

THE DIS-ORIENTATION GUIDE



2014-2015

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Dear Members of the WUSM Class of 2018,

It is my pleasure to welcome you to the Washington University School of Medicine. You are a highly talented and diverse group of students. Your abilities, achievements, and accomplishments are extraordinary. You are joining an equally gifted faculty and staff that comprise a community of scholars committed to the service of others. You will become part of an institution with a proud history and an extraordinary future. We know that you will find the coming years to be both challenging and rewarding. Washington University School of Medicine has multiple, complex missions that include



Larry J. Shapiro, MD

the creation of knowledge, the application of discoveries for the benefit of patients around the world, and the provision of state-of-the-art clinical care with skill and compassion. At the very core of our purpose, however, is the development of future health care providers, scientists, and other talented professionals. We are therefore committed to providing you with the best possible educational experience. We ask only that you use your gifts and talents wisely and well; that you treat one another, patients, faculty, and staff with respect; and that you endeavor to experience the joy of learning and discovery. As a WUSM graduate of 1971, I wish for each of you a portion of the happiness that I have known in being part of this great school.

Best Wishes,

A handwritten signature in black ink that reads "Larry J. Shapiro". The signature is written in a cursive, flowing style.

Larry J. Shapiro, MD

Executive Vice Chancellor for Medical Affairs and Dean

Dear Class of 2018,

We don't know where you are while reading this guide — maybe you're sitting on a crowded airplane, or passing time during a long bus ride, or perhaps you're enjoying some quiet time in your dorm room — but wherever you are, you should take a moment to congratulate yourself. It's no small feat to reach where you are right now — and we appreciate that better than anyone. You're about to enter the medical profession, and a moment like this should be appreciated for what it is: a milestone in your life journey. We're excited that you'll soon join us here at Washington University School of Medicine (WUSM).



**Our fearless editors-in-chief:
Arith, Jordan, and Allison**

Sooner than you think, you'll be feeling like a real doctor. In just the first month, you'll already have put on a white coat, cut into a cadaver, and spoken to your first patient. And while classes can require a lot of work, you'll find that you still have plenty of free time: Students can explore St. Louis, join extracurriculars, participate in research, shadow physicians, and still have some personal time. There's a wide world of opportunities here, and just over 120 classmates for you to share it with. It's an exciting time, and we hope that you enjoy yourself here as much as we do.

The coming months will also be full of changes, and we realize how that can be stressful. In response, we offer you this guide, hoping that it will ease your transition into medical school. Whether you want to know about the cost of local housing, the style of your upcoming classes, or the availability of your favorite cuisine in St. Louis, this guide can help. With more than 80 different writers contributing their advice this year, you'll be able to see a great diversity of viewpoints. Wash U has published a *Dis-Orientation Guide* for 35 years, a tradition demonstrating just how welcoming and hospitable it is here. By the end of this book, hopefully you'll feel better acquainted with this city, this institution, and the general life of a medical student.

So jump up and down, let out a joyous scream, and pat yourself on the back. You've accomplished much already, and it's time for you to get excited for everything to come.

Your "*Dis-O*" Editors-in-Chief,

Arith Reyes, Allison Schelble, and Jordan Standlee

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The purpose of this project is to identify ultrasound in probably benign classification (<2% chance of malignancy using HIPAA compliant and Institutional Review Board approved for the purpose of a palpable abnormality at Barns J demonstrate that patients could be safely followed by co

INTRODUCTION

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CONCLUSIONS

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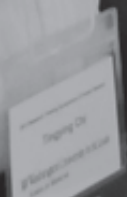
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margin morpho

nodule

perspectives



On Being a Single Male

Being a single man in med school is all glory, and there's nothing to hold you back. Say you want to grow a mustache: you can do it without anybody nagging you about looking like a creep. Say exam week just finished: you can sip scotch at 9 a.m. then go eat a whole pig at Pappy's, or go home and listen to everything your partner has been waiting two weeks to tell you while you've been studying. #FOMO much? You'll be so busy with schoolwork and meeting your new, awesome med school family members that if you're also trying to keep up with a significant other, one or the other is going to suffer. Why not just enjoy the process? Plus, think of all the beautiful people in your medical school class. And more importantly, think of all of their single friends from undergrad who will inevitably come to visit; they're all going to be fighting to make a decent man out of you once you get those letters "MD," so why waste the letters P/F sitting home watching movies and going to bed with your socks on?



Single and loving it.

— Giuseppe D'Amelio, M1



**The ladies of WUSM.
Always fierce.**

On Being a Single Female

Who would ever want to be in a relationship in medical school? While all of your couple friends with couple nicknames are sitting at home, studying MAP Kinase Kinase Kinase and discussing proper percussion techniques, you could be out on the town accepting drinks, dancing and canoodling with the sexy singles of St. Louis! Some of these fine folks may be in your medical school class, but if you feel like it would be too awkward to dissect the perineum with your love interest, or if he or she has moved on to the other predominantly female graduate school classes, have no fear! There are plenty of eligible young people around campus in the physical therapy, business and law school programs who will cater to your every desire and serve as excellent SPs (standardized patients) on whom you can practice your physical exam skills. But, if classy professional students aren't your thing, you can always find some hidden gems who will buy you Billy Buckets at 3 a.m. at the Annex or

twirl you romantically under the disco balls and purple lights at Talayna's. So ladies, the choice is obvious. Being a single female at WUSM is sexy, adventurous, and a great way to get free drinks ... and free pizza.

— Taylor Geisman, M1

On Being Married

You may have already guessed as much, but there are not many people who are married in the first year of medical school. However, I have to say most of my class is missing out. It's a pretty great deal. When exams roll around and I have no time or inclination to make anything to eat besides what I can pull from the deep recesses of my freezer, my husband can step in and provide me with a warm, home-cooked meal or at the very least pick up some takeout. He also lets me know what is going on outside the bubble of medical school, like major current events and celebrity scandals. Most of all, it's great to have someone who I know will always support me (by law, he has to!) and will give me a confidence boost if I start freaking out about how many muscles there are in the arm and leg and how on earth I am going to learn all of their attachments before the next anatomy exam.

— Frances Clow, M1



Dating someone from outside medical school helps to broaden your horizons.

On Dating Someone Outside of Medical School

As much as I love medical school and adore my classmates, sometimes the inevitable turn of conversation back to systolic murmurs and megaloblastic anemia can be overwhelming. After spending the whole day at school — learning, studying, and hanging out with other medical students — being with your non-medical significant other is like a breath of clean, non-anatomy-lab-smelling air. My boyfriend reminds me that there's more to life than medicine. It would be too easy to get caught up in 24/7 medical school and forget that the rest of the world has other interests. Going through the long process of becoming a physician with a medical significant other has its appeals, but if your perfect match is non-medical, your relationship will add welcome relief, diversity, and fun to your otherwise very med school-oriented life.

— Rachel Gartland, M1

Dating outside medical school adds much-needed variety to a medicine-centered life. In a time when you see the same classmates every day and you all worry about the same issues and events, it's really refreshing to bond with people outside of medicine. The stress and time constraints of outside

relationships might be tough at times, but they're reminders of all the other important things besides your upcoming exams. You'll soon be able to tell if you and your significant other are up for the challenge.

— Colton Gits, M1



One of WUSM's intra-class power couples

On Dating Someone in Your Class

Med school is complicated. Sometimes you have class from 8 a.m. to 4 p.m., sometimes you only have to be there for an hour. Your schedule always varies, and the amount of time you spend studying directly correlates with how close you are to your next exam. Dating someone in your class comes with a lot of perks: you have the same schedule, go to the same parties, and you never have to waste time explaining what POM or EMIG means. On the other hand, the class is small, and everyone will know your business. That being said, our classmates are generally supportive (even when they make up annoying couple nicknames ...!). After all, bring together young, attractive people and you're bound to end up with quite a few couples. Overall, dating somebody in your class is great; you have someone to go out with on the weekend, to teach you the confusing parts of the brachial plexus, and to practice your physical exam skills on. Best of all, you have a person in your life who always understands what you're going through!

— Ally Schelble, M1

On Being in a Long-Distance Relationship

Long-distance relationships can be tricky, especially when trying to balance them with medical school. Be assured, though, that you won't be alone. When I started med school with a boyfriend working in California, I was surprised at how many of my classmates were in similar situations. One of the rewards of maintaining a long-distance relationship is that it can give you an outlet outside of school, i.e. someone you can talk to where the discussion won't segue into cranial nerves or dermatomes, which can help you maintain balance and sanity when exams roll around. Additionally, planning visits is made a lot easier by the fact that all of the classes are recorded and the anatomy lab is open 24 hours, so it's easy to catch up if you miss a day. Also, first year is Pass/Fail, easing some stress while still keeping you busy. This helps time pass between visits. Overall, the decision to stay long-distance (or not) is up to the individual, but it's definitely a feasible option that many students pursue.

— Anna Moseley, M1

It's always stressful when your relationship becomes long-distance. For me, it happened after my freshman year of college, when my high school sweetheart decided to go up north to New Hampshire for school while I stayed in St. Louis. The little ups and downs of a relationship sometimes get enormously amplified and distorted over those thousand miles. I've learned that med school, even more than college, creates its own virtual distance with the myriad activities and opportunities, the seemingly endless studying, and all the other strong ties to what's happening here at Wash U. If you're coming to WUSM, you're probably pretty committed to medicine ... but if you're considering long distance, you're probably pretty committed to your relationship, too. Neither one is something you want to do without. Setting aside time for both separately is always a good option. Getting to know each other's friends helps you feel connected. Physically being with each other whenever possible is obviously also a big plus. Just remember, it will be glorious when your relationship stops being long-distance, and it will be worth the challenges you might face now.

— Wilbur Song, M1

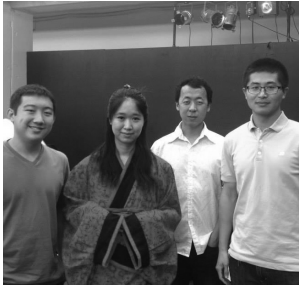
On Being African American

Throughout the interview trail, you may have noticed this: There aren't many African Americans in medical school. However, despite the fact that we are a small percentage of our class (three males, five females), I have not once felt out of place. At Wash U, there is a commitment to diversity. Everyone is unique in some way, with people coming from all over the country and the world. People have different beliefs, thoughts, and upbringings, leading to an environment where everyone feels welcome and everyone is accepting of people of all backgrounds. Plus, the Office of Diversity Programs is a great resource, and Dr. Will Ross, associate dean of diversity affairs, is always there for you. Additionally, a large percentage of the patient population at Barnes-Jewish Hospital is African American, which can make it easier to establish rapport. This also gives you the opportunity to help your fellow classmates relate to these patients.

— Abiye Ibiebele, M1

On Being Asian American

True, there's no Chinatown in St. Louis. But wait! There is a "Chinese street" called Olive Boulevard with Asian supermarkets, bakeries, and restaurants dotted on both sides. And if you are adventurous, there are also a number of hot pot places, Mongolian Grills, and Chinese buffets out in the suburbs (see the *Dis-O Guide* section on Food). Having spent half of my life in Taiwan and with both parents still living there, I am, alas, very critical when



Students get ready for the annual Lunar New Year Festival.

it comes to Chinese/Japanese food in the U.S. But perhaps because of the overwhelming number of Chinese students in the class (more than 30 percent), I never feel a lack of opportunity to express my Asian-ness and to taste homemade Asian goods from friends. True, in St. Louis you can't get authentic Taiwanese bubble tea or fresh sushi without bleeding money. But you also can't find more awesome Chinese medical students anywhere else!

— Vivian Chi, M1

On Being Hispanic

Honestly speaking, the Hispanic population in St. Louis is quite small. There are one or two Hispanic students per class and you don't see many patients who speak Spanish. However, you can make it work for you. I decided to volunteer as an interpreter at Casa de Salud, a health clinic for uninsured immigrants just a MetroLink (light rail) stop away from the medical school. Not only do I get to practice my Spanish with the patients, but I also get to learn about the process of diagnosing and treating a patient while being fully engaged in the patient-doctor relationship. It is a very fun and relaxed way of understanding how to become a physician. And even though there are few Hispanic students, we do get together every so often to have Hispanic food and complain about the cold weather. Having been born and raised in Puerto Rico, there is always an adjustment when it comes to wintertime. At the beginning of the year, you might feel that your group of friends does not consist of the usual Latin people that you knew in high school and college but you will soon realize that your classmates are amazing, smart, interesting, and culturally different people from whom you will learn how to become a well-rounded physician.

— Amarilys Fernández, M1

On Being an International Student

If you're applying as an international student, you know the multitude of hurdles ahead of you. Fortunately, Wash U is very friendly towards international students. It also has one of the few MST Programs that is friendly to those of us with a visa slip in our passport. As an international student, I'm still amazed by the friendliness of the International Office here as well as the quantity and diversity of international students in medical school and at

the university at large. Not only does the International Office take care of all your student visa needs, it also provides courses and activities to those who wish to learn about American cultures or just meet other people in the same boat. Whether you like dancing to Indian music or munching on Chinese food, there is sure to be an activity for your culture.

— Deng Pan, M1



We're very welcoming to our friends from north of the border.

On Being Canadian

Most of the time, you won't feel the difference between the U.S. and Canada until you talk about temperature in degrees Celsius instead of the confusing Fahrenheit; you get excited about hockey when your classmates are crazy about Cardinals; your classmates answer Canada City as the capital of Canada; when you say UT, they first think of the University of Texas rather than the University of Toronto; or when they simply don't know anything about UBC (sad face), the University of British Columbia (yes, British Columbia is a province in Canada and no, we don't have states). Well, it's pretty enjoyable to educate your fellow classmates on bits of information about their northern neighbor with facts like "the capital of Canada is Ottawa," so that they won't ask, "Do you guys still celebrate Victoria Day since Queen Victoria died?"

— Jenny Cheng, M1

On Being Vegetarian

Coming from Brown, PETA's "most vegan-friendly college" of 2012, I'll admit I was a bit disappointed when I arrived in St. Louis to find that it wasn't quite as vegetarian-conscious as I would have liked. As I've gotten to know the area, though, the local restaurants have really grown on me. There are a ton of eateries in the Central West End (within walking distance of both school and my apartment!), and most have yummy meat-free options. Pi Pizzeria, a local pizza chain, even has a meat substitute you can sub for meat in any of the pizzas! Sure, it's a little disheartening to go to a lunch talk and realize the coordinators forgot to order a veggie option (or more commonly, the carnivores thought the veggie option looked so delicious that they ate it all before you got to the front of the line), but then I remember that Lulu's, a



Some restaurants are more vegetarian-friendly than others.

vegetarian food truck, usually parks outside school during the lunch hour. And if cooking's your thing, there are plenty of grocery stores — Schnucks, Trader Joe's, Whole Foods — nearby, and I hear they're planning on building another Whole Foods just a few blocks from the medical school.

— Kelly Milman, M1

On Being an MSTP

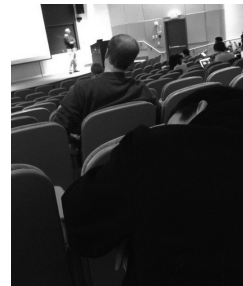
If your passion is learning about science and medicine for the next decade, and getting paid to do it, MSTP is the solution for you. What could be better than sharing microscope images or nifty bar charts on Thursday night while eating Indian food? At Wash U, you get the added benefit of having a large MSTP so you can meet people who are unique in almost every way, except for a shared passion for research. Having a well-endowed program means you get lots of chances to rub shoulders with faculty members and physician-scientists, people who have already traversed the path you hope to travel. And with so many researchers around, if you have an interest in a subject, chances are someone's already working on it (and is more than happy to talk to you).

— Deng Pan, M1

On Going to Classes

Every student ends up finding a studying rhythm, whether that involves attending every lecture and taking copious notes, or watching the recorded lectures and reading the textbook. The choice is yours, and you'll have to experiment to see what best fits your learning style. Keep in mind, though, that there are several benefits to attending lectures:

(1) you can ask questions right as you think of them, (2) learning can be a more social experience, and (3) you'll force yourself to stay on track with the material. Sleeping in and watching the lectures at double speed sounds appealing, but it also requires the self-discipline to actually watch those lectures rather than, say, more Netflix. Going to lectures ensures that you'll keep up with the classes while also bonding with your fellow classmates.



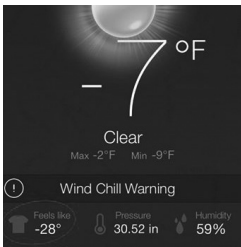
Plan on attending all-day classes? Might want to bring some coffee along.

— Jordan Standlee, M1

On Skipping Classes

Imagine this: It's the middle of winter. You wake up and it's dark. You step outside, and it's so cold that your fingers freeze and fall off. Can you take notes without fingers? No. Imagine this instead: you wake up at, say, 11 a.m. The sun is out. The world is awake. Maybe you brew a nice cup of pour-over coffee, watch an episode or two of Bob's Burgers, and eat a couple spoonfuls of cookie butter. Once you've given your brain some time to wake up, you download the recorded lectures for the past week. You then watch them at 2x, pausing when you need to look something up or write something down, and rewinding when you miss an important point. Does real life have a rewind button? Once again, no. Done right, not going to class allows you to set your own schedule, and study when your mind is ready. Do you run the risk of not doing anything school-related for three weeks and then cramming for 18 hours a day to catch up? Sure. But those three weeks sure were wonderful, weren't they? And besides, Pass/Fail has your back.

— Jyoti Das, M1



On Being from the West Coast

I was so nervous moving to the Midwest, let alone Missouri! Born and raised in California, I couldn't imagine life without a beach 30 minutes away, authentic Mexican restaurants, or what I think of as perfect weather. The transition was sooooo much easier than I expected! I'm really happy here. Most days I'm still able to run outside — one of the prettiest things I've actually seen are all the leaves changing color during the fall in Forest Park. This is rare in California. The weather is really manageable and I've had fun shopping for winter clothes. (You can wear a big jacket that is basically a blanket!) St. Louis definitely has its charm, and the cost of living is low, with many great activities that are free or cost almost nothing! There's always a decent-sized group in each class from the West, so if you feel like complaining about the picture your friend just posted on Instagram ("At the beach — 80 degrees in November!"), there will be someone who understands.

Be prepared, Californians: winter is coming.

— Ashley Osborne, M1

On Being from the East Coast

I grew up in Connecticut, went to undergrad in New York City, and had never been west or south of Pennsylvania until med school interviews, so I'm pretty partial to the East Coast and New England. But let's look at some comparisons between there, and here: (1) Pizza in St. Louis sucks. Don't let anybody

convince you “deep dish” pizza is pizza; it’s not. (2) St. Louis is ridiculously hot in summer, and damn cold in the winter. BUT, it’s not nearly as humid as the summers I’ve lived through at home. (3) Traffic in St. Louis is all but nonexistent. Getting a red light is bound to add as much time to your trip as rush hour will. Plus, there’s no road rage anywhere! (4) BBQ is real BBQ here. (5) Night life here tends to close earlier, but there hasn’t been even one night I’ve been bored since moving in. Verdict? St. Louis is nothing like the East. The lifestyle is much slower, people are way nicer, and food is huge. You get the small city feel, without competing for survival like you would in a big East Coast city. If you can go a while without decent pizza or bagels, St. Louis is an awesome and fun place to live.

— Giuseppe D’Amelio, M1

On Being from the Midwest

Midwesterners have a reputation for being almost too nice or patient. “Coasties” (as we call them in Wisconsin) can really seem to have an issue with the Midwest. Since a lot of medical students do come from the coasts, being a Midwesterner might seem daunting, but it’s really nothing to worry about. The first year of medical school teaches you to bridge all divides; you’ll have friends from all over within a month at Wash U. As a student, a Midwestern lifestyle may serve you well. Medical school is a marathon, not a sprint. Your appreciation for people and your patience are key features of being a doctor and a sane student. As far as the weather, there’s no lake effect here, folks. Hot days, cool nights, and lots of humidity make for a long summer and give you time to settle into St. Louis. Winter is shorter and milder if you’re coming from anywhere north of Chicago. St. Louis and Wash U have all of the charm of the Midwest, a touch of Southern warmth, and people from all over with whom to enjoy it.

— Bernie Mulvey, M1

On Being from St. Louis

I absolutely love St. Louis — I bleed Cardinal red — and couldn’t wait to come back here after undergrad. You’d think I’d run out of things to do after living here for the first 18 years of my life, but as a St. Louisan, I know the magic of Cardinals baseball, climbing through the tunnels at the City Museum, the nightlife on Washington Avenue and in the Central West End (CWE), and the penguins at the Saint Louis Zoo (which, to remind you, is free!). I decided to live in the CWE instead of with my parents in the suburbs. It’s perfect because I get to live on my own, but I can drive home for



One of St. Louis' many beautiful views.

a home-cooked meal or to shop in my parents' pantry when I run out of food. Plus, one of the best ways to make friends at the beginning of school is to invite them to your parents' house for dinner or give them directions, because, naturally, you know where everything is here. And if you're from St. Louis and reading this, let me ask you an important question: Where did you go to high school?

