

G.U.S.H.

GRAD STUDENT

UNAUTHORIZED

SURVIVAL

HANDBOOK

**Written and Updated for Students by Students
IPBIS 2018-2019**

REVISIONS BY:

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12th Edition: 1994-95. Scott E. Robertson -- Class of 1997

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10th Edition: Kittie Hines and Mark Sieftring -- Class of 1995

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8th Edition: Robbie Medbery and Heath Brown -- Class of 1993

7th Edition: Darryl Kaelin -- Class of 1991

6th Edition: Sheryl Sprawls -- Class of 1990

5th Edition: Phillip Bressoud and Clayton Ballantine -- Class of 1989

4th Edition: Chris Glaser and Tim Heine -- Class of 1988

3rd Edition: Joni Wooldridge and Debbie Zukof -- Class of 1985

2nd Edition: Ken Dennison, Lori Rust, Bob Rehtin, Neal Sharpe, Mont Wood -- Class of 1984

1st Edition: Hal Baumann, Rob Morrell, Lynn Speevack -- Class of 1983

Getting Started

Campus Map

Take a look at the map on the next page of this booklet or go here to pull it up online:

http://louisville.edu/medschool/docs/hsc_map.pdf

Graduate students on the Health Science Campus will use most of the buildings around our campus, depending on which Department you are in. The Departmental offices, labs and some classes will be located in the CTR-B, Abell Building, the Medical/Dental Research Building (A building), Baxter I & II, and the School of Nursing (KWING). Except for the library, the buildings are locked and are accessible only by ID or by entering the code in the keypad.

Note, this could possibly change after the renovations are completed.

During Orientation Week, you will get to know these locations quite well.

CTR (12): The majority of labs for primary faculty. There is a parking garage attached to this building where students can buy a parking pass for about \$360/year.

Abell Building: (5) Admissions and administrative offices, on Chestnut St between Floyd and Preston.

Nursing School (KWING): (4) Some classes will be held in this building. IPIBS offices are located on the 2nd floor in Room 2028, along with the Writing Center & the Career Center Satellite offices. **STARBUCKS is located in the front of the building!!!** (555 S. Floyd St.)

Research Tower: (3) some labs within the department are still located in this building. The elevator is located in a hallway between 1 and 3.

Baxter I and II (6): Research laboratories, again some of the faculty have research labs in these buildings. There is a mouse house in the bottom.

Kornhauser Library: (K) Located across the courtyard from the IB on the second floor. ABP Café is located in the library building.

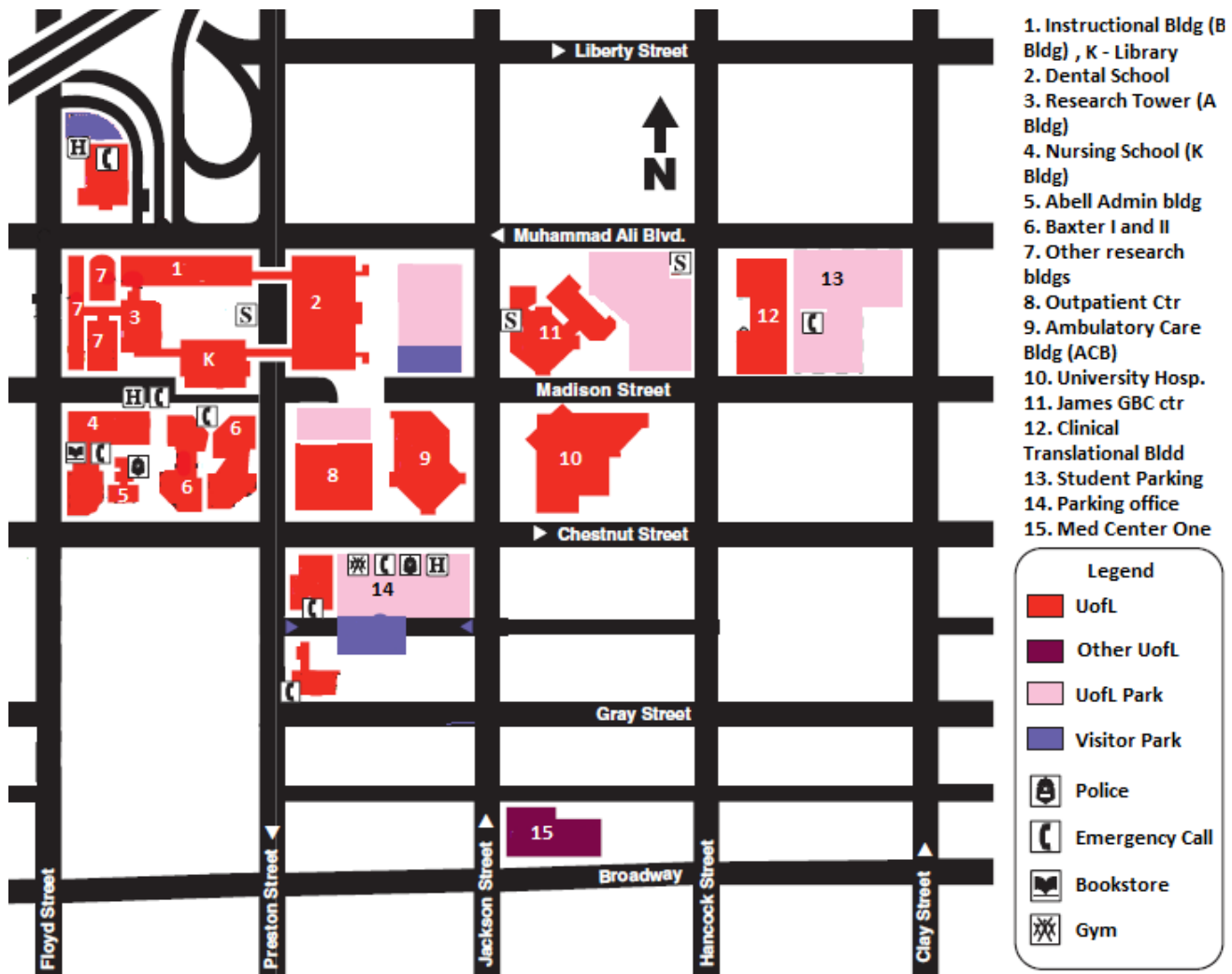
Copy Center: (2) found in the basement of the Dental School across Preston St. This is where you can purchase notes and lab manuals.

Campus Health Services: (8) Suite 110 of the Outpatient Care Center at the corner of Preston and Chestnut. This is where you will take your vaccination records, get any vaccines you need, and schedule a doctor's visit when necessary.

Ambulatory Care Building (9): In the bottom of this building is a cafeteria with a salad bar, sushi station, grill station etc. Show your Louisville ID to get a discount. Victoria King's current office is in this building.

Gym: (14) In the parking garage structure on the South side of Chestnut St, between Preston and Jackson.

Parking Office: (14) in the same parking garage as the gym, at 414 E. Chestnut St.



Moving to Louisville

Utilities:

Gas and electricity are controlled by the same company in Louisville (LG&E), which means one bill for two services!

LG&E Customer service: 502-589-1444 (M-F, 7a-7p)

Online: <http://www.lge-ku.com/>

Cable and Internet:

If you're looking for the best deal on cable TV, save your time and energy because there's only one cable provider in the area! Insight (now Time Warner Cable) also provides broadband internet and phone services and can bundle everything into one bill.

Insight 502-357-4400 (24 hrs.)

