

# **Student-To-Student Guide (a.k.a The Blue Book)**



## **A Student-Written Guide to Rochester and URMC**

13<sup>th</sup> Edition

Presented by Members of the Class of 2020  
University of Rochester School of Medicine and Dentistry

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# Welcome

*Joon Kim (2020)*

**Congratulations and welcome, Class of 2021!** You're here; ready to embark on the first chapter of your medical training. When you think about everything you've done to get here—your work in the hospitals, your public health projects abroad, your experiments in the laboratory, the students you've taught and mentored, the organizations you've led, the teams you've inspired, and of course the countless hours spent studying— you should certainly be proud. You've earned your spot in the class, and you're ready to make the most of the opportunities that medical school and the city of Rochester present to you. But just as a new beginning bears excitement, it may also harbor uncertainty. Questions about workload, how to study, and work-life balance may already be circulating in your mind, or perhaps you're unsure about what neighborhood to live in, where to buy your groceries, or what there is to do for fun in Rochester.

That's where The Blue Book comes in. It's an old URMC tradition, and years of medical students have put tons of thought and effort into this book. Here, we build upon the foundation of wisdom laid down by previous classes to give you the details on courses, textbooks, housing, transportation, student groups, restaurants, entertainment, and just about everything else we've learned during our time here in Rochester. Our goal is to help make your transition to medical school as smooth as possible so that you spend less time trying to find things out and more time enjoying your new surroundings.

That being said, we hope you find this guidebook helpful and handy as you proceed through your first year. Yes, medical school is extremely tough, but you have your classmates right by your side, and upper class medical students to offer advice whenever you need it. You're also supported by a truly wonderful and caring faculty. Take the time to build these relationships and to explore the wonderful city of Rochester. You will be happy with what you find.

Meliora,

Classes of 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, and 2020

## Editor's Note/Acknowledgements

The Blue Book is the combined effort of medical students across many classes. Our words were built upon what was already written in earlier editions. We thank the numerous contributors to this and past editions of the Blue Book for creating such an insightful and comprehensive product. The name of every student that has contributed to this and prior editions is listed below.

For the current 13<sup>th</sup> Edition, we've gone through and made sure all parts were up to date, and included entries pertinent to the incoming Class of 2021.

We'll leave in the same Buyer Beware that came with prior versions: This book is crammed with individual student's opinions, both past and present. If you don't like something, don't hate us—just fix it when it comes time for you to create the 14th edition.

Sarah Ackroyd	Laura Duclos	Shamelia Loiseau	Ian Schreiner
Kate Allen	Kate Dudley	Melissa Lorenzo	Beth Schwartz
Adeel Ambasi	Adam Dziorny	Maksym Marek	Jeremy Schwartz
Asad Arastu	Toni Eng	John Mariano	Drew Scoles
Xiomang Ba	Constatine Farmakidis	Marlene Matthews	Dave Selander
Bonnie Baker	Jessica Felt	Ben McClintic	Sol Shaftel
Jonathan Bartko	Jenn Fitcher	Kofi Mensah	Alice Shanklin
Craig Benson	Ryan Flanigan	Adwiteeya Misra	Paul Shin
David Bernstein	Rob Fuino	Aekta Miglani	Erika Snow
Jessamyn Blau	Larry Ge*	Kristina Milan	Sarah Spencer Welsh
Jarrold Bogue	Justin Godown	Maxwell Modrak*	Vasisht Srinivasan
Sara Bolduc	Susan Greenman*	Katie Moore	Leigh Sundem
Sanuja Bose*	Molly Grove	Eric Neilson	Raphael Sweet
Ryan Brecker	Karla Haag	Matt Newton	Aleksey Tentler
Chad Brizendine	Stephen Hassig*	Alex Nachman*	Brett Teplitz*
Justin Brucker	Zach Hettinger	Mike Nitzberg	Bill Tran
Lisa Cannon	Michael Hunter	Emily Norkett*	Vienna Tran
Thad Carlson	Alexandra Huttler	Kathryn O'Connor	Rahul Uppal*
Melisa Carrasco	Michael Jacob	Keith Olsen	Robin Valpey
Daniel Charen	Anna Jaffe	Eliza Park	Keith Van Haren
Wen Chen	Kavita Kadiwar	Zanna Parle	Arun Venkataraman
Michelle Circe	Sheri Kardooni	Alap Patel	Katherine Wegman
Tom Cochran	Dave Katz	Rachel Pokorney	Melissa Whitenack
Amanda Coleman	Joon Kim*	Sri Parthasarathy	Emily Walters
Armond Collins	Kristen Larsen*	Rachel Perry	Elizabeth Wilson
Scott Dent	Elton Lambert	Lars Peterson	Joanne Wu
Ravi DeSilva	Howard Lanney	Brendan Prast	Mike Wu
Annabelle DeStMaurice	Ariel Lee	Yan Qi	Julie Yee
Sara Doyle	Cathy Lee	Kevin Rhie	Karolina Zareba
Joy Drebelbis	Joseph Lee	Jerry Saunders II	Lana Zhovtis
			Rachel Zigler

**\*Class of 2020**

# Classes

## Some Definitions:

Evaluations: Rochester requires that you submit evaluations for classes very often. Everyone has to evaluate each class as a whole, and for each new lecturer a subset of the class will be required to fill out an evaluation. Evaluations are completed through MedHub and you'll get an email every time one is added to your list.

LOs: Acronym for "Learning Objectives." This refers to both the 5-minute presentations you give at the beginning of each PBL, and a list of things you're responsible for learning in each course and each lecture. Looking over the LOs for a lecture will give you an idea of what the lecturer thinks is important. A lot of students recommend trying to answer LOs to check your understanding of each topic. They're a great way to organize your studying.

PBL: Acronym for "Problem-Based Learning." Students assemble with a moderator in groups of 9, and talk through a medical case. There will be a "practice" PBL during orientation, three PBLs during MMI, and 6-8 PBLs each during HSF, MTC, and Host-Defense. On the first day of PBL, you'll receive the beginning of a case (in parts), interpret the findings, and then go home and prepare a short "Learning Objective."

Syllabi: A syllabus in medical school **is not** just one sheet of paper that lists the topics and test dates for a course. For each class, you'll be able to download a volume of notes for every lecture in the course (HSF has four syllabi, MTC and Host Defense have three) onto your new iPad. Think of your syllabus as the main textbook for a class- you'll need other books, but only to supplement the syllabus.

## First Year Courses:

In the basic sciences: Mastering Medical Information (MMI), Human Structure and Function (HSF), Molecules to Cells (MTC) and Host-Defense (HD).

In clinical skills: Introduction to Clinical Medicine (ICM), Skills in Complete Patient Evaluation (SCOPE), and the first semester of the Primary Care Clerkship (PCC).

Below is the approximate schedule:

## 1. Mastering Medical Information (MMI)

At a glance:

Duration	3 weeks
Required textbooks	Intuitive Biostatistics, Motulsky Epidemiology, Gordis
Graded assignments	2 Homework Assignments One Quiz Final exam
PBLs	3 PBLs

You will need to do some work in MMI, but August is the time to get yourself settled in Rochester and get to know your classmates – enjoy yourself! Students recommend really learning the material presented in lecture though- it will come back time and time again as you read papers and do research.

*Textbooks:* There is one required textbook for MMI, but **over half of students reported using only the syllabus to study**. MMI for the Class of 2020 has a significantly different structure than it did for the Class of 2019. The required/recommended text for this year's course is Epidemiology 5<sup>th</sup> edition By Leon Gordis, MD, MPH. A popular alternative to Motulsky and Gordis is High-Yield Biostatistics, a good option because it can also be used to review for Step 1.

## 2. Human Structure and Function (HSF)

At a glance:

Duration	5 blocks
Required textbooks	Anatomy: Moore and Agur, Essential Clinical Anatomy; Hansen, Essential Anatomy Dissector; Netter, Atlas of Human Anatomy (you'll get this for free!) Histology: Ross et al., Histology: A Text and Atlas Physiology: Morhman and Heller, Cardiovascular Physiology; Levitzky, Pulmonary Physiology; Johnson, Gastrointestinal Physiology; Eaton and Pooler, Vander's Renal Physiology

	Embryology: Salder, Langman's Medical Embryology
Graded assignments	Five four-hour exams: 1 hour in the anatomy lab, 1 hour in the histology lab, and 2 hours physiology, embryology, and anatomy in the Saunders Research Building.
PBLs	6 PBLs

HSF is much more difficult than MMI. For the vast majority of students, it is impossible to learn everything, and that is OK – remember, the class is Pass/Fail. Most people say that HSF functions in a cycle: the first week of a block, people are fairly relaxed and go out; the second week, people begin to step up their studying; and during the third week, people spend all of their time studying. There will probably be at least one subject in one block that feels insurmountable. That is normal; and don't be afraid to ask for help.

The five blocks in HSF are more or less divided up by organ system, with coordinated anatomy, physiology, histology and embryology. Block I focuses on muscles and the peripheral nervous system; Block II on the heart and lungs; Block III on the cranial nerves and respiratory physiology; and Block IV on the GI system; and Block V on the renal and reproductive systems.

*A Very Important Caveat:* Below, you'll find a lot of recommended books for HSF. Using a lot of books can be overwhelming, so choose books you like and stick to them. One student said, "It was confusing and overwhelming to re-read the same information just stated/diagramed differently, while not knowing what we might actually be responsible for. All the pertinent information is discussed in lab or lecture." The number one piece of advice for HSF is: don't fall behind. Tests roll around quickly, and there is a *lot* of material. As one student put it: "Keep up with or ahead of the material as if it were an 800 pound gorilla running after you with a very angry look on its face. But remember that the gorilla is very friendly and simply wants you to become a better runner." Finally, go to class!

## **Anatomy:**

Anatomy can be a little overwhelming at first. The first dissection you do is designed so that you can take your time, and you should. Get used to the feel of the lab (and its recently installed million-dollar ventilation system!) and get to know your lab partners, as you'll be spending a lot of time together. By the end of Block IV, you'll be amazed at how efficiently you can dissect a foot. Most people buy a pair of scrubs for the lab, some people wear old t-shirts. It doesn't really matter- whatever you wear will almost certainly be thrown out at the end of the semester.

***Books:*** Anatomy is very visual and includes a lot of information, so might find yourself sitting at a table surrounded by five different textbooks. In some cases, this can be a little counterproductive. However, **anatomy is the only subject for which all students reported using at least one book.** First, everyone is given a copy of Netter's Atlas of Human Anatomy (signed by Dr. Hansen!). It's got great full-color pictures, and is extremely (sometimes too) detailed. An alternative to the Atlas is Rohan's Color Atlas of Anatomy. Most students also buy a

copy of the Dissector (an older edition is fine) so that they can review dissection instructions. (Don't bring either of these – or any other book – to lab; there will be copies at each table.)

Most people supplemented these with Moore's Essential Clinical Anatomy or Netter's Clinical Anatomy. Some students also like Gray's Anatomy for Students. Finally, many students swear by the Netter's Anatomy Flashcards, which are detailed and in full color. "Netter's Clinical Anatomy" is written by Dr. Hansen, and you should at least read the pertinent chapters in the library before each exam. The terms that will be tested are all in bold in the Dissector, so focus on learning those structures and supplement with Netter's or Moore's for more detail.

There are also several great iPad apps for visualizing anatomic structures. The most popular is Essential Clinical Anatomy- buy it early on in the year when it's cheaper.

**Lab:** You will have a different lead professor in your lab for each block. All of the professors who work in the labs are really friendly and helpful; don't be afraid to ask questions! They are also very likely to point you in the direction of more high-yield material. Many students also recommend reading the Dissector or watching online dissection videos before you come to lab. It can be difficult to keep up with this routine, but many people agree that it is a good way to be efficient during lab, and to learn more while you are doing it.

**Studying:** Anatomy involves a lot of memorizing, and if you're not a very visual learner, it can be tricky. The number one tip from students is to put in some hours in the anatomy lab after class and on weekends, preferably with a group of like-minded study partners. Quiz each other on structures. Make sure that you test yourself on as many cadavers as possible, including those in other rooms: remember, your cadaver will only be used for at most one question per exam! Many students suggest going through the blue box LOs in the Dissector, and make sure that you can answer them (the test questions are derived from these). Dr. Hansen will post anatomy questions each week; they are very useful for figuring out what to focus on, and they are particularly high-yield for the written exam. Finally, each anatomy exam also usually has a radiograph component, where you have to identify a structure on a CT or x-ray. They usually account for only one question, and the questions are generally among the easier ones. (Everyone understands that radiology is hard.)

**Exams:** For the anatomy practical exam, you will rotate through 25 stations with two minutes at each, no going back to previous stations. Each station has a two-part question: you must identify a structure in the first part (marked with a pin), and answer a secondary question in the second. At the beginning of each station, make sure you orient yourself on the cadaver! Usually a good part of the cadaver will be covered, with only the relevant structure revealed. Make sure you know where the head is, and whether the cadaver is lying face up or face down. (Seriously.) Make sure you start your answers at the correct question number... otherwise, all of your answers will be wrong.

Finally, always double glove – it reduces the smell on your hands!

**Histology:**



Histology can be a blur of pink and purple in the first two blocks, but settles into a nice routine of identifying organs in blocks 3 and 4.

**Books:** Students are about evenly split between those who used a textbook and those that used only the syllabus. Ross can be a great resource for students. Try using it for pictures and then reading the yellow-box summaries at the end. An alternative textbook is "A Photographic Atlas of Histology" by Michael J. Leboffe. It is mostly pictures with explanatory captions and is organized nicely. It is very easy to use and follow along with the labs. A last alternative recommended by previous students is Wheater's Functional Histology, which some students say has better pictures than Ross.

**Bottom line** - All in all it's up to the individual student to decide if they want to use a book or not but they can be really helpful especially in lab.

## **Histology Lab:**

During lab, you'll look at scanned slides on the computer, on which you can zoom in and out to view the different slides. There are (thankfully) no longer physical microscopes in lab.

**Use your time in Histology Lab wisely.** One of the histology professors will generally give an overview lecture before the lab, but you may not understand or catch everything. During lab, work with your classmates to make sure you are identifying structures correctly! This is when those texts come in handy - you can compare what you find on the scanned slides to what the pictures in the text look like.

Histo lab is broken into sections, and you will have a different professor for each block. Generally you will have a quick preview of the slides you will be looking at, and then you will work with your lab partners and go through the slides on your own. During the last ten minutes of class, the professor will review what you should have seen/identified.

Other resources: once you begin to identify organs during class and lab, **use "Shotgun Histo" youtube videos to study.** This series of 2-5 min videos takes you through the structure and function of important cells and landmarks on each organ in a slow and comprehensive way. Just youtube "Shotgun Histology" and the organ you're trying to learn about. Then, enjoy passively studying from your bed. URM also has an app called Histo Slide Review. This has hundreds of labeled images to help you with your pattern recognition. It also has a quiz function for testing yourself. Many students use this as a resource.

**Studying:** Histo takes work, but it's the easiest section of HSF. Make sure you are really good at identifying the slides in lab; you can also use the online University of Rochester slides to review the same slides you saw in class. The more pictures you look at, the better.

A good strategy is to make yourself a PPT or flashcards of the structures you have to know with as many pictures as possible; it's a good way to quiz yourself. You can take screen shots during lab, use pictures from the powerpoint presentations etc. and create a flashcard quiz for yourself.

Because everything can look the same really try to identify "hallmarks" during class or lab that you can use to identify structures/organs etc.

Note that **the last two exams are cumulative**. This will include identifying organs that you have learned throughout the semester. As you go, keep your notes and review key characteristics of each organ.

Bottom line - look at a lot of pictures, make yourself some flashcards, a power point or use the online resources given to you to quiz yourself, **go to the reviews** and don't neglect histology studying because you get caught up in anatomy or physiology. You will use histology later, so it is important to learn during HSF.

**Exams:** All the exams in histology are conducted on computers in the histology rooms. For each exam, you are expected to be able to identify specimens on the scanned microscopic images on the computer. The exams are a mixture of identification of images and some multiple choice questions that can be related to the pictures or may be free-standing questions. The fourth exam is cumulative.

## **Physiology:**

Physiology is tested most "traditionally," as a multiple-choice test. The exams are surprisingly tough, particularly if you've never seen the material before. For a general overview (once you have the details memorized), many students recommend using BRS Physiology by Costanzo. For learning the details of a difficult concept, use Boron and Boulpaep, or Medical Physiology by Guyton, or Ganong's Review of Medical Physiology (the latter is less dense and less detail-oriented than Boron and Boulpaep). Another good resource for learning the details is the set of Lange physiology books. They are smaller, easy to read and are split up into specific systems (pulmonary, cardiovascular etc.) You can get them for FREE on the miner website under E-books. Note that a good plurality of students did not use any textbooks for physiology, as the syllabus is relatively complete. If you're confused or lost, though, turn to a book ASAP.

Bottom line - **the syllabus is very complete**. Use it alone as much as you can, but clarify difficult concepts with a textbook. **Plenty of resource books are available to you in the library and online**. Additionally, the faculty is open to answering any questions that arise during the course.

**Block I:** Block I physiology covers nerve and cardiac physiology. It may seem easy at first, but **it is tough. Do not neglect it**. There is no recommended textbook, but you can definitely find what you need in Boron and Boulpaep. You can also use BRS Physiology by Costanzo. Some of the lectures for this particular block can be very dense and go at a fast pace- it can be easy to

get lost and frustrated quickly - especially during cardiac ion channel and signal transduction lectures. Using a textbook can really help your understanding and comprehension, especially when the syllabus gets dense during the end of block I.

**Block II:** Block II covers cardiovascular physiology. The Mohrman and Heller book is short, inexpensive, and pretty popular amongst students. (Four books in the Lange series are recommended for this class; you might find that you can use them efficiently for board study, because you will already be familiar with them.) Make sure you can draw out and explain the Wigger's diagram.

**Block III:** Block III covers pulmonary physiology, which can be a bit confusing, particularly because you will be learning it during the same block in which you learn the cranial nerves in anatomy. Don't panic! Dr. Hocking is a wonderful professor, and very willing to help if you get confused or behind. The Levitsky book is helpful and relatively inexpensive. The lectures also mirror Levitsky fairly well. During this block, you will have some problem sets (not graded) that are helpful for the exam. The review sessions for these problem sets can be frustrating if you have not done the problems already (luckily, attendance is not required). If you can, go to Dr. Rubenstein's reviews, do the problem set ahead of time and be prepared with your questions ahead of time.

**Block IV:** In Block IV, you'll do renal and gastrointestinal physiology. Few students used anything other than the syllabus to study for this short block.

**Block V:** Renal physiology. The Vander renal book is pretty popular, but fewer students buy it than Levitsky or Mohrman. It can be helpful to draw yourself out a giant nephron and label all of the channels and where the drugs work. Acid and bases can be tricky to understand during this block. Again, using a textbook is going to be your best bet if you are lost. If you don't completely understand everything with acid/base balance the first time around, don't worry. You will see it in almost all your other courses throughout the year. Try to grasp as much as you can during this block but don't freak out if you still don't totally understand everything.

## **Embryology:**

Embryology is spread throughout the course, covering structures concurrently with relevant topics. Many students swear by Hansen's lectures and his intricate chalkboard drawings. Embryology can be a little hard to wrap your head around; so don't neglect it. On the other hand, it does not constitute a major component of any of the tests. It's mainly tested as part of the written anatomy portion of exams. The vast majority of students did not use a textbook for embryology. Those that did either used Langman's, or High-Yield Embryology, a recommended board-review book.

Bottom line - Go to Hansen's lectures, learn the bold terms, use youtube videos if you are having a hard time picturing everything from chalkboard drawings only and don't buy a book

unless you really want to—chances are you won't open it. **Use flashcards to memorize the bolded terminology, which is the basis of the test questions.**

### 3. Molecules to Cells (MTC)

At a glance:

Duration	10 weeks
Required textbooks	Lippincott's Biochemistry
Graded assignments	Three exams of 2 hours (multiple choice)
PBLs	8 PBLs

MTC is a substantial change from the grueling pace of HSF. On the other hand, a *lot* of material is covered (the three syllabi comprise about 1500 pages in iBook format). Dr. Fong is a wonderful professor, physician, and human- don't miss the patient presentations he brings in!

**Books:** Dr. Fong only recommends one textbook for MTC, a board-review book of biochemistry (Lippincott's). **The majority of students only use the syllabus to study during MTC**, because it is extremely complete. A few students will, however, use outside sources. Try Wikipedia, a general textbook, a board-review book, or even a book with which you are familiar from undergrad. Some students used Lehninger's Principles of Biochemistry, a popular college textbook, instead of Lippincott's. For cell and molecular biology, some students used Lippincott's Cell and Molecular Biology. For genetics, consider Pritchard and Korf's Medical Genetics at a Glance.

**"In Case You've Forgotten" Book:** Dr. Fong will distribute an optional small (100-page) review book of genetics and chemistry during winter break. Do not spend more than a couple of hours on it. If you have a any background in science (e.g. studied for the MCAT), it's really not necessary.

**Class:** During HSF, the vast majority of the class tends to go to class, because it is early in the year and there are many required labs and PBLs. However, class attendance varies greatly during MTC. Some students attend all lectures, while others prefer self-study. The best advice is to find what style works best for you. All students, however, do recommend going to Dr. Fong's patient presentations. These sessions reinforce what you are learning, and may be your only chance to interact with a patient with a given rare genetic disorder. Finally, don't be too

anal about the syllabus, as it contains a lot of extra information. Try to follow the course calendar even if Dr. Fong falls behind. He will eventually catch up and teach you everything you need to know, but his “catch-up” lectures may put you several iBook chapters behind!

**Studying:** Because you don’t have the structure of anatomy lab and histology lab and fewer students come to class, it can be *easier* to fall behind in MTC than in HSF. Exams can be pretty picky about very specific material. Focus the most on clinically oriented sections of the syllabus (**know all the diseases well!**). Many students made flashcards or made a separate document to keep track of the diseases as they appeared throughout the course. It is useful to draw out the Krebs cycle and other pathways, particularly those that are associated with metabolic disorders. The LOs can also help you test your knowledge of the information. Finally, make sure you **dedicate a good amount of time to the syllabus companions** (there is one per syllabus). These are a collection of problems, many of which appeared on previous exams. Make sure you start these early (read: not the weekend before the test) and if you find an answer that does not make sense send Dr. Fong an email. He forwards good questions from students to the entire class so we all can benefit!

As one student put it, “Just try to learn as much as you can, but relax. It’s impossible to memorize everything!” Dr. Fong will also do everything in his power to make sure you pass.

## 4. Host-Defense

At a glance:

Duration	10 weeks- 4 blocks
Required textbooks	Robbins Pathologic Basis of Disease, Kumar and Collins Lippincott’s Microbiology, Harvey et al. Cases in Medical Microbiology and Infectious Diseases, Gilligan et al. The Immune System, Parham and Garlan
Graded assignments	Three exams of two hours (multiple choice and short answer)
PBLs	6 PBLs

Sections: Bacteriology, Immunology & Immune System, Virology/Parasites, Pathology

**Class:** Attendance in lecture tends to be better during immunology because the lectures are so great! Most students recommend attending the immunology lectures if you didn’t have it as an undergraduate.