— Taylor Geisman, M1

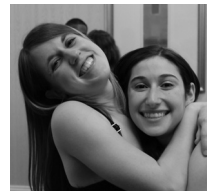
On Being from Texas

Everyone knows Texas is great. Texas perfected football and baseball. Beyonce, Willie Nelson, Selena Gomez (apparently), and Six Flags are from Texas. Our barbecue is great, as are our music festivals, Mexican food, and Shiner Bock. While there's no place like Texas, St. Louis comes close. Downtown St. Louis is home to two major league sports teams: the Rams and a little stickball team named the Cardinals (David Freese is from Texas, FYI). If those don't suit you, you can root for their Kansas City equivalents, the Chiefs and the Royals. Beyonce may not be from St. Louis, but she and other famous non-St. Louis natives (Arcade Fire, Miley Cyrus, the Harlem Globetrotters, etc.) often stop by and show the city some love. Six Flags thought St. Louis was pretty cool, so they set up shop just south of the city. St. Louis does have barbecue; it's different, but nonetheless tasty. And you CAN find tacos and Mexican food in St. Louis! You can pick up Shiner at any local Schnucks supermarket. Still not convinced? Know this: you can legally ride in the bed of pick-up trucks here, just like in Texas. Listen: St. Louis is a pretty great place, too. It rolls out a welcome mat and helps you feel at home. If I've learned one thing as a Texas transplant, it's this: When you say you're from Texas, no one needs to ask where that is. Y'all.

— Abe Segura, M1

On Being from a Small Town

The best part about living in St. Louis after living my whole life in rural Illinois is having everything I need so close at hand. It has all the amenities of a big city (stores, restaurants, things to do) without the big-city feel or prices. Surprisingly, there's a ton of free stuff to do around the city, most of which is concentrated in Forest Park, like the zoo and science center. There are more people around than back home (obviously), but the crowds aren't huge. And there's still plenty of green space, something you don't see much of in other cities like Chicago and New York.



Wherever you're from, it's easy to find friends at WUSM.

— Shari Brauer, M1

On Being from a Big City

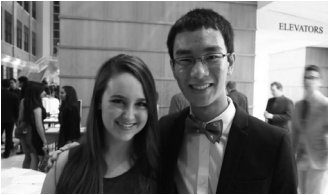
Hailing from New York City, I was both excited and worried about moving to St. Louis. On one hand, my new apartment was really big, there was an actual garbage disposal in the sink, and my stove worked — and all for much less than I paid for my closet-sized apartment in New York. I still get a thrill every time I can drive my car to the grocery store, something that would be nearly impossible in New York. Despite the fact that my life is much easier in St. Louis, I worried that I would miss some intrinsic big-city qualities. What if I had a craving for Thai food at 4:30 in the morning or I wanted to eat at a restaurant that combined classic BBQ with the bold flavors of Indonesian cooking? As it turns out, I don't have time to miss many of the amenities of big-city living. St. Louis has plenty of restaurants, neighborhoods, and parks to explore in my limited free time, and it's a much more sane and affordable city.

— Frances Clow, M1

On Staying Sane in Medical School

You've probably already heard that medical school can be pretty overwhelming. Here are a few ways that you can reduce that stress and enjoy the ride! First, give yourself a pat on the back for getting into med school. Being here means you've already demonstrated strong academic and interpersonal skills, which can be easy to forget when you've spent four hours in anatomy lab and things still don't make sense. It's a nice pick-me-up when things get a little rough. Second, if you do find yourself struggling or lost, don't get too down on yourself! Medical school is supposed to be challenging, and all students feel confused by the material at some point. First year is Pass/Fail so that you can work through these challenges and figure out the best way that you work. As weird as it sounds, embrace the difficulty! Third, take time to do things that you enjoy — running, reading, hanging out with your significant other, etc. Your future colleagues and patients would much rather have relaxed, yet capable physicians than doctors who spend all their time worrying about minutiae. And lastly, get to know your classmates! They are your future colleagues, after all. Each one has an interesting and unique story that's gotten him or her to med school, and you'll all rely on each other to get through the stressful times. Medical school truly is "a marathon, not a sprint," and keeping balanced throughout will help you get to the finish line smiling. Good luck!

— Chetan Vakkalagadda, M1



You can identify Wash U graduates by their confident smiles and sophisticated attire.

One of the harder transitions that comes with moving across the park to WUSM is trying to balance your relationships with these people. It's strange going from seeing these undergrad friends daily to now weekly or less. It's strange that you took the same classes last year, and now your daily lives have almost nothing in common. As with everything in life, the transition from undergrad to medical school is a balancing act. Make time for your undergrad friends, but embrace your new med school class. You'll need your classmates' company to get through exam blocks, but don't be afraid to take a break from the WUSM scene and hang out with other people. Although you won't be able to see everyone as frequently as before, you can definitely maintain your past friendships, forge new ones, and meet people not affiliated with Wash U. You can have it all! Except for sleep, you'll never have enough of that.

— William Cheng, M1

On Coming from a Small College

Is your undergrad school not featured on the front page of *U.S. News & World Report*? Did it not have anyone drafted into pro sports this year? Have no fear, many of your classmates will also come from smaller colleges. You're all set for the med school experience. You are used to forming close relationships with your classmates as you progress through school together. Your med school class may even be larger than your pre-med/pre-professional bubble from undergrad. You know everyone, and everyone knows you, so tread carefully. (See "On Dating Someone in Your Class.") WUSM and Barnes-Jewish Hospital are big places with lots of important, world-renowned physicians and scientists. There are thousands of faculty members, but you'll quickly identify the ones that are closely involved with medical students. They're very approachable and want to get to know you! If you're not used to classes with more than 100 students or guest lecturers, the format at any med school might take some getting used to. Be your own



Two students enjoy their first med school party.

advocate, and ask your classmates or second-year students questions when you need help. Then, you'll be free to kick back and enjoy life as part of a cool new community.

— Andrew Linkugel, M1

On Coming from a Large University

I personally loved going to a big university for my undergrad. There were so many classes to choose from, research projects to join, people to meet, etc. I loved all the variety and stimulation. But I have to say, it's nice to switch to a small-school experience. In undergrad, I'd meet a fellow classmate, start to make a connection, then never see them again. Here, I know the names and backstories of all my classmates. Since everyone has every class together, there are plenty of opportunities to bond and form lasting friendships. Likewise, the faculty members actually know your name and have time to talk with you outside of class. Especially when you're far away from home, there's something really comforting about having all these familiar faces around.

— Jordan Standlee, M1

On Being LGBTQ in Medical School

My girlfriend joined me during orientation week, and I was half-expecting to encounter at least some confusion or surprise as I introduced her to my future peers. Instead, I was met with unanimous, unquestioning acceptance. That being said, I'm very glad that I arrived at med school already in a relationship, because I can't speak to a visible LGBTQ community within the confines of campus. Certainly there are opportunities out there — interest groups, selectives, and affiliated organizations. Additionally, the Grove — the small but vibrant hub of LGBTQ activity in St. Louis — is a 5-minute walk from campus. Bottom line: Opportunities exist if you're willing to put a little effort into finding them. Finally, as far as taking the big steps and challenging heteronormativity, the gender binary, etc., I would say you're mostly out of luck wherever you go. The expectations and presumptions of the mainstream social structure are rather hopelessly ingrained in the medical mindset, at least for now. As students, the best we can usually offer is another voice to raise awareness.

— Alyssa Kronen, M1

On Being a Non-Science Major

Just before I started my first year here, I felt a little apprehensive. Being a double major in History and German, I worried that once courses commenced, I'd find myself at an academic disadvantage compared to all of the "hard science" types in the class. When I walked into Moore Auditorium on

that first day though, rather than feeling behind, I instead felt motivated. Frankly, my peers had some awesome scientific achievements under their belts, usually more impressive than my own. But I decided that was actually a good thing for me. Here's why your background may end up being a good thing for you too: If your non-science major really helped you to learn what you hoped it would, namely to think hard and critically about problems of all kinds, then you will do just fine in classes here. Believe it or not, your professors at WUSM will teach you everything you need to know to succeed. Second, you are less likely to come in overconfident about basic science (think memorizing the amino acids), which we all must relearn in detail whether we like it or not. Finally, every now and then, you'll feel special for knowing something random that falls into your wheelhouse. And that's always fun.



There are plenty of opportunities to express your artistic side at WUSM.

— Kevin Cross, M1



You don't need to drink to have this much fun.

On Being Alcohol-Free

Being alcohol-free has been a relatively uneventful life choice. I just don't like the taste of alcohol, and I get headaches after just a few sips. That's about it. Has my decision to remain alcohol-free been a big deal in medical school? Not really. It should come as no surprise that there is a fair amount of drinking in medical school.

There are a ton of nice bars just next door in the Central West End; the school sponsors a fair number of happy hours, class parties, and a float trip at the beginning of the year; and your classmates will undoubtedly throw parties of their own. If you don't drink, I strongly suggest you still take part in these events as they are tons of fun. Whether your idea of a fun weekend is doing a bar crawl, hitting up a club, or staying in and watching movies, it's all cool. The decision of whether to drink shouldn't be tied to whether you want to have fun. If you prefer to stay sober at any of these events, that's fine. If you plan on drinking, that's just as cool. Just remember that, in the immortal words of Dr. Linda Pike, ethanol catabolism leads to hypoglycemia.

— William Cheng, M1

On Throwing Apartment Parties

Throwing apartment parties is not only fun, but thoroughly satisfying. I must say I thought I would be leaving these experiences behind in college, but little did I know that my classmates would follow the "work hard, play hard" motto just as seriously as I do. From the casual pregame before a night out in the Central West End to a full-fledged birthday party for my roommate, I've hosted a fair number of these gatherings and I have a couple words of



Throwing a great party is easier than you think.

advice: (1) Try to clean up as soon as possible, otherwise you might put it off until after an exam that is a month away, (2) Make sure your voice is loud enough to kick everybody out when the time comes because, unsurprisingly, your friends will never leave unless you yell, and (3) If your apartment building has a rooftop, take advantage of it early in the year because no one wants to be on a rooftop in 40-degree weather, regardless of how great the view of the Arch. Basically, apartment parties are fun for everyone, so go whenever you're invited!

— Harleen Grewal, M1

On Being a Parent in Medical School

In a field like medicine where one has to keep improving and learning to maintain a career, there is no perfect time to have children. Finding that sweet spot between ideal biological conditions and financial stability is an individual choice. But having children is physically, emotionally, and mentally taxing whatever your stage of training is in medicine — especially if you're the one responsible for most of the childcare. And it goes without saying that childcare is exceedingly expensive. Good daycare facilities cost a little over \$1000 a month, and full-time nannies cost about twice that. If you have children, or plan to have them during med school, there are a few things to be aware of so that it won't be too much of a disadvantage for you. In truth, Wash U doesn't have much in way of support for dependents of med students. Ideally, you would have a spouse who is the main financial support, or failing that, a well-off family or copious loans. Since you need someone you trust to watch after your children, it would also be great if one of your parents/relatives can move to St. Louis to help out. But if your situation isn't exactly ideal, here are a few tips: Get health insurance for your child, which may be Medicaid given your low income status; check for local daycare options; and use word-of-mouth to find good part-time nannies. So, reality

check: Life is HARD if you have kids while in med school, but with some planning and the right perspective, it is manageable and so worth it.

— Jhoanne Bautista, M4

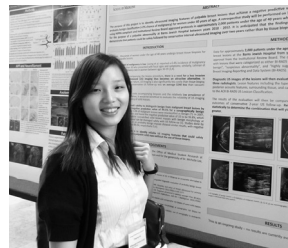
On Being an Older Student

I worked for three years in finance, then spent a couple years taking post-baccalaureate classes and applying to medical school, so I am a few years older than the standard medical student. My additional years have not hampered me in any way thus far. While I sadly have not retained my ability to stay out all night and then actually be a productive person the next day, I like to think I have gained valuable wisdom and knowledge. So there are nights when I have to realize my limitations and force myself to remain on the couch, doing something sensible like watching TV instead of going out for the third night in a row. But I can also pass along useful tidbits to my younger peers, stuff I wish someone would have told me at 22. For instance, ice, lemons, and limes improve mixed drinks by leaps and bounds and they are cheap to procure! Eating vegetables and fruit is actually pretty important. So is sleep. Don't buy shoes that are uncomfortable. And don't stress out about the small things. (Okay, I'm still working on that one, too.)

— Frances Clow, M1

On Applying to MSTP

Since you are reading the *Dis-O Guide*, chances are you've already applied to the great school that is Washington University. But if not, you should. Because for a fee of \$70 (waived where applicable), you get a chance to: fly to St. Louis, talk to four professors with successful research careers, mingle with eight other like-minded people, share your research with a panel of scientists from diverse fields who will listen with great concentration for 20 minutes, and get to know St. Louis with the current students. All of this, at no charge to you. If there's a catch, I'm not seeing it. Best part? You may get a call a month later congratulating you on your success, and you will get to do all of the above again during Second Look. You do have to meet those people called medical students during the Second Look, though. It's ok. They don't bite.



A summer researcher proudly presents her project.

— Deng Pan, M1



medical school
experience

Academics

Physiology

Course master: Robert Mercer, PhD (rmercer@wustl.edu)

Blocks: 1-2

Teaching style: Lecture, with small-group discussions

Grading: Five short-answer and multiple-choice exams, homework assignments, occasional quizzes

Passing: 70%

Physiology: a class where memorization doesn't rule the world. If you're comfortable with math or physics, you will breeze through. If you aren't, don't fret! For studying, the practice tests will ensure your survival. Physiology, whether you love it or hate it, will teach you everything from how your cells manage membrane transport to how your heart pumps. It's arguably the most important class of first year, and will help you second year. You have lecture once or twice a week, and occasionally there are small groups to solidify concepts. Overall, I'd say it's one of the more enjoyable classes during first year.

— Bilal Al-Khalil, M1

Histology

Course master: Paul Bridgman, PhD

(bridgmap@pcg.wustl.edu)

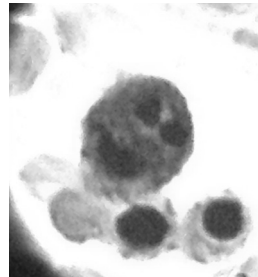
Blocks: 1-2

Teaching style: Lecture, microscope lab with partner

Grading: Three exams, each with separate multiple-choice and cell-identification components, lab attendance

Passing: 70%

Histology will make you feel like you've suddenly been thrown into a pink and purple-dotted landscape full of fuzzy blobs that are impossible to tell apart. Luckily, after the first week, other classes (read, ANATOMY) pick up their pace while Histo slows down. The class is pretty straightforward in terms of what you need to study and the TAs try to make the labs clinically relevant. Within a few short months, all of those purple ovals with pink granules will seem like old friends and you'll be thinking you were silly to ever confuse mast cells with eosinophils. Keep up from the beginning and look at lots and lots of slides. Hey, you might never know when the exact same slide you were looking at will be on an exam.



In Histology, even the cells are happy to see you!

— Ethan Tobias, M1

The Human Body: Anatomy, Development, and Imaging

Course Master: Glenn Conroy, PhD
(conroyg@wustl.edu)

Block: 1

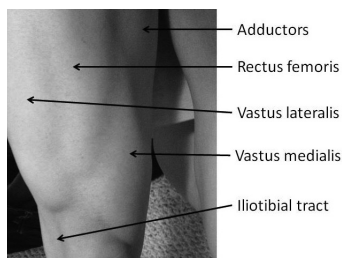
Teaching style: Lecture, dissection lab
with four to a table

Grading: Three timed practical exams

Passing: 65%

Anatomy is THE defining course of first semester. It's quite literally the embodiment of one's initiation into the medical profession: gaining the privilege of operating on a real human being. With a strictly basic science and engineering background, I had never taken anatomy and dreaded the prospect of rote memorization. To my surprise, anatomy quickly became my favorite class. The excellent professors, camaraderie between lab partners, thrill of finding a minor nerve using Dr. Krikor Dikranian's patented scalpel technique, and that sudden moment when the pelvis actually makes sense — all of these add to the anatomy experience. I wouldn't give up any part of it. This isn't rote memorization; this is the human body in its entirety, the framework upon which all other medical knowledge rests. As with other first-year courses, you can choose to do the bare minimum or you can immerse yourself in the material, as most of our class does, and come out feeling wiser for it.

— Wilbur Song, M1



Bonus of anatomy: lots of real-world resources for studying.

Molecular Foundations of Medicine

Course Master: Linda Pike, PhD (pike@biochem.wustl.edu)

Block: 1

Teaching style: Lecture and some small group

Grading: Two multiple-choice exams and three quizzes

Passing: 70%

Do you like learning fundamental processes of biology and the subcellular causes of disease? Then Molecular Foundations of Medicine (MFM) is the course for you. Dr. Linda Pike, the course master, is the most organized professor of first block. She always emphasizes a topic's clinical relevance, and her course notes are so well-written that if you miss class to shadow or volunteer (okay, or if you oversleep), you're fine reading the coursepack. Dr. Pike also includes nutritional "KnowYour Food" segments in each lecture. You'll learn what to eat (salmon and walnuts) and what to eat less of (Starbucks white chocolate mochas and pepperoni pizza). The one downside is that MFM is only audio-recorded, not video-recorded like other courses. While this is

fine for Dr. Pike's lectures (given her excellent coursepack), it can make catching up on guest lectures more difficult. On the bright side, the guest lectures are really interesting, and you'll even get to meet Dr. Pike's husband!

— Kelly Milman, M1

Molecular Cell Biology

Course master: Robert Mercer, PhD (rmercer@wustl.edu)

Block: 1

Teaching style: Lecture, weekly small group discussions

Grading: Three exams with in-class and take-home portions, plus a few homework assignments

Passing: Letter-graded (the vast majority of students receive As and Bs), though grades are converted to Pass/Fail for MD/PhDs.

Molecular Cell Biology (MCB) is the grad school course offered to first-year MSTPeeps in lieu of MFM. Featuring weekly discussion sections where you can delightfully rip apart each other's research papers, MCB is quite unique. Why take MCB? (1) If you take MCB, you'll be required to take two fewer med school selectives, (2) it is required for some (but not all) PhD tracks anyway, and (3) it's a nice break from med school. You meet some rad grad students while spending quality time with your MSTPals.

— Jennifer Stevens, M1

Practice of Medicine

Course master: Gregory Polites, MD

(politesg@wusm.wustl.edu)

Block: 1-3

Teaching style: Lecture, small group discussions, practice sessions, various out-of-class activities

Grading: standardized patient sessions, multiple-choice exams

Passing: 70%

The best part of attending medical school is throwing on your fresh white coat, putting your fancy stethoscope around your neck and your clipboard in your giant pocket, and hitting up the hospital. If that sounds like your kind of class, then you're going to love Practice of Medicine. As part of its curriculum, you learn all those doctor-y skills ranging from patient interviews to physical exams and you get to shadow doctors in the community. Don't worry — there are plenty of chances to practice your skills on standardized patients (paid actors) and on your lovely classmates with a faculty mentor. You even get to visit a patient's home to learn to appreciate how different people interpret disease and the health-care system. POM is



These hats are hospital-appropriate, right?

definitely the class that makes you feel more and more like a physician-to-be as you continue to learn physical exam and patient-interaction skills.

— Jenny Cheng, M1.

Immunology

Course master: Andrey Shaw

(ashaw@wustl.edu)

Block: 2

Teaching style: Lecture and occasional small

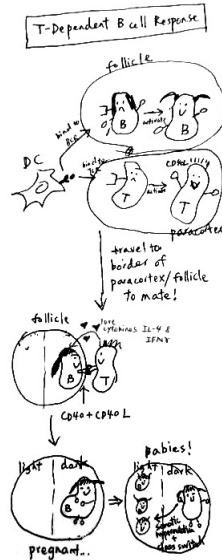
group discussions

Grading: One multiple-choice, in-class exam (80%), one take-home exam (10%), one online assessment (10%)

Passing: 50%

Immunology is hands-down one of the best courses you will take during the first year. The classes are well taught, the course is organized, and most of the topics are interesting.

The course is composed of lectures and small group case study sessions. While the material can be confusing at times, the professors and TAs work hard to make the information understandable. I would highly recommend attending the high-yield TA review sessions that are held throughout the block. The course pack is great and so is Parham (if you need additional material). Appreciate the awesomeness that is immunology and say thank you to the department for funding the Super Bowl party!



Making your own study sheets can be both productive and entertaining.

— Jenny Yu, M2

Microbes and Pathogenesis

Course masters: Henry Huang, PhD

(huang@borcim.wustl.edu), and

Scott Hultgren, PhD

(hultgren@borcim.wustl.edu)

Block: 2

Teaching style: Lecture

Grading: Three quizzes (15%), team project (15%), final exam (70%)

Passing: 65%

Who do you choose to beat Jigglypuff? The answer is just one of the many things you'll learn first year! Microbes is one of the first-year classes where you actually learn about disease, which makes it one of the most fun! The



The only thing scarier than MRSA? These folks.

course details the major bacteria, viruses, and fungi you will see in the hospital, and those that are the most interesting (or horrifying)! The best parts are the professors and their teaching methods, like comparing pathogens to Pokémon! They are excited about teaching and know what will be useful for you to know, even if you aren't interested in infectious diseases. The structure includes lectures on key pathogens/clinical vignettes and three quizzes based on bugs specified beforehand. No one loves bugs, but that doesn't stop the professors from making it a great class!