Online bill pay: <http://myinsight.com/buy/buylanding.aspx?nc=1&>

If you're only interested in getting the internet and not cable: depending on your exact location, you may be able to get DSL high-speed internet from AT&T, with or without a phone line or Google Fiber. The best way to look into this is on their website: www.att.com or <https://fiber.google.com/cities/louisville/>

Water & Sewer:

Water and sewer charges appear on the same bill from Louisville Water Company, and you can call the water company to set up both of these services. Some landlords in the area pay the water company; others do not. Make sure you know whether or not you need to set up these services at your residence.

Louisville Water Company 502-583-6610, M-F, 8a-7p, Online: www.louisvillewater.com

You can also pay your bill at any Fifth Third Bank.

If you have a sewer-related complaint/issue, the phone number is: Metropolitan Sewer District, 502-587-0603 (24 hrs.)

Louisville Metro Police Dept.:

Non-emergency 502-574-7111 to report illegally parked cars, traffic issues, broken train crossings, etc.

Metro Call: dial 311 to ask about trash pick-up times, report potholes, other city related issues.

Banks and ATMs: when making your choice, you may want to consider proximity of banks/ATMs

Banks / Credit Unions:

Chase Bank

Fifth Third Bank

US Bank

Republic Bank

PNC Bank (aka National City Bank)

L&N Federal Credit Union

Park Community Federal Credit Union

Louisville Medical Center Federal CU

Locations close to school:

Branch/ATM at Chestnut & Floyd (Also has an ATM in every Speedway gas station!)

ATM: Preston & Main

Nearest branch: 309 W Market (between 3rd & 4th)

ATM in Kornhauser building, outside Au Bon Pain

Nearest branch: 4th & Market

ATMs in University Hospital, the Ambulatory Care Building (ACB), and a branch in Jewish Hospital

ATM in Kornhauser building, outside Au Bon Pain

Nearest branches at Broadway & Hancock and 4th & Muhammad Ali

ATMs: Can use any of the following ATMs surcharge-free: L&N, Republic Bank, PNC, Bank of Kentucky, Community Trust, Alliance One
Nearest Branch: 200 W. Chestnut (Chestnut & 2nd)

ATMs: Can use any of the following ATMs surcharge-free Republic Bank, Alliance One or Money Pass
Nearest Branch: 515 W. Market (Market & 5th)

Located in Medical Towers South, 234 E. Gray Street

Note: the US Bank ATM in Kornhauser also allows you to buy stamps (w/a fee of \$1.08 per 18 stamps) and to recharge pre-paid wireless phones.

A couple of noteworthy tidbits on banking in Louisville (learned the hard way☺):

- 1) There are ZERO Bank of America banks or ATMs in Louisville; there is one ATM in Clarksville, Indiana, but it does not accept deposits.
- 2) If your account is overdrawn, you could be charged a daily fee and a fee per transaction. Make sure your account has the protections put in place by the government in 2010 that prevents this from happening.

School requirements (non-academic)

Health Insurance:

Covered by the university during your graduate studies. The plan we are given is called United Healthcare Student Resources. There will be an online profile where you can print out a copy of your card or request a laminated version. IT WILL NOT BE MAILED TO YOU!!! <https://www.uhcsr.com/>

If you have looked at all of this info and still have questions about what the student health insurance plan covers, call Academic Health Plans at (888) 308-7320. If you have other questions for/about Health Services or the student insurance plan, call/e-mail:

Appointments & General Info: (502) 852-6446

Student Health Insurance advocate: Camille Smith (502) 852-6519/Email: stuins@louisville.edu

Location and hours: Campus Health Services, University of Louisville Outpatient Center, and Primary Care is located at the corner of Preston and Chestnut Streets in downtown Louisville (401 East Chestnut). Their hours are Monday, Tuesday, Wednesday, and Friday 8:30a - 4:30p, Thursday 10:00a - 4:30p. For more information, or to schedule an appointment, call 502-813-6500.

Belknap campus also has Campus Health Services at Cardinal Station, (next to stadium).

The various preventive and acute care services from Campus Health Services provided to students are as follows:

- Women's health services
- Psychiatric services, including medical management
- Travel medicine
- Free flu shot
- Immunizations
- Allergy shots
- Specialist referrals & coordination of care with off-site specialists
- Student health insurance program
- Health insurance billing and advocacy

Flu Vaccine:

The University of Louisville offers **flu shots free of charge** to staff and students. It is highly advised for you to get the flu shot for your own health and your fellow students. In order to complete some of your preceptorship requirements for ICM you WILL need to get your flu shot.

The vaccination schedule can be found at the following website:

<http://louisville.edu/campushealth/services/flu-care-shots/flu-shot-schedule>

Other vaccinations including Hepatitis A can be received at student health. In 2018, it is highly recommended students receive this vaccine. If you are traveling abroad of vaccines are available but it might require payment.

FollowMyHealth:

The University of Louisville offers a convenient way for you to schedule appointments, see previous health records, and communicate with campus health providers, and journal your health experience. It is a secure, online environment available 24 hours a day/7 days a week. Many students found this to be beneficial when managing

their health while balancing the daunting demands of a first year workload. You can create an account here: <https://uoflphysicians.followmyhealth.com/Login/App/PatientAccess#/Register>

For questions, contact: Missy Wright at (502) 852-2708

Parking, Commuting and Safety

Parking:

For students who commute to school, you have several options: parking in the garage, street parking, taking the bus, biking, or some combination of these.

The parking garage for students is located at 620 Muhammad Ali Blvd. (the corner of Muhammad Ali and Clay Street, entrance on Muhammad Ali), adjacent to the new Clinical and Translational Research Building. This is about 3 blocks from the main med school building.

Clay Street is two-ways, but Muhammad Ali is one-way (eastbound).

Students wishing to use University parking must buy a **White** parking pass for \$379/year. You may find an old map that suggests that there are green spots still available (which used to be cheaper), but the garage is the main UofL HSC parking option as of 2011. This pass is one of the most expensive, but can really save time when you're running late and don't have time to find street parking.

It is also valid on Belknap Campus for parking in Blue, Green, and Purple spots and after 5pm in Red spots (NEVER for Yellow spots). For more information, the **Parking Office** is located in the Chestnut Street Garage (414 E. Chestnut St), open M-F 8am-1pm; 2pm-4pm. Phone number: 852-5112.

Other lots: Jewish Hospital Garage: the University gets 237 spots in the Jewish Hospital Garage. This garage is a little closer to school and has better access to hospitals. They generally go to faculty and staff, but you can call the Parking Office to inquire about this option and/or to get on the waiting list. Other lots to price-check might be the Norton Hospital lot and the Kosair Children's Hospital lot.

Shuttle: As the parking garage is 3 decently long blocks away (which is about a 10 minute walk), there is a shuttle available from 6 am to 11 pm for your convenience. The shuttle is supposed to run every 4 minutes, making stops at the garage, Preston Street, and Chestnut Street. **You may not always be able to catch the shuttle (so leave yourself enough time to walk to class if need be), but it is a good option in cases of bad weather or if you stay at school late at night.**

Meters: For quick stops at school, it is often more convenient to use the meters. Floyd, Preston, Muhammad Ali, and Chestnut all have metered spots. You can also get the Passport Parking app to pay for the meter on your phone. Just make sure to keep your meter fed before 6p on weekdays! They are checked often, and the fine for an expired meter is \$15. *Free to park at after 6pm or on weekends.*

Free street parking: Free parking is actually not that far from campus, but it is very heavily used already, and with the new higher magenta parking price, it will likely be harder than ever to get a decent spot in a quick amount of time. Free parking is on Gray St, Jackson St North of Muhammad Ali, and all along Liberty St in the housing neighborhoods. Simple enough, the earlier (think 8-9 AM), the better for finding a spot. **Be careful not to leave valuables in sight in your car, however, as this parking is not in the safest neighborhood.**

Biking

Many students ride bicycles to school. If you do, please wear a helmet, use lights, and lock it up at the bike racks near the entrance of the parking garage. Ride defensively; many local motorists are not used to looking out for cyclists. And, think about not riding your \$700 road bike, if you have a less valuable option. There is also a bike repair post on the HSC right in front of Kornhauser Library.