**Books:** It is possible to pass without using an outside resource, but most students use outside resources. **Sketchy Micro, or "Sketchy Medical," is an online visual mnemonic resource that makes studying for microbiology easy and fun.** You can log onto the site from multiple devices, so share a \$100 subscription with a couple friends. A popular book in microbiology is *Microbiology Made Ridiculously Simple*, which has all the information you need about the various bugs, and some more *stellar mnemonics*. Others liked *MicroCards*, a set of microbiology flashcards, and some people used Lippincott's *Microbiology*- these were AWESOME. For immunology, many students like the Parham book; it is pretty concise and well laid-out.

**Labs:** Instead of labs, we had self-study modules on how to plate and run microbiology tests on blackboard. These were a breeze to get through and you have to take the accompanying quiz (grade doesn't matter, but completion is required for passing the course).

**Studying:** Using the syllabus to pre-read for class is helpful. You may need to supplement the material with some books, particularly for the parts of the syllabus that aren't clear (use an outside resource for immunology block, the teacher is great but getting a good broad picture is difficult- the simple *INTO TO THE IMMUNE SYSTEM* book is a GREAT supplement to gel it all together). Learning all of the cytokines seems like overkill (particularly given what is tested), but they will come back again in DPT in second year; there's no time like the present to get familiar with them. Immunology can be tricky if it is the first time you are seeing the material (you cannot understand one concept without understanding the others), so pick up an extra book for that section. Microbiology is best learned with the Sketchy Micro videos. You will also need to know some clinical presentations of infectious diseases. Finally, some students recommend buying a copy of *First Aid* and using its microbiology section to study.

**Exams:** There are three exams in Host-Defense. The course organization has been changing from year to year, but you'll likely have one exam for immunology, one for bacteria, one for viruses and parasites. Exam structure depends on the block. All exams contain pretty straightforward multiple-choice questions, with about 60-95 questions. The exams may also contain open-ended questions (sometimes the questions are distributed beforehand). For the open-ended portion, make sure you know the big picture concepts, especially for immunology. Also, make sure you have memorized the bugs and the presentations of infectious diseases.

## 5. Pharmacology

At a glance:

Duration	2 week - 1 block
Required textbooks	
Graded assignments	One exam, 3 hours.
PBLs	No PBLs, several small group problem solving sessions.

**Class:** Attendance in lecture is very important, and Dr. Freeman does a great job of bringing in guest lecturers in their perspective fields. Go to these!

**Books:** Most students will opt to rely solely on the syllabus. Some used Lippincott's Pharmacology as a supplemental resource. Any edition of the Lippincott book will do.

**Small-group sessions:** There are a handful of 'problem-solving sessions' in the first week of class. They are mandatory but not too taxing. You will be working through pharmacokinetics problems in groups of nine with a moderator.

**Studying:** Start memorizing the drugs early and often. The drugs that are bolded in the syllabus are most important to remember. One good strategy is to buy "Lange Pharmacology Flashcards" and create a stack of drugs you need to know. Pharmacology also contains a lot of nervous system review, so go back and re-learn your HSF neurology basics during the first week. The practice and actual exam are pretty difficult, so take the practice test early. Make sure you know side effects of different drugs and why you would use certain drugs in different situations!

**Exams:** There is one multiple-choice exam in pharmacology, and if you fail it you'll need to cancel your summer plans to remediate.

## **Clinical Courses:**

You will not need to spend much time outside of class on these courses, and everyone will pass them. But this does not mean you should slack off. Now is the time to learn about talking to patients and develop good physical exam habits. Rochester gives you a gift in these thorough clinical courses- do not squander it.

## **6. Introduction to Clinical Medicine (ICM)**

In ICM you get two months to learn the patient interview, and then two months to learn the physical exam.

**Books:** Most students didn't buy a textbook for this course; those that did used either the Bates textbook (and referenced videos which are available free through the nursing school) or pocket guide.

**Class:** ICM consists of large-group presentations and then smaller groups in which you learn the interview and physical exam. You are required to be present at any patient presentation session and all small-group sessions. Appropriate attire and your white coat are required. Small group sessions will usually have standardized patients. Make sure that you talk to other students about what they are learning in the physical exam section- some groups are better than others.

**Exam:** If you read the syllabus or an old study guide, you will pass the final multiple choice exam. There will also be a taped patient interview and exam at the end of the class; only you will be able to review your tape (the course professors won't even review it), so you can relax and use it as practice.

## 7. Skills in Complete Patient Evaluation (SCOPE)

**Class:** During SCOPE, you will have a large-group conference one day a week and spend two afternoons each week at a preceptor's office. The large-group sessions are very hit-or-miss, but Dr. Vargish writes her test questions during them, so get someone's notes if (when) you skip.

**Books:** The books required for SCOPE are Bates, as in ICM, and the Pediatric Clerkship Guide. Most students did not use a book.

**Preceptorship:** For preceptorship, you will be in a group of four with your partner and two other students. For four weeks, you'll be at an adult-medicine office (usually in a hospital) and on a physical medicine and rehabilitation (PM&R) ward; in the other four weeks, you'll do and geriatrics and either pediatrics or PLAY, a pediatrics and child-development based experience that takes place at different community sites (one of which is the Museum of Play). What you get out of SCOPE depends a bit on your preceptor, but also how much effort you put into your interviews and physical exam. You'll be given a patient (who has usually volunteered) to examine with your partner, and you'll then present your findings to your preceptor. This is a great chance to practice physical-exam skills and your case presentations. The only exception to this structure is pediatrics, where you will generally be alone with a preceptor (almost always the preceptor you will have for PCC).

**Exam:** The SCOPE final exam is multiple choice and is similar to the ICM exam; you will be fine if you read the syllabus.

## 8. Primary Care Clerkship (PCC)

**Grading:** Pass-fail first year, graded second year.

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 small group workshops following some Thursday lectures, dermatology self studies, and Passports to fill out (more on that later). Don't put all of these things off until the last minute as they can pile up! Helpful Hints (taken from course syllabus):

You will have PCC activities **three afternoons per week**, comprising 30% of curricular time between March and May.



- Tuesday/Thursday afternoons will generally be lecture, patient demonstrations, and small group sessions, lasting anywhere from 2 to 4 hours. Lecturers are generally engaging, experts in their field, and are there to give an instructional overview of their topic in Primary Care. Topics span many facets of primary care - you'll learn public health successes challenges to vaccination, how to give a killer smoking cessation interview, and you'll be introduced to the field of Palliative Care via a lecture on advanced directives given by the wonderful Robert Horowitz.

- One afternoon per week (generally Monday or Wednesday, sometimes Friday) in clinical preceptorships.

- Adult primary care** offices (4 sessions)

- Pediatric primary care or PLAY (see SCOPE for description)** offices (4 sessions)

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 (and for the test at the end of the year that sneaks up on you).

**Passports:** Though a bit of a nuisance to keep track of, "Passports" are checklists of skills you will be expected to be proficient in at the end of your Primary Care Clerkship. The physical passport should be slipped in your white coat at the beginning of your Adult/PEDS experience, and showed periodically to your preceptor so they can track your competencies, and also plan ahead to get you to the patients you should be seeing. MedHub, Procedures and Diagnosis is a site you will be using the rest of your medical school tenure to track competencies in focused and general history/physical administration, as well as any health behavior interventions you get the chance to make. As with most things in medicine - if you didn't write it down, you didn't do it!

**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.

## Where to Find Textbooks

**The bookstore:** The college town bookstore should have all of the required books and of the some recommended books. You can't beat the convenience, but the prices are inflated. This is a good place to go to browse to see what you might like.

**Miner:** Required textbooks for all classes are on 2-hour closed reserve in Miner library (the library in Strong Hospital). You need your student ID to check them out, but it's a great resource.

**\*Your Big Sib:** There's a good chance that your Big Sib will lend or give you some unwanted textbooks – usually with the caveat that you pass them on to a deserving person next year!

**\*Other students:** Upper-level students will send out e-mails offering used books at hugely discounted rates. There will also be at least two sales in the student lounge (get there on time for the best selection). You won't really need books until the "Human Structure and Function" course, so it's worth waiting a few weeks to take advantage of these options.

**Online resources:** Try amazon, half.com (an eBay-run site where you can buy new and used editions), www.abebooks.com, or bigwords.com, for comparing the prices of a variety of vendors. Miner library also offers textbooks online, and a lot of students will find pdfs and make them available via "box."

## Where to Study

There are a lot of great study spots in Rochester, from quiet libraries to bustling cafes. Here are our picks.

### ***On campus:***

***Miner (medical school library):*** The library becomes the default for many medical students. In the front, there are several small tables where you can talk softly, a bunch of nice secluded cubbies, and a whole row of carrels. The large room in the rear of the library offers a pretty backdrop and large tables for studying (it was once the entrance to the hospital). The librarians are very helpful if you need tips on research for an LO or access to a specific book. We also each have our own assigned librarian- so you will know them well. All course books are on reserve here. There are also plenty of computers, and you can even check out laptops, iPads, or iPad chargers. Perhaps most importantly: you *are* allowed to have food and drink in the library.

Hours: Open 24 hours a day for medical students. After 8 p.m., you will have to swipe in at the after-hours entrance using your ID.

***PBL rooms:*** Only available to medical students (you have to have your ID to swipe in) and open 24 hours. Great for working with a few other students. These get crowded near exam times (be sure to check rooms 11 and 12 on the second floor).

***Histology labs:*** Another option when PBL rooms are taken. Big wide tables, and open 24 hours. Technically you are not allowed to have food or beverages in the labs.

### ***Undergraduate campus:***

***Rush Rhees:*** This is the main undergraduate library. The space appeals to a lot of medical students, and there is a big, open room for studying. You can park at the library lot after 7pm., but not before.

Hours: open until 2 a.m. on weekdays and midnight on weekends.

Gleason: Gleason is located in the same building as Rush Rhees to the left and upstairs. It is a **24-hour student lounge and study area**. There are both quiet and group study areas.

Carlson: Carlson, the science and engineering library, is the closest library to the medical school. Like at Rush Rhees, you can park there in the evenings.  
Hours: until 2 a.m. on weekdays and midnight on weekends.

\*Disclaimer: The hours change near the end of our semesters. Be sure to check the River Campus Libraries website for updated hours.

### **Off-campus libraries:**

The libraries in the area are all part of the Monroe County Library System. You can use any of them without a membership, but if you want a membership card, it will be valid in any of the libraries. Popular nearby destinations include the Brighton or Pittsford Public Libraries- all these libraries won't have super late hours and can get crowded during the day.

### **Other off-campus options:**

Barnes and Noble: These locations have Free-Wi-Fi, although finding outlets can be a bit of a problem. The Pittsford location tends to get more crowded than the RIT location, and the RIT location has better study spaces.

- College Town on Mt. Hope (UR Bookstore). Hours: Mon.-Fri. 9 a.m.-9 p.m., Sat. 9 a.m.-8 p.m., Sun. 10 a.m.-8 p.m.
- RIT: 1000 Park Point Drive. Hours: Mon.-Sat. 9 a.m.-10 p.m., Sun. 11 a.m.-7 p.m.
- Pittsford Plaza: 3349 Monroe Ave. Hours: Mon.-Sat. 9 a.m.-10 p.m., Sun. 9 a.m.-9 p.m.

Boulder Coffee Co.: Well-known coffee shop that serves sandwiches, coffee and alcohol. The main location has cozy couches and plenty of tables. Free Wi-Fi (ask the server for the password). There is live music on weekend evenings.

- South Wedge: 100 Alexander St. Hours: Mon.-Thurs. 7 a.m.-11 p.m., Fri. 7 a.m.-midnight, Sat. 8 a.m.-midnight, Sun. 8 a.m.-11 p.m.
- Brooks Landing: 960 Genesee St. Hours: Mon.-Thurs. 7 a.m.-10 p.m., Fri. 7 a.m.-11 p.m., Sat. 8 a.m.-11 p.m., Sun. 8 a.m.-10 p.m.

Equal=Grounds: A LGBTQI-friendly coffee shop run by an organization called The Pride Connection. Good coffee and sandwiches, and free Wi-Fi (ask the server for the password). Sometimes gets crowded with planning committees and events. 750 South Ave. Hours: Mon.-Fri. 7 a.m.-midnight, Sat.-Sun. 10 a.m.-midnight.

Java's: Located near Eastman, this place has a bit of a Bohemian vibe and good pastries and coffee, and excellent (but expensive) sandwiches. It's in the East End (downtown), which means

parking can be tricky (you have to pay to park on the street in front of the store). Can be a bit noisy, especially evenings when there is live music. There is free Wi-Fi but not many outlets.

- 16 Gibbs St. Hours: Mon.-Thurs. 7 a.m.-midnight, Fri. 7 a.m.-1 a.m., Sat. 7:30 a.m.-1 a.m., Sun. 7:30 a.m.-midnight.

Panera: Good sandwiches and pastries, and decent coffee. Panera has free Wi-Fi and no one will bother you to leave.

- Twelve Corners: 1902 Monroe Ave.
- Henrietta: 300 Hylan Drive

Spot Coffee: Newly renovated, Spot reopened in late May 2010. The company roasts its own beans, and the renovated version serves pizza, excellent salads and sandwiches. There is occasional live music and free Wi-Fi. 200 East Ave. Hours: Mon.-Thurs. 6 a.m.-11 p.m., Fri. 6 a.m.-midnight, Sat. 7 a.m.-midnight, Sun. 7 a.m.-11 p.m.

Starbucks: The Starbucks within walking distance of school, on Mount Hope, is pretty small and can get crowded easily. There is also one on the U of R undergrad campus, but it's usually crowded with sorority girl gossip sessions and a general swarm of undergrads. Other options are the Starbucks at 12 Corners (near Panera), or the Starbucks in a renovated house on Monroe Ave.

- U of R undergraduate Campus, Wilson Commons building
- Mount Hope: 1380 Mount Hope Ave.
- Monroe: 680 Monroe Ave.
- Twelve Corners: 1914 Monroe Ave.

Starry Nites Café: A local favorite in the Neighborhood of the Arts- small but homey. Coffee, alcohol, sandwiches and pastries. Free wi-fi. Can get loud on the weekend with live music. 696 University Ave. Hours: Mon.-Thurs. 7:30 a.m.-10 p.m., Fri. 7 a.m.-midnight, Sat. 8 a.m.-midnight, Sun. 9 a.m.-9 p.m.

Wegmans at Pittsford Plaza: You probably heard it on your tour, and you'll hear it again now: people here spend a lot of time at Wegmans. The Wegmans in Pittsford has a large-ish café area upstairs that's great for studying, if a bit noisy. Hours: Mon.-Thurs. 7 a.m.-midnight, Fri.-Sat. 7 a.m.-2 a.m., Sun. 7 a.m.-midnight.

Glen Edith Café: One of my favorite places to study. The vibes are good, not too noisy, and their vanilla iced lattes are, in my opinion, the best in town. Located in Park Ave. area, there are a plethora of places to eat too if you get hungry while grinding away! Free wi-fi. 23 Somerton St. Hours: Mon. 7 a.m.-7 p.m., Tues.-Sat. 7 a.m.-10 p.m., Sun. 7 a.m.-6 p.m.

# Computing

You can get away with using your iPad and the school computers during 1st year, but you will want a well-functioning laptop to use for Step 1 studying at the end of your second year. Most people bring their iPads to class, but some people bring their computers. Case-Method (the first-year classroom), has an outlet at every seat. Both Macs and PCs work well with the necessary programs, but Macs are more popular because they can be synced with the iPad easily.

## Public Computers:

- Admissions office: Four PCs and a printer, which are usually tied up between classes. Hours: 7:30 a.m.-5:00 p.m.
- Student services: Two PCs. Hours: 8 a.m.-5 p.m.
- PBL rooms: One PC per room, with one centrally located printer in the 2<sup>nd</sup> floor hallway. Open 24 hours with ID access.
- Student Lounge: There are a number of PCs in the room to the left of the TV screen.
- Miner: Plenty of computers, including some Macs in the computing center. There are also color printers here. You can also borrow a laptop or iPad through the library for up to 12 hours.

## Printing:

Everyone gets a huge printing quota (\$40 per year), which you can use on computers throughout the medical center, including in Miner and the PBL rooms. Hit "Print" at the public computer you're trying to use, type in a username and/or a password for your print job, swipe your card at the printer, and select your print job. It costs 10 cents per page, and 18 cents per double sided print for black and white. For color printing, each page costs 25 cents, and a double sided print will cost 48 cents.

This \$40 per year quota is sufficient for almost everybody. Larger scale jobs (like printing a syllabus) are probably best done through the Xerox Copy Center here at the hospital. To get a syllabus printed and bound can be costly, but many people prefer these hard copies.

## Internet:

You can connect to wireless at the medical center either by choosing the SSID UR\_MCguest (no password) or UR\_MCwireless or UR\_MCwireless5 (use your school username and password). UR\_MCwireless5 is recommended, as it is the fastest

## The iPad and Apps

Congratulations! When you arrive for orientation, you will be able to pick up your new iPad from the hospital technology store. You will choose between available color options, for example for 2016-2017, we chose from silver, space gray, and rose gold iPad Pro 9.7 in. You can choose to upgrade its storage capacity (the basic option was 32 GB for us) or to upgrade to the 12.9 in option. Some students choose to pay extra for additional storage (128 GB or 256 GB), but if you learn how to use the storage on Box, you can get by with the 32 GB. By the end of your first year it is not difficult to have most of your space filled with lecture notes, PowerPoint PDFs, and course syllabi if you do not get into the habit of backing up your iPad on Box and deleting non-current resources. Many medical apps tend to be large storage consumers as well.

Every year the URM C class gets younger, better-looking, and (gosh we hope) more tech-savvy. The future is here, and the first year of medical school is a great time to adapt your learning style to be paper-free. However, if you prefer to acquire hard copies of the syllabi you can always find a group of students that are willing to organize a group to get one printed at the start of each class section.

Along with your iPad, the school provides you with a \$75 credit for accessories. This can be used to purchase anything in the hospital technology store (including AppleCare+) but you must use it all at once. Apparently, if you wish to purchase AppleCare+ for your iPad so that it is covered by Apple's extended warranty **you must do so at the time you pick your iPad up**. If you do not do this, you have to take it to the nearest Apple Store (30 minutes by car from URM C) for inspection by an Apple Genius within 30 days of purchase. Many students have used the credit to purchase a keyboard, case, a keyboard-case combo, a stylus, or the Apple Pencil (popular option for hand-writing notes. The selection at the hospital technology store is somewhat limited, but they do have a few case options. In our class (2020), many students had to send their cases back because they broke. The Apple smart keyboard is one that some of us got when non-Apple keyboards broke and it works really well. Make sure to go online and search reviews before using your allotted credit so that you can get an idea of what's useful and what's not.

The electronic curriculum at URM C is always evolving. Course directors encourage constructive feedback and ideas about ways to innovate the curriculum and make the educational process better. If you have concerns or ideas about how technology is being used in the curriculum or notice that an issue is not being addressed, please feel free to contact the [interclass senate technology representative](#). There is an ample amount of support to help students learn the basics of note-taking on the iPad during your orientation "Technology and Resources" sessions. Another resource (particularly with Blackboard assistance) is Tracy Cherry, an instructional designer at URM C Libraries and Technology department.

The iPad is a **powerful** tool with *unique* quirks. It won't take 10,000 hours to master, but it will take time to integrate into your study routine. When you hit a wall, ask your fellow students what they are doing with their iPad. Most of our favorite applications are listed below.

**Recommended apps:**

<b>App Name</b>	<b>Brief Description</b>	<b>Recommended for</b>	<b>Cost</b>
Notability	A popular note-taking app, allows you to free write/type onto PDF's and organize them by name and category as well as Sync to a cloud storage system.	ALL COURSES	Free via URMCM*
Evernote	Comprehensive media and note-taking system that has both a good free and excellent paid membership service. It scans uploaded documents via an OCR so that you can search for any word in your documents later on even handwritten PDF notes. They have an application that allows you to sync all your notes and uploaded PDFs to windows, mac OS, iOS, and many other platforms allowing you to access things virtually anywhere there is internet.	ALL COURSES	Free
GoodReader	A PDF reader and organizer that is adept at reading and allowing seamless navigation/annotation of very large PDF files (100+ MB)	ALL COURSES	4.99
Penultimate	A hand-writing note taking app that syncs with EverNote accounts but is currently limited by its lack of a "Zoom" feature (future implementation of this feature is expected by software designer). Recognized by many online reviewers for its beautiful digital paper and colors.	ALL COURSES	Free
Keynote	The iOS version of Apple's popular presentation developer (the equivalent of PowerPoint).	ALL (good for PBL!)	Free via URMCM*
Pages	The iOS version of Apple's popular word	ALL COURSES	Free via

	editor. Capable of opening and editing word documents on the iPad.		URMC*
Studies	A beautiful flash card creator and flash card study app for those with a Mac computer and/or iPad. Allows you to create flash cards from their MacOS application and sync it with the iOS app or you can create flash cards directly from the app on the iPad. You can then share flash cards with fellow students or download others from the flashcard database it is hooked into. <a href="http://www.studiesapp.com/">http://www.studiesapp.com/</a>	ALL COURSES	Free via URMC*
Anki	Another flash-cardsapp. Unlike Mental Case they have an application you can use to make cards from a windows operating system machine and sync them with the iOS app. Also has a browser-operated flash card creator interface. People who have used it swear by it. <a href="http://ankisrs.net">http://ankisrs.net</a>		24.99
Dropbox	Major provider of cloud storage. Remember patient data and confidential information MUST NOT be put on here.	ALL COURSES	Free
Box	The provider of cloud storage chosen to be used by URMC. Somewhat limited storage in comparison to dropbox accounts. As with anything, patient data and confidential information MUST NOT be put on here. Good for sharing presentations and documents with your PBL group.	ALL COURSES	Free
Paper	An award winning drawing application that some have used to re-draw important figures presented in lecture	HSF/Others	Free (in app tool purchases)
Kindle	Amazon's e-reader application that allows you to read e-books downloaded from their website on your PC, Mac, and iOS device.	If you buy an amazon e-book	Free



AHRQ ePSS	From the Department of Health and Human Services. Enter patient information to review recommendations from the U.S. Preventive Services Task Force, or see general recommendations.	PCC/SCOPE	Free
Shots by STFM	CDC Immunization schedules for Children, Adolescents, and Adults	PCC	Free
VisualDx	The foremost dermatological database that allows you to build a differential diagnosis from pictures. Quite fun actually.	PCC/Clinic	Free via library
Epocrates	Drug and diseases reference source with pictures of both. Not fully functional until the library offers the free subscription (watch for email).		Free, requires subscription
Lexicomp	Drug interaction database	Pharm	Free
Merck Manual Professional Edition	Provides access to the Merck Manual, videos, clinical calculators, sounds (lung, heart etc.)	2 <sup>nd</sup> year	Free
MicroMedex	Access tons of drug information and interactions	2 <sup>nd</sup> year	Free via library
3M Littmann Learning Institute	Littmann app that allows you to hear some basic heart sounds. This is an iPhone app, so search iPhone only.	ICM/SCOPE/PCC/Clinics	Free Trial, can use code from stethoscope
Qx Calculate	Another powerful medical calculator.		1.00
Netter's Anatomy Flashcards	Electronic version of the paper cards. You can also use electronic "pins" to make personal tags. Expensive though!	Anatomy Lab	39.99
Muscle System Pro III	3D depiction of all muscles in the body. Allows you to move by layer and many muscles have videos which show each range of motion for just that muscle.	HSF/Anatomy Lab	19.99
Netter Atlas	Literally the entire Atlas you get for free but on the iPad with the ability to tag and quiz yourself on individual plates. Very	Anatomy Lab	80.00

	expensive but some loved it.		
ECG Guide	A tutorial on reading ECGs with test questions	HSF	Free
iRadiology	500 Radiology cases to view on the iPad. If you have spare time and love radiology feel free to use it!	HSF/Anatomy lab	Free
MD EZLabs	Look up normal lab values and check differential diagnoses for abnormal ones.	PBLs	Free
Eponyms	1750 eponyms.		Student version is free.
NEJM this week	NEJM content viewer		Free
Speed Anatomy	Like speed dating, but you meet anatomical parts	Anatomy Lab	1.00
Cramfighter for Step 1	Creates a personal study schedule for STEP 1.	STEP 1	9.99
Essential Anatomy 5	Interactive anatomy guide that allows you to look at different layers of the body and different organ systems. Excellent tool to visualize anatomical structures.	Anatomy Lab	24.99 (sometimes on sale)
PadMapper	Maps all apartments available on craigslist	Finding a cave to live in	Free
Complete Anatomy	A more comprehensive anatomy app like Essential Anatomy 5 but has content added more frequently and a few more options.	Anatomy Lab	\$50

\*Free via URMCM means that the school will provide you with a download code or link during your iPad tutorial course that occurs with your Miner Library Research Librarian. It is not advised to purchase these applications before finding out if they will be provided for free by the school.