— **Celina Jacobi, M2**

Medical Genetics

Course master: Susan Dutcher, PhD (dutcher@genetics.wustl.edu)

Block: 2

Teaching style: Lecture and small groups

Grading: One problem-set, quizzes, and in-class exam

Passing: 60%

Some of you probably majored in genetics in undergrad, while others haven't had any genetics since high school biology. Luckily, our genetics course accounts for those differences by covering the fundamentals in the first few lectures (which are totally optional for those with a strong background)! The rest of the course covers a wide variety of genetics topics, and, while the weekly quizzes on a handful of genetic diseases might seem annoying, they actually really reinforce topics that will reappear in second year and on Step 1. Plus, there's no need to stress over quiz grades during first year anyway!

— **Allison Blonski, M2**

Neural Sciences

Course master: David Van Essen, PhD
(vanessen@wustl.edu)

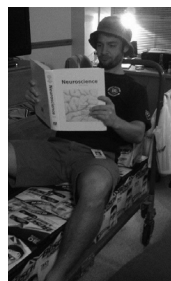
Block: 3

Teaching style: Lecture, small groups and labs

Grading: Two exams with multiple choice, short answer and lab practical portions (50% each)

Passing: 70%

When you return from Spring Break, the days are getting longer; luckily, your classes are not. "Neuro Block," the last block of the year, is Neuro all morning — plus a little POM in the afternoon. Neuro Block mixes lectures with small groups (which can be pretty helpful!), and even time back in the anatomy lab. Your brain can kick back and just focus on one thing — the brain! However, this may not be easy as the beautiful STL spring beckons you outside. At that point, turn to a Neuro student's best friend



Studying hard for neural sciences.

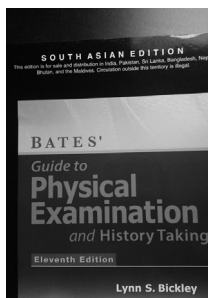
— Rob. Rob is a former Neuro TA who left “Rob’s Roundups,” the most beautiful course outlines you’ve ever seen. So kick back, enjoy the sun, and turn to Rob for help dissecting through nerves and tracing neurological tracts.

— Erin Swor, M2

Selectives

If you’re chafing at the idea of sharing all your classes with 119 other students, never fear. Selectives are your opportunity for a small group experience, while exploring personal interests. Each student takes four to six selectives, which are short, special-topic courses for first years. The classes are arranged into categories: basic science (i.e., Journal Club, Cardiovascular Control Mechanisms), humanities (i.e., Art and Medicine, Advanced Reproductive Bioethics), and clinical (i.e., Introduction to Emergency Medicine, International Health). Some courses offer unique experiences not found elsewhere, while others are an extension of volunteer programs. Whatever you choose, these classes are a great way to customize your first year of education at Wash U.

— Jessica Holttum, M1



Textbooks

Don't be afraid to get creative when trying to save money on textbooks.

Every course in your first year curriculum comes with a “coursepack,” which is basically a mini-textbook written by the professor that corresponds directly to the information covered in each lecture. Thus, unless you’re looking for additional clarification on a topic, you may not need to purchase any of the recommended textbooks. If you’re unsure about whether you might want a textbook for a particular class, the M2s are an excellent resource for advice on whether they found textbooks useful. Also, you would not fall behind if you waited to find out how a class feels before making a decision about books. For instance, almost everyone purchased a Netter’s anatomy textbook, but few students had textbooks for MFM.

— Anna Moseley, M1

The True Meaning of Pass/Fail

Med school is rather relaxing. Really. I sleep more and have more time outside of school than in undergrad. For example, I went camping the weekend before an anatomy exam. And it’s not that I no longer care. “What’s the magic then?” you may ask. Answer: P = MD. The only grade the university keeps track of is P or F (passing is usually 70 percent or 65 percent depending on



Pass/Fail grading means you have time for fun with friends!

the class). While you don't automatically pass, you can pass without too much of a struggle. Furthermore, since students do study, Pass/Fail fosters a collaborative environment and provides an opportunity to learn effective studying. Nothing beats congratulating your friends after getting grades, since you all passed, and that's all that matters.

— Jennifer Stevens, M1

Second Year

You've heard the horror stories from M2s and seen them trudging despondently through Farrell Learning and Teaching Center (FLTC). Are the rumors true, or just exaggeration? Admittedly, the classes are tougher compared to first year and Step 1 is alarmingly close, but second year isn't a nightmare. You still have some free time for extracurriculars and socializing. Grades can be daunting but it's actually not bad and can be useful motivation to study material you need to know for Step 1 anyway. Free time is definitely reduced and more information is covered, but trust me, everyone survives. You're at WUSM and that means you're smart and no stranger to hard work, so don't freak out. Enjoy the hell out of first year, then get ready to buckle down.

— Jenny Yu, M2

Third Year

Congratulations! You survived Step I. You made it to what will be one of the most unforgettable, challenging, and rewarding years of your life. While anxiety is inevitable, the feeling will be replaced by a desire to work hard to take care of your patients. You will be faced with constant change every two to four weeks: new teams, patients, and expectations. You will be pushed to some of your physical, mental, and emotional limits. However, the amount of information you will master, and the unbelievable gift of caring for patients at their most vulnerable time will make all your effort worthwhile. This year is what practicing medicine is all about. Never again will you have the opportunity to view so many aspects of medicine free from the terror of harming patients with incorrect management decisions, all while surrounded by a supportive medical team. This is an exceptional gift, and I challenge you to take full advantage of it! You'll be amazed when you look back at how much you've learned. As the year progresses, you'll find yourself not only far wiser and better at balancing your time, but much more comfortable interacting with patients and carrying out procedures. You'll make Dr. Wren and Dr. Polites proud.

— Phillip Perez, M4

Fourth Year

You've heard it's that big, beautiful light at the end of the third-year tunnel. Well, not quite, because it's even better than that! Fourth year is whatever you want it to be. Most people choose a few "real" rotations right at the beginning to get those final letters of recommendation and to make sure they actually know what they want to do. After that, it's completely elective. Want to study the effect of juggling on happiness in pediatric inpatients? Awesome. Want to spend a month learning about wilderness medicine by visiting the Colorado backcountry? Great. Sure, there's matching and residency to think about, but there's plenty of support to manage those big questions. Meanwhile, you can get a taste of life in the intensive care units. (Surgery? Neonatal? Up to you!) And you can daydream about where to travel with your friends on your two months of vacation. Fourth year is amazing at Wash U, there's just no way around it.



Are you excited for fourth year yet? We are!

— Hallie Morris, M4

Extracurriculars

Community Health in Partnership Services (CHIPS)

Community Health in Partnership Services (CHIPS) is a fantastic organization that provides basic medical care to the large uninsured population in the city. It represents the only safety net for many people. One of its primary missions is community outreach, where CHIPS nurses and volunteers go into the community to perform basic health screenings for people who don't have access to health care. Wash U students are invaluable in helping spread the word about health checkups and healthy living. In return, we get to interact with people we might never have met and get to learn several clinical skills! Be sure to sign up for CHIPS a few times your first year. You won't regret it!

— Punit Vachharajani, M2

Saturday Neighborhood Health Clinic (SNHC)

Is your white coat gathering too much dust between shadowing, mentoring, and SP sessions? Just don't really care where in the cell the large ribosomal subunit is translated? Are you interested in building your knowledge of and relationship with your new neighborhood/community? If you need something to keep your med school experience fresh, keep an eye out for an Saturday Neighborhood Health Clinic (SNHC) training session! SNHC involves around Five hours on a Saturday morning using your new interview and physical

exam techniques to help care for St. Louis’s uninsured population. It’s a fantastic way to both give back and to improve your practical skills simultaneously. If one session isn’t enough, sign up for the SNHC selective and you can become a coordinator. You’ll then match student teams to patients, interact with the clinic staff, and make follow-up phone calls. Get involved!

— Andrew Linkugel, M1

Health Professions Recruitment and Exposure Program (HPREP)

Love hanging out with middle school and high school kids? Health Professions Recruitment and Exposure Program (HPREP) can fulfill all your needs! HPREP is a community outreach program that sends Wash U medical students to local middle and high schools to inspire an interest in health care with engaging activities. Students rotate through interactive stations focusing on the heart, lungs, and brain. The kids can even hold real human organs! For the grand finale, the kids come to Wash U for “a day in the life of a medical student.” HPREP is a fun way to interact with your classmates and the community around you!

— Melissa Meyer, M1



Professor Dikranian gets in character for the musical.

Medical School Musical

If you are worried that medical school means the end of singing, dancing, and screaming like a madman (aka acting), then have no fear! Each year, students from all of the WUSM programs put together a full-scale musical. No matter your experience level, you can get involved on-stage as a cast member, backstage as a director or crewmember, or simply in the audience by applauding your classmates in April. This year, I am performing in *Young Frankenstein*, and the whole experience has been a blast. This chance to embrace the humanities and performance is one that I appreciate every rehearsal, especially as I work with people from different programs who have such vibrancy, creativity, and talent.

— Jared James, M1

Young Scientist Program (YSP)

Wash U may be a top medical school with numerous financial and academic resources, but the same cannot be said about St. Louis public schools. Young Scientist Program (YSP) is a completely student-run outreach organization that runs multiple programs to expose middle school and high school stu-

dents to science and is unique on its reliance on active medical and graduate student scientists. Programs include classroom visits, summer internship programs, and one-on-one mentoring.

— Avik Som, R1

Medical Spanish (MedSpan)

¡Hola! Whether you have had one high school Spanish class or speak the language fluently, Medical Spanish (MedSpan) is for you! MedSpan is a club focused on improving Spanish-speaking skills and learning medical vocabulary for students of all levels. We host monthly “charlas,” or chats, where we provide fun scenarios and games to play to learn Spanish. We also have social events such as Spanish Movie Night, complete with a potluck. MedSpan is a low-commitment, high-reward way to get involved and I would highly recommend it to all!

— Lyndsey Cole, M1



A student practicing his skills at a laparoscopy workshop

Medical Interest Groups

Medical interest groups provide a sneak peek into a variety of specialties. Joining interest groups is a great way to network with future colleagues, listen to passionate doctors speak about their specialties, find opportunities to shadow, and grab some free food. The time commitment is minimal, but it’s easy to become more involved. You could organize a “Family Medicine Week” or find a guest speaker for a lunch talk. If you don’t see an interest group you’d like, start a new one! Demonstrating interest in a particular field, especially with a greater level of involvement, looks great on future residency applications.

— Dan Weisel, M1

American Medical Women’s Association (AMWA)

If you’re a lady in medical school, then American Medical Women’s Association (AMWA) is one of the best organizations you can join. Not only do they pair you with wonderful mentors to help you navigate being a woman in the medical field, but the group also organizes awesome activities. This year AMWA has scheduled a book club, lunch talks on work-life balance, yoga nights, and visits to a crisis nursery! Additionally, annual events like the Vagina Monologues and



AMWA members pose for the photobooth at the Red Dress Affair.

the Red Dress Affair are put on by AMWA. Best of all, there are tons of opportunities for first-year students to plan and participate in all of these events.

— Jessica Holttum, M1

American Medical Association (AMA)

The WUSM chapter of the American Medical Association (AMA) also represents our chapter of the Missouri State Medical Association (MSMA). We work to influence issues that shape health care in Missouri and across the nation. We also serve as patient and medical student advocates, support volunteer work in the St. Louis community, and sponsor educational events to foster creative discussion among medical students. Recently, we testified at the Missouri public hearings on Medicaid expansion. Our chapter also attends conferences at the state, regional, and national level to meet other students involved in medical advocacy. Every year, we send students to Washington, D.C., to voice our concerns directly to Congress. The AMA provides a chance to get involved in a student group that can carry you through your entire career.

— Kyle Oetjen, M2

American Medical Student's Association (AMSA)

You may have heard of the American Medical Association (AMA). Don't get confused — AMSA (American Medical STUDENT'S Association) is different! Although both have legislative bodies, national conferences, and local chapters, the main difference is that AMSA is run by medical students,

FOR medical students. Being in AMA doesn't exclude you from AMSA, and vice versa. Nationally, AMSA allows you to be involved in high-up leadership positions not accessible to students through AMA. At Wash U, AMSA coordinates interest weeks, such as those for primary care and complementary/alternative medicine. With AMSA, you can help plan events, attend national conferences, and run for national leadership positions. You have a voice, and we encourage you to use it!



You classmates are full of hidden talents.

— Vanessa Kleckner, M2

Ballroom Dance Club

Here's some real life advice: As much as you love twerking, it won't help you find the Prince Charming or Kim Kardashian of your dreams. You have to learn to have class, and Ballroom Dance Club is a solid start. Every week, you're given the opportunity to learn Salsa, Tango, Waltz, East Coast Swing,

and more in a supportive atmosphere. The hour-long sessions allow you to learn new moves from an educated instructor, so when you're at a club and shaking your booty, at least you'll know where to put your hands and feet. Now, when you tell yourself you "have the grace of a cinderblock," know this can change, and what better way to pick up that self-esteem than in Shell Café with your classmates?

— Jared Goodman, M1

Medical Student Government (MSG)

Medical Student Government (MSG) consists of elected student representatives who facilitate communication between the student body and the administration. MSG is responsible for advancing student interests and welfare to achieve excellence in academic pursuits and professional interactions. Students, faculty, and administrators alike use MSG extensively to discuss issues such as the benefits of Pass/Fail or how our classes are constructed. Each representative serves a different role representing the school and our class to the medical school, the AMA, and the greater community of physicians. Additionally, MSG plans large events for the entire student body, including the annual Class Shows and the Medical School Thanksgiving.



Our class president wants YOU to come to Wash U.

— Miriam Ben Abdallah, M1



Conventions are great for meeting new people and bonding with classmates.

Student National Medical Association (SNMA)

The national chapter of Student National Medical Association (SNMA) is the oldest and largest student-run organization serving the needs of students of color. Today, its mission has expanded to support current and future underrepresented minority medical students, address needs of underserved communities, and increase the number of clinically-excellent, culturally-competent, and socially-conscious physicians. At Wash U, SNMA has fully embraced this mission through numerous organizations such as Culinary Medicine, HPREP, Schnuck's screenings, and diversity awareness programs like events during Hispanic Heritage Month and Black History Month. This year, we hosted the SNMA Regional conference, having medical and pre-medical students come to St. Louis for a "Patient Advocacy and Leadership in the Community" day. If you're interested in public health, diversity awareness, or just a cool organization, definitely get involved in SNMA.

— Abiye Ibiebele, M1

Wilderness Medicine Interest Group (WMIG)

Wilderness Medicine Interest Group (WMIG) is really just an excuse for people who enjoy nature to get outdoors. St. Louis offers great camping, hiking, and exploring opportunities within driving distance, and the organization is open to all enthusiastic members, even those who have never pitched a tent or swam in a lake before. This year, WMIG has sponsored expeditions to the Ozarks, state parks, and other destinations.



WMIG helps students discover the great outdoors.

— Colton Gits, M1

Schnucks Screenings

Schnucks Screenings are a fun way to get involved with community service during first year and to practice your newly-learned skills! We rotate through local Schnucks grocery stores on Saturday mornings and provide free screenings to community members for hypertension and diabetes. We refer people with abnormal results to their physicians and we have resources available for people without health insurance; we then follow-up with these people by phone. It's very rewarding because many of the people we screen didn't realize that they were having problems. Schnucks Screenings are a great way to practice interacting with people, taking blood pressure and blood sugar measurements, and counseling about healthy living!

— Ally Schelble, M1

Forum for International Health and Tropical Medicine (FIHTM)

Forum for International Health and Tropical Medicine (FIHTM) is a student group whose goals are to bring medical students together with the rest of the global health community at Wash U and to provide funding for students to go abroad during their time in medical school. FIHTM funds trips such as 6-10 week internships over the summer after first year, one-month rotations during fourth year, and annual spring break trips. FIHTM also partners with the Global Health Scholars Residency program to organize health fairs and events involving the international communities right here in St. Louis. If you are interested in exploring the world while in medical school, check out FIHTM!

— Lindsey Moses, M2

Medical Students for Choice (MSFC)

Medical Students for Choice (MSFC) aims to educate future physicians about family planning, with a focus on abortion. We are part of a national organization aimed at “creating tomorrow’s abortion providers and pro-choice physicians.” We feel that people should have children if, and when, they are ready, and that safe and legal abortion is a necessary last stop for family planning. Our events include talks on abortion, being a pro-choice physician, and international abortion care. We hold a values clarification workshop and



Two med students prepare to testify in favor of reproductive access.

a hands-on workshop on tubal ligation and vasectomy. This year, we’re co-sponsoring a screening of the documentary “After Tiller,” which follows the four remaining late-term providers in the U.S. Many members also volunteer as escorts at the local abortion clinics, helping women handle the stress of passing crowds of protestors. Abortion can be polarizing and people don’t like to talk about it, but in order to provide patients the best care and to develop well-informed opinions, it is essential that we do.

— Brianna Fram, M2

Pediatric Outreach Program (POP)

Pediatric Outreach Program (POP) matches medical students with chronically-ill children and their siblings in the St. Louis community. A two-year commitment, POP is an excellent service opportunity that makes a real difference in your “buddy’s” life, while also offering an excuse to explore kid-friendly places like the zoo, Science Center, or City Museum. My buddy is an 11-year-old girl whose sister (who is matched with another student) has leukemia. Meeting up with our buddies once a month gives the girls’ family a short break, lets the girls have fun, and gives us insight into the impact illness has on families’ lives.

— Jordan Cole, M1

Institute for Healthcare Improvement (IHI)

If you want to be like me (I know you do; my hair is glorious), you also want to save the world. Institute for Healthcare Improvement (IHI) is the way to do it. We look at new methods of health care organization, trying to improve the U.S. health system. Since I’m not yet president, I’m starting small. We do health care policy lobbying and research; as everyone knows, the U.S. health care system needs fixing. For policy wonks, this is your place.

— Kevin Baumgartner, M3

Culinary Medicine

If you like to cook or are passionate about healthy living and eating, then Culinary Medicine is the activity for you. Groups of five-to-six medical students teach five-week classes to different segments of the St. Louis community focused on simplifying the science behind nutrition and demonstrating how small, easy changes in the kitchen can make food healthier. Each week we meet up with community members and teach them a new, healthy recipe. Culinary medicine is a great way to learn more about nutrition and improve your communication skills. And if you think you're a terrible cook, don't worry. No prior experience necessary!



These students are masters of culinary efficiency.

— Chetan Vakkalagadda, M1

IDEA Labs

IDEA Labs is a biomedical engineering design incubator. It is a joint venture of the School of Medicine, School of Engineering & Applied Science, and the Division of Biology and Biomedical Sciences (DBBS). We bring clinicians in to share clinical problems and ideas and give students the opportunity to work in teams to develop innovative solutions. Teams of three to four engineering students and three to four medical or graduate students brainstorm, research, design, implement solutions, and develop prototypes. We provide teams with funding, lab space, and guidance from clinical mentors and technical advisors. To learn more, visit ideas.wustl.edu.

— Joshua Siegel, R1

Music Ensembles

When I arrived at Wash U, I was initially disappointed by the lack of options for students with musical interests. Sure, there's the coffeehouse performances, the Histones (a low-commitment a cappella group), and the school musical, yet I found no orchestras or ensembles to join. Finally, after digging around on my own, I say fear not! The undergraduate music department has a plethora of ensembles that allow medical students to join. The professors are very friendly and flexible with your busy schedule. Just email the professors listed on the website and you're all set!



The campus boasts several pianos for use by our musically-inclined students.

— Karen Shen, M1

Technology

WUMSWeb

Not sure what you need to know for that MFM lecture? Wish you had a good review PowerPoint more than three days before that anatomy exam? WUMSWeb is the perfect website for you. Consisting entirely of student-uploaded content from years-prior and off-limits to faculty, WUMSWeb is the great repository of knowledge to help you get through medical school. There are tons of old exam questions and reviews as well as lists of important terms and structures. Accessible via MedPortal, WUMSWeb is easy to use and will probably become your new best friend.

— Ethan Tobias, M1

Computer, Internet, and Printer Access

There are at least three different WiFi networks everywhere on campus, including in the hospital. So no fear, you'll never be far from Facebook! Rumor has it there's a computer lab on the sixth floor of the Farrell Learning and Teaching Center, but I can't say I've ever used it. There are printers in the study carrels that are easy to use, but with coursepacks dropped off in your mailbox every block, it's not often we need to print anything. Tech support is great, too! The university is willing and able to fix any problem you can throw at them. For instance, I once requested podcasted lectures, and before long, they were available for me and all students!

— Sean Boone, M3

Wash U Email

You will receive more emails in medical school than you ever have in the past. Thus, you should know the email service (and check your email daily). The WUSM email is on Outlook, which you can access via website or smartphone. It's a change from Gmail, but it is a professional program, so there are many useful features, like adding oneself to a listserv or finding the email address of a student or physician. However, since WUSM emails may include protected health information, you need some security, so you can only get smartphone or non-website laptop access if your device is encrypted. Luckily, this is relatively easy and IT can help.

— Jessica Holttum, M1



Sometimes friends can be the best tech support.