Transit Authority of River City (TARC) Buses

Many students also ride the city buses (TARC), which is **free** with your student ID.

Service downtown is usually excellent but can drop off after rush hour in the outer parts of the City. If you think you live too far away from school to take a bus (if you don't want to wait an hour and half and 120 stops to get to or from school) don't rule out the TARC. TARC runs Express Routes during the morning and afternoon rush hours, making it possible to get to school just as fast as if you were driving. So check the TARC website to map your route: <http://www.ridetarc.org/> or Google search the route from your residence to school and tap the Public Transit button. You can also call 502-585-1234 for an automated list of bus times by route. There are also TARC schedules available in the lobby outside Kornhauser Auditorium.

Bad Weather Policy for Regular Classes

If the weather is bad, check U of L's website for information. If classes are canceled, check your email and blackboard for notifications from the professors about making up lost time. When the University cancels classes because of severe weather, classes for the first and second year students will be canceled. Additionally, candidacy students aren't required to show up to lab.

UofL also has an emergency alert system that will alert you by text and/or e-mail if classes are canceled due to weather or if there is a major emergency/safety issue on campus. Go to <http://louisville.edu/alerts/> to sign up for this service.

Safety

While we don't want to alarm anyone, the health sciences campus is located in a dense urban area, in which (as in ALL dense urban areas), it is important to exercise some caution and street smarts to keep yourself safe. These few ground rules should help:

- 1) This is the number for Campus Public Safety: **502-852-6111**. PUT THIS NUMBER IN YOUR PHONE! And do not hesitate to call if you feel at all unsafe, or if there is an issue/strange person you would like to report.
- 2) Lock your car, and don't leave anything valuable in sight. This is common sense.
- 3) If you're at school late at night, walk to your car with a friend or call the public safety number above for a free escort. Also, if you know you're going to be at school late, move your car to a spot close to the building. All meters are free after 6 PM on the weekdays and Saturday, and all day on Sunday.
- 4) **Don't let anyone in the building unless you know them.** If someone insists, call public safety and don't confront them yourself.
- 5) **Do not leave anything valuable in the open. Lock it in your locker or desk.** There have been several thefts from inside the HSC building in the past year. Be sure to keep valuables and belongings locked away when you are not near them. Desk keys are provided by student affairs for locking your desk and you can bring a combination lock for your locker in the hallway. Most thefts occurred during times when most students were away from the hallway (during exams, gross anatomy lab). Student affairs is currently working on increasing security around the HSC buildings, but you can keep your items safe by being careful and keeping your belongings safe!
- 6) Do not give panhandlers any change. The best policy is to avert your eyes and move on or politely say you don't have any change. It's not mean – it's a safety issue.
- 7) If someone concerning is standing by an entrance to a University building or the parking garage, campus security would prefer that you call and give them a heads up about the issue (after you're safely inside).

There will be a safety presentation by Campus Public Safety during orientation week. Similar information will be given during this presentation.

Computers/Technology

Computers

University of Louisville Blackboard

https://blackboard.louisville.edu/webapps/portal/execute/tabs/tabAction?tab_group_id=231 will be the site that has all of your class information. To register for classes and to get student financial aid

information, tax information etc. ULINK is the site you will want to use for that
https://ulink.louisville.edu/psp/pa91p/EMPLOYEE/EMPL/h/?tab=PAPP_GUEST

Computers and Internet on Campus

The health science campus is wireless (accessible using your ULink/Blackboard login and password), so having the ease of internet access everywhere you go is a powerful motivator for getting a laptop, but do know that if you prefer the power, big screen, etc. of having a desktop computer at home, the library rents laptops (for use ONLY in the library) for free. Also, each unit lab (kind of like “homeroom”) has 3 small study rooms (called PBLs) that each have a fancy, powerful touch-screen computer in them. So, there is generally plenty of easy access to computers at school.

Printing options are as follows:

Library Printing: there is a machine in the library that allows you to put money (in whole dollar amounts only) onto your ID card. When you want to print a document from a library computer, you create an ID and password for that print “job”, send it to the print server, swipe your ID at the print server, select your print job, and enter your password to print.

Wireless printing from your laptop: same charges as above apply, but you can download a wireless printing client, which will allow you to print to any UofL “UniPrint” printer, so long as you are connected to the network. Download the client at the following site (note: must log in using Ulink/Blackboard ID & password): https://apps.louisville.edu/softwareresales/customer/free.php?free_cat=6

Email

Louisville uses Microsoft Outlook for email. To sign in use this link, <https://www.office.com/>

Faxing & Scanning

If you need to fax and/or scan something, ask at the Student Affairs office and be really nice about it. Otherwise, you’ll have to go to Kinko’s and pay because there is nowhere else on campus for students to fax.

Software

Discounted/Free Software through UofL

The University offers several software programs at heavily discounted rates (e.g., **Office Suite**, Adobe Acrobat Professional, etc.) See the following website to see what’s available:

<http://louisville.edu/it/compsoftware/available/> **free versions of Microsoft Office)**

The University also offers some free software downloads, including **free antivirus software**. Check out the following site for those downloads:

<https://apps.louisville.edu/softwareresales/customer/free.php>

Kornhauser Library

The library is located on the second and third floors of the Kornhauser building, directly across the courtyard from the med school instructional building. Naturally, the library is a popular study spot. The large skylight over the third floor gives the study space a brighter feel than one would expect, and almost every table has access to an outlet, so you can conserve or recharge your laptop battery. There are also some private rooms that can be reserved for group studying.

Website: <http://louisville.edu/library/kornhauser/> this is a site to bookmark. Of particular interest are the “clinical resources” like StatRef, UpToDate, and MD Consult which are helpful for ICC presentations and Biochemistry wikis (see info on courses). These sites can be accessed from the library site and from home.

(Note: from home, you will first be redirected to login before you can access these sites). To perform literature searches with full access to UofL's journal subscriptions, use this PubMed link:

<http://www.ncbi.nlm.nih.gov/pubmed?otool=kyuloulib>

Hours: <http://louisville.edu/library/kornhauser/info/hours.html>

Laptop rental: The library rents laptops for use ONLY in the library. To rent a laptop, go to the front desk with your ID. The laptop will be checked out to you for 4 hours.

Contact person for research tips: Elizabeth Smigielski - elizabeth.smigielski@louisville.edu

Cell Phone Plans and Smartphones

Many students rely on cell phones exclusively and forego having a landline at their residence. While the University no longer has a contract with any specific cell provider for special med student rates, Verizon, AT&T, and Sprint generally offer *UofL discounts*. Check with a local store, rather than calling a toll-free number, though, as the national call centers usually aren't aware of these special discounts.