Note: The library also has a list of recommended apps that can be found at:

<http://urmcmobileusers.wikispaces.com/Home>. You can click on different topics on the search bar on the left side of the webpage.

# Housing

Besides figuring out what books to buy and how to study, finding housing is usually first on the list of priorities of incoming medical students. We hope that the tips and housing guide in this section will help you sort that out!

## Things to consider:

Distance from Strong: This plays a big factor in many students' housing decisions. Goler House (University housing), Mount Hope Lofts, and the White Coat Neighborhood are the best options for students whose priority is proximity. Most of the other neighborhoods will require a bike ride, bus, or drive which can be a big deal during the long Rochester winters. Also remember that you will be paying around \$300 a year for parking at school if you decide to drive (parking is illegal on most of the streets near the hospital).

Roommates: The White Coat Neighborhood is largely house shares because most landlords rent their properties as single-family homes (not divided). If you're interested in living alone, you may want to consider Goler House or Mount Hope Lofts, or some of the other city neighborhoods.

Attractions: Medical school cannot be all about studying! Some of the more "far-flung" (read: 10-minute drive away) neighborhoods offer amazing dining and entertainment options. For good bars and restaurants, you might consider the South Wedge, Corn Hill, Park. Ave, or the East End. Although, with the installation of College Town, the school area now has more options in the form of dining and bars.

Parking: It may not seem like a big deal now, but it snows a lot in Rochester. In the winter, especially if you have to drive to school, scraping off your car can become a bit of a burden. You might decide that it's worth it to try to find a covered garage, although many houses in Rochester don't have them.

Utilities: Many of the houses in the White Coat Neighborhood and in other parts of the city were built in the early 20<sup>th</sup> century and have little insulation. This can mean cold winter nights and enormous heating bills. Always ask if heat and electricity are included, or what they average. The landlord is required to provide you with an estimate of the average monthly Rochester Gas and Electricity charge. Laundry is also important, and most places have laundry on the premises.

## Buying a house:

So maybe you are considering buying a house. After all, the idea of building equity and establishing a solid credit record is appealing, especially if you have a partner, or are MD/PhD.

The Rochester housing stock is of decent quality and is much cheaper than most areas. White Coat houses especially have grown in popularity as they are easy to rent out.

## Things to consider if buying:

Property taxes: At 2.89%, the property tax rate in Monroe County is the highest in the nation.

Responsibility: Do you want to take on the responsibility and work of home ownership? When you own a home, your mortgage payment (a fraction of it, anyway) actually goes into your own equity and isn't just lost like your monthly rent payments are. That's pretty cool. On the other hand, you will discover essential maintenance tasks. Did you know that you should get your driveway resurfaced yearly? Your gutters cleaned? Have you thought about how often your roof should be replaced? Do you need a tear-off or just a second layer? Home disasters – basements flooding, fallen trees – have a way of occurring right before tests (of course, you're in medical school now, so it's always right before a test.)

Finances: Are you able to purchase a house? During the sub-prime heyday, buying a home was a much more relaxed proposition. However, the underwriting process has gotten much more strict and is likely to stay that way for some time. Gathering all of the documentation takes quite a bit of time. The credit requirements and down payment requirements are also more strict. You might find it helpful to work with a mortgage broker- they can help you navigate the sometimes-confusing system. It is also smart to shop around for good interest rates. When trying to figure out if buying a home makes economic sense, make sure to take into consideration realtor costs. These tend to be a fraction of the home price and exist when you buy and sell the house. If you only plan on owning the home while you are here for school, these fees can represent a decent fraction of the total real costs of owning the home.

Location, location, location: Rochester-area residents tend to be very opinionated about the best places to live, and you may be a little bewildered by all of the advice you get if you casually mention that you are considering purchasing a home. The White Coat Neighborhood is a great place to buy a house because you will be able to rent rooms to medical students and then sell your home to medical students when you graduate. Park Ave. is a great place to buy a house because you are so close to everything cool. Perinton, Pittsford, and Penfield are great places to buy a house because the villages are quaint and quirky, the school districts are among the best in the U.S., and the municipal services are unbelievably good. (A caveat for parents: Rochester public schools are in a perpetual state of turmoil, but many of the suburban schools are nationally well-ranked.)

Going to home listing sites like Zillow.com is a great place to start the search. You can easily browse neighborhoods and see what the market in Rochester is like. Really, the best thing to do here is to get a buyer's agent and work with them regarding exactly what you want in a home.

**Remember though that Rochester winters last for 27 months and that what is a 15-minute commute in September is a 3-day trek by dog sled in February.**

## University Housing

University housing is a convenient, if somewhat more expensive, option for first-year students. Generally, single students who opt for university housing will choose to live in Goler, while married couples often favor University Park or Whipple Park. All of the University housing prices include heat and electric, with the exception of townhouses available in Whipple Park. You must fill out an application for University housing (available at <https://www.rochester.edu/reslife/graduate/> under the “Graduate Housing Documents” header). The application has a very fixed deadline with a lottery-based placement.

### **Goler House:**

If you want proximity to school and the newly built Collegetown, Goler is great. Goler House is an apartment complex located on the east side of Strong (the medical school is on the west side). Goler houses medical students, graduate students, residents, faculty, and staff. It offers studios, 1BR and 2BR. Of University housing options, Goler is the only one to offer furnished housing (dorm-style furniture and window treatments). However, given the easy access to affordable furniture in Rochester, most students choose to furnish their own apartments. Parking at Goler is complicated. Parking passes for spaces across from Goler are based off of a waitlist that is ranked based on the duration you have lived in Goler. All Goler residents have parking available at the Whipple Lot with a 24/7 shuttle service, accessible by phone from the front door of Goler. Access to the building is controlled by phone for visitors (and by ID for residents). There is a University bus stop at the front door. For many residents, Goler offers a relatively quiet environment that is adjacent to the White Coat Neighborhood, where many other students live (see below).

### **University Park:**

The University Park apartments are relatively close to school (about an 8-minute walk) and are the most affordable University housing option. Some students have complained about the slightly run-down nature of the place, but others praise the friendly environment. University Park offers studios, 1BR and 2BR, the latter of which are given with preference to students with an identified roommate or couples with children. Parking spaces are available directly in front of the units. A shuttle bus runs between University Park and Strong. University Park is in the Rochester City School District.

### **Whipple Park:**

The Whipple Park complex is a combination of 2BR apartments and 3BR townhouses in a park-like area surrounded by woods. The townhomes are the only University-provided housing that do not include electricity with the rent. There is ample parking, and the townhouses have basement storage areas. Whipple Park is about a mile from Strong. Residents describe it as secluded and quiet, and a good place for families. Preference is given to couples with children. A shuttle bus runs between Whipple Park and Strong as well as between Whipple Park and

Goler for Goler residents parking at Whipple Park. Whipple Park is in the Rush-Henrietta School District, and school buses pick up children in the Whipple parking lot.

<b>University housing at a glance (based on 2015-2016 rates)</b>				
	Sizes available	Price (including utilities)	Preference	Distance to Strong by foot
Goler House	Studio, 1BR, 2BR, 2BR-2BTH	Furnished: \$595, \$760, \$945-1053 Unfurnished: \$710, \$875, \$983 *all studios are furnished		2 min.
University Park	Studio, 1BR, 2BR	All unfurnished \$710, \$790, \$928 Storage units available for \$61	2BR: single applicants with identified roommates, couples with children	8 min.
Whipple Park	2BR, 3BR	\$880-945 All unfurnished	Applicants with children	20-30 min.

\*BR = bedroom

\*\*BTH = bathroom

## Housing Options by Neighborhood

### White Coat Neighborhood:

The White Coat Neighborhood, so named because of its high concentration of physician and medical student residents, is a 20 square-block area south of Strong and west of Mount Hope Ave. (Note that some students also live directly on the other side of Mount Hope, where the housing is very similar to the WCN proper.) Within the White Coat is the SoLa neighborhood which is located South of Lattimore Road and features some of the most appealing student housing. Most of the housing in the White Coat Neighborhood consists of single-family homes that can be easily shared by 3-4 people. Many of these houses are closer to school than the student parking lot, and not having to scrape off your car in the winter is a big bonus. A majority of first- and second-year students live in this area, so it is also a good place to live for those who are interested in having a social life outside of the hospital (which should be everyone!). The main drawbacks of the White Coat Neighborhood are that it is hard to find housing for one or two people, and that it is not as close to some of the better Rochester restaurants and bars. However, within walking distance you'll find Collegetown, a newly developed complex of restaurants, bars, and retail stores, including but not limited to, Starbucks, McDonald's, Chipotle, Dunkin' Donuts, The Beer Market, Bunga Burger, and a CVS. A little bit further away north on Mount Hope are two other restaurants/bars that are popular with students, Elmwood Inn and the Distillery. For a 3-4 bedroom house, rent should run \$375-\$550 per person, although rent for a private room and bathroom can reach \$750.

### *How to find housing in the White Coat Neighborhood:*

- Search craigslist for “Strong” or “White Coat Neighborhood”
- <http://www.studenthousingrochester.com/> rents individual rooms (or houses if you have a group)
- Check the Class of 2020 Facebook page

### **19<sup>th</sup> Ward:**

The 19<sup>th</sup> Ward, located just across the river from Strong and the University of Rochester, is considered an affordable and convenient alternative to the WCN. The neighborhood is bordered by West Ave., Genesee St., Scottsville Rd. and the Erie Canal, and is the largest neighborhood in Rochester. The area has unbeatable access to the gorgeous Genesee Valley Park, and there is easy access to Strong across a footbridge. In the past, the 19<sup>th</sup> Ward has had a bit of a bad reputation, which largely stems from gang violence in the area in the 1980’s and 1990’s. Since then, however, there has been massive investment in the area by the community and by the University of Rochester and several corporations, including Rite Aid. The 19<sup>th</sup> Ward is not a particularly commercial area, but it is the site for the Brooks Landing Project, a plan to redevelop the area near the Brooks/Genesee intersection. Students who live in the 19<sup>th</sup> Ward say it is convenient and a peaceful place to live. Some students, however, have mentioned that they are a bit wary of walking home alone at night. It is generally pretty hard to find studios and 1BR in the Ward, but you can easily find house shares and large homes to split. The area is an easy bike ride to campus, or a 10-25 min. walk depending on the distance (most students live relatively close to the footbridge). The area is also well-served by buses, including University of Rochester shuttles (see below). Rents run \$400-\$600 for a 1BR and \$550-750 for a 2BR. Room shares for as low as \$375. Search “19<sup>th</sup>” or “19<sup>th</sup> Ward” on craigslist.

### **South Wedge:**

The South Wedge is a triangular wedge of land just north of Strong that is bordered by the Genesee River and I-490, with South Ave. as its major artery. It is contiguous with the Swillburg and Highland Park (formerly Elwanger-Barry) neighborhoods, which will be included in this section for brevity. The Wedge experienced a bit of a downturn in the 1980s, but a lot of work has been put into revitalizing the neighborhood, and you can now find some of Rochester’s best restaurants and nightlife in the area. In fact, the Wedge was recently voted “Best Neighborhood” by City Newspaper. Most of the housing in the area consists of two-bedrooms in split homes, or full houses. There are also a few apartment buildings and one apartment complex. The Wedge is home to two of the best Rochester coffee houses, Boulder Coffee Co. and Equal=Grounds, as well as some good restaurants, including John’s Tex-Mex Eatery and Napa Pizza House. On the south end of the neighborhood is Highland Park, which hosts the Lilac Festival every May. There are also some great bars, especially Tap and Mallet and Swiftwater Brewing Company. There are no big supermarkets, but there is the South Wedge Farmer’s Market, held on Thursdays in season, and Mis en Place, an upscale grocery store. The area has a big mix of residents and is considered very safe. The Wedge is between a 20 and 40 min. walk to campus, but there are also two convenient bus lines: the 50 down Alexander and Mount Hope Ave., and the 5 that runs down South Ave. Rents run \$450-\$700 for a 1BR and \$700-\$900 for a 2BR. You

can rent a full house in the area for around \$1,000-\$1,200. Search “South wedge” or “South Wedge” on craigslist.

### **Corn Hill:**

Corn Hill, the oldest neighborhood in Rochester, has not always been very popular among Rochester students, but it’s a great option for those who want a bit of distance from the medical school and some great dining and entertainment options. It is bordered in the north by I-490, east by the Genesee River, and south and west by Ford Street. Corn Hill has a good mix of houses and apartments, including the rather posh Corn Hill Landing complex overlooking the river. The area is also the home of the Corn Hill Arts Festival in mid July. There are some great restaurants, including Aladdin’s and New Taj at Corn Hill Landing, and Siam Fine Thai Cuisine on Exchange. Rents run \$475-\$800 for a 1BR and \$650-850 for a 2BR (note that rents at Corn Hill Landing are significantly higher). Search “Corn Hill” or “Cornhill” on craigslist.

### **Park Ave.:**

The Park Ave. area has long been considered one of the “coolest” parts of Rochester, with a high concentration of bars and good restaurants, with an epicenter at Park Ave. and Berkeley. The area is also home to the Park Avenue Festival, which takes place in early August (generally the weekend before school starts!). This is a safe and lively part of Rochester that extends down Park Ave., which runs between Alexander and Colby, and south a few blocks. Monroe Ave. runs parallel to Park Ave. around 5 blocks south, and is also a good place to look for housing (the two neighborhoods kind of bleed into each other). Note that Monroe Ave., particularly toward Alexander and near some of the bars, can be somewhat dangerous at night. Park Ave. is popular with University of Rochester students, but it is also home to families and young professionals. There is a wide mix of housing, including apartment buildings and split homes; it is a good place to investigate for couples or for groups of two roommates. The distance to Strong is about 3 miles, or a 10-15 min. drive. Unfortunately, there is not really good bus service between Park Ave. and Strong. The University of Rochester does run a shuttle to the area (see below), but the timing is not always great for class. Rents run between \$600-\$800 for a 1BR and \$800-\$1000 for a 2BR. Search “Park” or “Park Ave.” on craigslist, or just drive through the neighborhood looking for “For Rent” signs.

### **East Ave./Neighborhood of the Arts:**

Want to live in a Victorian mansion on a medical-student salary? East Ave. is for you! This gorgeous, tree-lined street, which runs from downtown out to the East. Ave. Wegmans (and beyond), is full of gorgeous old homes (and some apartment complexes), many of which have been renovated to accommodate house-shares. The Neighborhood of the Arts is officially centered on the Memorial Art Gallery and the George Eastman House, and is adjacent to the East End’s restaurants and nightlife. It is also home to ARTWalk, a permanent urban art trail located on University Ave. Because East Ave. is considered the border between Park Ave. and NOTA, and is close to East End, it’s a good choice for those who want to soak up what culture Rochester has to offer. The distance to Strong is about 3 miles, or a 10-15 min. drive. Rents run \$650-850 for a 1BR and \$800-\$1200 for a 2BR. Search “East,” “East Ave.” or “University” (Ave.) on craigslist.



**East End:**

The East End is the neighborhood directly west of the East Ave. area (also known as the east end of downtown Rochester). It is home to, among other things, the Eastman School of Music, and is known for its excellent food and nightlife options, and the Little Theater, an excellent independent movie theater. The area is roughly delineated by Alexander St. to the south and East Main to the north. Restaurants include Bamba Bistro and 2 Vine, two of the fine dining options in the city. There is also Java's, a great independent coffee shop, and the bars Anchor Bar and the Old Toad (Monday-night trivia). The East End has some excellent housing options, mostly apartments along the main drag, and some houses a bit further north, as well as some of the city's converted loft spaces. Parking can be a bit tricky in the area, so it's a good idea to get an apartment with a guaranteed parking space. The distance to Strong is about 3 miles, or a 10-15 min. drive. Rents run \$600-\$800 for a 1BR and \$850-\$1100 for a 2BR.

**Cascade District/St. Paul Quarter:**

These areas, located in downtown Rochester, are worth mentioning for the rapid development of loft buildings in renovated factory and industrial spaces. New York City loft living ... in Rochester! Although the areas can be a bit rough, they are by no means considered the "dangerous" parts of Rochester, and they are quickly undergoing gentrification. Most of the buildings have excellent security, including in the parking lots. The distance to Strong is about 3 miles, or a 10-15 min. drive. Rents run \$1000 and up for a 1BR loft, \$1200 and up for a 2BR loft. Search "loft" on craigslist or on rentrochester.com.

<b>Off-campus housing at a glance: By Neighborhoods</b>			
	Type of housing	Cost	Distance to Strong
WCN	Mainly house shares	\$	Short walk
19 <sup>th</sup> Ward	House shares, some apartments	\$	10-15 min. walk
South Wedge	House shares, some apartments	\$\$	15-25 min. walk, short drive
Corn Hill	House shares, apartments	\$\$	20-25 min. walk, short drive
Park Ave.	Variety	\$\$	10-15 min. drive
East Ave./NOTA	House shares, some apartments	\$\$\$	10-15 min. drive
East End	Apartments	\$\$	10-15 min. drive
Cascade District/SPQ	Apartments	\$\$\$\$	10-15 min. drive

## Apartment Complexes:

Apartment complexes seem to have become less popular among medical students over the past couple of years, but they remain a convenient option for some (pay your rent online and no shoveling snow!).

### **Mt. Hope Lofts:**

The Mt. Hope Lofts are newly built (completed in 2015) apartment complexes in the upper floors of the Collegetown complex, located adjacent to the Goler House. These large, gorgeous apartment rooms have their own washer-dryer units and access to a new fitness center within Collegetown while providing the same convenience of living in Goler House. The apartment community conducts occasional festive events and dining options could be located within your building. Outdoor parking is free and an indoor-garage option is available for an extra fee. Utilities included in rent are water, cable, and wifi; residents must pay for heat and electric. Although the newest, Mt. Hope Lofts are among the most expensive housing options in Rochester for individuals desiring to rent. Studios \$1050, 1BR/1BTH \$1250, 2BR/1BTH \$1430, and 2BR/2BTH \$1600. <http://www.collegetownrochester.com/live/>

### **Rustic Village:**

While Rustic Village is not a neighborhood, it is an extremely large apartment complex located near Monroe Community College, about two miles from Strong. It's almost like a small village, and with amenities to boot: fitness center, two swimming pools, reading and video libraries, tennis, basketball and volleyball courts, and resident activities. Some students have complained that Rustic Village is a bit isolated (you can't really walk anywhere) and sometimes upkeep leaves something to be desired. All of the apartments come with heat, gas, electric, cable, internet and parking. There is a University of Rochester shuttle bus that goes from Rustic Village to Strong (see below). 1BR \$865-\$890, 2BR \$935-\$1070. <http://www.rusticvillageapartments.com/>

### **Elmwood Manor:**

A visually pleasing, serene community right beside Highland Park, Elmwood Manor is a favorable option for those seeking the privacy and amenities of apartment living without straying too far from the hospital vicinity. Located at 1400 Elmwood down the road from Strong, it is a 15 minute walk or 8 minute bike ride to campus. Renting options include studios, 1BR, 2BR, two-story townhomes, and three-story townhomes (the latter with attached garage, washer and dryer). 1BR and 2BR include heat and hot water, and all units include internet access. All residents are enrolled in what they call their "VIP" network, which includes discounts at various businesses in the area. Studio \$775, 1BR \$825-\$875, 2BR \$945-970, Two-Story Townhouse \$1170, Three-Story Townhouse \$1440 <http://www.elmwoodmanorapts.com/>

### **Imperial South:**

Located at 1577 Elmwood (10 min. drive), this complex includes studios, 1BR and 2BR, and is pet-friendly. Studio \$755, 1BR \$855-870, 2BR \$940-\$975. <http://www.imperialsouth.com/>

### **1600 Elmwood Avenue:**

Located a bit further from Strong (10 min. drive), this complex offers a pool and fitness center, and allows pets. Rent includes utilities (including cable), and all units have dishwashers, with laundry in the building. Studio \$1025, 1BR \$1079-\$1124, 2BR \$1191-\$1255, 3BR \$1519. <http://www.1600elmwoodavenue.com/RochesterRegion/1600Elmwood.aspx>

### **Temple Building**

The Temple Building is located 3.5 miles from URMC (14 Franklin St.) with most of that distance bikeable along the Genesee River trail (~25min ride). Driving takes between 8-15 minutes depending on traffic. The apartments are gorgeous lofts with enormous windows and fantastic views of the city. Most occupants are young professionals including residents working at Strong and Highland hospitals. Coffee shops like Spot, Javas, and Starbucks are ~5min walk. The building is secured at front door and elevators. Maintenance is available 24h and very prompt in responding to service requests. A small hotel-like gym is available to residents 24h. Covered parking is available in the building for \$150/mo with a less expensive option available across the street for \$50/mo. Cost of a spacious 1 bedroom apartment is \$1040/mo including water with ~\$50 for gas and electricity. <http://www.templebuilding.com/>