MedPortal

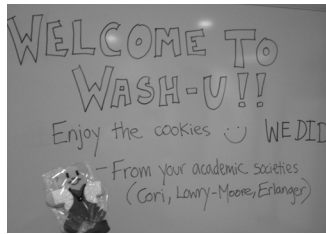
Between the email account, schedule of classes, and WUMSWeb, I was overwhelmed by the number of websites we have. Luckily, MedPortal is the first stop for all of them! MedPortal contains your daily personalized to-do list as well as links to your class calendar, video recordings, lecture PowerPoints, and WUMSWeb. When a professor posts something, MedPortal is the place to find it. Every class (except MFM) uses MedPortal for lectures and handouts, so this will no doubt be your most-visited website at Wash U.

— Dan Weisel, M1

Only at Wash U

Big Sibs/Little Sibs

The Big Sib/Little Sib program is a great way for first years to get to know the second years from the very beginning of medical school. Once you get to WUSM, you fill out a questionnaire and the social chairs find the perfect second year to match with you. It can be hit-or-miss, but my experience has been amazing! My big sib not only introduced me to a lot of the other M2s, but he even leaves me presents after exams. Everyone's relationship is different; you can be best buds, or they can just be a contact for you whenever you have questions about which selectives are easiest. Regardless, it's great to meet people in the other classes who are excited to give advice about surviving first year.



Just one of the many treats you'll find in your first-year mailbox over the year.

— Taylor Geisman, M1

School Shows

Prepare yourself for greatness: The class show is coming! The production involves nearly the entire class and is extremely fun. Each year every class (except M3s) compiles an hour-long show of videos and live sketches. It's a great bonding experience, and draws all levels of faculty, family, and students. It takes hard work to put together, but was definitely my favorite event of first year! Check out the link for 2016's show: www.youtube.com/user/WUSM2016/videos. Remember, this show represents your entire class, and there is a competitive nature to the game. The upperclassmen will be your worst critics, so make a quality product and if they still cross their arms and mutter, "Meh, lame," stand atop a podium and scream "Are you not entertained?!"

— James VandenBerg, M2



Are you ready to conquer the Alpine Challenge?

Diversity Retreat

The Diversity Retreat was the best part of Orientation Week, prompting both meaningful reflection and fun-filled partying and activities with your brand new classmates. The trip begins with a series of thought-provoking discussions and games, followed by an exhilarating day including a high ropes course and other team-building challenges. Though the exact agenda is a secret, you can be sure you'll listen to memorable discussions and coin hilarious catch-phrases during an overnight trip that nobody regrets attending.

— Colton Gits, M1

Post-Exam Parties and Other Class Social Events

One of the best things about Wash U's Pass/Fail first year: there's time to socialize and still get studying done. As one of our class social chairs, I have the honor of spending a significant amount of money on social events. After exams, you can be sure that in the Olin



Students show their holiday spirit at the ugly sweater party.

Penthouse a raucous group of people are starting a 90s themed power hour, lining up to play flip-cup until the Natty runs out, or getting down to the groovy beats of Spotify playlists. Additionally, we went to Six Flags Fright Fest and ice skating, and we will be hosting an Easter egg hunt in Forest Park. Who ever said med school can't be fun? Especially when Wash U pays for it!

— Harleen Grewal, M1

Wash U Medical Plunge (WUMP)

Coming into med school, I was already interested in public health and was pretty excited to attend Wash U Medical Plunge (WUMP). Initially, I was hesitant to give up my final days of summer, but from the very first day of WUMP, all of my uncertainty disappeared. We heard thought-provoking lectures on health care disparities in St. Louis, the essential role of primary care, and others. We also got to volunteer at the Crisis Nursery, the Covenant House, and other organizations that work relentlessly to reduce disparities in St. Louis. By the end, we left motivated to make a positive change in the community! Even better, WUMP is THE way to meet your classmates. As a required first year course, WUMP has nightly social events that provide a great way to explore St. Louis nightlife together.

— Sarah Wondmeneh, M1

Summer Research (Before First Year)

I applied for the Summer Research Program (SRP) after reading someone rave about it in the *Dis-O Guide*. And the program exceeded my expectations. I met my wonderful PI working on a clinical research project, which I've continued throughout the year. Arriving early also allowed me to explore the city, meet first- and second-years (I met my best friend!), and shadow physicians. Having taken a gap year before medical school, summer research was the perfect transition to M1. If you are interested, there are many opportunities. Just talk to Roz or Dean Chung and they can set you up in days. (Mine was set up three days after getting my acceptance in May, while I was vacationing in Taiwan.)

— Vivian Chi, M1

Float Trip

Get ready for the end of orientation with a bathing suit, your favorite cheap sunglasses, and more alcohol than you can carry for the “lazy” float down Meramec River with your new classmates. When you are not trudging your way up the rocky shores in your water shoes (seriously, bring water shoes!) to finish off another beer, you can either relax in the sun, tumble down the secret mud slides, or float for hours on the slowly deflating \$1 inflatable alligator that you “borrowed” from a classmate. The float trip is one of the best things that you will do all year, so do yourself a favor and sign up. Oh, and in case you were wondering, “alcohol acceleration devices” (aka beer funnels), are illegal on the river.



If you haven't yet been on a float trip, you haven't truly experienced Missouri.

— Jared Goodman, M1

Medical School Facilities

Study Carrels

Your home away from home. If you want to be surrounded by dozens of classmates while studying, you won't find a better place. Who needs the quiet of the library when you can share your love of histology with friends in the carrels? But there is privacy if you want it too! Sleep. Study. Eat. What else do you need? Settlers of Catan? Chances are there's a thrilling game in the next room. Hungry? There's food from a lunch talk, or use the kitchen! There's also space at your desk to keep snacks and books. And if you're lucky, you'll land in the executive suite. We have crazy golf. Just don't



Three med students hard at work in the carrels

set off the alarm when you come in at 2 a.m. or everyone in the carrels will come after you.

— Michael Roubakha, M1



Make sure to take advantage of all the free food during med school!

Hospital Conferences and Grand Rounds

Well, it's not exactly free, but in exchange for attending these lectures, many rotations will feed you very well. The talks often cover hot topics (you have no idea how useful knowing about NMDA receptor encephalitis was). Every so often, they also bring in a world-renowned speaker (one who doesn't already work here). These are my favorites because you get to watch your attendings fight over who gets to ask questions. Grand Rounds are open to first- and second-years (I especially recommend the "clinical pathological conferences"), but it's especially a nice break before rounds for third-years, so I don't think I've missed one yet. As a busy third year, that's the highest endorsement I can give.

— Sean Boone, M3

McDonnell Medical Sciences Building Room 100

If you are like me and the amount of coffee you've had on a given morning dictates your mood and overall outlook on life, then you need to get to know Room 100. Not only does Room 100 house the offices of admissions, student affairs, and the registrar, but it also supplies you with your most important tool for success: free coffee (until 5 p.m.)! For the non-addicts, they also have free tea and candy. It's perfect for the short breaks between classes. This is also where you go to do things like pick up medical equipment, pay for events like the float trip, and meet with Dean Chung about summer research. Truly, Room 100 is a place where dreams come true. Whatever your errand, don't forget to say hi to our receptionist, Stephanie!

— Laura Bliss, M1

Libraries

If you're like me and lived in a library in undergrad (stop judging), you will love the Becker Medical Library. Becker has a huge, open floor plan and spans eight floors. This includes the basement floor with vending machines and free hot water for coffee and ramen needs and the seventh floor with rare books, archives, and a beautiful view. Computers and printers are located on the first floor, along with large group tables and individual carrels that are available for

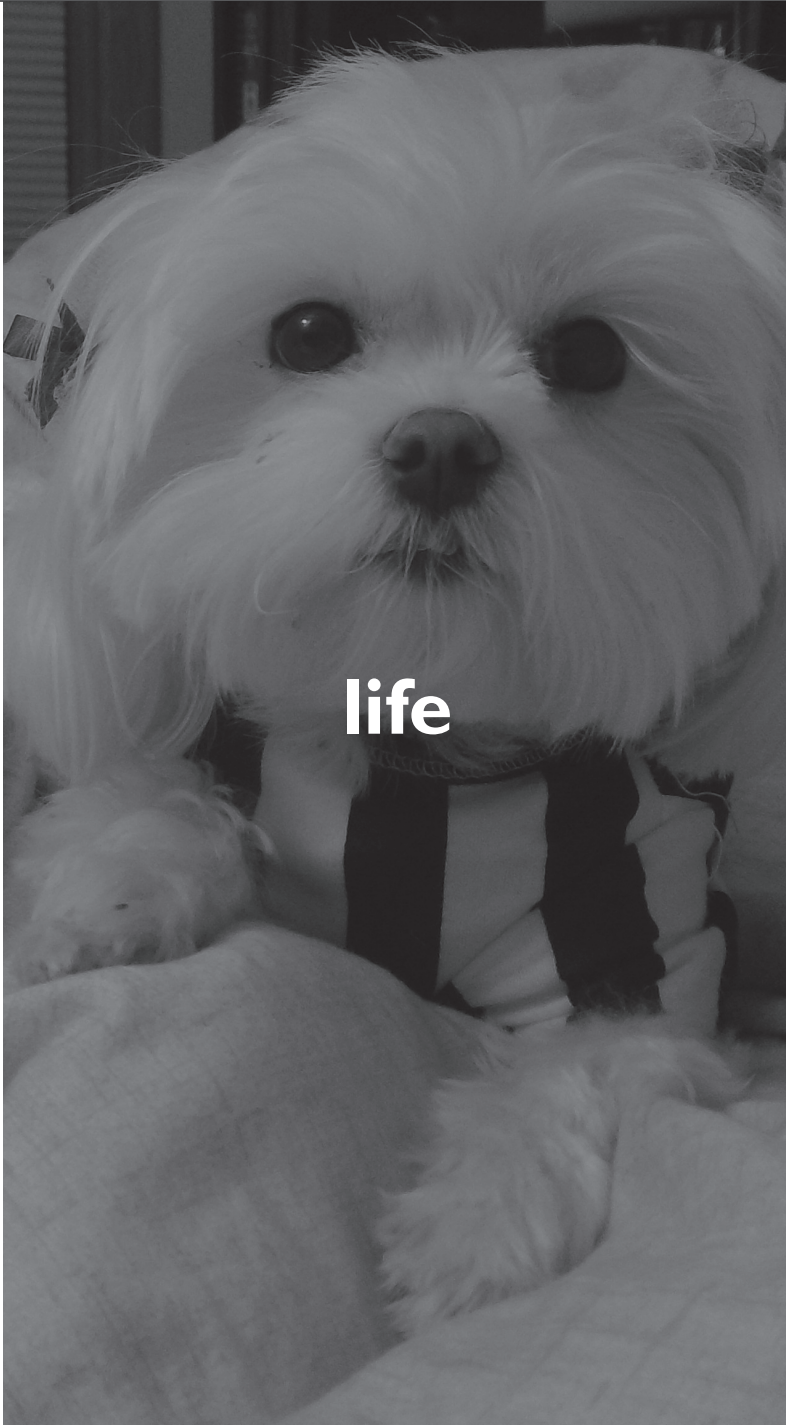
studying purposes. The second floor even includes a small reading area with cozy sofas, lamps, and the occasional napper. Much of the furniture is updated and relatively new, so tables include ample electrical outlets and chairs are sturdy yet comfortable, with no rickety, smelly, wooden chairs. You get access to tons of journals and catalogs on the library website and you can renew books up to three times without overdue fines. You can also check out books from the Olin Library on the Danforth campus, not to mention access Olin Library's coveted graduate-student-only study rooms with your ID. While Becker is open until midnight Sundays to Thursdays, Olin Library is open 24 hours AND has an attached café. Now you really can't beat that.

— Debra Yen, M1

Danforth Campus

As a non-Wash U undergrad alum, I've enjoyed exploring the Danforth Campus. It is a short drive, MetroLink ride, or even bike ride across Forest Park. At Danforth, I've played IM sports, participated in Dance Marathon, listened to terrific speakers and conferences (of which Wash U is never in short supply), and otherwise enjoyed the beautiful stone buildings and landscaping of the campus. For those who want to feel part of the University as a whole, Danforth is definitely a great destination.

— Colton Gits, M1



Necessities

Banks

The St. Louis Community Credit Union (SLCCU) is a local full-service banking institution with a primary mission of actively improving the prosperity of the greater St. Louis metropolitan area through economic empowerment. As a credit union, it is a not-for-profit entity, which is reflected through the better rates and lower fees it proffers to its members. In addition, the SLCCU maintains a business partner relationship with WUSM and BJC, meaning that high value checks from these organizations — stipends, tuition refunds, etc. — can be deposited without a hold period. Both deposits and withdrawals can be made from an ATM conveniently located on the second floor of the Wohl Hospital Building, which is accessible from WUSM via the overhead bridges (less than a five-minute walk from the carrels). Members also have access to all CO-OP network ATMs located across the U.S. and Canada. Finally, it is one of the few banks with a branch located within walking distance from the MetroLink (SLCCU Wellston – MET Centre Branch; MetroLink Red Line: Wellston MetroLink Station). Among others, there is a branch located on Forest Park Avenue.

Other banks:

Bank of America	4625 Lindell Blvd.	314-284-0525
Commerce Bank	4019 Chouteau Ave.	314-726-2255
FifthThird Bank	1 N. Euclid Ave.	314-454-0617
Pulaski Bank	10 Maryland Plaza	314-367-8333
PNC Bank	230 N. Euclid Ave.	314-361-8672
U.S. Banks	216 S. Kingshighway Blvd.	314-361-3580
	4301 Lindell Blvd.	314-531-4495

— **Umber Dube, M1**

Beauty Salons and Barber Shops

Gentlemen, go to Cutters & Co. (actual customer, not a paid spokesman). Their service is great and every haircut comes with a beer, a massage, and a \$5 student discount. If you find a local barbershop that's giving away two beers with every trim, then go there and then volunteer to write this section of the *Dis-O Guide* next year. Barring that, I see no reason to get my haircut anywhere else. Just remember to call ahead and let Kenny Loggins know you're coming, because you are about to enter the danger zone. Ladies, good luck.

Cutters & Co. — 212 N. Kingshighway Blvd.

— **Nate Coddington, M1**

Computers

Here at Wash U, you can bring and use the device that works best for you and you don't have to be tied down by the requirement to buy a specific model of laptop or pay hidden iPad fees built into your tuition. When you look around the first-year auditorium, you'll see MacBooks, Windows devices, an array of tablets, a couple of Linux laptops, and even a Chromebook or two. You simply need to have a reliable machine that can view PDF/PPT lecture slides, play back mp4 lecture videos, check email, and take notes. For the average student, you'll spend most of your time importing lecture slides into One-Note/Growly Notes and inking or typing notes in the margins. Using a tablet with keyboard dock also works for many as their primary note-taking device. You don't really need a printer as they are available (black and white) in the library and the carrels. Get a membership at the public library down the street to print 200 free pages/month.

One note of caution: our secure, HIPAA-compliant student email works well with laptops, iOS, and Galaxy/Nexus devices, but it does not play nicely with some Windows Phones and some Android devices. If in doubt, consult with our helpful IT to set up your smartphone.

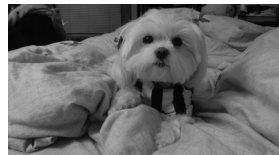
Electronics and computer stores:

Apple Store	2401 Saint Louis Galleria
Best Buy	8300 Eager Road
Circuit City	1585 S. Brentwood Blvd.
Radio Shack	4135 Lindell Blvd.

— Steven Ekman, M1

Pets

I brought my pooch to school and it was definitely one of the best decisions I've made! Having a dog at home is such a comfort, especially when classes become stressful. St. Louis is a very dog-friendly city and a lot of people here own dogs. I always run into other owners who are also on a stroll with their dogs when I take mine for a walk in the morning. That being said, there are plenty of pet shops, groomers, and animal hospitals scattered around the city. You won't have a problem finding a vet in the neighborhood where you decide to live. Having a dog makes my schedule more limited since I can't always stay at school studying as late as I want to, and it is a pain to walk her when it's cold outside, but the benefits definitely outweigh the negatives. Plus, it really isn't that much work. My dog



Studying sounds a lot better when you have a furry friend waiting at home to help you.

kept me emotionally sane during difficult times. I love her very much, and I highly recommend getting a pet!

— Karen Shen, M1

Student Health Services

Chances are that as a medical student you are going to get the sniffles a time or two. Inevitably, every medical student will see their role change from doctor-in-training to patient. When this happens, the Student Health Services clinic (wusmhealth.wustl.edu) is there for you. Boasting a short wait time and an on-site pharmacy, the clinic is one of the most convenient options for routine doctor's visits. The clinic is well-equipped to deal with minor concerns, and if advanced care is necessary we are literally next to one of the country's best hospitals! And if you're just looking for someone to talk to, WUSM has great mental health resources available on or near campus at affordable prices. Student health benefits are included with tuition and they cover a wide range of services with little or no co-pay. You also get some bonus perks for being a medical student, including the ability to self-refer to particular specialties, such as dermatology. So when you feel that cold coming on, head on over to Student Health Services to get back on track!



Student Health can get you back up and running after an injury.

Student health benefits also include dental coverage, and Student Health Services provides dental referrals.

— Jessica Holttum, M1

Safety

The area around the School of Medicine is safe, despite the rumors about the city of St. Louis. Forest Park, the Central West End, and the Grove are all neighborhoods nearby that are enjoyable and fun to explore. Like any city, you have to use your common sense, but there are plenty of places you can travel with a sense of security. Wash U offers various services for students. Security guards are present in all campus buildings and at the MetroLink station, and ID badge access is required for buildings at night. If you are walking home late at night, Wash U Protective Services (available 24/7) will escort you to nearby neighborhoods by car. Additionally, a new carpool service is available for the DeBaliviere neighborhood, dropping students off at their doorsteps. Overall, as long as you use your street smarts, you'll make it through med school safe and sound.

— Jessica Fan, M1

Transportation

Life With a Car

I am so thankful for my car. Seriously. It's true that you can get around to many places with the MetroLink and bus system, but nothing beats the convenience of having your own car. I don't have to worry about running out of food, because I can drive over to Schnucks whenever I need to. I can freely commit to serving in church and I can visit other people's houses without worrying about transportation. I can give people rides to get groceries and I can go out for dinner with my friends any time. Even as a first year, I have had to drive pretty far to get to my primary care preceptor's office, and I will probably need to drive to some rotations in the future. As time goes on, I foresee needing the car more and more. Gas prices here tend to be on the low side, and as long as you keep your car registered in your home state, you don't have to pay the Missouri vehicle tax. So, if you have a car, good for you! If you don't, think about investing in one.



To Tennessee ... and beyond!

— **Stephanie Teja, M1**

Life Without a Car

Having a car is definitely not essential during your first year at WUSM. Pretty much everything in the Central West End is within walking distance of the medical school, and the MetroLink can take you almost anywhere else you need to go (e.g. downtown, the mall, grocery shopping, or the airport). If you do end up needing a more flexible form of transport, there's a great car-sharing program on campus with very low rates. And if all else fails (and you really don't want to take a cab), you can always beg your friends with a car, which is a decent proportion of the class. There's almost always a couple of people who are heading where you're going and they're almost always willing to take a passenger along. So if you don't have a car or a license, or if you just want to ditch the hassles of parking and maintenance, life without a car is just fine.

— **Jessica Holttum, M1**



And then there's always the other kind of car sharing.

WeCar/EnterpriseCarShare

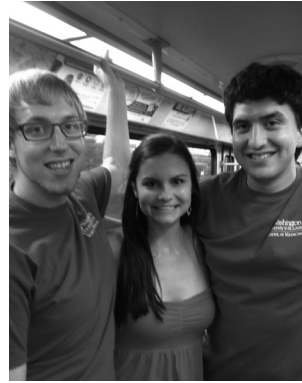
WeCar, now known as Enterprise CarShare, is a membership-based car-sharing program similar to services such as Zipcar, Mint, and I-GO. All students are eligible to join the program without having to pay any sort of initiation fee or annual dues. Members have access to a fleet of nine

vehicles scattered across the Wash U campuses that can be hired for \$5 per hour, \$60 per day, or \$20 overnight (6 p.m. – 8 a.m.). Reservations should generally be made a few days in advance, especially for the single car located on the medical school campus, but last minute vehicular needs can often be serviced by others in the fleet, all located a short MetroLink ride away. While it definitely requires some forethought and planning, I've found that the car-share program can supplement public transit (and the kindness of your friends/classmates) adequately, as to make living without a car viable in St. Louis.

— Umber Dube, M1

MetroLink and MetroBus

Wherever you are, someone is always going to be complaining about public transit. This, perhaps above all else, unifies us as a species. St. Louis is no exception. While it is true that the current system is far from perfect, it's more than adequate and, more importantly, it's totally free. All Wash U students receive an unlimited pass that grants full access to both the light rail system ("MetroLink") and the bus system ("MetroBus"). Most of the city can be found within a few minutes' walk from the MetroLink stations and almost everything is easily accessible, albeit somewhat circuitously, by interlinking MetroBus routes. Metro Transit strives to be technologically progressive and has the entire system fully integrated with Google Maps. You can also expect to enjoy the full deployment of real-time tracking and the usage of smart card technology in the near future.



The MetroLink allows you to skip the traffic and head straight to the Cardinals game.