A word about smartphones: while many of your classmates will have them, they are not required. They are really nice to have during the first two years (largely for when a club sends out an e-mail requiring to first 50 to RSVP for a free lunch☺), but aren't necessary. During the clinical years, you may find their usefulness to suddenly increase exponentially, though.

This is mainly because the University offers and supports a number of free mobile software downloads for med students, such as Epocrates Rx, Unbound (iPhone/iPod Touch/iPad only), Diagnosaurus, Medical Eponyms, and OB Wheel. More info at: <http://pda.louisville.edu/>. If you need help configuring your smartphone to set up your email account or getting any of these programs to work on your phone, see the med school IT guys, Kent and Brent, on the third floor for help with this or with any computer software (contact info below in "People You Should Know" section).

Where to Study

Choose wisely. Research has shown that people usually do better on exams when their study environment is similar to the testing environment. There will be absolute quiet during the test, so at least during practice tests find a quiet place.

So, here are some places people commonly choose:

Kornhauser Health Sciences Library: If you enjoy studying in libraries, this one is not bad. There are lots of secluded corners and desks to utilize. The upstairs area has rooms reserved for group study and the entire second floor is marked off as silent study area- no talking to friends or on your phone! The current library hours have been extended, and around exams may even offer coffee and snacks. The "lunch room" off the first floor library entrance is open 24 hours with access from your ID card. The hum of the vending machines may lull you to sleep, though.

Belknap Campus: You may use the main campus Ekstrom Library or the Brandeis Law Library. There are a huge number of desks and tables scattered around the upper floors where you can study. Those are usually a good bet for a quiet study environment. Additionally, there is now a 24 hour study room in Ekstrom library, located where the coffee shop is during the day.

Home: Home can be a great place to study and get away from everyone at school, but be careful of distractions. This listing is directed to those with noisy neighbors, roommates, spouses, parents, or children, or those who can't seem to resist the allure of the television, refrigerator, comfy couch, or significant other.

Bellarmino University Library: Open to the public with large tables and good lighting. It can be busy at midterm time, and they observe lots of religious holidays. However, it is a good place to get some serious studying done.

Coffee Shops: Some students enjoy the white noise of a busy coffee shop. Access to caffeine, WiFi, and snacks are also a benefit. Just remember your earplugs, or you'll find yourself listening to conversations instead of studying! (See the recreational section for a good list of options).

People you should know:

Kent

Kent Gardner is the IT guy who runs the med school's Office of Academic Technology. He can be an invaluable resource when it comes to all things technology-related. If/when you get a new computer, go see Kent if you need help setting it up, getting the software that UofL offers, etc. If your laptop suddenly crashes and you have no idea why, run it upstairs to Kent – he'll calm you down and figure out what's going on. If things aren't working properly with the PBL computers or the classroom computer, call in Kent. They'll even help get your Smartphone set up and linked in to the wireless network and tell you about cool things you didn't even know existed (like Epocrates!).

Kent's office is located on the 3rd floor of the instructional building, room 311E. Hours are 8:30a-5p, M-F, with lunch from 2-3p. Contact Kent at 852-2778 or kent.gardner@louisville.edu.

Quinn Chipley

Dr. Quinn Chipley is the Director of Student Health Counseling Services. As such, he not only provides counseling to students, but also makes referrals to psychiatrists, handles referrals for disability testing, and does skills coaching for residency interviews. Although you may be apprehensive about using counseling services, don't be! Dr. Chipley is very approachable, and these services are available (paid for by your student fees!) and underused.

Dr. Chipley's office is located in the Student Affairs Suite, room 210J; Phone: 852-0996.

Eating around campus

Bringing your own lunch: The first year floor has four large refrigerators and 3 microwaves. Oftentimes, someone will keep a microwave in their unit lab to share with their labmates, and students have also brought mini fridges, coffee makers, and the like. Snack machines are on the first floor and more are in the basement by the lecture hall stairwell.

Walking-distance eateries (all within 0.36 mile):

Fast food Subway, Food carts (Floyd, Preston) - taco Tuesday at the Traveling Kitchen is great!

Cafeterias University (ACB basement) - has a student discount if you show ID

Chain Eateries Jimmy Johns (they deliver)

Local Eateries Au Bon Pain (ABP), Starbucks (next to bookstore), Panera Bread (outpatient

building)

Taking the long walk: Nulu, Royals Chicken is famous for their fried chicken!

One last unique option is the Gray Street Farmer's market which has food stands available during its opening on Thursdays, from late May through mid-October.

Keeping Up Your Spirit

No one is going to deny the fact that graduate school is difficult and stressful, and this will begin to take its toll on each and every student as the year passes. Here are some pointers that you will hopefully find useful:

1. You are not alone. Everyone is stressed, even if they don't show it openly. It is only natural that this difficult situation will affect you in some way, but don't let your stress take control of your life.
2. Don't doubt your choice of career just because you're sick of basic science courses and under a lot of pressure.
3. Chances are, you will no longer be at the top of your class. Try not to compare yourself to others too much, because everyone comes in with a different background and different strengths. As long as you continue to pass, you have nothing to worry about.
4. Get enough sleep! A minimum of 6-8 hours a night is absolutely necessary, especially around test time. If you're more rested, then your studying is more efficient and you're less likely to see your performance drop off near the end of a long day of testing.
5. Exercise and eat well. This doesn't mean you have to change who you are. Just add a daily 30 min. walk or yoga, and load up on healthy foods. This will do wonders for your mind and your body.
6. Finally, remember that you're here because the admissions committee believed in **you**, and because your undergraduate record shows that you are capable of making it through graduate school. They chose you, over other equally qualified, similar candidates because they knew that **you** were meant to be here. Overall, the completion rate for graduate school at U of L is around 95-98%, and most of the people who do leave choose to do so for their own personal reasons; they aren't dismissed for their poor academic performance. If you work hard, then you will complete graduate school. Yay!

Remember to live now, too

Throughout our entire academic lives we've been taught to look to the future. "Someday I'd like to..." The point is that, in med school, it's hard not to get tunnel vision with graduation, then residency, then fellowship, then practice as the goals we focus on. If we wait until these things happen to start living, life will have passed us by. We'll turn around, and behind us will be a fifteen year blur—surely full of awards and recognition, but those aren't what rich lives are made of. Our best moments are with each other, enjoying the pain of staying up at school late every night with friends getting ready for finals. The memories and bonds are there, even if we'd rather have been sleeping.

So, think about these things periodically. Just to make sure that you haven't lost touch with who you really are.

- 1) Remember to take time to appreciate life's little pleasures. Taking a few minutes to appreciate a beautiful and sunny day, or stopping to smell some pretty flowers does a lot to relax your spirit and help reinvigorate you. Sometimes you just need to take a break and remember to enjoy being alive. I like to study by a window, so I won't feel so jealous that the rest of the world is enjoying a beautiful day, while I'm stuck inside.
- 2) As the workload builds up, you will be tempted to abandon everything and study continuously. Not only does studying become unproductive past a certain point, but it can actually hurt your morale and your relationships. This time is better spent with your family and friends, or working on a hobby that you enjoy. Identify your interests and pre-plan them so that you can't avoid making time for things like this. Read your new favorite book for 30 minutes every night in bed before you sleep. I promise, you'll look forward to your 30 minutes all day long.

- 3) In spite of your best efforts, there are times when you find that school will take up all of your time. In these instances, just remember to eat well, exercise, get enough sleep, and stay calm. You'll make it though.