### **The Residences at the Columbus Building**

The Columbus Building is located about 3 miles from the medical center (50 Chestnut St.) and makes for an easy drive in, with the same distance bikeable as well. All utilities, save cable and internet, are included in the rent you pay and there is access to a pool and small gym across the street at a building with the same owners. The apartments are lofts or studios that have an awesome industrial and modern feel to them with polished concrete floors and exposed piping. They all have new appliances and most have good views of the city as well. Lots of places are within walking distance, like coffee shops, restaurants, and bars. Residents vary in age and profession, but many are music students at Eastman school that is close by. Rent ranges from \$910 to \$1500 per month, and parking is an extra \$40-\$80 per month depending on where you choose to park. <http://www.theresidencesatthecolumbusbuilding.com>

<b>Off-campus housing at a glance: Apartment Options</b>			
	Type of housing	Cost	Distance to Strong
Mt. Hope Lofts	Studio, 1BR, 2BR/1BTH, 2BR/2BTH	\$910, \$1100, \$1290, \$1535	Short walk
Rustic Village	1BR, 2BR	\$830-855, \$895-1010	10-15 min. drive
Elmwood Manor	Studio, 1BR, 2BR, 2-story Townhouse, 3-story Townhouse	\$720, \$765-815, \$875-900, \$1080, \$1360	5-10 min. drive
Imperial South	Studio, 1BR, 2BR	\$755, \$855-870, \$940-975	5-10 min. drive
1600 Elmwood Ave.	Studio, 1BR, 2BR, 3BR	\$945, \$999-1044, \$1111- 1175, \$1439	5-10 min. Drive
Temple Building	Studio, 1BR	\$1000-\$1500	10-15 min. drive
Residences at the Co	Studio, 1 BR	\$910-950, \$1250-1500	10-15 min. drive

\*BR = bedroom

\*\*BTH = bathroom

# Fitness

## **URMC Fitness and Wellness Center:**

A 24-hour fitness facility located right in the hospital. There's a studio, free weight/cardio room, full-length basketball court, and two squash courts. It's not the largest nor most accommodating gym you've ever been to (make sure you bring your own towels and soap), but the convenience factor cannot be trumped. Perfect for a workout between classes or when the weather cancels your outdoor exercise plans. It tends to get pretty crowded in here around noon to 2pm and 5pm to 7 pm, so try your best to avoid those hours if you can. There is a membership fee (usually about \$18 per month) that can be purchased for the year or in increments. It is an opt-out program billed each semester so individuals desiring NOT to enroll must submit a form to student services by a specified date. <http://www.urmc.rochester.edu/fitness-wellness-center/>

## **University of Rochester Bloch Fitness Center:**

Located on the undergraduate campus, the Bloch Fitness Center is definitely worth the walk, as you have access to the entire facility (free weights, cardio equipment, indoor track, tennis courts, basketball courts, heavy bag, swimming pool, etc.) free of charge. Remember that it's staffed by undergraduate students so hours tend to get a bit weird during finals period and the summer. [http://www.rochester.edu/athletics/fitness\\_center/](http://www.rochester.edu/athletics/fitness_center/)

## **Midtown Athletic Club:**

Aka Rochester's version of Equinox. Well, kind of. It is a large, luxury gym and spa center, complete with a full outdoor pool and yoga lessons. The Midtown Athletic Club with its 18 indoor and outdoor tennis courts is great for avid tennis players. U of R students are often offered discounted membership for a month so keep an eye on your email!  
<http://www.midtown.com/clubs/rochester-athletic-tennis-club>

## **Planet Fitness:**

Located next to Wegmans and Aldi's, Planet Fitness is convenient for a workout and quick grocery stop. While it is a 10 min. drive, Planet Fitness is a viable inexpensive option with the price of a full year equating to the same price as a semester at the URMC fitness center. <http://www.planetfitness.com/gyms/henrietta-ny-490>

## **LA Fitness:**

LA Fitness is a solid gym with a nice array of group classes, although it can be a little pricey. <https://www.lafitness.com/Pages/clubhome.aspx?clubid=901>

## **World Gym:**

World gym is yet another option available at Rochester, but can be pricey. <https://www.worldgym.com/rochester/>

# Transportation

You are required to have a car at URM, but some students can get by for a year without one. However, you will not know whether you can get away without a car for the first year until you are in the midst of school. This is because preceptors can be located within walking distance or up to 45 minutes away. Thus, we recommend having a car right from the beginning of school.

## In and Around Rochester:

### **Cars:**

The vast majority of students agree that you need a car to get around Rochester. There is a bus system, but it doesn't cover all parts of the city, and is not an easy way to get to the grocery store. You will also need a car to get to your once-weekly clinical rotation sites, beginning in January. As far as what kind of car to buy, you might consider four-wheel drive for stability in wintery conditions. Important things to remember/keep in your car: keep a spare tire (filled with air) if your car accommodates one, jumper cables or portable jump starter. Consider these during the winter months: a pair of gloves and hat, an ice scraper (a complete must), small collapsible shovel, and a blanket.

### **Parking:**

To park at school, you will need a parking pass. There are a few 1-hour spots on Lattimore road; most of the rest of the White Coat Neighborhood does not have street parking. For the 2017-2018 school year, the parking fee for a single car in Lot 1 is \$380 (unless you get the commuter pass that lets you park). However, if you can pull together a carpool the cost falls quickly—half the fee for two people, a quarter for three people, and free for a four person 'pool! You'll either be put in Lot 9 or Lot 1 (with a Lock Box, which means you have to put a key in it so the parking people can move your car around to let others in and out). Incidentally, if you get to school after 9 or so, you might need to go to an overflow lot. It can be hard to figure out which lot is which so when you are given a map of parking lots by the parking office at the beginning of the year, stash it in your glove compartment for those late-rising mornings. Finally, if you are at school after 2:15 p.m., you can park on the top three floors of the garage, which is nice in the winter (though it is on the other side of the hospital). Just make sure you are out by 6 a.m. Pretty much any violation will cost you \$100. The Parking Management Center is at 70 Goler House.

### **Parking hacks:**

- Park at a friend's house in the White Coat Neighborhood.
- Park at the Medical Center on Lattimore road. It's a big open lot and about a 5 minute walk away from school. You probably won't get a ticket (although students have before, so this is a risk you take; we will not be held liable for any tickets incurred herein!(!!))

## **City Buses:**

The city buses are run by the Rochester Genesee Regional Transportation Authority (<http://rgрта.org/>). Depending on where you are living, the bus can be a quite convenient way of getting to and from school, and even around the city. However, the bus system isn't always the most reliable (for getting to class on time, for instance) and in some cases routes can be a little tricky because the whole system is premised around using downtown as a hub for all transfers. Still, it is always worth giving buses a try, especially if you live in the Corn Hill or South Wedge areas and are looking for an alternate means of transportation to get to school. All of the buses have a front bike-mount rack. The RGRTA has a useful Trip Planner. Note that while it is possible to take the bus to the airport, it takes a good two hours, and there are no transfers. Bus fare is \$1.00.

A few useful bus routes:

- 1: Runs straight down Park Ave. to the Inner Loop, then pick up the 15 to Strong
- 5: Runs down South from the Inner Loop to the hospital
- 11: Runs down Clinton to Elmwood Ave., then west toward Strong
- 15/50: Both run down Mount Hope to Strong
- 19: Runs down Exchange and Plymouth through Corn Hill and the 19<sup>th</sup> Ward and then to Strong

Note that the University of Rochester also runs its own bus system; you can use its "Shopping Shuttle" to get to Wegmans, Target, and other key stores.

## **Taxis:**

Local taxis are a reasonable option for occasional trips. However, they can get steep, especially on the weekend. There are several dispatchers (with varying levels of reliability in answering the phones). Generally, you won't be able to flag a cab down, but a phone call will usually get you a taxi in about 5-10 min. Note that a cab trip to the airport will run about \$35.

[http://rocwiki.org/Taxi\\_Services](http://rocwiki.org/Taxi_Services)

University of Rochester has a GREAT discount program with Marketplace Taxi- they offer flat rates and super cheap rates. 585-274-2222

<http://www.rochester.edu/parking/options/STS.html>

## **Uber/Lyft/Rideshare companies:**

These options should be available as soon as June 29, 2017 (prior to this, including when this piece was written, ridesharing companies were not allowed to operate).

## University of Rochester Bus System:

Medical students can take advantage of the school's excellent (and free) bus system. Buses originate from the undergraduate campus at Rush Rhees Library (the main library) or from the Medical Center (blue line). To view schedules (or view bus locations in real time!) see

<http://www.rochester.edu/parking/options/busesandshuttles.html>.

- Red line: to Eastman Living Center and Monroe/Park Ave.
- Green line: Movies 10/Regal Henrietta movie theaters, Marketplace Mall, Wegmans, Target/Walmart, Pittsford Plaza, Public Market
- Blue line: Whipple Park, River Road buildings, hospital
- Gold line: 19<sup>th</sup> Ward
- Purple line: Rustic Village

## Bicycles:

If you've got a bike bring it with you to Rochester. Biking is a great way to commute to and from school for those that live in Corn Hill, the South Wedge, in university housing, or even in the White Coat Neighborhood. You can even mount your bike on the front-mounted bike racks of city buses (just pull the rack down, place your bike in it, and bring the hook over your front wheel). There is ample parking for bikes around the hospital, and many of the city streets have bike racks and loops. There are also some great bike trails in Rochester, including the **Erie Canal path** and the **Genesee Valley Greenway and River Trail**, which both start in Genesee Valley Park. Ride a little bit further and you're in the wide country roads just 3 miles outside of the city. And if you don't have your own bike, you can rent one for free from the undergraduate campus gym between March and November (<http://www.sa.rochester.edu/citycycles/index.php>). Note that bike theft is a problem in Rochester, like in any other city, so **make sure you have a good U-lock, and lock up your bike even if it is in your garage.**

## Getting In and Out of Rochester:

### By car:

Driving is an easy way to get in and out of town. It is about an hour to Syracuse or Buffalo and 6-7 hours to Boston, New York, Philadelphia and Baltimore. Toronto is about a 3-hour drive away (it is home to the closest IKEA) but be aware that it can take much longer depending on Border Control lines.

### By bus:

*Greyhound*: The old standby, but not the best choice these days. Greyhound is not as cheap as newer discount lines, the buses are not as nice, and trips are longer because you make more



stops. Then again, if you aren't going to a major destination, sometimes Greyhound is the best choice. Picks up downtown at 187 Midtown Plaza. <http://www.greyhound.com>

*Chinatown (Ocean) Bus:* Used to be the cheapest way to get to New York City but has competition from carpooling/train price-wise plus it has strange hours—the bus departs from 733 Monroe Ave at 1:10am and drops you off in Chinatown at 7:40am. Tickets go for \$45-55 each way.

*Megabus:* Megabus runs to Syracuse, Buffalo, Toronto and New York City. Picks up at the RIT Inn & Conference Center at 5257 West Henrietta Rd. (You can leave your car there while you're gone.) Tickets are more expensive than on the Chinatown bus (between \$47 and \$74 depending on when you buy). Try to look up a promotion code online before reserving your tickets. <http://www.megabus.com/us>

### **By train:**

The Rochester Amtrak station is located at 320 Central Avenue downtown. A trip to New York City will take around 7 hours, with prices starting at \$63. For major cities, this is the only convenient route (Boston or Philadelphia generally require a transfer in New York, or run on slow routes). <http://www.amtrak.com>

### **By plane:**

Rochester's airport is small but has a decent selection of carriers, and you should be able to get pretty much anywhere in the United States either direct or with one layover. New York City is arguably the easiest city to get to with JetBlue offering multiple flights per day and other carriers also providing service to and from NYC airports. Direct flights are available to Atlanta, Baltimore, Chicago, Cincinnati, Cleveland, Minneapolis, New York, Washington, and several others. For those coming from major cities, the size of the airport can actually be a bit of a relief: lines are generally short, and parking is relatively cheap (around \$5.00 per day in the long-term parking lots, where a shuttle picks you up at your parking space and takes you to the terminal). And you'll almost always run into people from your class if you're traveling during vacations.

# Banking

Here are a list of convenient banks.

## **Bank of America:**

Offers a free checking account for students or anyone who opens an account online. BoA has branches all over the country, which is good for avoiding ATM fees. On the other hand, there aren't that many locations in Rochester, and most aren't very close to campus.

## **Chase:**

You can get a free checking account with direct deposit, but most of us don't have that. If you are under 24 you can get free checking if you use your debit card several times a month, if you are over their age limit, you can get free checking by maintaining a north-of-\$1,500 balance.

**Chase is by far the most convenient option when you consider that there is a branch (where you can open the account) and an ATM in the hospital.** There are also several other branches in Rochester.

## **KeyBank:**

A smaller bank with a free student checking account. To avoid a fee, you either have to initiate \$200 in deposit per month or, more easily, perform two transactions (including withdrawals). Key will reimburse you up to \$6 per month on ATM fees if you also get one of their MasterCard credit cards. There are several locations in Rochester, including one on Mt. Hope that you can get to by foot from the medical school.

## **M&T:**

M&T offers two free checking accounts, but pick the student one because it allows you do initiate 4 withdrawals from non-M&T ATMs and pay no fees. M&T is based in the northeast, so its ATMs are only concentrated in certain states. There are plenty of locations in Rochester; unfortunately, none of them are particularly close to campus.

# Utilities

Once you have set up your living arrangements, you'll want to set up heat, electricity, and internet.

## **Rochester Gas and Electric:**

RG&E is a necessary evil, and they're the people you'll contact to turn on your heat and electricity. Generally speaking, someone from RG&E will need to come to your house to turn the electricity on. It takes a few days to get an appointment, so do it early. Once you've lived in Rochester and have an account with RG&E, it is easier to transfer service. Generally speaking, the customer service representatives are very friendly. You can also pay your bill online (and set up automatic payments). <http://www.rge.com> or 1-800-743-2110.

## **Spectrum/Time Warner Cable:**

Spectrum (formerly Time Warner Cable) is the biggest provider of phone, cable and internet services in Rochester. Spectrum offers a package of the three services, but most people choose not to have a home phone and pay for two individual services. If you are a new customer, you can currently get a bundle of digital TV, broadband and unlimited nationwide phone services for \$90/month for 12 months. Internet and TV bundled together also is \$90/month for 12 months. Spectrum internet alone is \$45/month for 12 months of Up to 60 Mbps. These options require a contract. To get service without a contract, you generally have to pay a bit more. Also, make sure you check the website and ads for special offers that come up occasionally, especially for first-time customers. (These prices were true at the time of writing but may have changed). Remember: These prices are often introductory. If you stay at one location for more than a year, your prices may rise. To combat this, you can rotate who holds the contract within the location. <http://www.timewarnercable.com>

## **Frontier:**

Frontier is one of the few alternatives to Spectrum. It offers a bundle of phone, and internet starting at \$48/month but the speed is slow at up to 6Mbps- (\$10 more for up to 12Mbps). You can get internet alone for \$40/month at up to 24Mbps. Frontier may require an installation fee, but there are plenty of ads and online offers that will get this waived. <http://www.frontier.com>

## **Greenlight Networks:**

Greenlight is a fiber-optic internet company based in Rochester, NY. The biggest limiting factor is whether or not they have a presence in your neighborhood; it must be a "Greenlight District" where they have cable laid. Prices are reasonable compared to the other options if you want only internet, but they probably will charge a one-time \$100 installation fee that you may be able to have your landlord cover. Up to 100Mbps is \$50/month, 500Mbps is \$75/month and 1,000Mbps is \$100/month. This is a newer option but a number of students highly recommend it, especially with multiple people streaming at one time. <https://greenlightnetworks.com/>

# Pets

Before getting a pet as a med student, there are a few things to consider. First, the obvious – pets cost money. Food, boarding, shots, grooming, supplies, vet care - particularly emergency vet care (that could, potentially, become necessary right before an exam) all adds up. Second, pets take up time. Of course, this varies with what type of pet you have. Dogs require a lot more time than a snake or even a cat. It is possible, as a single person, to have a dog while in medical school, but remember that you'll have to make sure that he or she is let out and walked at regular intervals – even while you're on your surgery clerkship. If you plan on going out of town, you'll also want to make sure you have an alternative caretaker. Also, consider that your pet will probably be alone pretty often. Finally, pets don't just live for the duration of medical school. If we're talking a new puppy or kitten, you're looking at 12-18 years of pet ownership. Within that time, you might be having kids, moving to Angola, or marrying someone with allergies. So be responsible!

## Considering adoption?

Rochester has an amazing population of shelter animals, and a particularly large cat population!

Besides the shelters listed below, don't forget to check out craigslist, where you might find the perfect pet. Many local shelter groups also regularly post on craigslist.

Finally, if you're not sure just yet about adopting, many Rochester organizations (including GRASP, Habitat for Cats, and Paws and Purrs below) are in need of foster homes. This is a good way to get your pet-fix without the long term responsibility.

### **GRASP:**

This is a well-established group that fosters both cats and dogs. Adoption fees (including vaccinations and neutering) are about \$200-300 for puppies and dogs; for kittens it is \$135 and for cats \$50-100, based on age. You must fill out a contract in order to adopt.

<http://www.graspinc.org>

### **Habitat for Cats:**

Habitat for Cats' main activities are catch-spay/neuter-and-release programs for the large Rochester feral cat population. They collect kittens from feral colonies (the kittens themselves are not feral!), and they also provide foster services for unwanted older cats. HfC shows cats every Sunday at the Petco in Pittsford. You must fill out an application and contract that, among other things, requires that you not declaw your cat. <http://www.habitatforcats.com/>

### **Lollypop Farm:**

It sounds a bit like the place your aging dog Fido went to when you were five, but Lollypop Farm is actually the local Humane Society. Puppies through dogs range \$250-130. Kittens are \$135, cats are \$80-100. Look out for their free adoption days too! You can also adopt small animals, reptiles, and birds. Adoption fees include spay/neuter, veterinary care, microchip ID, a free veterinary exam, and a free carrier. You must submit an application. Lollypop Farm is *not* a no-kill shelter. <http://www.lollypop.org>

### **Paws & Purrs Rescue, Inc.:**

This is a volunteer rescue group for both dogs and cats, with pets residing in foster homes until they are adopted (no-kill). This is an excellent place to find a well-socialized cat or dog. Application required. Paws and Purrs also shows adoptable pets at the Henrietta Petco, which is probably the best way to meet your new pet. <http://www.pawsandpurrsrescue.org/>

### **Rochester Animal Shelter:**

This is the city shelter. They have dogs and cats year-round, and they occasionally carry other animals. The adoption fee for a puppy is \$169; for a dog it's \$74-139. Kittens are \$105 and cats \$45-90, and they have a "2 Fur 1" discount if you get two cats. The fees cover all of the veterinary care your pets need before adoption, plus spay/neuter (if they are old enough), microchip ID, and a free starter food bag. You will need to submit an application and sign a pet-care contract. <http://www.cityofrochester.gov/rochesteranimalservices/>

### **Scottsville Animal Shelter:**

This is a no-kill organization that is both a shelter and an animal hospital. You can visit with and adopt cats seven days a week, or see their puppies and dogs at Petsmart in Henrietta. Kittens and cats are \$75-180; the fee includes physical exam, veterinary services, and spay/neuter. Puppies and dogs are around \$200-350. Long-term resident dogs and cats are discounted. If you adopt from Petsmart you'll get a discount because Petsmart charitable services donates money for each pet adopted. Application required. <http://petadoption.cc/>

## **Pet Supplies:**

### **Petco:**

Petco stocks a wide variety of commercial and specialty pet foods, plus you can also get other supplies like toys or carriers. They have a house litter variety that comes in a 30-lb. bucket; if you bring the bucket back to refill yourself, you'll get a discount. They also offer dog-grooming and dog-training services.

- Henrietta: 300 Hylan Dr.
- Pittsford: 3200 Monroe Ave.

### **PetSmart:**

Pretty much the same as Petco, though they don't have their own brand of litter. Plenty of foods and litter varieties to choose from. They do have their own vet clinic on site though—helpful for transferring pet rx from out of state.

- Greece: 3042 West Ridge Rd.
- Henrietta: 790 Jefferson Rd.

### **Wegmans:**

The pet aisle at Wegmans has a fairly good stock of commercial dog and cat foods, including the house brand (Buju/Ziggie for cats; Bruiser for dogs). You can also get most commercial varieties of litter, including Wegmans own kitty litter (a good value). Wegmans does not stock higher-end and natural pet-food brands; you'll need to go to a larger pet supplier or a specialty store for those.

### **Pet Saver Superstore:**

It sounds like just a random discount place, but actually Pet Saver focuses on healthy pet food, and they have recently been getting into foods with only NY-sourced ingredients. The staff is very knowledgeable and helpful.

- Greece: 1596 W. Ridge Rd.
- Brighton: 2947 Monroe Ave

## **Student Organizations**

The medical school has a ton of student organizations, and most people love to get involved! This isn't college, though; remember that you don't need to be able to list every possible activity on your resume, and you'll also have less time. Pick things that you are really interested in, and dedicate yourself to them!

There will be a student activities fair at the beginning of the school year, where you can talk to student leaders of each group and sign up for their listserv. Keep your eye out for emails in the first few weeks of school—groups often email everyone at first before switching to their distribution lists so you can get a feel for what they do.

**Class Council-** Serving your class, officers are elected during orientation/MMI. This group is responsible for organizing social events for your class, communicating to the class about important events, and advocating for your class to the administration. Some event ideas include: post-exam social events (bars or local social places), RPO Orchestra concerts, hockey game outings, trivia nights, local art gallery visits, etc. Positions include: one President, two Vice Presidents, one Secretary, one Treasurer, one Class Senator, two Honor Board Members, one AAMC representative, and two class curriculum representatives.

**Senate-** Serving the entire medical student population, the group is in charge of organizing events for the entire medical school and serving the student population. Traditional events include a Halloween Party, Holiday Party, Talent Show, and Spring Formal. Senate holds quarterly meetings with each year's class councils. Near the end of your second semester, you will be eligible to apply for these senate positions: President, Vice President, Secretary, Treasurer, and IT outreach.

## **Interest Groups:**

These groups host lunchtime and evening meetings with speakers that will address all kinds of topics related to their specialty, including general overviews, specific topics, and lifestyle issues. Participating in groups in your specialties of interest is a great way of connecting with mentors for shadowing or summer research.

**Aging Interest Group**  
**Anesthesiology Interest Group**  
**Cardiology Interest Group**  
**Dermatology Interest Group**  
**Emergency Medicine Interest Group**  
**Family Medicine Interest Group**  
**Health Services Research Interest Group**  
**Infectious Diseases Interest Group**  
**Integrative Medicine Interest Group**  
**Internal Medicine Interest Group**  
**Interventional Radiology Interest Group**  
**Neurology Interest Group**  
**Neurosurgery Interest Group**  
**Nutrition Interest Group**  
**Ob/Gyn Interest Group**  
**Oncology Interest Group**  
**Ophthalmology Interest Group**  
**Orthopaedic Surgery Interest Group**  
**Pathology Interest Group**  
**Pediatrics Interest Group**  
**Psychiatry Interest Group**  
**Public Health Interest Group**  
**Radiology Interest Group**  
**Surgery Interest Group**  
**Ultrasound Interest Group**  
**Wilderness Medicine Interest Group**

## Other Student Organizations:

Other student organizations include the affinity groups, which address the concerns and needs of specific minority groups; service organizations; and groups for people with common outside interests. Again, if there's a group you don't see but would like to organize, feel free to do so!