— Umber Dube, M1

Biking in St. Louis

I love my bike! I'm from California, so Missouri is pretty flat in comparison, which makes it a great place for bicycles. Drivers here are generally pretty aware and respectful of bikes. I live in Forest Park Southeast, which is about a 10-minute walk south of campus; on my bike, it's only a five-minute trip. I love that my bike gets me so much faster than walking and sometimes even faster than driving just because of the way the streets are set up around the medical campus. I don't have to deal with parking and, since both St. Louis and Wash U are trying to encourage more people to use their bikes, there are plenty of bike racks. The medical campus even has a

maintenance station with pumps. I bike to meet friends in the CWE, I bike to go grocery shopping, I bike down to Tower Grove. You can even take your bike on the Metro. I don't have a car, so I rely heavily on my bike, and so far it has worked out well. Yay for bikes!

— Lindsay Burton, M1

Fitness

On Keeping Fit in Med School

The most popular activity among med students is probably running. The gorgeous Forest Park, conveniently located right across from campus, has a number of trails and a sweet six-mile perimeter loop. If Forest Park is too hilly for you, there are a number of other routes to explore. If you're into racing, there are 5Ks (and beyond) almost every weekend, and somebody will always be training for their next marathon, triathlon, danceathon, or walkathon. Whatever your preferred form of -thon may be, you will be in good company here. Of course, we have an awesome gym of our very own in the Olin Residence Hall. Other activities that people are into include cycling, rock climbing, swimming, tennis, IM sports, Insanity, and competitive wheelie chair racing down the carrel hallways. Being active in med school is incredibly easy and you will find plenty of friends with similar interests. If all else fails, I can always be convinced to provide gentle words of encouragement as you do a moderate number of pushups.

— Rowland Han, M1



Hate working out? Find a creative way to exercise, like this group.



Sometimes you just need that extra push to hit the gym.

Student Health and Athletic Center (SHAC)

Do you lift things up, then put them down? Is running in one spot for miles your idea of a good time? Are you interested in moving heavy objects in an arbitrary manner at odd hours? If so, come to the Student Health and

Athletic Center (SHAC). It's located on the second floor of Olin Hall and is open 24/7. There is a cardio room and a weight room. There are treadmills, ellipticals, stationary bikes, and rowing machines to get your heart rate up, plus plenty of TVs. The weight room is loaded with dumbbells up to 100 lbs, benches, a squat cage, a Smith Machine, and plenty of other pieces of serious fitness hardware. There are mats and a decline bench, too, so you can

finish things off with a core workout. Whatever workout demands you have, SHAC has something to get the job done. Plus, if you're looking to mix things up and meet new people, there are plenty of PT and OT students to have a conversation with while you get your fitness on. Don't forget, the gym is free, but heart disease can be expensive. So come. Lift.

— Steve Fuest, M1

Intramural (IM) Sports

Whether you're a former college athlete looking to assemble a team of like-minded tryhards and beat the winning attitude out of some plucky underdogs or a sports dropout just trying to recapture those middle



These student athletes are ready to win!

school glory days when all you needed to succeed was a growth spurt and a working vestibular system, intramural (IM) sports has something for you. Never played Ultimate Frisbee®? There's no better time to start than now. The important thing is to get out and run around with your friends. Enjoy winning? Make friends with more athletic people. Plus, if medical school doesn't work out, you can always use the insights you gain to pursue an exciting career as an IM referee. With as little as one-to-two months of experience with Madden 2002, you will likely have enough knowledge of the rules and regulation of football. Based on the number of referees present per game, I assume they're hiring.

— Nate Coddington, M1



Tennis requires intense focus and concentration.

Tennis

Tennis is a beautiful sport steeped in history. It requires a combination of grace, power, and agility. The good news is that whether you are a former super champ/varsity all-star with 120 mph serves or someone who enjoys casually hitting a few balls around, there are courts for you! The Danforth

Campus is rife with competitive youngsters and has an IM league for organized competition. We also have hospital courts right across the street from our lecture halls that are always open and boast lights for dramatic night matches, à la the U.S. Open. Unfortunately, some of the nets sag and certain spots on the court have become spongy patches where balls go to die. Despite these difficulties, I, with the help of a few fellow tennis aficionados, use the sport as a way to stay active, experience the

thrill of competition, and HAVE FUN! So make sure to dust off that old racket sitting under a pile of garage debris and get ready to slap some forehands around med school style.

— Jordan Jacquez, M1

Ultimate Frisbee®

Is chasing flying plastic disks an important part of your life? Have you ever dreamt that it could be? Well, don't let medical school get in the way! Wash U has plenty of opportunities for students to catch, throw, mark and lay out for disks at every level. If you're looking for some casual play, there are pickup games every weekend and intramural teams in the fall. If

you want a more intense experience, check out the Wash U college Frisbee team, Contra. Med students are always welcome. They play in tournaments throughout the year and compete for those prized invitations to nationals in the spring. And, of course, there are always people willing to throw around in Forest Park. Whatever your level of skill, desire or, yes, even need to chase that plastic disk, there is a place for you at Wash U!



A student trains for his future as an ultimate Frisbee® star.

— Ken Macneal, M1

Religion

Atheism/Agnosticism

Having gone to college on the East Coast, I had my doubts about religious freedom in St. Louis. But very quickly, I realized that my classmates were all accepting, open-minded, and welcoming to anyone — faithful or faithless. Because of this, I had no problem finding friends or forming professional relationships, and I have not once found that my atheism impedes my happiness in this medical school.

— Vivian Chi, M1

Baha'i Faith

Being a Baha'i at WUSM has been great. The Baha'i community here (both in the St. Louis region in general and at Wash U specifically) is very warm and quickly welcomed me in as if I'd known them for years. There are weekly interfaith prayer gatherings and monthly musical devotionals. There are also plenty of opportunities for service through teaching children's classes, leading junior youth groups, and tutoring study circles.

Baha'i Information Center — 30 W. Lockwood Ave., Webster Groves, MO 63119
314-963-1415

— Jyoti Das, M1

Catholicism

If you are looking out at the St. Louis Central West End skyline, you can't miss a large green dome. That dome belongs to the beautiful Cathedral Basilica of Saint Louis, a church designated a basilica by the late Pope John Paul II. It is also home to the largest collection of religious mosaics in the world. Only a 15-minute walk from campus (or a five-minute ride on the #10 bus), you will join many residents, fellows, and attending physicians who attend the traditional mass there.

But wait, there's more! Wash U has an excellent Catholic Student Center (CSC) led here on the med school campus by Troy Woytek. You can join several Wash U and St. Louis College of Pharmacy (STLCOP) students over at the CSC chapel at the Danforth Campus on Sundays for a joyful, lively Mass that is sure to rejuvenate your spirits for the coming med school week. Troy and the CSC also lead weekly communion service in the Olin Hall chapel every Wednesday. As a Catholic, you have many options for Mass, and you have a great community support you throughout your time here as a student.

Cathedral Basilica of St Louis — 4431 Lindell Blvd.
www.cathedralstl.org

Washington University Catholic Student Center — 6352 Forsyth Blvd.
www.washucsc.org

— Steve Ekman, M1

Protestantism

You will be challenged in medical school, there's no doubt about that. You will have so much to do, more that you want to do, and only so much time in every day. Yet this can be a time for your faith in God to grow and for you to continue maturing as a follower of Christ. Here in St. Louis, there are many churches and it's not hard to find a ride if you don't have a car. In the medical school community itself, we have a bible study group, prayer groups, and the Christian Medical Association; you will not be alone here in your faith. As you progress in your medical education and you accumulate knowledge, why not commit to devote yourself to God at this stage of your life? Don't underestimate the God you follow, because He is at work even in the craziness of med school. If you have any questions or if you want to know specific details about the churches here, feel free to contact me any time!

Chinese Gospel Church — 515 Meramec Station Rd., Manchester, MO
www.stlccg.org

Citylights Church — 8675 Olive Blvd.
www.citylightschurch.com

The Journey — 2801 S. Kingshighway
www.thejourney.org

Grace Presbyterian Church — 11032 Manchester Rd.
www.gpcstl.org

Outpour — 50 Gay Avenue
www.outpour-ecc.org

Synergy Church — 800 Maryville Center Dr., Chesterfield, MO
synergychurch.tv

— **Stephanie Teja, M1**

Hinduism

Even in St. Louis, the most Midwestern of cities, keeping in touch with your Hindu faith is more than doable. There are several Hindu temples in the St. Louis area, the largest of which is the Hindu Temple of St. Louis, located in Ballwin (about a 20-minute drive from the medical school). The temple has a huge prayer area on the top floor and a large gathering space on the bottom where several Indian dishes are sold at very reasonable prices. The temple is not easily Metro-accessible, so if you don't have a car, you may need to borrow a WeCar/Enterprise CarShare or carpool. Still, if you like to go to the temple regularly or just on major holidays, there are places to go. And speaking of major festivals, no discussion of Hinduism would be complete without mentioning Diwali. In addition to a very large Diwali show at the Danforth Campus and an annual Garba held at Saint Louis University, Wash U Med has its very own Diwali show, which includes an M1 class dance and several other performances!

The Hindu Temple of St. Louis — 725 Weidman Rd., Ballwin, MO 63011
 636-230-3300

— **Chetan Vakkalagadda, M1**

Humanists

While many in the sciences and medicine have no particular religious affiliation, medicine is an inherently moral profession. It requires dedication to the greater good and taking care of people. So, does this sound like you? You don't identify with any particular religion, nor do you really believe in any kind of god, gods, or universal power. You aren't necessarily opposed to that idea, but you just don't see the evidence or need. You think religions often offer insights and truths about humanity, but can't get behind the mythical or mystical parts. That the human experience is just that: human. You still think morality is an important concept with real meaning, but we just don't need a supernatural force to have it. We have evolved to have reason, and reason dictates that all humans are equal and have the right to decide what they want to do with their lives. In medicine, it is our responsibility to take care of everyone, equally, to help them maintain health so that they may live the lives they choose as fully as possible. If this sounds like you, then you are a Humanist and you'll fit in great here! You'll meet plenty of like-minded people and lots of great people who have varying beliefs that you'll get along with too!

— Seth Howdeshell, M1

Islam

Being a Muslim always comes with its inherent challenges, and being a Muslim in St. Louis is no different. One difficulty may be that you are one of the few, if not the only Muslim in your class. However, there is a small but active community on the Danforth Campus just two miles away. There is also a full Masjid just a few blocks east on Saint Louis University's campus with daily services. Praying is easy with a non-denominational chapel in the hospital, or you can just cop an empty room.

Gateway Masjid (Masjid Bilal) — 3843 West Pine Blvd.
(314) 531-8646

Islamic Foundation of St. Louis (Daar ul-Islam) — 517 Weidman Rd.,
Manchester, MO
www.islamicfoundationstl.org

— Amir Esmaeeli, M3; Wajeeh Bakhsh, M3; and Tarek Salih, R1

Judaism

Welcome to St. Louis, the city with the second-largest Jewish population in the Midwest. Sure, it's no New York or L.A., and you probably won't find a kosher deli within walking distance. However, this is the field of medicine we're

talking about. There just might be a few Jewish doctors who can serve as mentors at the world-renowned Barnes-Jewish Hospital. If you're looking for a Jewish community in the area, you'll definitely find one. Chabad and Hillel are both very active and there are also several groups aimed more at Jewish graduate students as well.

I'll be frank: Keeping kosher and observing Shabbat won't be super easy here, but it is possible to buy kosher meat at local grocery stores and there is at least one kosher deli out in the county that also serves a kosher stand at Busch stadium. Hey, even the famous Ted Drewes Frozen Custard, a St. Louis specialty, is certified kosher. Being Jewish at Wash U is certainly doable, and you definitely won't be alone.

Bais Abraham — 6910 Delmar Blvd
www.baisabe.com

Central Reform Congregation — 5020 Waterman Blvd.
www.centralreform.org

Chabad — 7018 Forsyth Blvd.
www.chabadoncampus.org

Hillel — 6300 Forsyth Blvd.
www.stlouishillel.org

— Ethan Tobias, M1

Latter-Day Saints (LDS)

Being Latter-Day Saints (LDS) at Wash U is a lot like being LDS everywhere else. The family ward here on Lindell is very close and full of young couples who are here for graduate and professional school. The singles branch is our in Chesterfield and plans a lot of trips in the summer (Nauvoo, Johnson Shut-Ins) along with fun social events throughout the year. Contrary to popular belief, people do get married in the branch. St. Louis has a temple which is about 15 miles west on I-64. In addition, St. Louis is centrally located to a lot of Church history sites.

Chesterfield 2nd Branch (YSA) — 15081 Clayton Rd., Chesterfield, MO
 314-542-0587

Lindell Ward — 3933 McPherson Ave.
 314-231-2828

— Andrew Perry, M2



HOUSING

Basics

On Moving to St. Louis

Having visited the city only once in my life, I was a little worried about moving to St. Louis. What exactly was I getting myself into? However, St. Louis is so much better than I ever expected. The rent is really cheap compared to what I was used to back home and other living expenses are generally much lower, too. It's a driving-friendly city (hardly any traffic) and pretty much everything is within a 20-minute drive. There's plenty to do here, from the zoo to the art museum to the Anheuser-Busch brewery and the Arch. And it seems like there is some sort of festival going on every weekend. Best yet, Forest Park, one of the biggest urban parks in America, is a block away from the medical school. People are fairly friendly and it is not unusual for strangers to say "hi" when you pass on the street. There are plenty of wonderful restaurants — especially in the Central West End — and lots of great places to get a beer with friends. St. Louis is a great place to live and before long you might just start thinking of it as home.

— Ethan Tobias, M1

On Finding Your Own Housing Off Campus

Living in Olin is tempting — however, taking the extra step to find your own place can be worth it, especially if you want your own bathroom and kitchen. The apartment tours during second-look are a great opportunity to see the apartments yourself, but don't worry if you can't make it; we've also compiled a



St. Louis offers a huge selection of off-campus housing options.

ton of information in the housing section of this *Dis-O Guide* about places to live! (I found my apartment by checking out places from the *Dis-O Guide* and it worked well for me, but feel free to look elsewhere. There are a lot of other nice places, too!) As you think about housing, it's important to consider your priorities ... Do you need a pet-friendly building? How much are you willing to spend? Do you want to walk to school or live further from campus? Once you've got all of that figured out, find places that meet your needs. Then, either come to St. Louis to check them out in person or call the leasing managers to compare your options!

— Kelly Milman, M1

On Owning Your Place

Owning your own place is highly recommended, assuming you can afford the initial investment and are able to settle into a place for the next few years. Real estate in St. Louis is very (very!) affordable, and you will save gazillions on rent. Literally, gazillions! Not long after my roommate from college decided to join me here for med school, we took our bromance to the next level by going halves on a condo in DeBaliviere. We are very happy with our decision and our relationship has never been stronger. There is really nothing like waking up in the morning knowing that the smelly, shirtless guy in the next room will be a constant in your life for the rest of med school. Above all, it's nice to have a stable, dependable man around to do your dishes and take out your garbage.

Many people in your class may also opt to purchase a home or condo in one of the many neighborhoods around campus. Few, however, will have a soul mate with whom to share the experience. If you're on the fence about owning your own place, think about that fence. It's YOUR fence, right? I rest my case.

— Rowland Han, M1

On Buying a House

As an MSTP student, I found that buying a townhouse was a rather economical decision. St. Louis is an affordable city with the downtown to the east and the super nice suburbs about 20 minutes to the west. Purchasing a house is a nontrivial task, and fortunately, I was able to find a place in only three months. Of course, it didn't hurt that I was a Wash U undergrad and had a family friend as an agent helping me right from the start. The medical school is conveniently located by a highway exit and I planned to drive to school, so I wanted a garage, which unfortunately limited my options a little bit. However, I was able to find a great place to live just a few miles west of school, so I don't have any trouble getting to class on time. Overall, I'm pretty happy with my decision, but it's not for everyone, so plan accordingly before pursuing this option.

— Jerry Fong, M1

On Finding a Roommate

While many of my classmates met their roommates at Second Look, I still had not found one by May. Thankfully, the Facebook page was filled with posts by fellow procrastinators. I messaged my current roommate, Laura, and after a few days it was decided. Within a couple weeks we had signed a lease. It couldn't have worked out better!

— Casey Beleckas, M1

On Living with Roommates

Living with a roommate is highly recommended, even assuming your roommate isn't as perfect as mine. First of all, my roommate never leaves his room. I mean literally never, except maybe to make me a sandwich, which has definitely happened. Why is having a hermit for a roommate desirable? Because it leaves the rest of the place open for you to do activities. Since I am too cheap to buy furniture, our sparsely decorated living room doubles as a private gym, ballroom, nightclub, and tai chi studio. Requirements for membership? You must be me. Sorry, folks. Although, if your roommate happens to not be a hermit and wants to "hang out" with you, that's okay too. Hey, it could be nice to have someone to spontaneously ballroom dance with if that's what you're into.



Believe it or not, all of these students would make great roommates.

Second, and perhaps more importantly, a roommate helps pay the bills. You don't have to be madly in love to realize that splitting the costs of home-ownership (or rent) just makes a lot of sense. Charter internet costs \$29.99 per month. For the price of a slightly slower connection at certain times in the night, it costs \$14.99. No brainer, right? So although you will never find a roommate who is as good of a match as mine, you can easily find someone eager to split your monthly payments.

— Rowland Han, M1

On Living Alone

I absolutely love living alone. I am a total homebody, so it was really important to me that I live in a place that I like, that I find relaxing, and that is an escape. Medical school is a lot like junior high in a way, because we all take the same classes and we're involved in many of the same activities. For those who go to class, we see each other EVERY SINGLE DAY. I didn't want to spend the entire day with the same people and then have to come home to one of those very same people. My apartment is mine, which means that it can be as messy as I want, I can clean when I feel like it, I can play loud music early in the morning when I wake up, and I can have people over whenever I want. I don't have to check in with anyone. There are no expectations and no obligations. Medical school is stressful in many ways and a major part of first year is learning how to manage that stress. I can manage my stress better (and generally be a friendlier, happier person) when I have time to rest, relax, and recharge my batteries alone.

— Lindsay Burton, M1

Neighborhood Guide

Central West End (CWE)

Living in the Central West End (CWE) has many perks, the best being that it combines the convenience of living within walking distance of school with the benefits of living in an apartment rather than a dorm. I chose to live in the CWE because I wanted to be able to “escape” the school environment when I wanted to but also to not have to commute more than a 10-minute walk to class each day. There are a variety of apartments available at a range of prices, many of which are used to having WUSM students and may even offer student discounts. I feel safe walking home at night and love the convenience of being able to walk to restaurants, bars, a movie theater, and many of my classmates’ apartments. Unfortunately, there is not an (inexpensive) grocery store within walking distance, but there is one just a five-minute drive away. Living in the CWE can often be more expensive than living in other parts of town, but since housing in St. Louis is generally inexpensive compared to most other cities, it is really not that bad. It is no surprise that the many benefits of living in the CWE make it a popular choice among students.



The Central West End is always a popular location for hangouts.

— Anna Moseley, M1

North of the Park: DeBaliviere Place and Skinker DeBaliviere

If you are looking for a quieter, more residential neighborhood, DeBaliviere is for you! The streets are lined with trees and lots of people own dogs. The CWE is only one MetroLink stop away, so on most days it only takes me five minutes on the Metro to get to school. Moreover, the school offers a shuttle service that will take you directly back to your apartment in DeBaliviere after 5 p.m. on weekdays, which is very convenient when I want to study late in school or when it is freezing outside. Some people worry that living farther away from school could be isolating, but the CWE is so accessible by public transportation from DeBaliviere that it’s not a problem at all. Having a car definitely makes my life a lot easier, but there are about fifteen of us living in DeBaliviere this year and most manage without a car. One of the best parts about the neighborhood is that it is right next to Forest Park, so it’s easy to stroll over and walk or run in one of the most beautiful places in St. Louis!

— Karen Shen, M1

Forest Park Southeast

Don't let the clunky name deter you from exploring Forest Park Southeast, also known as "The Grove." The neighborhood is south of campus and about a seven-minute walk over a well-lit and busy footbridge. For most, it's a shorter walk to school than it is for your friends coming from the Central West End. The five or six blocks closest to school are nice and many of the two-story units and homes have been recently renovated. I love living here because it's cheaper, has more socioeconomic diversity, and has more available parking than the Central West End. There are no high-rises or big apartment complexes and it's fairly quiet. I have a bakery and coffee shop right around the corner and I'm only three blocks from Manchester Avenue, which has bars, clubs, restaurants, a small market, and a few shops. There are some downsides: I'm a 20-minute walk from most of the restaurants and bars in the CWE, and the neighborhood does not have a grocery store yet. If you have a car, neither of these will be an issue for you. You'll just love living here!

— Lindsay Burton, M1



Every neighborhood has its own unique charms.