Marriage, Family, and Significant Others

Prior to graduate school, most of you who are married or in significant relationships probably had plenty of time for work, school, and your personal lives. Unfortunately, that will probably change for you this year. Here is a list of tips and pointers to help you manage the problem:

- 1) The first thing to remember is the importance of good communication. All of the subsequent tips are useless without it.
- 2) Remember that your status as a graduate student puts pressure not just on you, but **on everyone that is close to you**. Don't think that you're the only one that is affected. Make sure your loved ones understand the amount of commitment graduate school requires, but don't expect them to suffer in silence. Take the time to ask your partner how they feel, listen closely, and show him or her you care.
- 3) Just because you're in graduate school doesn't mean that all of the household chores should get pushed off on your partner. There are times (like around finals) when you really don't have time to do the dishes or take out the trash, but try to make an effort.
- 4) Planning is essential. Although it doesn't sound very romantic, you may have to schedule time to be with your partner. The quantity of time that you will have to spend with your partner may decrease, but you can offset this by improving the quality of the time you have together. Leave your scholastic issues at the door, and focus your full attention on the ones you love.

Daycare

UofL has one campus daycare called the **Early Learning Campus**. It was built in 2008 and is arguably the best daycare in the city. The Early Learning Campus (ELC) is part of the Gladys and Lewis "Sonny" Bass Louisville Scholar House Campus and is an exemplary pre-school for children of UofL faculty, staff and students, and residents of the Louisville Scholar House. The facility offers extended day opportunities for children aged six weeks to four years, (children who will turn four by October 1). There is a handbook available on their website, which you can find by googling Louisville Early Learning Campus. Part-time daycare is available. They recommend applying 6 months early.

Children's Choice learning center, downtown. Only full time daycare is available.

Highland Community Ministries, conveniently in the Highlands. Part time available.

Zion Christian Preschool, located in Germantown. Only full time daycare is available.

HOUSING

- 1). **River Oak**- an apartment building off of Melwood ave. that a large amount of medical/dental/ graduate students live in. Has a pool, pool house with ping pong, billiards, racquet ball etc. It is about a 10 minute drive to campus. A variety of size units available but mostly one and two bedrooms. <http://www.riveroakapartments-prg.com/>
- 2). **Germantown Mill Lofts**- a renovated paper mill in the heart of Germantown, opened in 2015 so very nice. Nice original floors and exposed wood. The top floor is the most expensive but the best to live on because sound will travel if you have people living on top of you. <http://germantownmilllofts.com/>
- 3). **Phoenix Place**- located behind the CTRB. The plus is that it is very close to campus so you can walk to school every day. The downside is that the places aren't that nice and it is not the safest area to be walking once it is dark outside. Affordable. <https://www.phoenixplaceapartments.com/>
- 4). **The Quad**- very close to campus just like Phoenix Place. It is a newer building so it has nicer amenities and an underground parking garage. Downside is it is not the safest area after dark. <http://www.quadlouisville.com/>

** In general neighborhoods that students tend to live in:

- The Highlands
- Germantown
- Clifton/ Frankfort
- Butchertown
- Nulu

Places of Worship

Sojourn Community Church

<http://sojournchurch.com/>

A popular church among students because of its strong involvement in the surrounding community and intimate "community groups" that encourage accountability and personal growth. Sojourn can be described as church done Louisville style (technically called post-modern, neo-liturgical). It is mostly college-aged so the music is loud, no one wears a necktie, and it is a safe place to ask hard questions about Christianity. The church has five services on Sunday (the most popular with students is the 7pm service). Also, they host a free medical clinic every four months with which students are encouraged to help.

Immanuel Baptist Church

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

Another great church popular with local UofL college students because of its firm theological foundation and active commitment to community outreach.

Southeast Christian Church

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

A more traditional, wildly popular church in Louisville (29,000 people in attendance on Easter).

The Temple

<http://templeaibs.org/>

Reformed Judaism congregation attended by a few med students and faculty.

Catholic Churches

<http://www.archlou.org/parishes/>

This website gives a list of all Catholic churches in Louisville, many of which are very close to campus.

Your faith not included? Don't be concerned, ULSOM has students of a handful of faiths. Orientation is a great place to make connections. Hopefully a future MUSH book editor will have more recommendations to add. Louisville also has a Hindu temple, mosques, a church of scientology, atheist groups, amongst others.

Recreational Time

Look for popular restaurants, bars, coffee shops, and discounts at some of these great resources:

[DO502](https://do502.com/): Gives a daily breakdown of pretty much everything going on in Louisville that day. Tells you about drink specials, concerts, trivia etc. <https://do502.com/>

[New2Lou](http://new2lou.com/): a great website to check out things that are happening and geared towards helping people new to Louisville to connect and become friends. <http://new2lou.com/>

[Louisville Hot Bytes](http://www.louisvillehotbytes.com): Run by local restaurant critic and wine connoisseur Robin Garr, this is your number one source for restaurant information. This is the best place to keep up to date on wine tastings, discounts, and special dinners. (www.louisvillehotbytes.com)

[Louisville Eccentric Observer \(LEO Weekly\)](#): This is your guide to everything that is going on in the River City. They list everything from plays to concerts to festivals, so you're guaranteed to get the most out of your limited free time.

[Courier Journal.com](#): Visit the site to find restaurant and entertainment reviews. There is a section called metromix to find details about local events and parties.

[Louisvillediner.com](#): This website has a huge amount of information on local restaurants, including menus, hours, and contact information.

[Restaurant.com](#) and [Groupon.com](#): Two great websites with gift cards that you can purchase at heavily discounted prices.

[Urban Spoon](#): lists of the top restaurants, the best cheap picks, what restaurants are buzzing, and what's new in Louisville dining.

[Highlands and Downtown VIP Cards](#): \$35 will buy you both cards, which can be used for big discounts at a huge number of local businesses. For instance, you can get 2 for 1 tickets to Actor's Theatre and the Louisville Orchestra, 10% off your bill at several restaurants, and \$2 pints at the Bluegrass Brewing Company tap room.

[LouisvilleOriginals.com](#): Want to taste the flavors Louisville? This is your guide to original Louisville dining. Check out old favorites and new trends.

Athletics

Stay in shape! If you aren't already in shape, get in shape! As graduate students, we tend to lead fairly sedentary lives that can quickly make us a bit chubby. Working out can provide you with more energy in the long run, and help improve your morale. Find a friend, and work out regularly.

Health Sciences Gym: There is an exercise facility, along with shower and locker facilities, in the parking garage on Chestnut Street (416 E. Chestnut St. – 852-3115). Hours of operation are: Monday-Friday 6:00am to 9:30pm, Saturday 10:00am – 3:00pm and Sunday 1:00-6:00pm. You **must** show your UofL ID for entry. (As a side note, if you lose your student ID, etc., the Cardinal Card office can be reached at 852-7520.) Group Fitness Classes (aerobic, step, Pilates, yoga, fitness, etc.) are also available for a fee of \$40 per semester. There are also spouse gym passes for \$20 a person a semester.

Student Recreation Center (SRC): The SRC is the brand new gym located on the undergrad campus. It opened in October of 2013. There are hundreds of cardio machines with TVs, free weights, 6 basketball courts, indoor MAC court, golf stimulator, racquetball courts, squash courts, and so much more. There are also group fitness classes that are free. There are showers and locker facilities and they provide towels and locks for you to use. Make sure to check it out!

Ralph Wright Natatorium: Swimming facilities are available in the newly built Ralph Wright Natatorium on Belknap Campus. All you need is a student ID. Hours for lap swimming are usually at lunchtime or in the evening. Check out the schedule on the intramurals website.