### **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 an 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 an initiative to investigate universal health care.

### **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. To this end we send delegations each year to two annual meetings of the entire AMA-MSS which are focused on creating and updating policy which the AMA will advocate for in Congress, as well as state and regional meetings to address policy on those levels. We also have an active community service arm that organizes several events each year to foster relations with the Rochester community.

### **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.



### **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. We offer opportunities to engage with the Asian community and explore alternative forms of medicine. 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.

### **EMPEX:**

EMPEX gives students the unique opportunity to practice procedures in the Strong ER. Students volunteer for shifts in which they have the opportunity to work with nurses to learn how to place IVs, suture, place EKGs, drain abscesses, and perform catheterizations. Students also help out by getting vitals and responding to patient requests. Each shift, there is also the opportunity to spend time observing in the trauma bay. Students will receive EMPEX training for various procedures at the beginning of the school year.

### **Finger Lakes Community and Migrant Health Care Project:**

FLCMHCP is a federally funded organization that provides health care to Migrant farm workers in New York. The branch the University of Rochester School of Medicine partners with is located in Sodus, NY. Students will join outreach teams and travel with them to camps where they will provide education on health topics relevant to migrant workers while providers see individual patients. The health education material is in the form of a PowerPoint that can be projected onto a wall "in camp." The material currently covers topics identified by the New York Center for Agricultural Medicine (NYCAM) and is in Spanish.

### **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.

### **Healthy Kids Healthy Futures:**

This group is dedicated to providing informative and interactive afternoon activities and lessons for kids regarding healthy habits and living. We volunteer at a local elementary school once a week. Participating in this group is a very rewarding experience, and you get to serve the community, which is what URMC students are all about!

## **Homeless Response Team**

The goal of this group is to establish meaningful, long-term connections with the homeless patients who are admitted to the hospital. Students are assigned to a team of 3-4 students (a mix of students from all class years), and when a homeless person is admitted to the hospital, one of these teams is alerted. Members of that team then meet up with the homeless person in their hospital room, chat, introduce themselves, get to know the patient, and exchange contact info. The goal is to figure out what the patient's most pressing psychosocial needs are (do they need/want a job? Do they have a PCP? Do they need a cell phone? Do they want more permanent housing?), and then follow up with that patient once every 1-2 weeks for about 6 months (meet them somewhere in the community, help them arrange doctor appts and meet them there, etc.). The team's role will be to serve as their advocate, and a positive liaison between them and the medical community. The ultimate goal of the program is to set up homeless individuals with a PCP (or reinforce their relationship with an already existing one), improve their trust in the medical system, and help them accomplish as many psychosocial--and sometimes medical--needs as possible (connect them with resources to find a job, housing, cellphone, etc). The teams will work closely with social workers to help accomplish this.

## **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. 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 that 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)

### **Latino Medical Student Association**

The Latino Medical Student Association is a non-profit organization founded to represent, support, educate, and unify US Latino(a) medical students. The Rochester chapter fosters engagement with the local community, organizes networking events, and reaches out to applicants that are extended an interview or accepted.

### **Medical Center Christian Fellowship:**

URMCCF is a group of Christians in the health professions, primarily medical students, associated with the University of Rochester Medical Center who gather regularly for fellowship, prayer, Bible 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 their participation in community service. The vision of URMCCF 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 rigors of a demanding schedule and intense workload. We aim to equip our members to share their faith with others, and to serve our classmates and our community. We will foster cogent Christian thinking in our discussion of medicine, ethics, and other intellectual issues. Learn more about us on our website, [www.urmcfc.org](http://www.urmcfc.org).

### **Medical Students for Choice:**

Medical Students for Choice is a group dedicated to ensuring that women receive the full range of reproductive healthcare choices. MSFC recognizes that one of the greatest obstacles to safe and legal abortion is the absence of trained providers. As medical students and residents, we work to make reproductive health care, including abortion, a part of standard medical education and residency training. 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.

### **Nativity Middle School Tutoring:**

The Nativity Preparatory Academy is a private, Roman Catholic school in the City of Rochester designed for highly self-motivated, economically disadvantaged students. These children are behind in their grade level as compared to the average student, resulting from negative social and economic factors affecting them and their families. Once a week, medical students go to Nativity and tutor a middle school student for an hour in subjects such as math, history, English and science. Medical students usually have the same Nativity student each week, which helps to foster a close relationship.

### **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.

### **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.

### **Reaching out to Kids (ROK):**

This big brother/big sister program matches medical students with children with chronic illnesses. A great way to get involved in the community and give back.

### **Refugee Student Alliance**

RSA is a group that partners with community organizations that work with refugees resettled in Rochester. Over 700 refugees are resettled here annually from over 25 countries. RSA's primary programs are volunteering with families and individuals who came to Rochester as refugees, including tutoring/mentoring programs for children, health/nutrition classes for adults, and on-campus events for former refugee students in local schools. RSA's secondary activities include organizing fundraising and charity events to help raise needed items for local refugees, and inviting guest speakers and former refugees to deliver talks on campus.

### **Rochester Young Scientist's Club**

The Rochester Young Scientist Club (RYSC) mentors a group of 5th and 6th grade students from a local community school as they learn about how science is practiced in a professional setting. Activities that the 5th and 6th graders participate in include exercises to demonstrate principles of the scientific method as well as tours of working laboratories at the Medical Center. The RYSC program culminates with a longitudinal project in which the 5th and 6th grade students apply what they've learned by developing a scientific experiment and presenting their findings at the Medical Center with the help of their mentors. The RYSC's goal is not only to teach the 5th and 6th graders about science, but also to encourage life-long curiosity and enthusiasm by giving them the opportunity to do science at a world-class academic institution.

### **Saturday School:**

Volunteers go to local Elementary School twice per month 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 schoolwork!

### **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.

### **SNACKS (Serving Nutritious and Appetizing Cuisine to the Kin of the Sick):**

Every Thursday this group heads to the American Cancer Society's Hope lodge to prepare a delicious home-cooked meal for the residents staying at the Hope Lodge. The Hope Lodge is a charity/low-cost hotel place where people can stay when receiving treatment in town. Usually one person will buy all the ingredients, lead the preparation, and then the group has dinner with the residents. You really get to know the visitors!

### **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!

### **Street Outreach**

UR Street Outreach is a student-run organization dedicated to reaching out to the homeless of Rochester and offering basic medical care, access to resources (food, clothing, housing), and acting as sources of support and friendship. In order to deliver our care, UR Street Outreach visits local Rochester homeless shelters and homeless individuals living on the streets, on Wednesday and Friday evenings of each week. As part of our basic medical care, students take patient histories, provide physical exams, administer flu vaccines, take blood sugars, and offer medical advice when appropriate, with a physician usually present on rounds or available on call.

### **Students for a National Health Program**

SNaHP is the student section of Physicians for a National Health Program (PNHP), an organization which brings together doctors, health care providers, and concerned citizens from around the country to advocate for single-payer health insurance and other progressive health

care policies. By forming a local chapter, the group aims to advocate for our future patients at both the state and federal level, while also connecting with other activists here in Rochester and throughout the country.

### **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](http://www.snma.org). We hope that you consider getting involved in SNMA as we would love to have you as part of our team.

### **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!

### **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 underserved families in the Rochester community. There are currently three volunteer clinics operating: Asbury, St. Joe's, and St. Luke's. Each clinic has a unique regional patient population, and they have some variations in organization and specific services provided. Generally, first-year students can start in the fall in administrative and medical assistant positions, and then in the spring as Health Team Juniors,

who perform physical exams and histories under the supervision of a third- or fourth-year student (Health Team Seniors). A licensed health care provider is present to provide supervision, support, feedback, and patient care. Additionally, there are occasional “Specialty Nights”, during which specialists in fields such as neurology, dermatology, endocrinology, etc. volunteer at the clinic to provide care in their respective scopes of practice. 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, such as smoking cessation counseling.

## **Students of Rochester Outreach Community Outreach Opportunities:**

Students of Rochester Outreach’s (SRO) primary goal is to provide medical, graduate and nursing students the opportunity to have hands-on experiences with groups that are economically underserved and disadvantaged. The emphasis at all sites is to establish relationships with agency clients and to develop an appreciation for the social and cultural dimensions of health through attentive, compassionate listening.

Students should sign-up to work with an agency that matches their interests and professional goals. To receive acknowledgment for your SRO experience you must volunteer a minimum of 20 hours per year. Students interested in pursuing the longitudinal Community Health Improvement Clerkship and who want to be considered for the “Distinction in Community Service” designation on your MD diploma, must volunteer a minimum of 140 hours across the four years of medical school using the following breakdown per year. Year 1- minimum of 40 hour; Year 2- minimum of 40 hours; years 3 and 4; minimum of 60 hours across both years.

The Center for Advocacy, Community Health, Education and Diversity will oversee the tracking of hours for each student’s community outreach experience. Volunteering for many student organizations qualify for SRO hours, but the CACHED office or student group leaders are useful resources if you have any questions. All student volunteers must fill out a Special Elective Drop/Add form.

# Planning Your Summer

People will start talking about the summer after first year probably sooner than you want them to. Some of this is jumping the gun, but it is true that your summer will probably require a bit of early planning. Remember that this is the last “real” summer you are likely to have in medical school, because third year begins in early July after you take Step 1.

## Research:

### Summer Research:

In the past few years, the vast majority of students have opted to do research. Each year, the Center for Advocacy, Community Health, Education and Diversity (CACHED) office gives out \$3,000 awards to students interested in pursuing research abroad or in Rochester (or at another institution). To apply for the grant, you will need to submit an application, which consists of a cover sheet, a description of your research, and a letter of support from the person who will be supervising your research. Generally, the application is due in early February. CACHED will start sponsoring meetings about this funding in late fall, so you'll have plenty of warning. If you have any burning questions, e-mail Dr. Adrienne Morgan in the CACHED office at [adrienne\\_morgan@urmc.rochester.edu](mailto:adrienne_morgan@urmc.rochester.edu).

If you're going to be staying in Rochester, it will probably be fairly easy to find a PI doing work that interests you – keep your ear to the ground, attend lectures and, if something specific interests you, just shoot an email. If you plan to go abroad, you'll need to start a bit earlier so you can make sure to get a response – and a support letter – from both a PI here at Rochester *and* someone in the country you'll be spending time in. Definitely ask around among students in other classes, because there are many projects that you can jump on to in subsequent years. Finally, it is theoretically possible to get funding to do research at another university in the United States. You'll need to have support from a PI here and at the host institution, and you'll have to show that the research couldn't be done here.

Generally speaking, most people who go abroad do epidemiological or other survey-based research. First, you have to show that the research you are doing could not be done at Strong. Second, you'll only have 8 weeks, which means it can be hard to put together a bench-research project, particularly from afar. Many people who stay in Rochester do basic-science research, but there are many other opportunities as well.

If you are reasonably serious about your project, you will almost definitely get the funding. Just remember that you will need to put together a poster for a session in October after your research is completed!



## Outside Institutions:

Some students receive CACHED funding for working at other institutions, here is a list of the places students have gone to recently: Children's Hospital of Philadelphia, Massachusetts General Hospital, Beth Israel Deaconess Center (Boston, MA), University of Washington, Rothman Institute at Thomas Jefferson (Phil), Sloan-Kettering, University of Chicago, NYU Hospital for Joint Diseases, Yale University, National Institutes of Health, and the University of Utah.

## Popular National Programs:

While staying in Rochester is great, many students have chosen to apply to national programs and network at other hospitals and schools. Below are a couple of programs that past URMC students have been accepted to or have participated in. The CACHED office emails students about these opportunities but some of them you must seek out yourself.

**American College of Pediatrics Summer Internships-** placements at Boston Children's Hospital, Massachusetts General Hospital

**Hospital for Special Surgery (HSS in NYC) Medical Student Summer Research Fellowship-** not a great stipend (\$2,400 for 8 weeks), but an amazing opportunity for orthopedic research in NYC. <http://www.hss.edu/medical-student-summer-research-fellowship.asp>

**Memorial-Sloan Kettering Summer Research Fellowship-** in NYC, great stipend (\$5,800), great opportunities for clinical or bench research. <http://www.mskcc.org/education/students/summer-fellowship>

**NIH National Institute of Diabetes and Diseases of the kidney Summer Internship-** past placements at Yale University or Massachusetts General Hospital and you get to go to a funded conference in Nashville, TN! (opportunities are at any 16 of the NIDDK sites across the US)

**Roswell Park Summer Medical Student Internship in Oncology-** in Buffalo, NY; stipend of \$3500 for 10 weeks. [http://www.roswellpark.edu/education/summer-programs/medical/dental/pa-students#RPCI Internship](http://www.roswellpark.edu/education/summer-programs/medical/dental/pa-students#RPCI%20Internship)

**mSTAR grants-** national research for aging sciences- you can apply for a grant to stay at UR, or at dozens of other sites in the US. <http://www.afar.org/research/funding/mstar>

**Summer Hoosier Rural Preceptorship-** learn about rural family medicine while earning \$3,000 and living in a free one-bedroom apartment in Terre Haute, Indiana during this 8-week preceptorship. <http://www.myunionhospital.org/unionhospital/lugar-center-summer-hoosier-preceptorship>

## Research During the School Year:

If someone tells you it is impossible to do research during your first year in medical school, it is very easy to prove them wrong. Research opportunities at URSMD are by no means limited to over the summer or during a gap year, as there are a myriad of researchers who would love to have medical students (AKA Free workers) help out in their projects in some way. It can be as easy as emailing a research coordinator in a department, or talking to a lecturer whose work you enjoy and would like to learn more about. Most physicians are very understanding about time constraints faced by medical students, and will be very accepting about the limited amount of time set aside for research.

## Other Ideas:

If research isn't for you, don't do it! Here are some other options for the summer. There are some fellowships that have a small research bent but let you spend a lot of time shadowing. Other students try to make a lot of money working for a test prep company teaching MCAT courses, or tutoring students. And if you're interested in taking *real* time off, do it! Go abroad and learn a new language, or get a job painting houses. Ultimately, this summer should be for you.

# Living in Rochester

Below is an ever-growing list of restaurants, services, stores, entertainment outlets, and so on that you'll likely become familiar with during your time here in Rochester. We've scoured the city to assemble this all into a comprehensive list, but we still encourage you to go out and explore! We've also highlighted Rochester's "greatest hits" in this [funky hue](#).

## Dry Cleaning and Tailor Services:

**Saginaw:** Owned by the parents of an URMC alum. Provide excellent dry cleaning and tailor services. 1425 Jefferson Rd Rochester, NY 14623 (585) 272-7930.

**Mt. Hope Cleaners:** can be more expensive for dry cleaning, but is in a very convenient location in the Mt. Hope plaza. 1665 Mt Hope Ave Rochester, NY 14620 (585) 271-6640

## Car Repair:

**Cole Muffler:** directly on Mt. Hope next to the Mt. Hope plaza. Very convenient location and they often have deals on oil changes. 1735 Mount Hope Ave Rochester, NY 14620. (585) 244-2270

**Delta Sonic:** cannot get many care repairs here but they do change oil for a very cheap price \$20. No appointments taken. W. Henrietta Rd.

**Mt. Hope Service Center:** Located on the corner of Mt. Hope and Crittenden Blvd. Very conveniently located, but **these people will try to scam you by telling you that your car needs several expensive services**. 1471 Mt. Hope Avenue, Rochester, NY 14620 phone: 585-461-3120

**PepBoys:** standard chain automotive shop, but if you sign up for their rewards card you can get many benefits! 1375 Marketplace Drive Henrietta (585) 272-7080

**Nu-Look Collision:** a standard chain collision repair shop, that **will use sub-par parts to repair your car**, with a sham warranty. Avoid going to this place at all costs.

**Seasonal Automotive:** recommended by Dean Lambert, and a popular place for students to have repairs done. 1601 E Henrietta Rd Rochester, NY 14623(585) 424-1052

## Supermarkets:

**Wegmans:** You're living in Rochester so you will probably do most of your shopping at Wegmans. Fact. Rebel at risk of public shame. Wegmans is a combination of Whole Foods and a regular grocery store, all at regular grocery store prices. Prices sometimes even beat Wal-Mart. There are people who won't leave western New York because of Wegmans. Another fact. They have a great selection and tons of special items for those with dietary needs, plus a good international foods section. They have a bakery, deli, meat counter, fish counter and cheese counter in every store, although the "flagship" store in Pittsford has the best meat and fish. You can also get many prepared foods, including Indian and sushi. They also have a mobile app. <http://www.wegmans.com>

- Henrietta: 650 Hylan Dr.: The most convenient Wegmans to Strong.
- Park/East Ave.: 1750 East Ave.
- Pittsford: 3195 Monroe Ave.: The best one.

**Trader Joe's:** Let the showdown begin! Trader Joe's in an inexpensive and fun place to shop for just about anything sold at Wegmans and then some. Perhaps the greatest thing about this tropical-themed gem is that everything they sell is from their own brand so prices are super low and quality is high. They also sell a number of unique items that will make your life complete. Like cookie butter. Yes, that's a thing. They have a lot of prepared packaged foods like salads and sandwiches that are made in house that day, as well as great frozen meals of every variety (highly recommend the chicken burritos). Trader Joe's distributes daily free samples, and you're allowed to request a sample of any item in the store. Need I say more? Choose a side in the inevitable Wegmans versus Trader Joes debate, or just shop at both and live a happy life. 3349 Monroe Ave, Rochester, NY 14618 (585) 248-5011

**Aldi:** Aldi, a European import, **specializes in low prices** by only offering one brand of each type of food and sticking largely to generics. They don't give you grocery bags and you need to deposit a quarter to get a shopping cart. 615 Jefferson Rd.

**Hart's Local Grocers:** Initially, this may appear to be just an overpriced grocery store, but Hart's bravely situated itself in a food desert downtown, and its mission is to offer more accessible, fresh, locally sourced foods. You should find all necessities, including milk and eggs, local ice cream, and beer. If you are short on time and need at least \$30 of groceries, you can order online and pick them up (\$2 fee) or have them delivered to your home (\$4 fee). Hart's also serves meals in house and caters, and their food is phenomenal. They also offer butchery and sausage-making classes. [www.hartslocalgrocers.com](http://www.hartslocalgrocers.com). 10 Winthrop St. (585) 521-4278.

**Price-Rite:** Real deals are on the Price-Rite brand, but they also have good deals on other goods, and especially good produce. 3333 W. Henrietta Rd.

**Tops:** A major grocery store chain. It is almost inevitably more expensive than Wegmans, and is also pretty depressing.

- 1100 Jefferson Rd.
- 1900 Clinton Ave. S.

## College Town:

**AT&T** – You know what this is.

1388 Mt. Hope Ave. | (585) 244 8078

**Barnes & Noble Booksellers** – Like college Barnes & Nobles all over the country, this is a decently-sized bookstore that sells stationary and college (University of Rochester) merchandise. There is also a small study space with adult-sized tables, as well as a space with tiner tables meant for children. Choose your own adventure.

1305 Mt. Hope Ave. | 585.275.4012

**Bean Cruises and Travel** – Don't even think about it. As much as medical school may make you want to go on a cruise and travel, don't use Bean; use Expedia, Kayak, or Google.

1305 Mt. Hope Ave. | 585.275.4012

**Breathe Yoga** – As all things yoga are in the Western world, this place is quite expensive. Unless yoga is life, most things may not seem worth it, but the smoothies definitely can be. Try the protein punch; you deserve it. They also sell clothes, healthy meals/snacks, and offer yoga classes, facials, massages, and acupuncture, for those who care to be pampered at a price.

1305 Mt. Hope Ave. | 585.248.9070

**Bunga Burger Bar** – The best place to get a burger in walking distance of URSMD/White Coat. Any of their burgers can be substituted with a black bean patty, which is excellent, and they come with an enticing selection of signature or premium sides. As the name implies, they also sell alcoholic beverages at a reasonable price, including “adult shakes.”

1370 Mt. Hope Ave. | (585) 360-4949

### **Canandaigua National Bank and Trust**

This is a regional bank. Canandaigua is a town about 40 miles south of Rochester.

1341 Mt. Hope Ave. | 585.851.0350

### **Chipotle**

Don't think this one needs an explanation.

1360 Mt. Hope Ave. | (585) 473-3611

### **Flaum Eye Institute | Strong Vision Optical**

Treat yo-self to a new lens prescription here.

1317 Mt. Hope Ave. | 585.273.3937 (Appointments) | 585.276.7676 (Optical Shop)

### **GNC**

A nice little store for ortho-gunners to buy their protein powder.

1385 Mt. Hope Ave. | 585.623.8709

### **Grappa**

"Upscale casual" Italian food. GREAT happy hour - 5-7pm every day, 2/\$10 food plates and good drinks.

### **Hilton Garden Inn University of Rochester/Medical Center**

Cross your fingers and have your parents book a room for graduation now?  
30 Celebration Drive | 585.424.4404

### **Insomnia Cookies**

Cookies delivered until 3am. Ice cream and/or milk also available  
1333 Mt. Hope Ave. | 877.632.6654

### **Jimmy John's – Big, delicious sandwiches.**

53 Celebration Drive | 585.481.2383

### **Moe's Southwest Grill**

Like Chipotle, but with better guac and free chips.  
1377 Mt. Hope Ave. | 585.363.5920

### **Saha Med Grill – A great greek food-chain.**

1399 Mt. Hope Ave.

### **Starbucks – It is fairly small, and tables are often occupied by students studying**

1380 Mt. Hope Ave. | 585. 271.7330

### **The Soup Spoon – Combo of Cambodian and Asian Fusion cuisine.**

1378 Mt. Hope Ave. | 585.244.7166

### **Spitale Laser Spa & Salon – Upscale haircuts.**

59 Celebration Dr. | 585.256.3490

### **The Beer Market**

Offers an extensive beer menu and what seems to be unlimited tastings before you order one. Going to Trivia on Tuesdays and ordering a massive pretzel for your table may be a thing.  
1401 Mt. Hope Ave. | 585.244.2337

### **The Creator's Hands**

Mediocre, expensive handmade goods.  
1311 Mt. Hope Ave. | 585.235.8550

### **Texas de Brazil**

Texas de Brazil is an "authentic churrascaria, featuring a continuous dining experience that blends together the unique culture of Brazil, with the generous hospitality of Texas." There are a lot of meats, a 50-item salad area, but costs about \$45 for the meal.  
22 Celebration Drive | 585.473.2013

### **Rochester Running Company**

This Rochester company sells apparel and custom-tailored athletic shoes, but may be most popular for its group runs. Starting at its conveniently located store, members of RRC, some of whom are undergraduate UR students, lead groups on carefully designed running or walking routes through Rochester. These are offered every Saturday and Sunday as well as some weekday evenings.

1387 Mt. Hope Ave. | 585.417.5575

**Verizon** – I think you can figure this one out.

14 Celebration Drive | 585.622.9151

### **Yotality**

Now serving self-serve frozen yogurt, gelato, frozen custard, and sorbet. Lots of toppings.