Clayton

If you plan on having a car and don't mind a 10-minute commute in light traffic, then you should consider living in Clayton. Though it abuts St. Louis and is just across Forest Park from school, Clayton is an independent city, meaning that the revenue it collects tends to stay within its borders. This is important because, as an alternative commercial and financial center to downtown St. Louis, Clayton does unusually well for its size. The result is an affluent, safe place that is also bustling with activity. You can think of it as kind of like a miniature, upscale city, complete with high-rise office buildings and leafy neighborhoods, lots of restaurants, a few bars, and easy access to grocery stores and quiet coffee shops. It also offers nice parks and proximity to shopping centers like the Maplewood Commons and the Galleria. However, there are some downsides as well. It is a little more difficult to go out in the Central West End with friends (if you drink, you need either a cab or a couch to crash on) and people will often refuse to come to your place because they think it's too far away. You also have to be willing to drive everywhere. The cost of renting, while not as cheap as some other places in town, is comparable with what most people pay in the CWE. Look in the Demun neighborhood and you'll find some affordable apartments. Check it out. You won't regret it.

— Kevin Cross, M1

Tower Grove

If you're looking to explore the city a little more, definitely consider the Tower Grove area. The areas can be really residential around the beautiful park, and just a few blocks away is South Grand Avenue, which has a multitude of restaurants and bars. Just a 10-minute cab ride takes you to Soulard, another less explored area of St. Louis full of bars and restaurants. Trust me, you'll get sick of Central West End soon enough. Although there is public transportation that can get you to school, I would advise anyone planning on living outside of the Central West End to have a car. You will also find much cheaper housing rates, but it'll cost you a little more time to commute to class in addition to the inconvenience of driving yourself to the Central West End to hang out with your classmates. Don't forget to make friends early so you'll have a couch to crash on for those late nights!

— Owen Qi, M2

On Not Living in the Central West End (CWE)

First off, the Central West End (CWE) is a great area. Second, it is just one of many fantastic neighborhoods in St. Louis. While many people in our class live within the CWE, plenty find greener pastures. I personally live in the South Grand district and I appreciate being able to live outside of the immediate proximity of school. I don't need the Metro to go grocery shopping, the food options are better, my cost of living is far cheaper, and the commute is a short bike ride. Remember, each neighborhood has its own charm, festivals, and benefits. Just ask around and keep the non-CWE at the top of your living options.

— Jared James, M1

I live in Forest Park Southeast, about 10 minutes south of campus. The CWE is north of campus. When looking at housing options, I knew I wanted to live alone. I didn't love any of the studios or one-bedrooms that I looked at in the CWE. My choices seemed to be either run-down or over-priced. I wanted to live in more of a neighborhood with more space. The apartment I found is the lower level of a two-story unit. I have a backyard, I know my neighbors, my place was remodeled a few years ago, and my rent is cheaper than it would be in the CWE. I'm very happy not living in the CWE, though it's nice that it's so close: a 20-minute walk, a 10-minute bike ride, or a quick ride in the car. I like coming home to my neighborhood because it feels like an escape from the med school craziness. I would really encourage you to explore neighborhoods beyond the CWE because they're all different with their own charms and the real estate is generally cheaper.

— Lindsay Burton, M1



Living in Olin has its own perks, like getting the chance to beef up your board game skills.

Apartment + Olin Guide

Olin

Olin is pretty much your typical dorm, but the main thing it offers is convenience. First off, Olin is connected by indoor hallways to all of your classrooms, study areas, and the hospital, shortening your commute down to minutes. Nothing beats rolling into class in shorts, flip flops, and a t-shirt on a cold, snowy day. Olin also features a 24-hour well-equipped gym, giving you no excuse not to work out. The Olin penthouse is very socially convenient and has everything from ping-pong to foosball and pool. Olin is also the center of many first-year social gatherings, including post-exam parties, holiday parties, and pizza parties. Since Olin is a dorm, you won't have to deal with pesky things like monthly bills or buying that much additional furniture. Also, as an added bonus, all singles have a spacious built-in desk and sink. Living in Olin isn't perfect though. The facilities and furnishings are older and the bathrooms and kitchens are communal. However, it has been said that convenience is hard to give up and people who stay for more than one year in Olin tend to stay in Olin for all of their years at Wash U. My favorite part of Olin has to be the staff. The security guards are available 24 hours a day, and the housekeeping staff, who clean your room once a week, are incredibly helpful. Information about living in Olin will be sent out in late spring so keep an eye out for it.

— James Ko, M1

Aventura

4431 Chouteau Ave.

314-499-1307

www.avforestpark.com

Rent: One-bedroom (719 sq. ft.) ~\$1150; two-bedroom (995-1103 sq. ft.) ~\$1350 - \$1450

Amenities: Pets allowed with one-time \$150 fee.

Full-size washer/dryer included within unit. Central air and heating. Fitness center. Pool. Courtyard with a fountain and gas grills. Gated community. Uncovered parking included. Covered parking available (extra \$100/month). Water, electricity and cable/internet/phone not included.



Unfortunately, free pants are not included in your rent.

Aventura is a great place to live. It's a brand-new apartment complex, so there's a good chance you'll be the first to live in your apartment — a great plus! It has a light and airy feel with high ceilings, plenty of natural light, and covered breezeways instead of indoor hallways connecting the apartments. The tenants are friendly and respectful, and keep to themselves for the most part, although the management puts on great community events. Many medical students and residents from both Wash U and Saint Louis University live here, so if you're looking to make new friends, you'll find a lot in common with your neighbors. Aventura is a short half-mile walk to the medical school via the Taylor Avenue bridge that crosses over the highway. There's a new bakery right down the block and plenty of bars and restaurants just three blocks south in The Grove (one of St. Louis's up and coming neighborhoods). The Aventura is very conveniently located between highways I-64/40 and I-44, which makes getting around St. Louis with a car especially easy. Forest Park is practically on your doorstep, too. It's just a great place to live.

— Shari Brauer, M1

Buckingham

4934 Buckingham Ct.

314-803-2024

ashleyapt@parkstationapt.com

Rent: Two-bedroom (1000 sq. ft.) \$800 - \$900; three-bedroom (1300 sq. ft.) \$1300 - \$1600

Amenities: Pets allowed with additional deposit. Street parking with free permit. Parking behind the building for \$50/month. Water and garbage included.

This place is cheap, huge, and about as close to campus as you can get, aside from Olin. It's a 10-minute walk to school and less than a two-minute walk to the sky bridges that get you to class warm and dry in the winter. Forest Park is right across the street and Rasoi (see the food section) is a 30-second walk from your front door, so you could easily work off the take-out biryani from last night with a jog in the park.

Buckingham consists of a few three-story buildings on a quiet street. My apartment is enormous and has hardwood floors, gas stoves, central air and heating, and a sunroom (aka the nap room). Floor plans do vary and some apartments have been renovated with an extra bathroom in place of the sunroom, for example. There is street parking in front and a lot in back with space for several cars, though the entrance is quite narrow. Some wider cars might not fit through! Cons: There's one washer/dryer in the basement. Since the building only has six units, though, I rarely find myself waiting for the

washer to be free. Other cons are slow/unresponsive management, and it's an old building so the insulation isn't the best. However, given the price, size, and convenience, the Buckingham is definitely a great place to live.

— Jessie Ge, M1

Del Coronado

4949 West Pine Blvd.

314-367-4949

Rent: One-bedroom ~\$850; two-bedroom ~\$1,275

Amenities: Pets allowed. Parking for an extra \$60 - \$70 per month. Gas and water included in rent. Exercise room and lounge.

Del Co (as the apartment building is affectionately called) is by far the best place to live. Apart from Olin, it tends to be the most popular place that first years choose to live — which I think is its greatest perk! You'll never have to make the 10-minute walk to class alone, you'll see your friends in the relatively recently-renovated gym and lounge, and if you need a vacuum or some milk, one of your classmates can probably help you out. The best part is that you will probably only need to go down a flight of stairs to get it. Del Co. is close to the many restaurants and bars in the Central West End and is on top of a sushi restaurant, which is nice on those really cold days when you don't want to walk more than 15 feet outside. It is only a block away from Forest Park, which is extremely convenient for going for a walk or run and means that half of the apartments have great park views. The doormen (present 24 hours) and office staff are very friendly and helpful. I couldn't recommend living here more, so check it out.

— Ashley Osborne, M1

Metro Lofts

4535 Forest Park Ave.

314-367-2400

leasing@metrolofts-stl.com

Rent: One-bedroom (695 - 820 sq. ft.) \$1210 - \$1510; two-bedroom (1115 - 1340 sq. ft.) \$1630 - \$2180

Amenities: Underground garage parking (\$75/month). Free WiFi. Water and garbage included. You pay for electricity (which includes heating and cooling). Pets allowed with fees. Exercise room. All units contain washer and dryer. Two-bedroom units have a balcony.

Note: Has an income requirement (You can co-sign a lease with a parent or just prove that you can pay.)

Metrolofts is a great new apartment building located right across the street from campus. This means that it is a 10-minute walk from the lecture hall and a one-minute walk from a building with a skybridge (so you barely have to walk outside when it's snowing). The only downside of being so close is that you can hear ambulances and helicopters going to/from the hospital. The units come with polished concrete floors and carpeted bedrooms. Many of the residents are young professionals, hospital staff, medical residents, but there are some students. There is free coffee in the resident lounge, which also has flat-screen TVs with cable, and there are free cookies in the leasing office. Although Metrolofts is definitely expensive, the facilities are great, you get the full complement of appliances, and there is free WiFi. In addition to the plethora of restaurants nearby, a St. Louis Bread Co. (a.k.a. Panera) is conveniently located on the first floor of one of the buildings. The major pros are its proximity to campus and its newness/amenities. The major con is price.

— Abby Sung, M1

Montclair

18 S. Kingshighway Blvd.

314-361-0540

www.montclairapts.net

Rent: Studio \$684; one-bedroom \$822; two-bedroom \$1130 (all prices listed include 5 percent student discount)

Amenities: Gym. Laundry. Rooftop sundeck. Surface (\$35/month) or garage parking (\$90/month) available. Pet friendly. Heating/AC, water, and trash included.



Finding an apartment in St. Louis is a piece of cake!

I love living in Montclair. My roommate and I have lots of space in our two-bedroom, two-bath apartment. The living room is huge, with views of Forest Park, and both bedrooms are large enough to fit a queen bed comfortably. The walls are thick, so my roommate and I never have to worry about waking each other up if one of us is being too loud. Plus, we're basically as close to school as you can be without living in Olin. We're about a 10-minute walk from school and less than half-a-block from a skyway entrance. This is particularly nice for walking home alone at night. We're also a block away from Euclid, which is where the Central West End bars and restaurants are located. Many medical students live in our building and several other popular buildings are very close by, so it's really easy to visit friends. Maintenance is quick to respond to requests. The rooftop deck is great for looking at sunsets, hosting apartment parties, or just hanging out with friends. The only real

downsides are noise from traffic off of Kingshighway, and the fact that the kitchens are on the small side. However, the pros of great location, awesome views, reasonable cost, and large room size are totally worth it!

— Amanda Reis, M1

Parc Frontenac

40 N. Kingshighway Blvd.
314-367-5567

www.parcfrontenac.com

Rent: Price depends on floor. Studio \$930 - \$1295; one-bedroom \$1045 - \$1425; two-bedroom \$1655 - \$2050

Amenities: Pets allowed. Parking is an extra \$40 - \$75 per month. Water and garbage are included, but you pay for electric, gas, cable/phone/internet. 24/7 security guard. Large laundry room in the basement. Workout facilities. Business center. Rooftop with grills. Building managers often host parties and breakfasts.



Rooftop patios are a great place to host friends during warmer weather.

Parc Frontenac is a pretty awesome apartment building! It's full of young professional-aged people, including a lot of residents and a few medical students too. It is conveniently located in the Central West End, right across the street from the popularly inhabited Del Coronado. It has a great rooftop patio with a beautiful view of Forest Park and the Arch. There are also lounge chairs and a grill — perfect for summertime barbeques and fall pregames! Parc Frontenac also has a business room with free coffee all day long, which is perfect for late night study sessions when you don't want to trek to school. Although it is a little bit more expensive than some other buildings in the area, the facilities are really nice and the apartments have all been recently renovated. Also, the maintenance staff is very reliable. There is convenient parking right at the building for both residents and their guests — a true luxury when it comes to living in the CWE where parking is always scarce!

— Ally Schelble, M1

The Parkway

4961 Laclede Ave.
314-361-2955

www.apartmentstlouis.com

Rent: Studio (575 sq. ft.) \$675; one-bedroom (700 sq. ft.) \$775 - \$825

Amenities: Cats only with \$150 one-time fee. Parking \$30/month. Rent includes all utilities except cable/phone/internet.

The Parkway is one of the lesser-known buildings in the Central West End. However, just because very few of us live here doesn't mean you should overlook this potentially hidden gem. Situated on Laclede, the Parkway was built in the 1920s as a hotel. You'll be just 10 minutes walking-distance from campus and can spend about 30 seconds outside on cold or rainy days before making it into one of the hospital buildings that connects to school. The Parkway offers apartments with plenty of space for just about the best value in the area, especially since most utilities are included in the rent. Even the studios have lots of space and a "dressing room" that can work as a small bedroom. Additionally, there is plenty of closet space and a fairly large kitchen complete with a dining area. The building is older and hasn't been renovated much, so you may run into a few more maintenance issues, but nothing too onerous. The apartment managers have their offices in the building, so they're always there to take care of any issues you have. You'll also be one of the last people who can say they live in a place with old-school elevators where you have to manually open and close the door, and that still have the metal grating instead of the inside door. It's just like living in a sitcom apartment building!

— Seth Howdeshell, M1

The Residences at Forest Park

4910 West Pine Blvd.

www.forestparkstlouis.com

Rent: Studio, one-bedroom, and two-bedroom units available. Contact for pricing.

Amenities: Pets allowed. Gated parking. Fitness center. Basement storage. In-unit washer/dryer.

The Residences at Forest Park is a beautifully-renovated historic hotel in the Central West End. The first-floor lobby and common spaces maintain the feel of a classy old hotel (complete with a fireplace in the lounge, a billiards room, free coffee, and two gated courtyards with grills). The building is well secured, and the staff is both friendly and attentive. The Residences is on the same block as several other popular apartment buildings, so many of your classmates will live nearby. You can walk to school in 10 minutes or less, and there are also many great restaurants and bars within walking distance. The apartments are very clean and well-cared for, and the dishwasher and free laundry in the unit are great perks. Since it's a great building in a great location, many residents and other medical professionals live here, which makes it a quiet environment. I have been incredibly happy with my decision to live here and plan to stay in the coming years.

— Lindsey Steinberg, M1

West End Terrace

4466 Greenwich Court

314-533-8444

millsapartments.net/apartments/west-end-terrace

Rent: Studio \$774; one-bedroom \$874; two-bedroom \$1097 - \$1304

Amenities: Pets allowed. Free parking. Gated community. 24-hr fitness and business center. Pool.

West End Terrace is a gated, pet-friendly, quiet, and convenient place to live. Unlike the high-rise apartment complexes all over the Central West End, this little community is filled with two- and three-story buildings. It's located about a mile from campus — a perfect distance for biking or walking. If you decide to bring a car, no worries — there's free parking too. For added security, the entry and exit gates are locked between 6 p.m. and 9 a.m. The management staff is extremely helpful and friendly, and maintenance requests are usually processed on the same day. Finally, one of the biggest draws for me as a pet owner is that all kinds of pets are welcome at West End Terrace. It is just the perfect place to live, so check it out!

— Jo Tang, M1



food

FOOD

On Campus Food

Food Trucks

Price: \$-\$\$

If you're looking for some diversity in your lunch menu and you don't feel like leaving campus, you're in luck. St. Louis has tons of food trucks that will bring the restaurants right to you, many of which are found on weekdays on Scott Avenue in front of Olin. Every day brings a different selection of food trucks to choose from (vegan and meat options aplenty). They make your food right in front of you, so it's always fresh, and they even accept credit cards. Some of my personal favorites include Seoul Taco (Korean/Mexican fusion), Guerilla (Filipino), and Baked & Loaded (potato wraps).

— Kevin Li, M1



Shell Café and St. Louis Children's Hospital

Price: \$-\$\$

In a hurry? Grab a quick bite from Shell Cafe.

Shell Café is where you went for breakfast as an applicant, and where you will continue to go for lunch when you forget that there isn't a lunch talk. For lunch, they have a grill, a salad bar, and a rotating restaurant station, where places like Panda Express, Moe's Southwest Grill, and Wasabi Sushi Bar offer food on different days of the week. St. Louis Children's Hospital also has a cafeteria which is accessible by skywalk if it's too cold (or too hot). There's a 30 percent discount after 4 p.m., making turkey burgers a little over \$2 at dinnertime. I personally go for their salads because they have a cool deal where you get a free fruit/vegetable side after nine purchases if at least 50 percent of those meals are fruits or vegetables. I may also grab a frozen yogurt shake (with Oreo!) if I make it before the smoothie and shake station closes. The Children's cafeteria closes at midnight, so between Shell and Children's, all of your meals can be covered on-campus from breakfast to midnight snack.

— Debra Yen, M1

The Loop

Corner 17

6623 Delmar Blvd.

Price: \$

Do you miss bubble tea from your hometown? Or do you have no idea what bubble tea is? Either way, get your butt here and enjoy hand-pulled noodles and fluffy shaved ice while you're at it. Since Corner 17 opened on the Loop in the summer of 2013, the restaurant has stolen countless customers away from the long-standing domination of St. Louis Bubble Tea. Sip on bubble tea in sophisticated glasses (I recommend the original with green tea) while you slurp away at the best soup noodles on this side of the city. You can even watch the noodles being made by a woman whose arms never seem to tire. All in all, Corner 17 is a welcome addition to the Loop and St. Louis in general.



While you may not know what fluffy ice is, you can trust that it's delicious.

— Debra Yen, M1



A trip to Fitz's isn't complete without one of their famous floats.

Fitz's

6605 Delmar Blvd.

Price: \$\$

St. Louis has a number of classic relics from its long and proud history, and Fitz's Root Beer stands among them as a locally-made, delectable drink for those steamy summer days. Fitz's does not just occupy grocery shelves; the restaurant also offers reasonably-priced, American-style cuisine and a perennial St. Louis favorite, floats made with its famed root beer (or other homemade soda flavors). The menu contains an entire page dedicated to the different floats made at Fitz's. If the float is too large for you, you can instead enjoy your burger, chicken wrap or fish n' chips with unlimited root beer. All in all, Fitz's is an American restaurant that will never get old.

— Francis Wu, M1

Pi Pizza

6144 Delmar Blvd.

Price: \$\$-\$\$\$

President Obama once called Pi Pizza his favorite pizza. Political connections aside, Pi Pizza is an upscale pizza place with cozy indoor and outdoor dining. Affable servers and a few friends can help you pass the time waiting for your delicious deep-dish pizza. The serving sizes could be larger, but this just

saves your stomach for dessert. My favorite is their deep-dish apple pie. Pi is a place to show off what St. Louis has to offer.

— Jerry Fong, M1

Snarf's

6301 Delmar Blvd.

Price: \$-\$\$

When was the last time you were eating a sandwich and thought to yourself, "There isn't enough prime rib in this thing?" If you answered, "Yesterday, and every other time I've eaten a sandwich," then you've probably never been to Snarf's. This Loop-located sandwich shop makes everything from the simple classics (ham and cheese, French dip) to more indulgent creations (the aforementioned prime rib, New York steak), with additions both sweet (excellent milkshakes) and salty (Cajun dill potato chips - try them!!). So the next time you're trying to brainstorm the most efficient way to deliver a delicious bite of smoked brisket, the answer lies between two slices of toasted bread at your local Snarf's.

— Mike Yang, M1

Thai Country Café

6223 Delmar Blvd.

Price: \$-\$\$

A local entrepreneur decided it would be awesome to open four Thai restaurants: Thai Café, Thai Country Café, Thai Gaiyang Café and Thai Pizza, all virtually side-by-side in the heart of the Delmar Loop. I can't really say why; maybe he likes to compete with himself. Regardless, the Thai food here is quite abundant. Each restaurant's menu, while sharing some similarities, offers enough regional diversity that it is worth branching out to all the different restaurants. For example, Thai Country Café has an extremely tasty country-style fried beef appetizer not seen at any other restaurant. Speaking of unique: Thai Pizza serves — you guessed it — Thai-styled Italian pies, providing treats such as chicken satay pizza with Thai peanut sauce and pad thai pizza. It really comes down to personal preference among these restaurants when deciding where to eat.

— Francis Wu, M1

Central West End

Central Table

23 S. Euclid Ave.

Price: \$\$ (breakfast and lunch), \$\$\$ (dinner)

Been to Einstein's too often for breakfast? Central Table. Looking for an alternative to lunch that's not too far of a walk? Central Table. Want a somewhat fancy dinner? Central Table. I've heard that they also offer Sunday brunches, so there's another option to add to the list. Central Table, located right next to the Center for Outpatient Health, boasts a unique concept: cafeteria lunch, sit-down dinner. For lunch, there are four stations: deli (sandwiches and salads), hearth (pizza and pasta), sushi, and grill (burgers). Breakfast and dinner options are more limited, with breakfast consisting mostly of pastries (but ask about their hot breakfast sandwich) and dinner offering pizzas and a few upscale, meat-centered entrees. At the very least, try this place out for lunch, when it's most affordable.