The Downtown YMCA: The Downtown YMCA is an amazing facility with a pool, weights, and zillions of aerobics classes. If you are on financial aid, a “Y” membership is heavily discounted (with a letter from the Financial Aid Office). The “Y” is located at 2nd and Chestnut, a quick walk from school. It opens early, stays open late, and even has a daycare.

If you join the Downtown YMCA they have *free* Yoga, Pilates, a fusion class called Piyo, and several other group fitness classes.

Good outdoor places to Run/Walk/Take Your Dog:

- Waterfront Park – in Downtown right by the river, plenty of lawn and the Big Four pedestrian bridge.
- Central Park – in Old Louisville between the med school and undergrad campus. This is the location of Shakespeare in the Park and also has tennis courts.
- Cherokee Park – Located in the Highlands. Has great running paths and Dog Hill – a popular place for Louisvillians to bring their dogs.
- Iroquois Park- located down Southern Parkway is another great park. It has a 3mi loop or for the more adventurous you can run to the top of the park and get a great few of the skyline.
- Louisville Loop- over 100 mile trail of biking that runs throughout the city. Various parks are included.

Intramural Sports at UofL: There are a wide variety of sports and choices ranging from Flag Football, Basketball, Soccer, Bowling, and even Tug-O-War. Traditionally, the med school has been a strong presence in intramurals, and we have several championships under our belts. You should expect to hear about intramural sign ups throughout the year via email. This is a great way to meet your classmates, relieve stress, and stay in shape. No skills or experience are required.

Louisville athletics scene (running, cycling, triathlons, etc.):

- www.rivercityraces.com has a great list of all the local races from 5k's to the Downtown Doubler.
- www.louisvillebicycleclub.com has activities and group rides for beginners to the more advanced cyclist.
- The Louisville Landsharks Multisport club is for local triathletes. They have a calendar of group swims, bike rides, runs, and social events throughout the year. Check them out on Facebook, too!

- If you like Ultimate Frisbee, check out the Louisville Ultimate Frisbee Associations at www.louisvilleultimate.org. In addition, if you would like to be put on the listserv for playing ultimate Frisbee with fellow med students, email Tama The at Tame.The@gmail.com (c/o 2013)
- <http://www.louisvillebicycleclub> Local athletic shops
 1. Fleet Feet on Taylorsville Rd is a great running store. They also host weekday and Saturday morning runs as well as training groups for the local marathons. Check them out at www.fleetfeetlouisville.com
 2. Ken Combs Running store is located near St. Matthews on Shelbyville Rd. It is another great running store. They also host track workouts in the evenings.

Hiking, Caving, Rock climbing, Off-road biking:

- If you like Rock climbing, check out the Rocksport facility in town or Climb Nulu which is super close to HSC campus, or head out to the beautiful Red River Gorge for the real thing!
- Louisville Mega Cavern – Underground cave in Louisville with six zip lines and two challenge bridges. Tour guides show you around for up to 2 hours. Student discounts available.
- www.louisville.caves.org : check out Speleofest
- Mammoth Cave National Park (KY), Hoosier National Forest (IN), Red River Gorge (IN)
- The Mountain Bike Depot in Westport village (east end) www.mountainbikedepot.net, they carry road bikes, mountain bikes, cyclocross bikes, can order just about anything, and are a full service shop. Loads of information about the best places to ride (mountain and road) are available at the store, too.

Local Yoga:

Most yoga studios will offer a student discount for classes. Some popular studios among students include:

- Yoga on Baxter – Located in Highlands-Tyler Park area off Eastern Parkway. Unlimited Intro month for \$30
- Hot Yoga Louisville – Located in St. Matthews
- Eternal Health Yoga – Located on Frankfort Avenue in the Crescent Hill area of Louisville

Others:

- CycleBar: located in St. Matts by Trader Joes. Indoor spinning class, usually an hour long. Membership or drop in classes.
- OrangeTheory: located on Baxter Ave. and St. Matts. 1 hr. intense HIIT (high intensity interval training) work out. Good for athletes looking for a tough workout/conditioning
- PureBarre: Two locations on Lexington Ave. and the other off of Frankfort. 1 hr. ballet, Pilates, and yoga combination class. Surprisingly tough

B. You:

Women's health boutique offering barre classes with a student rate on unlimited classes in St. Matthew's.

Entertainment Sports

The Louisville Cardinals: You may or may not be aware that 2013 has been declared “The Year of the Cardinal,” due to the massive success of the university in several major sports. As a graduate student, you can easily be a part of that success! Every year, the ticket office coordinates an online purchasing system for season football and basketball tickets. Single game tickets are also available, but season tickets are very worthwhile for their price and can be hard to get during sales. Season ticket holders for football have first dibs at season tickets for basketball. Graduate students get graduate student tickets, which means you can buy 2 per person and don’t need to show your student ID to get into games (ideal for significant others, family, friends, etc.)

In recent years, the baseball team has also been making a name for itself, qualifying for the 2013 College World Series. Students can get into games for free and a 12 oz. beer or hotdog is only a buck.

There is a great deal of community support for all UofL athletic teams, and the games are fun to attend. For more information regarding schedules and tickets, visit www.uoflsports.com.

Louisville City FC: The local soccer team that currently plays at the Bats (see below) stadium. However, there are big plans to build a new stadium in Butchertown. The tickets are pretty cheap and they do special nights like bring your dog to the game etc. <https://www.louisvillecityfc.com/>

The Louisville Bats: A local triple A minor league baseball team at one of the best minor league stadiums in the country. Games are on multiple days of the week during baseball season. Free tickets are often easy to come by if you know people. There are frequently happy hour deals and fireworks after games in the summer.

Louisville City FC: Professional soccer club that plays in the United Soccer League. Gives discounts to students with a valid .edu address.

Downs After Dark: If Derby isn’t enough horse racing for you, check out Downs after Dark. They are Friday evenings during select days in the summer and fall. Churchill Downs opens at 4pm and first post is at 6pm. General admission is \$10, there are great happy hour deals, and live music is provided as well.

Cultural Opportunities:

Kentucky Opera—*Discounted student* tickets

Louisville Orchestra

The Louisville Ballet- Brown Foreman Nutcracker happens every year November through December

Trolley Hop – Downtown Trolley Hop is the first Friday of the month from 5-11pm. Frankfort Ave. Trolley Hop is the last Friday of the month from 6-10:30pm. The trolley takes you to interesting shops and art galleries in each area. www.trolleyhop.com or www.fatfridayhop.org

Actors Theatre of Louisville – Internationally acclaimed. Home of the Humana Festival of Plays each spring. They have *discounted student* packages and group discounts.

Kentucky Center for the Arts – Aesthetically dazzling. After the show, go for a walk on the riverfront, just outside.

Kentucky Shakespeare Festival – FREE Shakespeare in Central Park in the summer. Bring a lawn chair and bug spray.

Forecastle Festival- is a huge outdoor weekend concert series at Waterfront Park in July. Check out their website at forecastlefest.com. Tickets can range from \$60-150

Louisville Community Music Program: for those who want to continue playing an instrument. You pay about \$25/half hour for lessons once a week and it lasts a semester. It's good for those continuing an instrument or just learning how to play.

Movies

Baxter Avenue Theatres: Both 1st run and art films play in this theater behind Mid-City Mall on Bardstown Road. Tickets \$8.00, *student discounts* in the evening. Tuesdays are \$5.