1380 Mt. Hope Ave. | [\(585\) 730-5749](tel:5857305749)

## **Ethnic and Specialty Grocery Stores:**

**Asian Food Market:** Asian. Huge place with a large selection and lots of fresh fish. 1885 Brighton-Henrietta Town Line Rd.

**Chang's Oriental Food Store:** Korean. Groceries and kitchen supplies. 1867 Mt.Hope.

**Europa Deli:** Eastern European. Sells Eastern European yoghurt and cheese, plus deli meats and pickles. 1694 Penfield Rd. #12

**European Meat Products & Deli:** Polish. Sells Polish sausages, cakes and other groceries. 1325 Hudson Ave.

**Genesee Valley Regional Market Authority:** A combination strip mall (of specialty food stores and other businesses) and farmers market. 900 Jefferson Rd.

**Halal Markets and Meat:** Halal. Meat and other groceries. 311 Ridge Rd. E.

**Hikari:** Within walking distance of Strong, this Asian grocery store stocks mainly Chinese packaged and frozen foods, sauces, fresh meats and produce, and an extensive array of snacks, as well as some Japanese and Korean options. Their frozen foods (dumplings, scallion pancakes, etc.) are popular. Also sells pots and pans and other cookware. Better prices than Wegmans, but make sure to check the expiry dates. New shipments arrive on Tuesdays. 1667 Mt. Hope Ave.

**Indian House Store:** Located across the street from the restaurant of the same name. Frozen foods, spices, and some fresh produce. Rock-bottom prices. 999 Clinton Ave. S.

**Istanbul Market:** Turkish. Excellent butcher that sells halal meat, plus homemade Turkish food. 1388 Norton St.

**Lee's Oriental Food:** Asian. Crazy selection and helpful staff. Located in the Genesee Valley Regional Market. 900 Jefferson Rd., Suite 1-1.

**Lori's Natural Foods:** Good source of organic food for humans and animals. Regularly voted best organic food store in the area. Located in the Genesee Valley Regional Market. 900 Jefferson Rd.

**Mis en Place Market:** "European-style" grocery store that stocks most basics at somewhat-reasonable prices, plus has a good deli counter. You can also eat there or carry out. 683 South Ave.

**Niblack Foods:** If you're a baker or use a lot of spices, this is the place to be. It's a wholesale place where individuals can also shop: you can get spices, baking and cake-decorating supplies, and a lot of other things. 900 Jefferson Rd, Building 6.

**Palmer's Meat and Seafood:** When Wegmans selection leaves something to be desired, head to Palmer's for low prices on bulk meat. 900 Jefferson Rd.

**Pittsford Seafood Market:** Curiously not located in Pittsford, this is a decent seamonger that will precook your fish if you call ahead. 510 Monroe Ave.

**Polska Chata:** Polish. Polish meats, cheeses, dry goods, juices (cherry juice, for instance). 32 Vinedale Ave.

**Rubino's:** Italian. Lots of Italian specialties, great selection of sausage, pasta, oils, etc. 1304 East Ridge Road

**Spice Bazaar:** Indian. Has food and an excellent selection of spices. 364 Jefferson Rd.

**West Lake:** Asian. Not super convenient to Strong, but sells live fish, homemade noodles (ask for them) and home-grown bean sprouts, among other things. 85 Commerce Dr.

**Win Fa Market:** Asian. A large Asian store that sells live fish, cooking supplies, spices and all the rest. 4 Lake Ave.



## Farmer's and Public Markets:

**Rochester Public Market:** This is one of the major draws of the city, having been voted the nation's best public market many times, most recently in 2010. The periphery consists of permanent restaurants and shops, and the inside is a rotation of farmers, produce resellers, and sellers of other goods (plants, spices, knick-knacks). If you're looking for good produce, make sure you stop at stands run by farmers. You can also get ridiculously low prices from vendors who resell the same type of produce you get in the supermarket, often super ripe/eat it in the next day state (that is, don't buy from them if you are looking for organic and high-quality, but if you are looking for rock-bottom prices). The Market is open year-round, but in the winter it isn't worth going unless it's Saturday. They say you'll always run into someone you know at the Market, and that's probably true. While you're there, never hesitate to buy a fresh \$1 apple cider donut from Duke's Donuts. They are the best. Tuesday and Thursday 6 a.m.-1 p.m., Saturday 5 a.m.-3 p.m., Sunday 8 a.m.-2 p.m. 280 Union St. <http://www.cityofrochester.gov/publicmarket/>

**Brighton Farmers Market:** Over 40 vendors exhibit their wares on Sundays in the Brighton High School parking lot. Open June-October Sundays 9 a.m.-1 p.m.

**Highland Park Winter Farmers Market:** Looking for good produce and other homemade stuff in the winter? Check this place out. Open November-May Wednesdays 4-7 p.m. <http://highlandwintermarket.com/>

**South Wedge Farmers Market:** A new addition to the Rochester farmer's market scene that has been gaining in popularity. It is hosted in the parking lot of Boulder Coffee Co. in the South Wedge. Open June-October Thursdays 4-7 p.m. <http://www.swfarmersmarket.org/>

**University of Rochester Farmers Market:** Conveniently, there is a farmers market within our medical school every week from March 1 - October 18th, every Wednesday from 2:30 pm - 5:30 in Flaum Atrium. It tends to be a little pricier than the Rochester Public Market, but it is conveniently right outside our classrooms, and the artisan crafts, spices, meats, sweet and savory pies, and desserts are local. Best of all, there are usually always some free samples.

**CSAs:** If you like farmers markets, you'll probably love community-supported agriculture. You sign up for a particular farm and they will deliver (to a central location) a bag of seasonal produce from the farm every week for the duration of the season. There are many excellent CSAs in the Rochester area because of all the amazing surrounding farmland. Check them out: [http://rocwiki.org/Community\\_Supported\\_Agriculture](http://rocwiki.org/Community_Supported_Agriculture).

## Home Furnishings:

Want a break from the same furniture you've been buying from Target since undergrad? Not too impressed by what Wal-Mart and Goodwill have to offer? Craigslist usually has pretty good deals, so it's a good place to start your search for furniture. Departing fourth year students often sell most of their furniture in the spring so be on the look out for those emails to get nice things at fire-sale prices. Some other options are found below.

**Ashley Furniture:** A bit on the expensive side, but good for comparison shopping to Value City. 650 Hylan Dr.

**Bed Bath and Beyond:** As the name suggests, a good place for sheets and towels (though more expensive than Target) and small appliances. 720 Jefferson Rd.

**Futons & More:** 1769 Mt. Hope Ave.

**Lowe's:** Has some furniture and large appliances, but obviously is especially good for tools and hardware. 2350 Marketplace Dr.

**Metro Mattress:** Convenient, but may not always beat the big online delivery stores. 600 Jefferson Rd.

**Pier One:** A place for pseudo-eclectic décor and some furniture. 300 Hylan Dr.

**Tuesday Morning:** A Pier One-like décor place. 3333 W. Henrietta Rd.

**Value City Furniture:** Relatively expensive and not the best quality, but you may find something you like. 1000 Hylan Dr.

**West Elm:** Just opened up at the Armory (next to Village Bakery and TRATA restaurant). A bit pricey, but they will do a free in-home (apartment) consult if you want!

## Antiques:

Okay so we're not 75 yet, but you can find some pretty great stuff at antique stores, including great, kitschy things with which to decorate your new home.

- Bloomfield Antique Mile <http://www.bloomfieldantiquemile.com/>
- Carriage Factory Antiques: 2348 State Route 5 and 20, Stanley
- Ithaca Antique Center <http://www.ithacaantiquecenter.com/>
- Ontario Mall Antiques <http://www.ontariomallantique.com/>

## Malls:

**Eastview Mall:** A bit out of the way in Victor, this is by far the biggest and nicest mall in the area. Stores include Abercrombie & Fitch, American Eagle, Ann Taylor Loft, Banana Republic, Eddie Bauer, Express, Forever 21, Gap, H&M, J. Crew and Old Navy. Many higher-end brands available as well. There is also a nearby Target. Anchor stores are Macy's and Lord & Taylor. Crucially, this is the only place in the area that has an Apple Store.

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

**The Mall at Greece Ridge:** Convenient to the Greece Target, but otherwise more out of the way than Marketplace. Has Express, Gap, H&M, New York & Co., Old Navy, Victoria's Secret. Also has a movie theater and a Barnes and Noble. <http://www.themallatgreeceridge.com/>

**Marketplace Mall:** Located in Henrietta, this mall is convenient to the Henrietta Wegmans, Target and Wal-Mart. Features many stores including Abercrombie & Fitch, American Eagle, Banana Republic, Express, Gap, Ann Taylor Loft, Old Navy and Victoria's Secret. Anchor stores include Sears', Macy's, Dick's Sporting Good's, and JC Penney's. There is also a nearby Lands' End. <http://www.themarketplacemall.com/>

**Waterloo Premium Outlets:** OK, not actually a mall, but the closest outlet place to Rochester (around a 45-minute drive). They have Calvin Klein, Guess, J. Crew, Gap, Nautica, Nike Factory Outlet, Polo Ralph Lauren, Puma, and others. <http://www.premiumoutlets.com/waterloo>

## Superstores:

**Big Lots!:** You'll never know what they will have at this place, from furniture, to bed/bath products, to groceries. Worth checking out as you're moving in. 1100 Jefferson Rd.

**BJ's:** A bulk warehouse similar to Costco. Often has the cheapest gasoline in town, with prices only available to members. Generally speaking, club memberships won't be worth it unless there is more than one of you. 400 Jay Scutti Blvd.

**Costco:** The classic bulk warehouse, only those with memberships are allowed in (but only one person in the entering group needs to have a membership, so find a friend who is still mooching off a parent's membership). Right across the street from Monroe Community Hospital (aka very close to Strong). Also has cheap gas only for members. Samples galore on Saturdays and Sundays.

**Sam's Club:** If there were no Costco, Sam's is the best bulk warehouse. It is located right next to Wal-Mart (and owned by the same corporation). Also has reduced-price gasoline for members. 1600 Marketplace Dr.

**Target:** The most convenient Target to Strong is near the Marketplace Mall. There is also one in Greece.

- Greece: 600 Greece Ridge Center Dr.
- Henrietta: 2325 Marketplace Dr.

**Wal-Mart:** A good place to get basic groceries and home furnishings. 1200 Marketplace Dr.

## Restaurants:

This is by no means an exhaustive list of all of the food options in Rochester. Check out <http://www.rocwiki.org> for descriptions of all Rochester restaurants and user comments. For other places to find new restaurants, check out:

- <http://www.rochestercitynewspaper.com/restaurants/guide/>
- <http://www.democratandchronicle.com/apps/pbcs.dll/section?Category=dining>
- <http://www.restaurantdb.net/NY-Rochester-restaurants.html>
- <http://blogs.wherethelocalseat.com/Foodies/Rochester-Food-and-Dining-Blogs.aspx>

## Near School:

Generally speaking, if you have afternoon class, you will only have about 1 hour to grab food during lunch. Here are your options:

*In the hospital:*

- **Metro Deli:** Good-tasting albeit somewhat expensive sandwiches, salads, and soups. However, breakfast is cheaper (and egg sandwiches rock).
- **Finger Lakes Coffee Roasters Coffee Shop:** The coffee making chain with two stands in the hospital is now taking over the cafe location closest to the medical school and transforming into a full-on coffee shop!
- **Café 601 at Strong:** The main hospital cafeteria located on the first floor by the red elevators near the main hospital entrance. Although it is on the other side of the hospital, it is generally much cheaper as compared to the other options within the hospital. It provides many options that are very reasonably priced, including salads, pastas, a grill station and much more. You can get a good sandwich, pickle, and pretzels/fruit for \$4.50.

*Outside the hospital:*

- **Bunga Burger:** Next to Chipotle, serving gourmet burgers, brews, and a full bar. Modern bar
- **Cam's Pizzeria:** 1290 Mt.Hope
- **Chipotle:** 1360 Mt.Hope
- **McDonald's:** 1422 Mt.Hope

- **Pellegrino's Deli (sandwiches):** 1120 Mt.Hope
- **Street Vendors:** Usually situated right outside of the entrance to the medical school in the spring, summer, and early fall (basically when the air is warm enough to permit chewing). You can grab hot dogs, Italian sausages, burgers, and burritos fresh off of the grill and for cheap.

## Chains:

Looking for the Olive Garden or the Cheesecake Factory? We've got it. Here are the most convenient locations:

Applebee's	2120 Chili Ave.	(585) 426-730
Cheesecake Factory	3349 Monroe Ave.	(585) 381-8681
Boston Market	942 Jefferson Rd	(585) 272-8110
Chili's	100 Marketplace Dr.	(585) 424-6111
Five Guys	1100 Jefferson Rd.	(585) 272-1811
Friendly's	2717 Monroe Ave.	(585) 442-6400
IHOP	556 Jefferson Rd.	(585) 292-0380
Olive Garden	532 Jefferson Rd.	(585) 292-0590
Outback Steakhouse	1180 Jefferson Rd.	(585) 424-6880
Perkins	1175 Jefferson Rd.	(585) 475-1770
Ponderosa	2585 Ridge Road West	(585) 225-0320
Romano's Macaroni Grill	760 Jefferson Rd.	(585) 427-8230
Ruby Tuesday's	400 Jay Scutti Blvd.	(585) 427-2680
Uno's	1000 Hylan Dr.	(585) 272-8667

## Rochester Cuisine:

Rochester is probably best known for garbage plates (probably best witnessed rather than explained), hots (hot dogs) and hamburgers. Chicken French is also a local specialty. And barbeque. A lot of barbeque.

**Charlie Riedel's:** There is no particularly convenient location, but this place is considered a classic for its burgers. It also serves garbage plates. <http://www.charliesrestaurants.com/>

**Don's Original:** With several locations, this diner serves hots, hamburgers, and custard.  
<http://www.DonsOriginal.com>

**Gitsis Texas Hots:** Diner/hot joint on Monroe Ave. that is open 24 hours. Good iced tea. (585) 271-8260

**Nick Tahou's:** Home of the Rochester "garbage plate" (stick to the original location). You can print off a \$2-dollar off coupon on their Web site. <http://www.garbageplate.com/> (585) 436-0184

**Tom Wahl's:** Doesn't serve anything particularly Rochesterian, but it is a local fast-food joint with good burgers, fries, and frosted-mug root beer. <http://www.TomWahls.com/>

## **American/Contemporary:**

**2 Vine:** A trendy setting in the East End and a menu based on fresh, local ingredients with a seasonal menu. Especially good seafood options, including oyster platters. Daily specials. Consistently voted the best upscale restaurant in Rochester by City Magazine. Reservations recommended. <http://2vine.com/> (585) 454-6020

**Bamba Bistro:** Located downtown within walking distance of bars and other nightlife. Relatively seasonal menu and a raw bar. Reservations recommended. <http://www.bambabistro.com/> (585) 244 8680

**Blu Wolf Bistro:** Do you know what they call a Quarter Pounder in France? A royale with cheese of course! Chow down on this specialty burger or have your pick of Blu Wolf's gourmet options. Great beer selection, modern décor, located right on Park Ave. 657 Park Avenue Rochester, NY 14607. (585) 270- 4467

**Edibles:** A Neighborhood of the Arts restaurant with a seasonal, quirky menu and good martinis. Cozy ambiance. 704 University Ave <http://www.ediblesrochester.com/> (585) 271-4910

**Good Luck:** A small-plates restaurant with some creative options and excellent charcuterie and cheese platters. Good cocktails. Located in an old industrial building, this place gets pretty loud at night. <http://www.restaurantgoodluck.com/> (585) 340 6161

**Lento:** "Farm to table" upscale restaurant. Focuses on locally sourced and sustainable food. Menu changes with the seasons, adapting to they can get. Lento has a seafood bar with lobster, oysters on the half shell and crab, and all pastas are homemade. There are always several vegetarian options. <http://www.lentorestaurant.com> (585) 271 3470

**Max of Eastman Place:** Convenient to the RPO, this place tends to cater to a slightly older crowd. Locally sourced food and a good wine list. Not always the most inventive.  
<http://www.maxrochester.net/eastman-place> (585) 697 0491

**Next Door Bar and Grill:** Phenomenal fusion restaurant (owned by Wegmans) and across the street from the Pittsford Wegmans. <http://wegmansnextdoor.com> (585) 249- 4575

**Rooney's:** The menu changes daily at this place on a small residential street.- probably one of the best restaurants in Rochester- an exquisite fine-dining experience with a phenomenal chef. The plantain-crusting shrimp (when available), quail, duck and filet dishes are highly recommended. Pretty wood-paneled interior with a bit of a European flavor.  
<http://www.RooneysRestaurant.com/>(585) 442-0444

**Tap Room:** A restaurant opened by the sophisticated beer bar Tap and Mallet, formerly known as Tap and Table. It has an excellent location on the river in Corn Hill, with plenty of indoor space and outdoor seating. The beer menu is expansive and the food is bistro-style gastro-pub food with an emphasis on sausage. It's very tasty and all local. A great place to catch the big game.

**The Owl House:** Seasonal menu with locally sourced ingredients and a great tap list. Located in a small house, seating can fill up quickly on a weekend but they do take reservations. Vegetarian and Vegan friendly. <http://www.owlhouserochester.com> . 75 Marshall Street, Rochester, NY 14607, p. 585.360.2920

**The Rabbit Room:** Located slightly out-of-the-way in HonoeyeFalls, serving local produce and organic meats. There is also a four-course prix fixe.  
<http://www.thelowermill.com/menus/index.htm>(585) 582-1830

**TRATA (the restaurant at the armory):** A great new addition to Rochester. The food is phenomenal and creative. It is AFFORDABLE fine dining. The filet, brussel sprout salad, and stuffed pork are notable. The place is huge and great for groups. It's multi-leveled with niche hang out areas and couched, modern, has a great outdoor rooftop bar, and a phenomenal bar menu. Features over 20 beers on tap. Beer cocktails, a wine selection, and fun mixed drinks. It is situated across from Cobbs Hill Park.  
145 Culver Rd Rochester, NY 14620 (585) 270-5460 <http://www.tratarochester.com>

## Barbecue:

**Dinosaur Bar-B-Que:** When you think of barbeque in Rochester, think of Dinosaur. It is arguably the best in town, rivalry coming from Sticky Lips. This place is packed on weekends, and with good reason. If you're from New York City, the Dinosaur Bar-B-Que in Harlem is a descendent of this original location. Get there before 5pm on the weekends if you do not want to wait more than an hour to be seated. <http://DinosaurBarBQue.com> (585) 325-7090  
\*\*The chicken wings are arguably the best in Rochester\*\* But some might say that title belongs to Duffs. You decide!

**Sticky Lips:** This 1940's-themed joint serves authentic BBQ and other Southern-style options. Definitely worth checking out (try the fried pickles). [www.StickyLipsBBQ.com](http://www.StickyLipsBBQ.com) Main (585) 288-1910

## Brunch:

**Frog Pond:** Cheap, delicious, and mimosas. What else does a person need? They're also known for their burgers, so also stop by for dinner sometime. 652 Park Ave (585) 271-1970

**Jines:** Literally right next door to Frog Pond. Some of the best pancakes in Rochester and don't get me started on the omelets. There's often a wait so get here early! 658 Park Ave (585) 461-1280

**Jim's on Main:** My go-to for brunch. With affordable menu items, you can see the cooks make your dish on the skillet right in front of you! I recommend one of their delicious egg sandwiches, with home fries, of course. 785 E Main St. (585) 442-4172

## Caribbean:

**D'Mangu:** Plantanos maduros, arroz con gandules, pollo guisado, y mas! D'mangu has it all, serving authentic Dominican fare. A definite must on your list of Rochester eating adventures. 1475 E Henrietta Rd, Rochester, NY 14623 (585) 424-2200

**Havana Cabana:** Come and indulge in classic Cuban cuisine in an atmosphere that attempts to capture the Caribbean itself. Fabulous mojitos as it doubles as a rum bar. Live music on Friday and Saturday nights, as well as Sunday during their Caribbean-themed brunch. 289 Alexander Street Rochester, NY 14607 (585) 232-1333

**Peppa Pot Restaurant:** Cozy Jamaican restaurant for when you're craving some island flavors. 133 Gregory St Rochester, NY (585) 473-3663

## Chinese:

**Bamboo House:** Serves a pretty classic American Chinese repertoire as well as dishes in clay pot and some Thai options. Delivery available. <http://www.bamboohouse.us/> (585) 319 3136

**Chen Garden:** Voted the best Chinese restaurant in Rochester in 2010. Actually has a fairly nice interior décor (can be romantic, and fancy, the saki is pretty great too). Some unusual dishes (jellyfish). Thai food also available. Delivery available <http://www.chengarden.com/> (585) 241-3070



**China Buffet:** Pretty standard Chinese buffet (read: ridiculous décor) for fairly low price. Two locations. <http://ChinaBuffetRochester.com> (585) 427-0240

**He's Chinese and Japanese Restaurant:** This was definitely the best Chinese-American delivery in Rochester at one point. The quality seems to have deteriorated somewhat in the past years, but it still has good options and good prices and is better than most. 20 Exchange Blvd. (585) 325-3880.

**Jing Li:** Also known as "That Place in the Mt.HopePlaza," offers the most convenient delivery to Strong. Has arguably the best fried rice in the city, and also some good dinner and lunch specials (until 3 p.m.). Delivery/carry-out only. (585) 256 2880

**Ming's Noodles:** Cantonese-style restaurant that has previously won the award for Best Chinese Restaurant in the city. There are (unsurprisingly) several types of noodles, including soba and bean noodles. Also serves teriyaki. Delivery/carry-out only. <http://www.MingsNoodle.com/> (585) 244-0985

**Number One Chinese Restaurant:** Decent place on South Ave. The interior is not that pleasant, but it's fine for delivery. You can order online, but it sometimes takes forever. Delivery/carry-out only. <http://newnumberone.com/> (585) 442 3030

**Shanghai:** Great affordable Chinese that is on GrubHub and delivers to the Med Center or the undergrad libraries! (For those nighttime study sessions), very very yummy and they send you the crunchy noodles when you order delivery! <http://www.shanghaichineseroc.com/> (585) 424-4000

**Thai-Lao:** A newer restaurant that has become popular amongst URMC students. The owners are personable and the food is absolutely authentic- the soup dish is highly rated. As of right now, its still BYOB!

**Yummy Garden:** Delivers until late (2 a.m.) and also has vegan options. No alcohol. Two locations (most convenient to Strong is the Meigs St. location). <http://www.YummyGardens.com/> (585) 288-2888

**Golden Port:** The dim sum here is actually pretty mediocre, but it is located downtown and also has other options (you can order from the sushi restaurant, owned by the same proprietor, next door). <http://thesiamrestaurant.com/> (585) 256-1780

**New Cantonese:** Potentially the best dim sum in the area. There are push carts on Saturdays and Sundays, and you can order dim sum off the menu at other times. (585) 272-9126

**White Swans Asia Café:** Considered one of the better and more authentic Chinese restaurants in Rochester. It offers good dim sum. Avoid the Thai part of the menu and stick to the Chinese. 798 S Clinton Ave. (585) 270-4431.