— Debra Yen, M1

Drunken Fish

1 Maryland

Price: \$\$-\$\$\$

The setting for Drunken Fish is great. You can eat outside on a nice evening, eat inside when cold, drink up at the second-floor bar, and sing karaoke when it's late. I think the sushi is great (Disclaimer #1: as a native Kentuckian, I hear that I may not have had any truly great sushi).

The atmosphere, food presentation, and professionalism of the staff make the Drunken Fish a CWE asset. Come during happy hour (\$1 sake shots) so you can afford the expensive sushi and feel like a high roller (Disclaimer #2: no amount of sushi consumption will make your puns any better.)

— Andrew Linkugel, M1

Two words: Sake bombs! Whether you're here for sushi or drinks, you will not leave unsatisfied. Drunken Fish has a wide variety of delicious and FRESH rolls, including quirky plays on traditional sushi, like Philly cheese steak rolls! Sushi aside, Drunken Fish also has a great happy hour every night from 10 p.m. - 12 a.m., with \$3 domestic and Japanese beers, sushi deals, and a decent variety of tasty cocktails. While the main floor is for dinner patrons, head upstairs and you will likely find an interesting crowd



Students relax after a long day of lecture.

and loud beats. Also, thank the PT students, for they frequently hold fundraisers upstairs, with all of the happy hour specials and more (\$1 shots of Captain Morgan?!)

— Harleen Grewal, M1

Little Saigon

10 N. Euclid Ave.

Price: \$\$-\$\$\$

Little Saigon is the go-to Vietnamese place around campus for pho, banh mi and other specialties. While it runs on the expensive side, stick to the soup or rice dishes and you can get a fresh, flavorful, and relatively large meal for a decent price. My personal favorites are the com chien trai thom (pineapple fried rice) and bun cha thit nuong (combo plate with noodles and spring rolls). Head over for lunch and take advantage of the seasonal outdoor seating and your taste buds will thank you!



Birthdays in the CWE are sure to attract plenty of fellow classmates.

— Jessica Holttum, M1

Pickle's Deli

22 N. Euclid Ave.

Price: \$

Located on Euclid, a convenient 10-minute walk from school, Pickles is a great place to grab a quick lunch. In other words, it's a great option when you get sick of St. Louis Bread Co. (a.k.a. Panera) and want to go somewhere else within walking distance. They have tons of delicious fresh foods including deli sandwiches, soups, yummy salads, and an assortment of interesting sides (macaroni and cheese salad, gooey butter cookies, etc.). It also has a really chill, hippy vibe with music and cool employees. Just don't make the mistake of trying to go there for dinner on a Saturday: It's closed after 3 p.m.!

— Bree Porcelli, M1

Rasoi

25 N. Euclid Ave.

Price: \$\$-\$\$\$

While a little pricey (though perfect for a nice, upscale dinner), Rasoi's classic takes on Northern Indian food like butter chicken, palak paneer, and lamb kofta, will definitely satisfy the palate. It is located right in the heart of the Central West End on Euclid Avenue, so you will be sure to see it within your first couple days here at Wash U. You will also be sure to taste it, whether you

go there or not, because thankfully it is a frequent flyer in terms of free lunch talk food. Did I mention there's a lunch buffet?

— Harleen Grewal, M1

Tortillaria

8 1/2 S. Euclid Ave.

Price: \$-\$\$

Tortillaria is a great, moderately-priced, authentic-style Mexican restaurant conveniently located less than a block from campus. The food is delicious (try the fish tacos) and there is a self-service salsa bar to enjoy with your unlimited tasty chips before your meal. Menu items range from \$5 - \$13. The staff is usually very friendly, and there is an outdoor patio seating area for when the weather is nice. Make sure you plan ahead during busy hours, especially if you have a big group, because the place is pretty small and can fill up fast.

— Anna Moseley, M1

Grand/South Grand

Lemongrass

3161 S. Grand Blvd.

Price: \$\$

Lemongrass is a nice Vietnamese place conveniently located right next to two other great restaurants, The Vine and The King and I. There are several places to grab a nice bowl of pho (Vietnamese noodle soup) in St. Louis. You may not get the best bang for your buck at Lemongrass, but with the savory broth supporting the noodles and a medley of meat, you will be satisfied, if not overly full. They also offer many appetizers. I had never had Vietnamese pancakes until I came here, and they are certainly delightful. Quality over quantity.

— Jerry Fong, M1

Pappy's

3106 Olive St.

Price: \$-\$\$

Disclaimer: Not for vegetarians. Pappy's is a required pilgrimage for any self-proclaimed carnivore. Honestly, their ribs are a revelatory experience. Even as you arrive at its unassuming entrance, your nose is greeted by the enticing smell of smoky-sweet deliciousness wafting from the kitchen. The walls are lined with barbecue paraphernalia and a huge number of signatures and photos from famous fans. Be prepared to wait up to an hour to

place your order, especially during the lunch or dinner rush, but believe me, it's time well spent. Pappy's specializes in Memphis-style barbecue, which means slow-cooked brisket, pulled pork and chicken sandwiches glazed with house-made sauce, and ribs falling off the bone, each accompanied by your choice of delectable side dishes. (The sweet potato fries are not to be missed!) Since Pappy's makes everything in-house, they do sell out, so plan accordingly! Everything here tastes like love. Tender, meaty love.

— Jessica Holttum, M1

The Vine

3171 S. Grand Blvd.

Price: \$-\$\$

The Vine looks tiny and unremarkable, but that appearance conceals one of St. Louis's most amazing treats. It's a Lebanese restaurant, grocery store, and bakery that houses certain hard-to-find spices and numerous tasty baked goods. The restaurant is the real meat and potatoes, literally and figuratively, as The Vine's scrumptious beef and chicken shawarma sandwiches are two of their most popular dishes. Their French fries are the best I've had in recent memory, exquisitely seasoned with Mediterranean spices and carefully fried in sunflower oil, making each bite a practical explosion of flavor. It makes me wonder if somewhere along my ancestry there was Irish blood, because I can't imagine why else I would enjoy these fries so much. Oh, their pita and hummus are also quite good. Service is also friendly and fast, and if you like, they have hookahs.

— Francis Wu, M1

American Food

Bailey's Range

920 Olive St.

Price: \$\$

Bailey's Range, a member of the Bailey's Triumvirate, specializes in burgers and has many novelty choices. The Buzzed is an espresso-rubbed burger with apples and bacon, the Mexical is essentially a quesadilla between two buns, and they're innovating a favorite and standing up for equality with their LGBT — lettuce, goat cheese, bacon, and tomato. Of course, you can always create the classics, but have some fun and experiment with their wacky topping assortments. From different soda pops to teas and milkshakes, you will have all the choices in the world for an accompanying beverage. Pretty much every drink they have comes in a boozed-up version too, for that extra kick. I have heard their Sweet Sweet Bacon milkshake — Maker's Mark, candied bacon,

and salted caramel ice cream — is quite the experience. Regardless of how you mix-and-match your meal, everything about the place is fun, laidback, and delicious, so do yourself a favor and check it out.

— William Cheng, M1

The Fountain on Locust

3037 Locust St.

Price: \$\$

Found in Midtown, just north of Saint Louis University, The Fountain on Locust has a theme with décor that is deliciously retro. I haven't seen any other St. Louis restaurant quite like it. It looks and feels like a '50s ice cream parlor, and some of the booths even have small panels for you to listen in on their original serial radio program. When you look at the menu, the first items you encounter are their cocktails and ice cream martinis, and are they ever delicious. (My personal favorite is the "Thin Mint" ice cream martini. I don't know how one can go wrong with chocolate, mint ice cream, and vodka.) The Fountain's sandwiches and non-alcoholic desserts — homemade sodas, ice cream, and floats — are also surprisingly tasty. As of this writing, I have yet to attend the Fountain's monthly "Burlesque Bingo" night, but the title is intriguing enough that I would guess it's pretty fun. Recommended if you like ice cream and/or a retro aesthetic.

— Jeffery Marinsaw, M1

Imo's Pizza

Price: \$-\$\$

Being from St. Louis, I might be a little bit biased, but Imo's Pizza is the BEST pizza and is found on almost every block of this city. With its classic St. Louis-style thin crust, yummy marinara, and the infamous pseudo-plastic-flavored provol cheese, you won't go wrong. My personal favorite is the Veggie Deluxe topped with everything from tomatoes to broccoli, but a classic is the David Freese special (never mind that he's been traded), giving you a two-topping large for \$14! Imo's is also a great place to try toasted ravioli — a delicious St. Louis take on classic ravioli. And if you find that the over-processed combination of provolone, swiss, and cheddar into provol as I told you it would be, have no fear, Imo's sells packets of shredded provol at Schnucks.



If you're not as adventurous in the kitchen, you can always just order a pizza.

— Harleen Grewal, M1

Sweetie Pie's

4270 Manchester Ave.

Price: \$\$

Located on Manchester in the heart of The Grove is a hidden treasure named Sweetie Pie's. From the outside, you would never know that inside, the best soul food that St. Louis and probably the Midwest have to offer lies in wait. The first time I went to Sweetie Pie's, I felt like I had found heaven; the food is just that good. I can honestly say that I had the best fried chicken ever in my whole life at Sweetie Pie's, and I've had a LOT of fried chicken over the years. You definitely need to try it if you are a fan of any of the following: fried chicken, fried catfish, mac and cheese, cornbread, banana pudding, sweet tea, collard greens, candied yams. This list alone is enough to make me lick my lips. Plus, the owner used to be a backup singer for Tina Turner and the restaurant has its own reality TV show on the Oprah Network. So now you just have to go! (But really, the show is called "Welcome to Sweetie Pie's.")

— Abiye Ibiebele, M1

Asian Food

Olive Street

When I describe Olive, I alternate between the equally inaccurate monikers "St. Louis Chinatown" and "China-street." It's actually a section of Olive Street just off I-170 N (a 12-minute drive away) where a lot of Asian restaurants happen to be concentrated. You'll find Chinese and Korean grocery stores (Olive, Seafood City, Dong Dong), numerous Chinese restaurants (Asiana, Chao Zhou, Sichuan Hot Pot, Shu Feng), dim sum places (LuLu's, Wonton King), Japanese restaurants (Nobu's), Korean restaurants (Asian Kitchen), pho places (Pho Long, Dao Tien), and bakeries (J & W, Wei Hong). Olive St. isn't anything close to the sprawling and expansive Chinatowns of New York or San Francisco, but there's plenty of good Asian food to be had.

— Debra Yen, M1

Blue Elephant

7816 Forsyth Blvd.

Price: \$\$

Blue Elephant is one of many Thai restaurants in St. Louis, but it strikes me as more of a sit-down place than others such as Thai 202 in Central West End. Perhaps this is due to the larger seating area and its location in Clayton, an upscale district a few miles west of the medical school. Fortunately, the prices

are not scaled accordingly, and the food is exquisite. In addition to Americanized Thai staples such as Pad Thai, Thai fried rice, and Thai iced tea, there's also an amazing duck curry here. Mango sticky rice is a seasonal dish, but I feel that it is done best here.

— Francis Wu, M1

Joy Luck Buffet

8030 Manchester Rd.

Price: \$-\$\$

Joy Luck offers dine-in Chinese buffet and hotpot options for less than \$20. Chinese buffet contains the traditional Chinese cuisine and sushi bar. If you are looking for spicy (Szechuan) food, hotpot at Joy Luck is the best in St. Louis. Sitting around a boiling pot, adding in your favorite ingredients, taking them out, dipping into special sauce, then EATING! The best way to lift your spirits on a gloomy winter day!

— Albert Liang, M1

Mandarin House

9150 Overland Plz.

Price: \$-\$\$

If you are looking for a good dim sum place (think Chinese brunch), Mandarin House is the perfect restaurant to achieve your goal.



You can never invite too many friends to dim sum.

When I first moved from Toronto to St. Louis, I was a little worried because I thought there wouldn't be authentic Chinese restaurants here. My first trip to Mandarin House completely changed my mind. Shrimp dumplings, shu-mai, stewed beef ... SO MANY selections to choose from! During the weekend, grab a few friends and head over to Mandarin House for a nice dim-sum brunch and a great time!

— Albert Liang, M1

Seoul Garden

10678 Saint Charles Rock Rd.

Price: \$-\$\$

Although it's not within walking distance of campus, you're just a quick drive away from good Korean food at Seoul Garden. It has every staple of Korean cuisine that you could crave, ranging from dishes like bibimbab and fried dumplings to seafood pancakes and Korean barbecue. The portions are large,

the food is authentic, and the staff is quite friendly. Of course, there's also a \$20 all-you-can-eat barbecue option that will make you feel bad for not eating all the provided sides that come with it. Come here to satisfy your desire for a taste of home or to try something new!

— Janice Kim, M1

Other Ethnic Food

Barcelona

34 N. Central Ave.

Price: \$\$-\$\$\$

So, the first thing you need to know about Barcelona is that it is a tapas restaurant. A "tapa" is a small plate or appetizer, so any single thing you order is not going to be a lot of food. And if you're like me and like a lot of food, you may be thrown off a bit. Barcelona is not a place for a big meal for dinner, but it's an excellent place to go with friends. The fun thing about Barcelona is that each person can order a tapa or two (usually run from \$4-8) and then share with everyone else. It's a great way to try new foods while socializing. So give Barcelona a try. Located in Clayton, it's only a quick drive away.

— Abiye Ibiebele, M1

Everest Café

4145 Manchester Ave.

Price: \$\$

Does opening a restaurant that serves Nepalese, Indian, and Korean food sound like a good idea to you? Well, it worked magnificently for this restaurant in the Grove (though I have to admit, the Korean bit is still a little random). Try Everest at lunch, when they have a \$9 lunch buffet (normally \$10, but students get a 10 percent discount). It's the best bargain in town, but be warned: You may leave with a distended belly from all the tasty food you will unwittingly end up stuffing in your face! You can grab endless plates of rice smothered in different sauces, meats, and vegetables. (Disclaimer: I don't remember what I ate, just that it was all delicious). Everest also has naan, soup, and Nepalese/Indian dessert pudding on the side. It takes 20 minutes to walk here from campus, so I recommend catching a ride or biking here. Save this place for when you're hungry!

— Debra Yen, M1

Priyaa Indian Restaurant

1910 Mckelvey Rd.

Price: \$\$

The only criticism of Priyaa Indian Restaurant is that it is a 15-minute drive out to the county. Priyaa offers the standard a la carte and buffet options, but provides both North and South Indian food. It features large curry dishes that you can either order alone or as part of a thali (dinner platter), several different kinds of dosas (savory curry crepes), and numerous variants on the standard samosa and pakora appetizer options, as well as additional entrees (Gobi Manchurian, Chicken 65). More importantly, while the price is a little higher, the hungriest person will definitely have enough food left over to take home and, based on a recent survey of people who went there, more than half had enough food for one ENTIRE extra meal! If you have a car and want some good-quality Indian food, check it out.

— Drew Sinha, M1

La Vallesana

2801 Cherokee St.

Price: \$

When you need a short break from studying anatomy and you're craving a taste from south of the border, look no further than Cherokee street, a 15-minute drive from campus. Here you'll find a number of Mexican restaurants including the excellent La Vallesana. Whether you are in the mood for a delicious torta (a type of sandwich) or some street tacos, you can choose your favorite meat: carne asada, carnitas, pastor, or lengua! The Fajitas al Sombreiro are fantástico, consisting of sautéed bell peppers, poblanos, onions and tomatoes, all smothered (seriously, smothered!) in queso with your choice of meat. Alongside some rice, beans, and tortillas, you are looking at one good meal that almost makes me forget that I'm not in Southern California. There is also a full-service ice cream bar with fresh and fruity flavors you won't find anywhere else. The wait staff here is incredibly friendly and helpful, and I will definitely be returning in the near future. One more thing: You must order a large horchata when here. It's both affordable and large enough to share.

— Ama Maldonado, M1

Breakfast/Brunch

City Coffeehouse and Creperie

36 N. Brentwood Blvd.

Price: \$-\$\$

There's just something so perfect, so right about the food at City Coffee House and Creperie. Whether you're a connoisseur of mushrooms (try the Mont Blanc), artichokes (grab our eponymous St. Louis), or you're looking for a spicy kick (there's the Santa Fe for you), you're assured a hearty meal and a full belly. But there are also plenty of options to satisfy your sweet tooth (berries, nutella, etc.) I have to put in a personal plug for the strawberry banana crepe; you can thank me later. So if you're ever looking for something to do, grab a bite at the Creperie, stroll around downtown Clayton, and have yourself a grand old day!

— William Cheng, M1

Half & Half

8135 Maryland Ave.

Price: \$\$\$

Next time you're in Clayton in the morning, mosey on over to Half & Half for some breakfast or brunch. I guarantee that once you put some of their tasty eggs into your mouth, you'll soon be physically incapable of moseying back. You can get all kinds of good stuff in your eggs at Half & Half; chorizo and chicken liver are some interesting options. For those who would prefer not to be reminded of embryology lectures when looking down at their plates, Half & Half also makes great pancakes and salads. Of course, this place also has an impressive menu of exotic coffee. It's a bit more expensive than your average breakfast, so I recommend going if you have parents visiting.



Appropriately excited for the most important meal of the day.

— Kevin Cross, M1

Rooster

1104 Locust St.

Price: \$-\$\$

Rooster, part of the Bailey's Triumvirate chain of restaurants, is an amazing brunch place, and they have a habit of doing classic brunch items really, really well. My personal favorite item is the French toast with bananas and nuts. Oh. My. Gosh. The ingredients themselves are rich and filling, yet Rooster still gives you a larger portion than anyone could reasonably expect

to finish. Those who are into morning cocktails will be pleased to hear that they have a healthy list of Bloody Marys and Mimosas to help you kick-start your day. Another PSA: their orange juice is extremely expensive at around \$6 a glass. However, I'm pretty sure they fertilize the orange trees with angel tears because it is good stuff, so it's up to you whether it's worth that cost.

— William Cheng, M1

Coffee and Dessert

Amy's Corner Bakeshop

4476 Chouteau Ave.

Price: \$

Amy's Corner Bakeshop is a really cute and cozy bakery/café located across the street from Aventura Apartments, a 10-minute walk south of campus across the Taylor Avenue bridge. Their core business is in cakes and baked goods, but they serve breakfast and lunch, and are a full-service coffee shop as well. They have a good variety of menu options available: biscuits and gravy, omelets, sandwiches, soups, scones, muffins, brownies, cupcakes, and pies. It's a husband-and-wife operation, Matt and Amy, and they're both really friendly. Their cinnamon rolls are scrumptious and pair great with any of their coffee drinks for breakfast. For lunch, their roast beef is amazing. A meal for one is about \$10 once you add on a drink and cookie.

— Shari Brauer, M1

The Cup

28 Maryland Plaza

Price: \$

I suspect the cupcake's popularity in the American consciousness spiked in part due to TLC's "D.C. Cupcakes," a TV series from a couple of years ago, which featured a cupcakery called Georgetown Cakes. But enough about that; we're here to talk about The Cup, which has been around since 2007 and is currently located in the Central West End. You want delicious cupcakes? The Cup has got delectable, reasonably-priced cupcakes of all sorts and a handy online calendar so you know what's in the lineup each day as well as what's rotating in next month. The staff is friendly, the store is easily within walking distance of the medical campus, and it's open until at least 8:30 p.m. Monday through Saturday if you get a hankering for a bite-sized dessert. As of this writing, my personal favorites are their red velvet and lemon drop cupcakes, but it's hard to go wrong with anything on the menu.



Cupcakes make all study breaks better.

— Jeffery Marinsaw, M1

John Donut

1618 S. Broadway

Price: \$

John Donut (no, not “John’s Donuts”) is a magical place of legend and lore passed down from generation to generation of Washington University undergraduates. I once braved the long and lonesome road to South Broadway,

and though the specific donuts I purchased and consumed were lost to the evening’s fever dream, I can say that nothing was the same afterward. Here’s the deal: John Donut opens at 11 p.m. (yes, p.m., as in nighttime) every night EXCEPT Saturday night, it’s cash only, and the donuts are outstanding. The donuts are freshly made each evening, but only one or two are set out right when they open each night;

I recommend waiting until 11:30 or midnight before you go so that you have more options. The donuts are undeniably tasty, but it’s the whole John Donut Experience, including the banter with the sassy cashier, that makes it unique and memorable. Highly recommended.



A late-night donut run is tempting to even the most hardened studiers.

— Jeffery Marinshaw, M1



Use your own mug to show your swag while supporting sustainability.

Skinker Metro stop (two stops away from campus). It’s not too noisy, and the Wi-Fi works great, so you can really get to work. The tables are of a good size, allowing you to nibble on one of many pastries as you work. Kayak’s overlooks the undergraduate campus and is great when you just need a change in routine and scenery to get you motivated. The only downside is that paying for cup after cup of coffee can add up, because you just might get addicted to this café.

Kayak's Café

276 N. Skinker Blvd.

Price: \$

When I can’t bear to sit at my carrel anymore, when I’m sick of staying on the medical campus, and the silence in the library is maddening, I escape to Kayak’s. Our free Metro pass comes in handy, as Kayak’s is right next to the Skinker Metro stop (two stops away from campus). It’s not too noisy, and the Wi-Fi works great, so you can really get to work. The tables are of a good size, allowing you to nibble on one of many pastries as you work. Kayak’s overlooks the undergraduate campus and is great when you just need a change in routine and scenery to get you motivated. The only downside is that paying for cup after cup of coffee can add up, because you just might get addicted to this café.