Village 8 theater: has \$2 Tuesday for old movies there were released a couple months prior.

Floyd Theatre: in the student activities center on Belknap. Rare movies not released in Louisville, and second-runs. \$1.50 with a student ID. Check with the Student Activities Board for a schedule.

Stoneybrook Cinema: A lot of teenagers hang out there, especially on weekends, but good theater with an IMAX screen. Tickets \$9.00 (\$5 Tuesdays and special student IMAX pricing)

Tinseltown Movie Theater- *Student discounts* available plus shows are 5.25 all day on Tuesdays

Cinemark Mall St. Matthews and XD – Newer Movie Theater that just recently opened. Located in St. Matthews Mall

A Student's Guide to the Best Affordable Restaurants Louisville Has to Offer

Be sure to check out the yearly LEO dining guide and the LEO People's Choice Awards.
www.leoweekly.com

Best of the Best

Havana Rumba—Cuban food at its best, the prices are reasonable and the portions are huge. This restaurant was the most recommended by med students. Two locations in St. Matthews and the Highlands.

Varanese—Fine dining for special occasions that won't take too heavy a toll on your bank account. Stop by on Sundays after 8 for half-price appetizers, draft beer, and other deals

Cumberland Brews—highly recommended are the bison burger and their micro brewed beer.

Try the mead (fermented honey) and nitro porter. Fill your growler for \$5 on Tuesdays.

Mussel and Burger Bar – Great burgers, great mussels, great beers. There can be a wait, but you can call ahead to reserve a table. Casual and delicious.

Queen of Sheba—Delicious Ethiopian food that you scoop up with injera bread (utensils available on request.)

Try this for a tasty and unique dining experience.

Simply Thai—arguably the best Thai food you will find in the city. Lots of al fresco space in the summer, and the prices are very reasonable. Try the textured vegetable protein Pad Thai (vegetarian).

Thai Taste—my personal favorite and much more personal. Try the garlic chicken (it has lots of broccoli).

Zen Garden/Zen Tea Room—Owned by the same woman as Simply Thai, this restaurant and its nearby tea house have an entirely vegetarian/vegan menu.

Butchertown Pizza Hall – New York style pizza that's arguably the best value food in the city. Unique selections and a city-paced feel make you feel somewhere in the big apple. Delicious.

Kashmir Indian Restaurant—If you're craving really great Indian food, try this place on Bardstown Rd. Of course, I love all of the stereo-typical American favorites like naan, chicken tikka masala, and veggie samosas.

Toast on Market—A school favorite, and not too far away. Choose from breakfast or lunch, but definitely choose breakfast☺. One favorite is the lemon soufflé pancakes.

The Irish Rover—Perfect on a cold rainy day. Get the Guinness stew in a sourdough bread bowl with mashed potatoes on top.

F.A.B.D.—(Frankfort Avenue Beer Depot) This has been a popular spot this year for med Students to unwind after a test and have some great barbeque and a beer.

Oishii – The best sushi you've ever had. Seriously.

Other Great Restaurants by Category

American—Ditto's Grill, Jazzyblu (with live Jazz), Cottage Inn, Mark's Feed Store, Ramsi's Café On the World (not really American, but a lovely blend of everything), The Bristol, Highland's Tap Room, Hammerheads & Game (great burgers & beer!)

Brunch—Toast on Market, Wild Eggs, Highland Morning, Silver Dollar

Chinese—Red Pepper, Jade Palace (dim sum carts on Sundays), Double Dragon

Dessert—Homemade Ice Cream and Pie Kitchen, Sweet Surrender (also offers vegetarian lunches), Coco's Chocolate Café, Graeter's Ice Cream, Cé Fiore, Comfy Cow

Fine Dining—Proof on Main (lunch isn't that expensive), Le Relais, Vincenzo's, Uptown Café (lunch isn't that expensive), Sevice, Rivue, Volaré, 211 Clover, Pat's Steakhouse, Jeff Ruby's

German—Erika's, the Eiderdown, Gasthaus

Greek—Grape Leaf, It's All Greek to Me (carryout/delivery)

Indian—Kashmir, Dak Shin, India Palace, (all have great, inexpensive lunch buffets), Bombay Grill

Italian—Ray Parella's, Come Back Inn, Buca di Beppo (for large parties), Volaré

Late-Night—Café 360 (hookah lounge, 24 hours), Juanita's Burger Boy (new management, 24 hours), The Bristol (late night dining in the Highlands on the weekends), Indi's Fried Chicken (late night, their spicy chicken with hot sauce is the best)

Mexican—Santa Fe (on 3rd street, cash only), Los Azteca's, Las Gorditas (a Gordita trailer, great deals), Tacos Toreados, El Nopal, Taco Luchador, Wild Rita's (NuLu)

Pizza—Wick's, Tony Boombozz, Spinelli's, Impellizzeri's, Windy City, Bearno's, the Post, DiOrio's, Butchertown Pizza Hall

Sushi—Oishii Sushi, Sake Blu, Sapporo, Oasis, Osaka, Dragon King's Daughter (Japanese fusion), Mikato,

Vietnamese—Annie Café, Vietnam Kitchen

Libations etc.

Be sure to check out the yearly LEO nightlife guide for a comprehensive list of all bars in the city.
www.leoweekly.com Also check out http://louisville.metromix.com/page/bar_type

Breweries (gets their own category)

Monnik Brewery: Germantown, has the best beer cheese along with a decent selection of house made brews. They do tasting flights. Food menu is limited but delicious. Nice outdoor patio.

Mile Wide: Right off Broadway about ½ mile from HSC campus. They have a great beer selection but no food options. They have games available to play at your table. Small outdoor patio.

Gravelly: Newest brewery on Baxter Ave. They have a good beer selection with small pours available so you can try a variety of beers. They do Mexican street food so think tacos and nachos. They do have a parking lot but it can get crowded.

Great Flood Brewing Company: On Bardstown Road, has a good selection of beers. No food available but has games that you can play with your friends at your table.

Falls City Brewing Co.: Located near HSC, in the Phoenix Hill neighborhood (901 E. Liberty). No food available but does offer a wonderful beer garden.

Hell or High Water- Speak easy downtown. Beautiful, authentic, the real experience.

Mr. Lee's- Speak easy in Germantown, good cocktails but small so it can get crowded.

Sergio's World Beer—an eclectic Butchertown bar and restaurant with around 900 beers available

Molly Malone's—Relaxed Irish Pub during the week, dancing on the weekend. Also check out the rest of this bar family, including O'Shea's and Flanagan's (**POKER NIGHT ON TUESDAYS**, free to play, get more chips if you buy the drink or food specials)

The Granville—A popular bar near Belknap campus, this is a perfect place to go if you want to hang out with undergraduates. Try their burgers.

Tin Roof – Located in St. Matthews. Laid back feel with live music. Great place to watch games during the day and eat and listen to live music at night.

Garage Bar – A big favorite among students. Good pizza and craft beers. Located in Louisville's NuLu neighborhood. Great atmosphere with outside lighted ping pong tables help make this a fun hangout place.

The Back Door—Highlands area dive bar. The drinks are very cheap and very strong, and they have a lot of pool tables. Try their hot wings, cheese sticks, nachos, and pepper poppers.

The Nach bar—Popular dive in Germantown with lots of outdoor seating and a great, inexpensive beer selection.

The Rudyard Kipling—An Old Louisville bar known for hosting local bands, open mic nights and plays by small local theatre companies.

