enrichment program that caters to youth from the 8th to 12th grades that come from disadvantaged and underrepresented backgrounds. The mission of the program is to motivate students to pursue professions in the medical and healthcare professions. Each summer, the program accepts a number of medical students who work as instructors to teach students topics ranging from nutrition, heart disease to social justice. Curricula topics can change from year to year and is under discretion of instructors. If you're interested in teaching and working with motivated youth, STEP is a rewarding program that has a direct impact on the lives and future aspirations of junior and high school students.

Contact:

Gladys_Pedrazaburgos@urmc.rochester.edu

Summer Undergraduate Research Fellowship Program (SURF)

SURF is an 8-week summer program similar in mission to STEP; however, students in the program are currently in college and are planning to apply to graduate, medical or health care related field. College students in the program have early exposure to the field of medicine through research, taking gross anatomy lab, participating in PBL sessions as well as shadowing in ER rotations. In addition, they also take an MCAT course to prepare them for the MCAT.

During the summer, instructor positions are available for medical students to teach the MCAT, Gross Anatomy Lab as well as facilitate PBL sessions. Also, instructors who teach Gross Anatomy Lab also teach that same lab in the

pre-matriculation course for incoming medical students. Besides being an instructor, you also act as a mentor to guide and motivate them in the medical school application process. Past instructors have expressed immense satisfaction working with the students in the program and have said that it was a nice opportunity to review basic concepts learning during first year. Some teaching experience is necessary as well as proficiency in anatomy.

Clearly, this is just a glimpse of some of the opportunities available during the summer. Summer or year-out fellowships, public health and other unique health related experiences are also available that I haven't mentioned for the sake of brevity. Keep on the lookout for these opportunities in your emails, on bulletin boards, in interest groups and online from other institutions. As you look, you might surprise yourself on what you find!

Good luck with first year!

Keeping Your Sanity Intact

Rachel Zigler

Here you are: you've gotten into medical school. You have, no doubt, had a ton of great accomplishments in your life and want to continue down that path. And you will—the way you make it down that path, though, will most likely be different. In undergrad, you had class for a couple hours a day, maybe a job, maybe a sport, maybe some volunteering, maybe studied if you had a test coming up... you get the point. In medical school, going to class and studying *is* your job. When you reach HSF, you will quickly learn that a lot of the material that took you a whole semester to learn in your undergrad class is now taught within a week. That biochemistry pathway that took forever to learn? That's taught in about 20 minutes in MTC. You are expected to master this material quickly as more is loaded on every day.

Past lecture, you'll have PBL, lab, dean's lunches, commuting to preceptor, and possible late clinic days that land you home around 5 pm. How has all of your time disappeared? How are you supposed to master all of that material tonight? Do you forgo eating? Showering? Sleeping? No, definitely not. No one wants you wasting away or smelling like a pigsty. But how do you fit it all in?

Keeping your sanity intact lesson #1 (KYSIL #1): Rome wasn't built in a day. Sure, maybe it could have been. But I bet those Rome builders cherished their sanity. You need to eat, you need to shower, and you need to sleep. Please don't forget that!

KYSIL #2: Be well-rounded. While school and studying may be your job, you have to leave yourself time to do something you enjoy (not that we all don't love our school and study time...). If you like planning things for your class, run for class council. If you like sports, join an intramural team. If you like to sit on your butt and read/watch TV/catch up with friends, then do that. The point is, it is still totally plausible (and necessary!) to keep up with your old hobbies or get some new ones.

KYSIL #3: Tweak your time management skills. There's this video on YouTube that is from SLU SOM. Perhaps you've seen it—it's about pancakes (a.k.a. medical school education). Throughout the year, they have to eat 1000 pancakes. At the beginning, they think it's easy—you only have to eat 5 a day. Some days, though, you get home and you don't want to eat 5 pancakes. You'll just eat them tomorrow. But how are you supposed to eat 10 pancakes tomorrow if you can't even eat 5 today? That leads us to...

KYSIL #4: Learn to be okay with not knowing everything. It's more than okay to not get through 1000 pancakes. Maybe you just nibbled the edges on some because you took time out for an extracurricular activity, to talk on the phone with your parents, or just to get a little extra sleep that night. That's perfectly fine. Focus on the big picture and then fill in with details as time permits. Learn as much as you can, but don't drive yourself crazy. As the great William Osler once said, "Undoubtedly the student tries to learn too much, and we teachers try to teach him too much—neither, perhaps, with great success."

To sum it up, I'd like to turn to Murphy's Laws. Most have heard of his first law: "If anything

can go wrong, invariably it will.” Okay, that’s a downer. So let’s consider some of Murphy’s lesser known Laws.

- “Nothing is ever as simple as it first seems.”
 - Like the pancake story, eating five a day sounds easy enough, until you get tired of eating five a day. Keep this in mind so you can stay on track.
- “Everything you decide to do costs more than first estimated.”
 - I’m sure the first thing that may have crossed your mind was loans. But this also applies to time. Block out your time accordingly (including breaks... everyone loves breaks) so you can be as efficient as possible.
- “Every activity takes more time than you have.”
 - See KYSIL #1.
- “Whatever you set out to do, something else must be done first.”
 - In order to learn inborn errors of metabolism, you need to learn pathways like the Krebs cycle first. Try your best not to fall behind!
- “By making something absolutely clear, somebody will be confused.”
 - That physiology problem that everyone thought was so well explained? It was clear as mud to you. Don’t be afraid to ask for help—you are only hurting yourself if you don’t.

- “If you improve or tinker with something long enough, eventually it will break.”
 - Improve/tinker = put more tiny facts found in your syllabus
Something = brain
It = you
Break = go insane
...get the picture?

I tell you all of the things above not to scare you away, but to let you know in advance so you can be prepared. All in all, while medical school is taxing, it can be totally fun if you want it to be. Work hard, but take time out to smell the roses... or play in the snow 😊 Welcome to Rochester!