**Golden Dynasty:** One of the better places for American-Chinese food. Relatively inexpensive for the quality, but not as cheap as other places. If you stick to the chinese food, you can't go wrong! 1900 S Clinton Ave (In Loehmann's Plaza). <http://www.goldendynastyny.com/>.

## Diners:

**Flour City Diner:** This place is almost universally considered to have been better in its old location, but the East Ave. option is still worth a visit. Well-known for brunch options like eggs Benedict and Bourbon French toast. <http://www.FlourCityDiner.com> (585) 546-6607

**Highland Park Diner:** This is a true 1940's diner, probably the only remaining one of those manufactured by the Orleans Diner Company. Has gotten some national fame through inclusion in various cookbooks. Pretty traditional fare, but oft-voted Best Diner in the city. AMAZING BRUNCH MENU including unique fruit-stuffed breads (including Challah) and delicious skilletts (585) 461-5040

**Mt. Hope Diner:** You can't get more convenient than this pretty standard diner located in the White Coat Neighborhood. Service is good and Wi-Fi is free. (585) 256-1939

**Jay's Diner:** Traditional diner with jukeboxes at every table and good breakfast pastries. Clutch for being open 24 hours. (585) 424-3710

## Ethiopian:

**Meda:** an authentic ethiopian restaurant downtown on University with great food and a good atmosphere. Also a BYOB restaurant! 302 University Ave [www.medaethiopianrestaurant.com/](http://www.medaethiopianrestaurant.com/)

**Abyssinia:** pretty legit Ethiopian. Right near Strong. 1657 Mt Hope Ave

**Zameta:** Seen as most authentic, arguably best Ethiopian restaurant in Rochester. Huge portions, delicious food, medium level price (\$10-\$17 for a main). 1009 S Clinton Ave.

## Indian:

**Haveli:** Of the Indian options in Rochester, perhaps the most Americanized. There is a buffet, but it runs \$12 per person. <http://www.DineAtHaveli.com/> (585) 427-0430

**Indian House:** Voted best Indian restaurant in 2010. Also has a grocery store across the street. There is a lunch buffet Monday-Saturday. A bit overpriced. <http://www.IndiaHouse.com/> (585) 461-0880

**New Taj India Cuisine:** Located in Cornhill at Cornhill landing. There is a decent lunch buffet and classic dinner options with some fare that you won't find other places. The service can be slow. <http://www.newtajindia.net/> (585) 546-7775

**Tandoor of India:** Don't be put off by it's strip-mall exterior, they have a big menu and serve a good lunch buffet—overall a well-regarded restaurant but some vegetarian dishes can be bland vs. other restaurants in town. 376 Jefferson Rd. <http://www.tandoorofindia.com/> (585) 427-7080

**Thali of India:** A little out-of-the-way, but great fare with excellent naan. The wait can be interminable on weekends. <http://ThaliofIndia.com> (585) 327-8030

## Ice Cream:

**Cold Stone Creamery:** Apparently the staff members don't sing at Cold Stone anymore, but this is in walking distance, right next to Cam's. 1286 Mt. Hope Ave.

**Insomnia Cookies:** Walking distance, in College Town. You could get ice cream here, until 3 am, but preferably packed between two deluxe chocolate peanut butter cup cookies. Also delivers. [insomniacookies.com](http://insomniacookies.com)

**Hedonist Artisan Ice Cream:** Try the chocolate sorbet. It will change your life. 672 South Ave. [hedonistchocolates.com](http://hedonistchocolates.com) (585) 461-2815

**Pittsford Farms Dairy:** Recommended to everyone visiting Rochester They also sell other dairy products, frozen foods (ravioli, pierogies, etc.), and baked goods. Makes for a great study break if you ever study at Pittsford Library. 44 N Main St.

## Italian:

**Bacco's:** A small place in the Park Ave. area. On the expensive side for standard Italian fare, but excellent appetizers and desserts. (585) 442-5090

**Henry B's:** Has been falling out of favor, but in the past this place was known for good Italian, including pasta dishes. Service is hit-or-miss. <http://www.henrybs.com> (585) 730-8170

**La Luna:** Located in the High Falls District, this new restaurant has a great waterfront location. Good Italian fare, with a nice choice of salads, meats like saltimbocca and marsala, and pasta dishes. <http://lalunarestaurant.net> (585) 232-5862

**Michelina's Italian Eatery:** Old-school Sicilian food with a 10% discount for Rochester students. Homemade sauces and, often, pastas. <http://www.Michelinas.net/> (585) 424-3040

**Monroe's:** A new place on Monroe Ave. in Pittsford, serving panini and flat-bread pizzas with a full bar. <http://www.monroes3001.com> (585) 348-9103

**Pane Vino:** Upscale Italian overlooking the Genesee River and the Kodak Tower. Great wine list (you can almost always order wine by the glass) and food with excellent, bold flavors.

<http://www.panevinoristorante.com> (585) 232-6090

**Panzari's Italian Bistro:** Delicious food, a good wine list, and nice atmosphere. Subjectively the best Italian in Rochester. Located in Corn Hill. [www.panzarisitalianbistro.com/](http://www.panzarisitalianbistro.com/)

**Portofino Bistro and Bar:** Romantic place serving classic Italian, including pastas and meat dishes, and seafood appetizers. <http://www.portofinorochester.com/> (595) 427-0110

**Ristorante Lucano:** A well-kept secret with a location near the East Ave. Wegmans. Good food with wine and beer available. Reservations recommended. <http://ristorantelucano.com> (585) 244-3460

**Rocco:** Great place to take the parents. Amazing ambiance with a constantly changing menu and amazing gelato. <http://roccorochester.com/> (585) 454-3510

## Japanese:

**Arigato Steak House:** Worth it if you're looking for a hibachi restaurant (Benihana-style). The all-you-can-eat sushi is a bit of a rip-off because you can't choose what you'll get. 10% discount for U of R students. <http://arigatosteakhouseandsushi.com/> (585) 292-1111

**Hibachi Sushi Buffet:** This new place has at least 10 buffet tables of rotating items (Japanese, Chinese, American, hibachi, sushi and ice cream). (585) 272-9988

**House of Sushi:** The plus is that this place is located in the East End. The minus is that the sushi is really hit-or-miss: sometimes excellent, sometimes of questionable origin.

<http://www.TheHouseOfSushi.com> (585) 546-2480

**Piranha:** Interesting for its combination of sushi and tapas. Questionable for its ... questionable sushi. 10% discount for UofR students. <http://www.PiranhaSushiBar.com/> (585) 360-2754

**Plum Garden:** The hibachi side of this restaurant is entertaining, and can accommodate large groups. On the other side of the restaurant, you can have traditional Japanese-American fare with excellent sushi and good cocktails. (585) 381-8730

**Shiki:** The unassuming exterior hides what is maybe the freshest, best sushi in the city.

<http://www.ShikiRestaurant.com/> (585) 271-2090

## Korean:

**Sodam Korean Restaurant:** Excellent Korea place with two locations. Great bulgogi, soups, kimchi, and other specialties. (585) 475-9810

**Young's Korean Restaurant:** Started by a former chef at SeoulGarden (a not-recommended Korean option in Rochester). Great-tasting Korean food with hit-or-miss service. (585) 427-7650

## Mediterranean:

**Aladdin's Natural Eatery:** Several locations, with the most convenient one on Monroe Ave. south of the Park Ave. district. Offers free Wi-Fi. Has repeatedly won the Best Mediterranean Restaurant award. Fairly classic American Greek fair, but with no preservatives and using only natural meats and produce. <http://www.AladdinsOnline.com> (585) 442-5000

**Astoria:** On Monroe Ave. Offers gyros and other standard fare. Not many vegetarian options. (585) 271-4033

**Eros:** Serves Mediterranean-American cuisine. The lunch menu favors sandwiches, while the dinner menu has a nice selection of grilled pizzas, fish, and meats.

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

(585) 246-2230

**Sinbad's:** Located in the Park Ave area, this restaurant offers moderately priced Mediterranean food. Great place to eat outside (take advantage of good Rochester weather at all times!) during the warmer months. 719 Park Ave, Rochester, NY 14607. (585) 473-5655

## Late-Night

**Country Sweet Chicken and Ribs:** "The most fantastic late night fried chicken within walking distance."- class member. But really, though. Open until 3am serving classic fried chicken, ribs, and don't forget about the biscuits.

**Jays Diner:** Open 24h (see Diners section)

## Mexican:

**Dorado:** Located in the Park Ave. area, serving tortas, enchiladas, burritos, tacos, quesadillas, mole, and other options. Calls itself "Latin Fusion" for reasons that are not readily apparent. Quaint cozy small set-up. <http://www.doradoparkave.com/> (585) 244-8560

**El Dorado Mexican Restaurant:** Remodeled in 2010, this place is run by an excellent Mexican chef. The service is not always the best, but you'll get real barbacoa, chorizo, and queso fresco. (585) 486-4170

**La Casa:** A great new authentic Mexican restaurant in the South Wedge featuring awesome food (they also own the Mexican shop at the public market), homy decor, a great bar menu, and sweet outdoor courtyard. Taco Tuesdays - \$2 tacos. 93 Alexander. (585) 730-5025

**John's Tex-Mex Eatery:** Formerly known as Taco John's (forced to change names because of a lawsuit) this place has Americanized Mexican fare with much-appreciated rock-bottom prices. Good beer selection and vegetarian selections. <http://www.JohnsTexMex.com/> (585) 232-5830

**Salena's Mexican Restaurant:** A good Mexican place that was awarded Best Mexican Restaurant for the past 4 years. Impossible to get into on Saturday, closed Sunday. Excellent margaritas. <http://www.Salenas.com/> (585) 256-5980

**Ox and Stone:** Upscale authentic style mexican. Everything there is very delicious! If you go with a group, the punch bowl cocktails are a must! Also does very quality brunch on the weekend. 282 Alexander St. <http://www.oxandstone.com/>

## Pizza:

You know how people are with pizza. Below, see a few highlights, but check out <http://rochesternypizza.blogspot.com/> for constant and exhaustive reviews.

**Cam's Pizzeria:** If classic New York City style pizza is your thing, Cam's is the place to go. Amazing calzones as well. 1290 Mt Hope Ave, Rochester, NY 14620 (585) 256-7437

**Chester Cab Pizza:** Located in the Park Ave. area, this place specializes in Chicago-style deep dish. Repeatedly voted Best Pizza in Rochester. <http://www.ChesterCab.com/chestercab/> (585) 244-8211

**Joe's Brooklyn Pizza:** Another solid option for Big Apple explants. And they have garlic knots. If this place were any more New York, you'd need a Metrocard to get in. 1100 Jefferson Rd #23B, Rochester, NY 14623 (585) 424-5637

**Mr. Shoes:** Decent pizza and good wings. They donate pizza weekly to students running our UR Well clinics! Online ordering. <http://www.mrshoespizza.com> (585) 442-3000

**Napa Wood-Fired Pizza:** There are two locations, but the South Wedge one is the most convenient. Great, inventive, wood-fired pizzas (the kitchen is outdoors – in *Rochester*) and decent wine selection. Skip the desserts. <http://www.napawoodfired.com/> (585) 233-5250

**Pizza Stop:** This is a favorite local pizza place. Not the most convenient, but considered to be among the best pizza in Rochester. <http://www.pizzastop1.com/> (585) 546-7252

**Pontillo's:** This place is the largest local chain, with 25 locations. You can get pizza by the pie or by the slice, and thin crust is better. Pontillo's has been voted the best pizza place in Rochester for the past 4 years. <http://www.PontillosPizza.com/>

**Salvatores'**: Multiple locations with relatively speedy delivery (and you can order online). Relatively thick, chewy crust, but overall pretty good. Also serves subs and wings.  
<http://www.Salvatores.com> (585) 234-5555

## Southern/Soul Food

**CJ's Southern Soul Food**: Stop by CJ's when you're in need of some quality feel good food. Southern style, of course. 701 Lake Ave Rochester, NY 14613 (585) 270-4302

**Tangie's Kitchen**: A hidden gem known for it's authentic home-style cooking. 586 Lake Ave Rochester, NY 14613 (585) 254-14613

## Thai:

**Esan**: Probably the best Thai place in Rochester, and with the best options for some good heat. The curries are quite good, and they have very cheap lunch specials. Located in Park Ave.  
<http://www.EsanParkAve.com/> (585) 271-2271

**King and I**: Has to be mentioned since it has won Best Asian Restaurant several times. The dishes are fairly Americanized. <http://www.TheKingAndIThaiCuisine.com> (585) 427-8090

**Thai Taste**: Conveniently located in the MountHopePlaza and offering a discount for UofR students. (585) 461-4154

**Saks Thai Cuisine**: A little far but the food is worth the drive! More authentic diverse thai options. Can get real heat if you like it! 7374 Pittsford Palmyra Rd.  
<Http://www.saksthaicuisine.com/>

## Traditional American:

**The Distillery**: A popular local chain with a branch near the UofR. Serves burgers, wings and all the classics. 2-for-1 margaritas and lots of other drink specials. <http://www.TheDistillery.com/> (585) 271-4105

**Elmwood Inn**: Located very close to the medical school. Serves American appetizers, entrees, burgers, and even a garbage plate. You can get a free birthday dinner. Good beer selection.  
<http://www.elmwoodinn.net/> (585) 271-5195

**Harry G's**: All sorts of sandwiches, wraps, panini's. A great spot in the south wedge, gets pretty busy on the weekends. They have a bar with some nice local draught beer. Even serve breakfast for very reasonable prices. 678 South Ave

## Vegetarian:

For other options, see the U of R Vegetarian Ranking: <http://urveg.org/food/rochester/>.

**Natural Oasis Café:** Decent place serving vegetarian and Ethiopian options.

<http://www.naturaloasisny.com/cafe.htm> (585) 325-1831

**Natural Vibes:** Cute Jamaican restaurant with a vegetarian bent. (585) 235-0770

**Owl House:** An upscale casual restaurant with inexpensive vegetarian, vegan and gluten-free fare and a great beer selection. Try the sweet potato fries with blue cheese and strawberry jam (no, seriously). <http://OwlHouseRochester.com/> (585) 360-2920

\*Most places in Rochester will offer Vegetarian options on their menus.

## Vietnamese:

**Dac Hoa:** The place to go for excellent, traditional Vietnamese food (check out the dead barbecued animals in the window). Very inexpensive (585) 232-6038

**Lee's Vietnamese Sandwiches:** If you're craving banh mi, this new joint is the place to go. (585) 506-9506

**Pho Duong Dong:** This place specializes in pho, but also offers other options, including banh mi. <http://www.PhoDuongDong.com> (585) 254-8120

## Bars:

As you might imagine, there are a lot of bars in Rochester. We'll cover those near school, Alexander St. and the East End, Monroe and Park Ave., and the South Wedge.

## Wine Bars:

**Apogee Wine Bar:** Rochester's newest wine bar: Apogee Wine bar! Located in the historic Park Ave. neighborhood. Very cutesy. Very fun. 151 Park Ave, Rochester, New York

**Flight:** small, but homey and super-romantic wine bar in Corn Hill Landing. Awesome wine selection and cheese plates. 262 Exchange Blvd Rochester, NY 14612 (585) 360-4180

**Solera-** Great ambiance, knowledgeable bar tenders, beautiful exposed brick and an ever-changing selection of wine. Small w/ select table and couch seating but ALSO has a classy "speak-easy" style bar upstairs (known by the separate name of "Cheshire"). 647 South Ave, Rochester, NY 14620 (585) 232-3070



**Veritas:** (217 Alexander Street) on Alexander just before all the bar-business. Cute, modern wine bar with \$5 glass happy hour M-F, and a selection of craft beer and local farms food. Veritas holds monthly wine education classes with guest speakers and specialty tastings. They also host their own "Nerd Nite," an internationally recognized social gathering of self-declared nerds. 217 Alexander St, Rochester, NY 14607 (585) 262-2336

## **Strong:**

**The Beer Market:** An old-world specialty beer pub featuring over 500+ microbrews, craft, flavored, organic, gluten-free, seasonal, and other specialty beers, wines, and beverages. And right near the medical center!!! 1401 Mt. Hope Ave

**The Distillery:** Great drink specials (2-for-1 margaritas, \$2.50 pints). Very popular for after-exam gatherings. (See also in Restaurants, below). 1142 Mt. Hope Ave.

**Bunga Burger Bar:** Gourmet burger bar offering a fully stocked bar and darts, and a great modern atmosphere. Right next to Chipotle. 1370 Mt Hope Ave, Rochester, NY 14620 (585) 360-4949

**Elmwood Inn:** Sandwiches, steaks, a late-night appetizer menu & 25+ draft beers in a relaxed, long-running pub. 1256 Mt Hope Ave.

## **Alexander/East End:**

**The Daily Refresher:** A bar where the decor is modeled after a Prohibition-era speakeasy. Lots of craft beer and draft and make elegant cocktails. On the weekends they have a food truck at the back of the bar that makes the best garlic fries ,and chicken and waffles. 293 Alexander St.

**Murphy's Law:** A classy Irish pub and a favorite among students. 370 East Ave.

**Mex:** Great spot for frozen (or not) margaritas! Get your salsa on. 295 Alexander Street

**Old Toad:** A British-themed pub staffed by British exchange students. There are board games and a dart board and open trivia on Monday. 277 Alexander.

**Pearl:** A night club and bar that specializes in house and techno music. 349 East Ave.

**Salinger's:** A bar serving 22 beer varieties with a pool table, darts, buck hunter, and a jukebox. 107 East Ave.

**One:** Modern spot with contemporary American fare & an upstairs dance club with late-night hours. 1 Ryan Alley

**TiLT:** Large night club located in the St. Joseph's Park Neighborhood, with an intriguing, modern, aesthetic multi-room layout. Set in an old brick warehouse, there is a central outdoor courtyard, a lounge, and a dance club. 444 Central Avenue. (*Closer to SouthWedge area*).

## Monroe and Park Ave:

**Acme Bar and Grill:** Awesome dive bar with great eats and a huge selection of craft beers on tap. Nice pool table. 495 Monroe Avenue

**The Bug Jar:** A two-room bar (one is the bar with games, the other is for DJs and music). DJs on Sunday, Monday, Wednesday and Friday and live music most other nights. Mondays are 80's nights. 219 Monroe Ave.

**Avenue Pub:** a gay bar on Monroe Ave with friendly, neighborhood bar atmosphere, good after-work spot. 522 Monroe Ave.

**Half Pint Pub** is an Irish bar on the corner of Oxford Street and Park Avenue. Great day drinking spot. 363 Park Ave

**Dragonfly Tavern:** Great bar in the heart of Park Ave. with pizza and other food options. Trivia night on Tuesdays! 725 Park Ave.

**Magpie:** is an Irish-themed pub on Park Avenue that features a wide selection of draft beers, bottles, and liquor. 653 Park Avenue

**JD Oxford's:** Serves pub food until 9 p.m. and has a decent beer selection with pinball, darts and a jukebox. 636 Monroe Ave.

**Jeremiah's Tavern:** A pub with really excellent wings and other food options. 1104 Monroe Ave.

**Park Bench:** Pretty standard bar with bar food and a classic ornery proprietor. 439 Monroe Ave.

**Nox:** Craft Cocktails and Comfort Food is a "nerd pub" in the Village Gate. They also have a full menu of "unpretentious comfort foods and a smattering of snacks for snootier palates." 302 North Goodman Street

## South Wedge:

**Caverly's Irish Pub:** Irish bar with darts. 741 South Ave.

**Lux:** An “alternative” bar with a hammock, crafts night, board games, and an excellent music selection. 666 South Ave.

**The Angry Goat Pub:** typical pub environment. No actual goats included. 938 South Clinton Avenue

**Firehouse Saloon:** They feature 48 beers on tap, and serve bar food until 2AM. 814 Clinton Avenue South

**Cheshire:** is a classic old-style bar in the South Wedge in the room above Solera Wine Bar, featuring classic pre-Prohibition cocktails such as old-fashioned, Sazeracs, Negronis, Manhattans and whiskey sours. 647 South Ave

**Tap and Mallet:** Beer-themed bar with a good craft beer selection (no hard liquor). Also serves food. 381 Gregory St.

**Dicky’s:** Doesn’t get more divey than this bar. Claims to be the oldest bar in the city (1880). 791 Meigs Street

**Swillburger:** Burgers, milkshakes, bar, arcade. In an old church building. Really fun. 820 Clinton Ave South

## Entertainment:

Mr. Rochester's Learning Objectives and Quick Tips for finding something to do in Rochester:

1. Read the "City" newspaper or check out their Web site to read about upcoming events
2. "City" also has an e-mail list that you can join for free. Every Thursday, you'll get an e-mail highlighting events for the coming weekend
3. Look at the Eastman School calendar of events (<http://www.rochester.edu/Eastman/calendar/>)
4. Check out the RPO schedule (<http://www.rpo.org>)

### Calendar of events:

\*Subject to change. Check online to see as some festivals get canceled\*

August	<p><i>African/African-American Festival:</i> Genesee Valley Park. Food, entertainment, African drum and dance, arts and crafts. <a href="http://rochesterabove.org">http://rochesterabove.org</a></p> <p><i>Puerto Rican Festival:</i> Frontier Field. Salsa, cultural events. <a href="http://www.prfestival.com">http://www.prfestival.com</a></p> <p><b>Park Ave. Summer Arts Fest:</b> Park Ave. Food, games, arts and crafts vendors and exhibitors. <a href="http://www.park-avenue.org/events.html">http://www.park-avenue.org/events.html</a></p> <p><i>RBBC Love 'N Gospel Fest:</i> Grand Ave. Park. Gospel music, food.</p> <p><i>Carifest and Parade:</i> Riverside Festival Site. Caribbean-themed parade and festival. <a href="http://www.rwifo.com">http://www.rwifo.com</a></p> <p><i>Sankofa Music, Dance and Arts Festival:</i> Village Gate. Poetry, drumming, music, dance.</p> <p><i>19<sup>th</sup> Amendment Festival:</i> Monroe Ave. Celebration of the granting of women's suffrage.</p> <p><i>Ukrainian Festival:</i> St. Josaphat Ukrainian Church. <a href="http://www.rochesterukrainianfestival.com/">http://www.rochesterukrainianfestival.com/</a></p> <p><i>Wedgestock:</i> South Ave. Focuses on music, but there is also food and other entertainment. <a href="http://www.wedgestock.org">http://www.wedgestock.org</a></p>
September	<p><b>Rochester Fringe Festival:</b> <i>The Fringe is a 10-day, all-out, no-holds-barred, multi-disciplinary visual and performing arts festival.</i> <a href="http://rochesterfringe.com">rochesterfringe.com</a></p> <p><i>Labor Day Parade:</i> Downtown. <a href="http://ci.rochester.ny.us">http://ci.rochester.ny.us</a></p> <p><i>Rochester Irish Festival:</i> Camp Eastman, Durand Eastman Park. Irish music, dance, workshops. <a href="http://www.rochesteririshfestival.org">http://www.rochesteririshfestival.org</a></p> <p><i>Clothesline Arts Festival:</i> Memorial Art Gallery. Arts and crafts and live entertainment.</p> <p><i>Oktoberfest:</i> Camp Eastman, Durand Eastman Park. German music,</p>