The Seelbach Wine Bar—Located in the Seelbach Hilton, this wine bar isn't cheap but it has by far the best wine list anywhere in the state of Kentucky.

The Liquor Barn—The largest liquor stores in the area (there are 3 in Louisville), this locally owned chain can help you take care of all your alcohol needs. Email Patrick Mayhew (patrick.mayhew@liquorbarn.com) to get on the mailing list for their wine tastings every month at which you'll get a 15% discount on almost all the wine in the store.

Huber's Orchard and Winery—a great place to go for wine tastings and seasonal fruit picking. They have berries in the summer and apples and pumpkins in the fall. It is located about 30 away minutes in Indiana. Check out their website at www.huberwinery.com

Coffee Shops

Heine Brothers—Located throughout Louisville, this fair-trade coffee shop is a favorite study location

Highland Coffee—Great coffee at reasonable prices, best Chai tea in the city.

Bean- Germantown

Fantes- on Grinstead Drive, good spot for studying, popular with students.

Sunergos—Germantown, Near Belknap campus, roast their own coffee, great selection of teas ***won best espresso in 2014**

Day's Coffee and Espresso—Popular, spacious coffee shop on Bardstown Road

Quills—a quiet coffee shop with good music and quirky baristas. They know us around there! One is Nulu and one on Baxter Ave.

Hillbilly Tea—a downtown Tea Café with inspiring food selections.

Vint—great coffee shop for studying on Frankfort Avenue, also with beer and wine (half price bottles on Thursday). Studying here you almost always run into fellow students and residents- great when you have questions!

Please and Thank You—a quirky Louisville gem on Market not far from school but have limited hours.

Safai- located on Bardstown Rd. They have crepes and a bunch of organic options to go with great coffee and espresso!

Louisville commercial scene

Local grocery chains:

- Kroger, Meijer, Valu-market, Trader Joes (St. Matthews area) neighborhood Wal-mart, Whole Foods, Fresh Market, Dolls, Rainbow Blossom, Sav-a-lot, Aldi's, Paul's

Bookstores:

- Health sciences campus Barnes and Noble bookstore (by the nursing school)
- Gray's Bookstore (2nd and Broadway)
- Other chains: Barnes and Noble, Books a Million
- Plenty of independent book shops, especially along Bardstown Rd (Carmichael's and All Booked Up)

Shopping districts/malls (by distance from downtown):

- Bardstown Rd (Mid-City Mall—not really a mall, theatre, numerous unique local shops and restaurants)
- Bashford Manor (Target, Wal-Mart, Lowe's)
- St Matthews Mall (Sears, JC Penney's, Dillard's)
- Oxmoor Mall (Macys, Sears, Von Maur, Dick's Sporting Goods, Kohl's, Old Navy, Gap, Anthropologie, Apple Store)
- Jefferson Mall (Macys, JC Penney, Sears, Dillard's)
- Springhurst Towne center (Target, Books-a-million, Meijer, Kohl's, Tinseltown Cinema)
- The Summit (D&W, Bed Bath and Beyond, Pier 1, Barnes and Noble, J Crew-*student discount*, Gap, Ann Taylor- *student discount*)

Farmer's Markets:

Check out <http://louisvillegreenguide.org/directory/farmers.html> for a comprehensive listing of all local farmers markets. However, the one on Gray Street on Thursdays is easily accessible from school during lunch.

Also consider trying a local CSA (Community Supported Agriculture), like Grasshoppers Distribution. CSAs are a great way to get local produce and staples. Check out localharvest.org/csa for a complete listing of area CSAs.

Dry Cleaners:

- **Kahuna Cleaners**—Pay up front. One student says that they are the cheapest that she has found by 10 or 15 dollars and they've always done a good job with her clothes.
- **Highland Cleaners**

- Locations all over Louisville. Voted #1 in the city several years running.

Hair Salon/Barbers:

- **Kaleidoscope**—Has a *discount for students* (~\$26 woman's cut)
- **The Parlor**- Bardstown, Xac recommended for any waxing you ever want done
- **Gregory Michael's Salon**—Recommended stylist is Erin Snyder. She does both men and women and she's not too pricey (\$25 for men's cut).
- **Essentials Salon**—Recommended stylist is Sylvia McNelly. She's very young and nice. She is also very organized and keeps a record of everything she's done to your hair (cut, color with exact shade, highlights) so that it's very easy to recreate though she's open to new ideas. Not too pricey (\$30 for woman's cut, \$20 for gloss).
- **Z salon**—Salons on Bardstown Rd and Shelbyville Rd. Perhaps the most popular salon and spa in Louisville, so book early. Ask for a new talent stylist and it's only \$25-35.
- **Empire Hair School**—Use a system we will come to know and love: Let a student practice on you! Haircuts are \$8, and \$5 if you don't have them blow-dry (men and women).

More *student discounts* are listed on a long ubiquitous list on UL's website:
<http://php.louisville.edu/admin/humanr/staffdev/discounts/>

50 List

**Louisville Magazine published this list of 50 Things Every Louisvillian Should Do.
Make it happen!**

- 1) Eat at Mike Linnig's
- 2) Have a Manhattan and dance to some jazz music at the Old Seelbach bar
- 3) First Friday Trolley Hops (wine bar in the gift and furniture shop Red Tree)
- 4) Dine at Rivue at Galt House at sunset
- 5) Make a Mint Julep
- 6) Hike or bike the "Loop" (25 mile trail between Cherokee Park and Farnsley-Moremen)
- 7) Backside at Churchill Downs
- 8) See Louisville Leopard Percussionists
- 9) Eat at Bistro Le Relais in Bowman Field
- 10) Participate in the World Championship Dainty Contest in G-town
- 11) St. X vs Trinity football game
- 12) UL vs UK basketball game
- 13) Visit Louisville Slugger Museum
- 14) 21C Museum Hotel and Proof on Main
- 15) Filson Historical Society on 3rd Street
- 16) Eat a Hot Brown at the Brown Hotel
- 17) Watch the "Thrilla in Manila" at Muhammad Ali museum
- 18) Trash the Courier Journal
- 19) Canoe or kayak in Floyd's Fork
- 20) Falls of the Ohio
- 21) Jefferson Memorial Forest
- 22) Walk in the Louisville Zombie Attack
- 23) Derby Festival MiniMarathon
- 24) Forecastle Festival
- 25) Jimmy Can't Dance Jazz club downtown
- 26) Lebowsky Fest
- 27) Halloween on Hillcrest
- 28) Have a drink on the street-side table of Cumberland Brews
- 29) Midnight mass at Cathedral of the Assumption
- 30) Last call at a 4:00 am bar
- 31) Waterfront Wednesdays
- 32) Rock Creek Horse Show
- 33) Replace
- 34) Watch a drag show at Connections
- 35) Locust Grove
- 36) Shakespeare at the Park (Central Park)
- 37) Drink a Bloody Mary at the Outlook Inn
- 38) Make a hand-made blown-glass Christmas ornament at Glass Works
- 39) Cave Hill Cemetery
- 40) Bats Game
- 41) Cherokee Triangle Art Fair
- 42) Stay overnight at Waverly Hills
- 43) Captains Quarters to view sailboat race
- 44) Classic movie at The Palace
- 45) Antique shopping at Joe Ley Antiques
- 46) Climb up Big Rock
- 47) Fried Chicken at Royals or Joellas
- 48) Shop for a theme party or costume at Caulfield's Novelty
- 49) St. Joseph picnic
- 50) Watch skateboarders at Extreme Par

Health Science Campus