	<p>dancing, food and beer.</p> <p><i>Purple Foot Festival:</i> Casa Larga Vineyards, Fairport. Grape stomping, wine tasting, live music. <a href="http://www.casalarga.com">http://www.casalarga.com</a></p> <p><b>Festival of Food:</b> Public Market. Samples from area restaurants, wineries, farmers. <a href="http://www.festivaloffood.org">http://www.festivaloffood.org</a></p>
October	<p><i>Harvest Jamboree and Country Fair:</i>Rochester Public Market. Seasonal fare, hayrides. <a href="http://www.cityofrochester.gov">http://www.cityofrochester.gov</a></p> <p><b>Rochester River Romance/Head of the Genesee Regatta:</b>GeneseeRiver. Entertainment, boat tours, hikes, regatta.</p> <p><i>ImageOut Film Festival:</i> Dryden and Little theaters. Gay and lesbian film festival. <a href="http://www.imageout.org">http://www.imageout.org</a></p> <p><i>Columbus Day Parade:</i>Main St. <a href="http://www.Columbusdayrochester.org">http://www.Columbusdayrochester.org</a></p> <p><i>Landmark Society Ghost Walk:</i> “True” stories from Rochester’s past told by guides in period costume. <a href="http://www.landmarksociety.org">http://www.landmarksociety.org</a></p> <p><i>Zoo Boo:</i> Seneca Zoo. Halloween event at the zoo, targeted largely at kids. <a href="http://www.senecaparkzoo.org">http://www.senecaparkzoo.org</a></p>
December	<p><i>Yuletide in the Country:</i>GeneseeCountryVillage and Museum. 19<sup>th</sup> century-style celebration. <a href="http://www.gcv.org">http://www.gcv.org</a></p> <p><b>Rochester New Year’s Eve Celebration:</b> Main St. Family-friendly with fireworks. <a href="http://www.cityofrochester.org">http://www.cityofrochester.org</a></p>
January	<p><b>Winterfest:</b>MendonPondsPark. Ice boating, ice fishing, sledding. <a href="http://www.mendonpondswinterfest.org/">http://www.mendonpondswinterfest.org/</a></p>
February	<p><i>Fire and Ice Festival:</i> Casa Larga, Fairport. Wine tasting, ice bar, food. <a href="http://www.casalarga.com">http://www.casalarga.com</a></p> <p><i>Lakeside Winter Celebration:</i>OntarioBeachPark. Polar Plunge, ice sculptures, dog-sledding demonstrations, sleigh rides. <a href="http://www.cityofrochester.gov">http://www.cityofrochester.gov</a></p>
March	<p><b>St. Patrick’s Day Parade:</b> East Ave./E. Main St.<a href="http://www.rochesterparade.com">http://www.rochesterparade.com</a></p>
May	<p><i>Imagine RIT: Innovation and Creativity Festival,</i> <a href="http://rit.edu/imagine">rit.edu/imagine</a></p> <p><i>RochesterHighFalls International Film Festival:</i> Little Theater, MemorialArtGallery, Cinema Theater, Dryden Theater. 80 films. <a href="http://www.rochestersmoviefest.com">http://www.rochestersmoviefest.com</a></p> <p><b>Lilac Festival:</b>Highland Park. Over 500 varieties of lilacs, food, games. <a href="http://www.lilacfestival.com">http://www.lilacfestival.com</a></p> <p><i>Memorial Day Parade:</i> Downtown. <a href="http://ci.rochester.ny.us">http://ci.rochester.ny.us</a></p> <p><i>Greek Festival:</i> Greek Orthodox Church, East Ave. Food, dancing. <a href="http://www.rochestergreekfestival.org">http://www.rochestergreekfestival.org</a></p>

June	<p><b>Xerox Rochester International Jazz Festival:</b>  <a href="http://www.RochesterJazz.com/">http://www.RochesterJazz.com/</a></p> <p><b>Maplewood Rose Festival:</b>MaplewoodPark. Over 5,000 roses and activities for children and adults.</p> <p><b>Party in the Park:</b>Riverside Festival Site through August. Live music.  <a href="http://www.rochesterevents.com/festivals-events/party-in-the-park">http://www.rochesterevents.com/festivals-events/party-in-the-park</a></p> <p><b>Fairport Canal Days:</b> Festival on the Erie Canal.  <a href="http://fairportcanaldays.com">fairportcanaldays.com</a></p>
July	<p><b>Corn Hill Arts Festival:</b> Corn Hill. <a href="http://www.cornhillartsfestival.com/">http://www.cornhillartsfestival.com/</a></p> <p><b>Rochester Pride:</b> 10-day gay and lesbian pride festival.  <a href="http://www.gayalliance.org/">http://www.gayalliance.org/</a></p> <p><b>Big Rib BBQ and Blues Fest:</b>Highland Park Festival Site.  <a href="http://www.bigcitysummerfest.com/festivals-events/big-rib-bbq-blues-fest">http://www.bigcitysummerfest.com/festivals-events/big-rib-bbq-blues-fest</a></p> <p><b>Boulder Festival:</b> Boulder Coffee Co., South Wedge. Live music.  <a href="http://www.boulderfestival.com">http://www.boulderfestival.com</a></p> <p><b>Monroe County Fair:</b> Henrietta. Agricultural exhibits, vendors, food, midway. <a href="http://www.mcfair.com/">http://www.mcfair.com/</a></p>

## Professional Sports:

**Rochester Amerks:** Hockey. <http://www.amerks.com>

**Rochester Knighthawks:** Indoor lacrosse. National Lacrosse League.  
<http://www.knighthawks.net>

**Rochester Rattlers:** Outdoor lacrosse. Eastern division. <http://www.rochesterrattlers.com>

**Rochester Razor Sharks:** Basketball. Premier Basketball League. <http://www.razorsharks.com>

**Rochester Red Wings:** Baseball. AAA team affiliate of Minnesota Twins.  
<http://www.redwingsbaseball.com>

**Rochester Rhinos:** Soccer. USL 1<sup>st</sup> division. <http://www.rhinosoccer.com>

## Tourist Sites:

**Ganondagan State Historic Site:** 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. May 1-Sept. 30<sup>th</sup>. \$3.

<http://www.ganondagan.org/>

**Genesee Country Village and Museum:** This attraction includes a historic village (featuring authentic farms, 19<sup>th</sup>-century food, and period buildings and costumes), nature walks and trails, and the John L. Wehle Art Gallery. May 14-Oct. 16. \$5 and up depending on events.

<http://www.gcv.org/>

**George Eastman House:** 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. Also check out the Dryden Theater, an exhibition space for an amazing collection of films. Tuesday-Sunday. \$5 for students. <http://www.eastmanhouse.org/>

**LeRoy Historical Society and Jell-O Gallery:** 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. Open weekdays Jan-March, additional hours Sat/Sun rest of the year. \$4.50. <http://www.jellogallery.org>.

**Mary Jemison and Sam Patch Boat Tours:** Operated by the Corn Hill Navigation company, these boats offer cruises on the Erie Canal and the Genesee River. \$10 for students up to age 22, \$13 for "adults". <http://www.SamAndMary.org/>.

**Mount Hope Cemetery:** The first Victorian cemetery in the country, this cemetery across from the hospital is the final resting place for Frederick Douglass and Susan B. Anthony.

<http://www.RochesterNYCemeteries.com>

**National Women's Hall of Fame:** 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. Closed in January. \$1.50 for students. <http://www.greatwomen.org/>.

**Rochester and Genesee Valley Railroad Museum:** Visitors enjoy a fun day of train through the museum's train, trolley and car rides, hands-on exhibits and guided tours. May-October. \$7.

<http://rgvrrm.org/>

**Rochester Museum and Science Center:** The 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. Also check out the Strasenburgh Planetarium, offering laser shows, star shows, simulated space missions, and telescope viewing. \$11, \$3 extra for planetarium.

<http://www.rmssc.org/>

**Rockwell Museum of Western Art:** 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. \$7 for students. <http://www.rockwellmuseum.org/Hours-and-Admission.html>

**Strong National Museum of Play:** 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. \$10, FREE FOR STRONG MEMBERS. <http://www.museumofplay.org/>.

**Susan B. Anthony House:** This site shares the story of Susan B. Anthony's lifelong struggle to gain voting rights for women and equal rights for all. Closed Mondays. \$3. <http://susanbanthonyhouse.org/index.php>.

## Music:

Rochester is known as an important musical cultural center, largely because of the influence of the top-rated Eastman School of Music, which trains performers in classical and jazz music. Eastman's Sibley Music Library, incidentally, is the largest academic music library in North America, and is open to medical students.

### Classical and Opera

**Eastman School of Music:** 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.

<http://www.rochester.edu/eastman>

**Eastman School of Music, Opera:** 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. <http://www.rochester.edu/eastman>

**Hochstein Music School:** 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* .<http://www.hochstein.org>

**Rochester Philharmonic Orchestra:** 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. <http://www.rpo.org>



## Choral

Check out these Web sites for more information: <http://singrochesterny.livejournal.com/> (hasn't been updated in a while though) or <http://www.choral-rochester.org/>. Below is only a small selection of choirs. There are also many children's choirs.

**Concentus:** A women's chorus that focuses on classical compositions.  
<http://www.concentus.org/>

**Eastman-Rochester Chorus:** Combining Eastman and community voices. Predominantly classical works. <http://www.esm.rochester.edu/ensembles/erc/>

**Genesee Valley Orchestra and Chorus:** Presenting classical works and some musical selections. <http://www.gvoc.org/>

**Lyric Chorale:** A mixed choir of amateur and professional men and women who largely perform classical pieces. <http://www.lyricchorale.org/>

**Madrigalia:** A small choir presenting 16<sup>th</sup>- and 17<sup>th</sup>-century madrigals and motets.  
<http://www.madrigalia.org/>

**Rochester Gay Men's Choir:** Currently entering its 30<sup>th</sup> year. Performs at the Hochstein School of Music. <http://www.thergmc.org/>

**Rochester Women's Community Chorus:** A not-for-profit non-auditioned chorus.  
<http://www.therwcc.org/>

## Jazz and Blues

**Abilene Bar and Lounge:** Although this normally features alternative, country and Americana, Abilene slips in jazz from time to time. 153 Liberty Pole Way

**Beale Street Café:** Live Blues and music 5 days with a week with no cover! 689 South Ave

**Bob Shop Atrium:** Live music every Friday, bringing national and international jazz and blues greats. 274 North Goodman St

**Clarissa's:** Home of live jazz, blues and R&B. Open jam sessions every Wednesday. 293 Clarissa St.

**Dinosaur Bar- B- Que** Live music 6 nights a week including jazz and blues. 99 Court St.

**High Fidelity:** Featuring a variety of live music, HiFi has jazz every once in a while. 170 East Ave.

**Little Theatre Café:** Live music 5 days a week, featuring jazz frequently. 240 East Ave.

**PaRe Bar and Grill:** Enjoy live jazz some nights with a forever amazing menu and relaxed atmosphere. 2833 Monroe Ave.

**Smokin' Joe's Bar & Grill:** Hosts live blues groups among other artists 3 nights a week. 425 Lyell Ave 425 Lyell Ave.

### Pop and Rock

**Big Jar:** Features live music 7 days a week (plus drink specials!). 219 Monroe Ave.

**Milestones:** This all live music venue brings in bands of every sort, ranging from jazz to rock to hip-hop. 170 East Ave

**Water Street Music Hall:** The largest music hall in Rochester features all forms of music throughout the year. 204 N. Water Street

### Folk and Acoustic

**Big Tree Music:** National and regional names in an intimate setting. Your best bet for great folk music. 12 South Winton

**Fiddler's Green:** Showcases folk and Irish bands. 4653 Lake Ave.

**Salena's:** Acoustic Flamenco guitar to accompany your meal on weekends. 274 N. Goodman St.

## Cinemas:

**Cinema Theatre:** One of the oldest continually running neighborhood theaters in the United States. Screens a variety of independent films and some mainstream movies. Also offers the only double feature in town. <http://www.cinamarochester.com/>

**Dryden Theater:** Screens Eastman House's unparalleled collection of films. Check the Web site to see what is going on. \$6 for students. <http://dryden.eastmanhouse.org/>

**Little Theater:** Your best bet for independent and foreign films. Has a nice café inside, and is pleasantly located in the East End. <https://www.thelittle.org/>

**Pittsford Plaza Cinema 9:** Located in the Pittsford Plaza convenient to the Barnes and Noble and the Pittsford Wegmans.

**Regal Henrietta Cinema 18:** Where to head for the latest blockbuster.

## Theatre:

For more information, check out <http://www.theatrerocs.org>.

**Blackfriars Theatre:** The Blackfriars focus primarily on contemporary works, typically staging one musical and four dramatic pieces annually. <http://www.blackfriars.org>

**Bristol Valley Theater:** Produces professional theater for a rural and regional audience. <http://www.bristolvalleytheater.org>

**Downstairs Cabaret Theater:** 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. <http://www.downstairscabaret.org>

**Geva Theater Center:** 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. <http://www.gevatheatre.org>

**Greater Rochester Repertory Companies:** Produces two shows a year, focusing on regional talent. <http://www.grrctheatre.org/>

**JCC Center Stage:** Produces several musicals a year. <http://jccrochester.org/NewWebsite/centerstage.html>

**Kalidas:** An Indo-American theater group. <http://www.kalidastheater.org/>

**Method Machine:** A theater troupe focusing largely on modern and contemporary works. <http://www.methodmachine.org/>

**Nazareth College Arts Center:** 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. <http://www.naz.edu/dept/artscenter>.

**Off-Monroe Players:** Rochester’s Gilbert and Sullivan company. <http://www.off-monroeplayers.org/>

**Out-of-Pocket Productions:** Produces shows at minimal cost to donate proceeds to non-profit organizations. <http://www.theatrerocs.org/OutOfPocket/ROCetteOOP.html>

**Pittsford Musicals:** Home to amateur musical theater. <http://www.pittsfordmusicals.org/>

**RAPA East End Theater:** Produces musicals and also offers theater, dance and singing classes. [www.rapaonline.us](http://www.rapaonline.us)

**Rochester's Black Sheep Theater:** Amateur theater group that produces several plays a year.  
<http://www.blacksheeptheatre.org/>

**Rochester Broadway Theater League:** For those who enjoy musical theater, Rochester Broadway Theater League bring in several Broadway touring companies each year. Usually 46 student rush tickets are available at half price an hour and a half before curtain time.  
<http://www.rbtl.org>

**Rochester Children's Theater:** Professional actors produce plays for children of all ages. Also hosts a summer conservatory. <http://www.rochesterchildrenstheatre.org/>

**Rochester Community Players:** Produces main stage productions and is also the home company for the Rochester Shakespeare Players, who produce a Shakespeare in the Park event every summer at the Highland Bowl. <http://www.rochestercommunityplayers.org/>

**TYKES (Theater Young Kids Enjoy):** Professional theater for children, staged at the JCC.  
<http://www.tykestheatre.org/>

**Unleashed! IMPROV:** Chicago-style improv troupe that performs year-round at the JCC.  
<http://www.unleashedimprov.com/>

**Village Idiots:** Improv troupe that also offers classes. <http://www.improvvip.com/>

## Dance:

**Borinquen Dance Theater:** Featuring Latin and Puerto Rican dance, associated with the Hochstein School. <http://www.hochstein.org/>

**Geomantics Dance Theater:** A school and theater for "holistic movement education."  
<http://www.geomanticsdancetheater.org/>

**Park Ave Dance Company:** Largely a school, but produces some works by company choreographers. <http://www.parkavenuedancecompany.org/>

**PUSH Physical Theater:** Avant-garde dance/movement performances.  
<http://www.pushtheatre.org/>

**Rochester City Ballet:** Rochester's contemporary ballet company. Has been gaining in reputation in the past few years, but still known largely for its production of the *Nutcracker*. There are discounts for students. <http://www.rochestercityballet.com/>

## Outdoor Activities:

### City Parks:

For more information about parks (and other things!) visit <http://www.cityofrochester.gov/>.

**Cobbs Hill:** Located at the intersection of Monroe Ave., Culver Rd., and Highland Ave., this park 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.

**Durand 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.

**Genesee Valley Park (GVP):** This park is closest to Strong. You'll get acquainted with GVP at orientation on Community Service Day. There is good access to the canal paths, nice fields, and barbecue shelters.

**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.

**Maplewood Park and Rose Garden:** Boasts a nationally accredited rose garden, and also has views of two of the waterfalls in the Genesee River Gorge. There is a pond for fishing, and the Genesee Riverway Trail runs through it.

**Mendon Ponds:** At 2,500 acres, Mendon Ponds is the largest park in the county. There are well-maintained trails and, as you might suspect, an abundance of ponds. Good for running in the summer and snowshoeing or cross-country skiing in the winter. There is also a nature center and, during the summer, a butterfly garden.

### 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.

**Off-Road Bike Trails:** The canal paths provide great alternatives to riding on the roads. They are used by bikers, walkers and runners, and the surface is asphalt near Rochester, although it does change to crushed stone, dirt and gravel further out. There are two main trails that are easily accessible from the Strong area that parallel the Genesee River running north and south,

and the Erie Canal running east and west. The easiest entrance from the White Coat Neighborhood area is on the corner of Kendrick Road and Westmoreland Drive. On nice days, it can be too crowded for very serious riders wishing to ride fast, but for the average bike rider, they are perfect. 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 it catches 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:**

These are some of the notable public clubs. There are also many private country clubs.

**Durand Eastman Park:** Beautiful scenery – located on Lake Ontario. \$16 weekdays, \$17 weekends for 18 holes. <http://www.golftheparks.com>

**Genesee Valley Park:** Very conveniently close to school and reasonably priced. \$16 weekdays; \$17 weekends for 18 holes. <http://www.golftheparks.com>

**Parkview Fairways:** 18-hole course with pretty views. \$29 weekdays; \$36 for 18 holes weekends for 18 holes. <http://www.parkviewgc.com/>.

**Ravenwood:** This is top- of- the- line for the Rochester area with state of the art facility and golf shop. \$48 weekday; \$58 weekend for 18 holes. <http://www.RavenwoodGolf.com/>

**Shadow Lakes:** This club features two 18-hole courses that are both challenging and enjoyable. \$27 weekday; \$33 weekend for 18 holes. <http://www.rochestergolfcourses.com/>

## **Camping and Hiking:**

There are lots of great trails and, notably, waterfalls, in the area. Check out information from the Adirondack Mountain Club: <http://www.gvc-adk.org/>.

**Chimney Bluffs State Park:** Land and water combined here to sculpt a pretty crazy landscape of spires. There are picnic areas and nature trails. About a 40-minute drive from Rochester. <http://nysparks.state.ny.us/parks/43/details.aspx>.

**Fall Brook Falls:** A 70-foot waterfall that is accessed by a 30-minute hike. To get to the base of the waterfall, you need to cross a pretty steep canyon wall (worth it). To get there, take I-390 south to Road 20A. Turn right on Lakeville, continue on South Street, and bear right on NY 63. Pull off to the right-hand shoulder after about half a mile and you should see a trail leading into the woods.

**Finger Lakes Trail:** The main Finger Lakes Trail is 558 miles long, and the whole system offers nearly 1,000 miles of hiking. There are campsites and shelters available.  
<http://www.fingerlakestrail.org/>

**Letchworth State Park:** About an hour and a half south of Rochester, this park is gorgeous, featuring several waterfalls and many hiking trails. There are many campsites and picnic areas. Don't be tempted to cross the Spider Bridge (it's illegal ... but it does have some nice views).  
<http://www.letchworthpark.com/>

**Watkins Glen State Park:** A drop-dead gorgeous gorge hike with 19 waterfalls (including one you walk behind) and beautiful cliffs and pools. A bit of a drive but its a pretty trip around Seneca Lake and definitely worth the gas money! Don't bring your dog through, unfortunately pets aren't allowed on the gorge trail. <http://nysparks.com/parks/142/details.aspx>

## Fishing:

Anyone over the age of 16 requires a fishing license. For information, see <http://www.dec.ny.gov/permits/6091.html>. Check out [www.rocwiki.org](http://www.rocwiki.org) and their link to Shane Dale's Spots at <http://rocwiki.org/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 Water Activities:

The Erie Canal, Genesee River, and Irondequoit Bay are the easiest options if you want to get your feet wet. 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. 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.

**Bay Creek Paddling Center:** Offers affordable kayak and stand-up paddle board (SUP) rentals and run a shuttle that can drop you off for a one way paddle from Ellison Park to the mouth of

Irondequoit Bay—making reservations is a good idea though, they can fill up.

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

**Genesee Waterways Center:** One location is across from school, and the other is in Pittsford near GWC's whitewater course. They offer rowing, sculling, canoeing and kayaking (including rentals), and you can also take lessons. You can also become a member and store your boat there if you have one. <http://geneseewaterways.org/>

**Mendon Ponds Park:** Has a launch for kayaks and canoes.

<http://www.monroecounty.gov/parks-mendonponds.php>

## Skiing:

**Bristol Mountain:** At only 40 min. drive away, Bristol is arguably 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. \$53 for 8-hour pass, \$35 for twilight pass. Canandaigua, NY.

**Swain:** Swain has a decent beginner area and a decent terrain park. Swain would be a great place to learn to ski, for the intermediate skier, or to avoid the crowds of Bristol. Don't expect a really thrilling or challenging slope, though. Swain is about 1 hour and 15 minutes away from Rochester. \$43 for 8-hour pass, \$34 for twilight pass. Swain, NY.

**Holiday Valley:** 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 2-hour drive. \$55 for 8-hour pass. Ellicottville, NY.

**Greek Peak:** A mountain resort (also a water park in the summer) with good downhill and cross-country skiing options. 32 trails, 8 lifts, a terrain park, glades, and tubing. Greek Peak is about a 2 hour 15 minute drive from Rochester. \$59 for 8-hour pass, \$41 for twilight pass. Cortland, NY.

**Additional Note:** Farther away, you can head to the ski places in the Catskills, or up to 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.

## The Finger Lakes:

The Finger Lakes, a set of 11 lakes formed by glacier movements, are a major tourist attraction of upstate New York and a great place to take a quick vacation. The closest lakes are only a 35-



minute drive away. The Finger Lakes are not just known for their outdoor activities, however. They are also the biggest wine-producing region in New York State, and they have the largest concentration of wineries in the United States after Napa Valley. This area of New York has a similar latitude and similar soil to that of the wine-producing regions of Germany, so Rieslings are a major product.

**Canandaigua Lake** is a short 35-minute drive on the NY Thruway and has a great little downtown area, lots of wineries and shops along with some cool waterfront restaurants and bars! Plus the Finger Lakes are beautiful and it's nice to get out of Rochester every once in a while.

## **Wine Tours:**

Seneca, Keuka, Canandaigua and Cayuga lakes all have wine trails. You can drive them yourself, or you can use a tour operator (saves having to have a DD!). Depending on the outfitter, you can reserve anything from a sedan to a bus. There are many options, but here are two good ones:

- Private tours: <http://www.fingerlakeswinerytours.com/>
- Hop-on public tours: <http://www.winetourtrolley.com/>