— Stephanie Teja, M1

Piccione Pastry

6197 Delmar Blvd.

Price: \$-\$\$

I, unfortunately, am not a connoisseur of Italian pastries, but Piccione Pastry (an old-world Italian bakery adapted for a St. Louis crowd) has made me keen on becoming one. Located on the Loop, they serve all sorts of pastries and other treats, from cannolis and pasticotti to frittatas and Italian sodas, including some unique variants (ever had a pistachio or chocolate cannoli?). Piccione tends to be a little expensive (\$2 – \$3 for a medium-large cannoli), but the quality is well worth the price (St. Louis Magazine voted it “Best Pastries” in St. Louis). If you want a treat in a true European-style café, come here.

— Drew Sinha, M1

Ted Drewes

6726 Chippewa St.

Price: \$

Some cities are known for their ice cream, or maybe gelato or froyo. For St. Louis, it's frozen custard. And the place to get frozen custard is the one and only Ted Drewes.

Don't be fooled by those little tubs of

vanilla/chocolate/strawberry Ted Drewes that they pass out at events. You must go to the actual location on Chippewa Street, a 15-minute drive away from the med school that's totally worth it. During the summer or early fall, you'll find masses of St. Louisans milling around outside the stand-alone building of Ted Drewes, where you wait in one of 10 different lines, order at a window, and receive your sundae (toppings on top) or concrete (toppings mixed in) to eat at outdoor tables. Sometimes the staff will even flip your custard upside down before handing it to you. Don't freak out, they're just showing you that frozen custard is so awesome that it won't fall out of your cup! It's also important to note that frozen custard doesn't have different flavors, but rather different combinations of toppings on a vanilla base. Last tip: Ted Drewes is closed in January, so get there before you have to count down the days to when it reopens!

— Debra Yen, M1



Bow down to the new king of frozen desserts: the concrete.

Nice Restaurants

Brasserie

4580 Laclede Ave.

Price: \$\$\$

Brasserie is not the most affordable restaurant in a city where there are many, many very affordable options; however, it is really, really tasty. So I highly recommend it as a dining choice for special occasions such as when your parents come to town (and are paying), when you discover something in your lab that will make you a lot of money, when you are trying to impress a love interest, or when you just really need a good meal and figure the dinner bill will be a rounding error when you consider how much debt you will be in when you graduate anyhow. (A large glass of wine goes particularly well with this last option.) Brasserie boasts delicious French classics and a great drinks list. I highly recommend the bibb lettuce and the steak frites. Comforting, delicious, and immensely satisfying.

— Frances Clow, M1

Charlie Gitto's

5226 Shaw Ave.

Price: \$\$\$

The Hill is a historic district in St. Louis, known for great Italian food, and Charlie Gitto's has earned its place here. The servers here are welcoming, though sometimes they can be a little slow. But the food, starting with the free bread, is worth the wait. Their pastas and meats run the gamut of flavors: seafood pasta, filet mignon, and special pesto-crusting lamb chops, just to name a few. If you can't decide what to order, the servers are great at recommending dishes and wines to go with them. The price is reasonable, with higher-end entrées costing less than \$40. It's probably not a first-date place, but if you are looking to impress, you can't go wrong here.

— Jerry Fong, M1

Mango

1101 Lucas Ave.

Price: \$\$-\$\$\$

Looking for a reason to get out of the neighborhood? A great place to try for an upscale date or dinner with visiting family, Mango is located downtown just off Washington Avenue. The specialty here is Peruvian food, which, for the inexperienced, is reminiscent of tapas or Spanish cuisine with traditional South American flavors such as chile, plantain, and herbs. While there are

several entrées offered, it's also totally possible to make a meal out of the many appetizer options including exotic options like beef heart. Special shout-outs go to the tamales, empanadas, and fresh fruit cocktails!

— Jessica Holttum, M1

Scape

48 Maryland Plaza

Price: \$\$\$

Scape is right in the Central West End on the beautiful Maryland Plaza, where the street décor of year-round Christmas lights and a dancing water fountain sets the tone for the night before you even enter the restaurant. Dimmed lighting, private booths, attentive servers, and a gorgeous bathroom (candles in the bathroom, anyone?) are the cherry on top of delicious, high-brow American food. Besides the endless bread and biscuits, each entrée is beautifully presented and well worth the \$20 - \$40. And don't forget the dessert! Scape was a winner for best dessert in St. Louis, especially the Banana Cream Pie. I'm not even a big fan of bananas or cream, but that stuff is heavenly.

— Debra Yen, M1

Sidney Street Café

2000 Sidney St.

Price: \$\$\$

This is a must-visit for anyone, but especially for foodies. The best meals I've ever eaten have been at Sidney Street Café. It's definitely a splurge (you can easily drop \$100 - \$150 on a meal for two), but it is absolutely unbeatable. It has a great, quietly romantic ambience with exposed brick walls and candlelight, and has been consistently rated the best restaurant in the city. With a menu that changes seasonally and professional, knowledgeable and passionate waiters, you won't find anything else like Sidney Street's "continental and contemporary American cuisine" in the city.

— Shari Brauer, M1

Food Shopping

Grocery Stores

There are a surprising number of grocery stores within the medical school's vicinity. The closest option for those living near to school, as well as the most upscale, is Straub's, which is a couple blocks north of campus. For those living further east, Schnucks and Walgreens are located across the street from each other, about a mile east of campus. These are great for

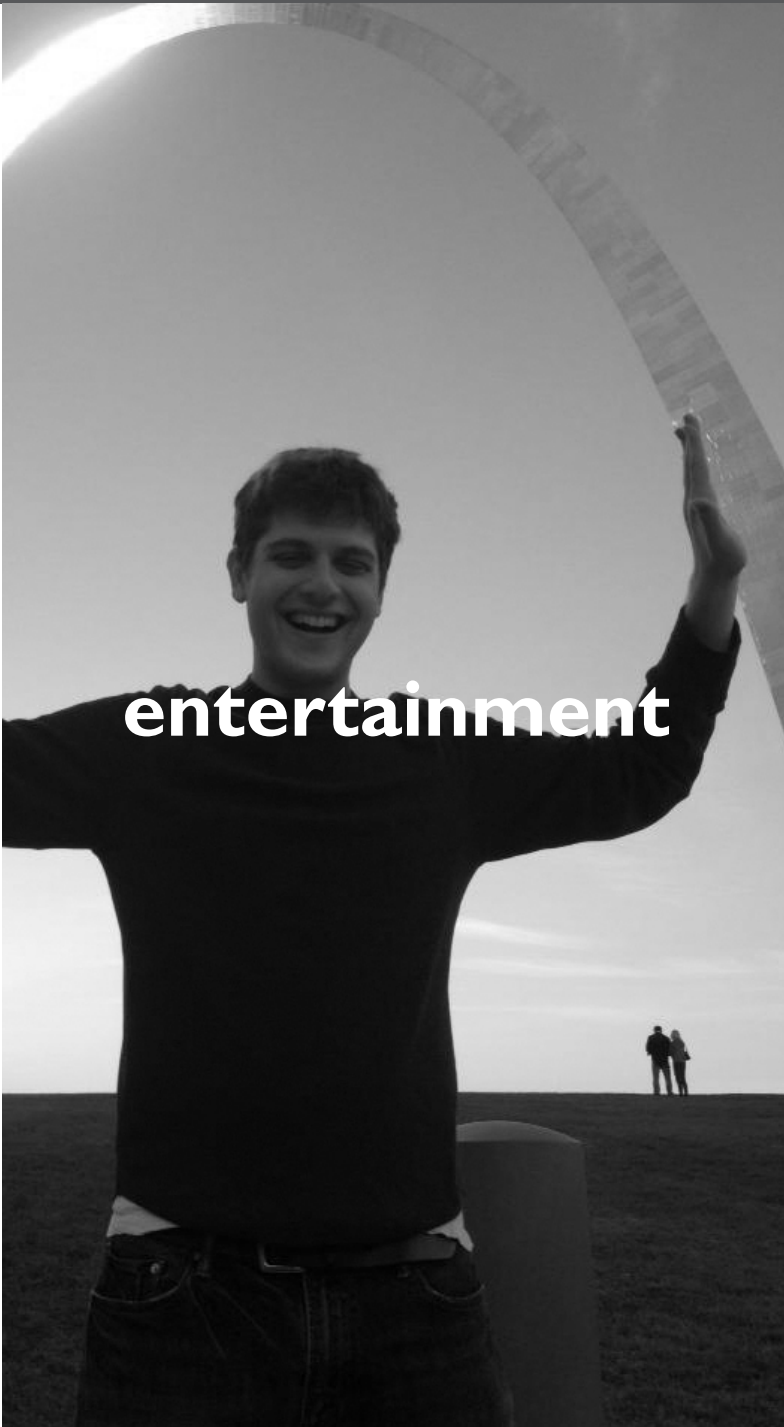
grabbing food, prescriptions, or any basic household items that you need, and, to add to the convenience, they're both open 24 hours. For those with cars, the options open up. Target and Trader Joe's are located in the Brentwood Promenade, about a 10-minute drive away, and they are my two personal favorite places. Trader Joe's has a great stock of produce and snacks as the store is conscious of providing healthful options. Target is my one-stop-shop for pretty much everything I need to keep my apartment functional. Also, Whole Foods, Walmart, Sam's Club, and Costco are a short car ride away, so you've got a ton of options to find whatever you need.



Our social chairs demonstrate a successful trip to the grocery store.

- | | |
|--------------|--|
| Straub's | 302 N. Kingshighway Blvd. |
| Schnucks | 4171 Lindell Blvd.; 6600 Clayton Rd.; 6920 Olive Blvd. |
| Trader Joe's | 48 Brentwood Promenade Ct. |
| Whole Foods | 1601 S. Brentwood Blvd. |

— William Cheng, M1



Sports

Cardinals Baseball

MetroLink: Stadium stop
Cardinals baseball is the epitome of St. Louis. If you're looking for a team that is going to compete for a World Series



Students turn out to support St. Louis's favorite sports team.

title every year, you should cheer for the Cardinals. The games are a blast and only a short, free metro ride away from campus. Plus, they are really affordable — you can get \$5 tickets for a weeknight game! We were lucky enough to have the Birds make it all the way to the World Series this year, which was fun because we not only got together to watch the games on TV, but we even got groups together to go to some of the games in person (including the World Series)! Plus, in the 4+ years you'll be in St. Louis, you'll have a great chance of seeing a World Series victory parade, which is something you won't get in Chicago, Cincinnati, etc. So, get your Molina/Wainwright/Craig jerseys and T-shirts ready, because you'll be wearing them a lot around St. Louis — especially in October. LET'S GO CARDS!

— Taylor Geisman, M1

Blues Hockey

MetroLink: Civic Center stop

In a town dominated by Cardinals baseball, Blues hockey games often don't get enough attention. Especially during seasons when they are not performing well, good tickets are often very cheap and, like Cardinals games, the Blues arena is also located right next to a MetroLink station. Despite having a capacity of ~20,000 seats, there are no bad seats at the Scottrade Center. Because of this, Blues games offer the best in-person experience compared to other sporting events in St. Louis. The Blues have also been performing extremely well in the past few years and even made the playoffs during the 2011-2012 season. Our chances of going to the playoffs again this year are looking very good as well and many Blues fans are getting very excited. The St. Louis Blues have a very loyal fan base and have many traditions, one of which is that, after every score, the "Towel Man" will chant up to the number of goals that have been scored and throw a Blues towel into the crowd. Even though I come from a town without a hockey team, I found the Blues games to be extremely fun and easily accessible. So, hockey fans, take a trip down to Scottrade and enjoy one of the best sports experiences in town.

— James Ko, M1

Rams Football

MetroLink: Convention Center stop

Though it's been a while since the Rams have experienced consistent success, they're still important for all of you M1s, football fans or not. Why, you might ask? Three words: cheap NFL tickets. Yes, the Cardinals are the go-to team in St. Louis, but that means tickets for decent seats at Rams games can be found for \$20 on StubHub or Groupon. So you can watch one of the better defenses in the NFL face off against teams like the 49ers, Seahawks, Cowboys, and Broncos (all of whom will be coming to town in the 2014 season) for the price of a decent bottle of wine. I'd take that deal any day. And even though the Cardinals rule the roost, there are plenty of very knowledgeable Rams fans all around. You can walk into any sports bar in St. Louis on any given night and have an intelligent discussion with a long-suffering Rams fan about their upcoming match-up or Sam Bradford's ACL. All in all, the Rams' prospects certainly are looking up and St. Louis really is an underrated football city. So go check out a game. You won't regret it!



Everyone knows that tailgating is the best part of Rams games.

— Chetan Vakkalagadda, M1

Festivals and Events

Fair St. Louis

MetroLink: Forest Park-DeBaliviere stop

Fireworks! Concerts! Shows! Fair St. Louis is the city's annual Fourth of July celebration and includes events throughout the month of July. Due to construction on the Riverfront, Fair St. Louis will be in Forest Park this year. Various activities from sporting competitions for the kids to talks from the national park service; food from many local establishments; and air shows featuring antique military planes, skydivers, wing walking, and stunt teams happen throughout the main three-day festival. Each night, there's also a (free!) concert which in the last two summers have included Third Eye Blind, Nelly, Neon Trees, Heart, Bret Michaels and Counting Crows! All of that is great, but the best part is the fireworks display. If you happen to be here over the summer, you won't want to miss celebrating the birth of our nation by watching colorful explosions. Dates: July 3-5; Website: fairsaintlouis.org for details.

— Seth Howdeshell, M1

Japanese Festival

4344 Shaw Blvd.

If your idea of Japanese culture consists solely of teenagers dressing up as schoolgirls and shinobi and eating Pocky while watching stuff on CrunchyRoll, then you probably spend too much time on Kotaku, and should come to the annual Japanese Festival to learn about the more traditional, but still equally interesting, side of Japanese culture. (If you actually are into the stuff mentioned, you'll want to go to NatsuCon). This event is hosted every Labor Day weekend in the Missouri Botanical Garden and brings together an impressive showcase of Japan's artistic offerings. Various Japanese food vendors congregate at the Garden to bring you treats such as takoyaki (grilled octopus ball) and yakisoba (Japanese stir fried noodles). Martial artists and dancers come from all over the region to demonstrate their skills as well, making the festival a must-see spectacle. The festival also has interactive elements, as festival-goers are welcome to try their hand at ikebana (flower arrangement) and origami (paper folding) under the watchful guidance of experts. No matter what you are into, whether it be the culinary arts, fashion, or just expanding your cultural boundaries, however, there is bound to be something for everybody at the Japanese Festival. Dates: Late August.

— Francis Wu, M1

Festival of Nations

Tower Grove Park

If you love trying foods from all around the world, then this is the event for you. Grab a group of friends and bring your ravenous appetite to Tower Grove park in August for a day your taste buds will never forget. From American hotdogs and Afghan Kofta to Vietnamese Pho, your undiscovered inner foodie is sure to find solace at the Festival of Nations. There's also free ethnic music and dance (in ethnic garb!), and the opportunity to buy awesome stuff at the World Bazaar. Admission and entertainment are free. Dates: Late August.

— Michael Roubakha, M1

Greek Festival

4967 Forest Park Ave.

The St. Nicholas Greek Festival is definitely a St. Louis must-visit during the long Labor Day weekend. The festival is held just one block away from campus and includes live entertainment and music, small shops to buy small goodies, and Greek food. Bands play Greek music all day long and provide a great atmosphere for the main event, the delicious food. During this festival you'll see countless spinning grillers and open pits cooking gyro meat (including a small

army to man all of it) and stands selling lots of Greek foods like gyros, kebabs, moussaka (an eggplant and potato dish), and spanakopita (a savory pastry). The highlight of the Greek Festival, and what keeps me coming back each year, are the desserts which include Baklava Sundaes (baklava served with vanilla ice cream drizzled in chocolate sauce) and loukoumades (a donut like pastry drenched in a sweet syrup with spices and nuts). Admission, like many other festivals and attractions in St. Louis, is free. Greek Festival only happens once a year so make sure you don't miss it! Dates: Early September.

— James Ko, M1

The Great Forest Park Balloon Race

Central Field in Forest Park

Chances are, even with all of your impressive experiences that you so meticulously included in your application essays, you have never experienced anything like St. Louis' Balloon Glow. Every September, the night before the Great Forest Park Balloon Race, a mass of hot air balloons inflate on the park green for a spectacular glow of light, color, and fire. Half of St. Louis seems to show up for the event, which is free and also includes live music and food, so I would strongly recommend walking rather than facing the horde of traffic. The next afternoon, call on your friends who live in an apartment near the park with an accessible rooftop to watch the balloons take off for the race. Dates: Late September; Website: greatforestparkballoonrace.com for details.

— Emily Moseley, M1

Taste of St. Louis

Metrolink: Civic Center stop

Taste of St. Louis is a yearly event that takes place downtown, only a few miles away from Wash U. Many types of food are represented, from BBQ to Brazilian to Chinese, and everywhere in between. Each vendor usually has a selection of reasonably-priced food items. They're smaller portions than you'd get in the restaurants themselves, but the point is to allow you to sample a lot of different flavors in one place. You'll find sweet and savory, salty and sour. If you don't end up liking something, not to worry — you haven't wasted the time and money on a full meal! If you fall in love with a dish, you know it's worth the effort to make a trip to the restaurant. Plus, there's great music and entertainment going on the whole time, so you can either go for an hour or two to get some grub, or make a day of it. Dates: End of September or beginning of October.

— Shari Brauer, M1

Mardi Gras

Soulard neighborhood

Believe it or not, St. Louis is the second-biggest Mardi Gras city in the U.S., behind New Orleans of course. The place to be on Mardi Gras is Soulard, the historic French neighborhood in St. Louis. There is a parade in Soulard if you get there early enough but even if you miss it, have no fear: Whenever you get there, you are sure to find crowds of people in the streets. There are countless parties in the bars/party tents, music, street performers, and people of all sorts doing a variety of things to get beads. Beads are essential, so make sure you bring them. Whether you like to drink or not, Mardi Gras is definitely a fun time here in St. Louis and you absolutely have to check it out at least once. Dates: Early March.

— Abiye Ibiebele, M1

Thurtene Carnival

1 Brookings Dr.

Thurtene Carnival is an annual carnival held on an April weekend and is organized by undergraduate students at Washington University. Thurtene Carnival, which has been held since 1908, is the oldest and largest student run carnival in the U.S. and typically attracts over 80,000 people from the surrounding community. Attractions at the Carnival include many amusement rides, game booths, and booths selling food run by various student organizations including a deep fry station selling the standard carnival fare of burgers, fried Oreos, and corndogs. Arguably the main attraction at Thurtene Carnival is the numerous multi-story facades built by the fraternities and sororities at Wash U. In the past, these often two-story facades, which can take months to build, have included an enormous 50-foot pirate ship, a gas station, a studio lot, a train station, a house of cards, and a haunted house. In addition to the facades, each Greek team produces a full theatrical production that is acted out several times per day. The carnival is held during Wash U's alumni weekend and the proceeds go to charity. This work of hundreds of Wash U students is definitely a must-see. Admission is free. Dates: Early April; Website: thurtene.org for details.

— James Ko, M1

Science on Tap

7260 Southwest Ave.

So at some point you might think to yourself, "Self, if I'm in school and studying most of the time, will I do too much more than hang out with people (and go to the occasional party)?" Well, while hanging out is a critical component of good well-being, we find ourselves going to the occasional intellectual

spot to unwind. One great program for that at Wash U is Science on Tap. Science on Tap usually happens on the last Wednesday of month, bringing in a faculty member from the Danforth campus to talk about a topic related to (or not so related to) that member's research. It is hosted at the local restaurant/bar/brewery Schafly Bottleworks in a large conference room with its own bar and wait staff. (Note: food and drinks are not free.) In the past, Science on Tap has featured great faculty like Dr. Glenn Conroy (anthropology/anatomy & neurobiology and our anatomy professor!) talking about human evolution, Dr. Jeffery Gill (political science) explaining how statistical modeling is used to fight terrorism, and Dr. Rob Dymek (earth and planetary sciences) giving a visual tour of the formation of Yellowstone National Park. Talk about a place to get a beer and relax!

— Drew Sinha, M1

Staying Active

St. Louis Marathons, Half-Marathons and 5K Runs

St. Louis is host to several amazing running festivals and events throughout the year. First up in the academic year is the St. Louis Rock'n'Roll Marathon in late October which features many rock bands performing original songs and covers of your favorites along the half marathon and marathon course to motivate you to the finish or to a new personal record. For the run-happy, there is also the Go! St. Louis Marathon/Half Marathon in early April. If you're not yet ready for the marathon running scene, don't fret. St. Louis is host to countless 5K runs including the Color Run (April and September), the Gateway Cupcake 5K (October), the Ugly Christmas Sweater Run (December), and the Go! St. Louis Halloween Race (October). For those looking for a more intense experience, St. Louis also hosts Tough Mudders (September) and a Zombie Run for Your Lives race (September) that a group of WUSM students goes to every year.

— James Ko, M1

Steinberg Ice Skating Rink

400 Jefferson Dr.

The Steinberg Ice Skating Rink is another one of Forest Park's great treasures. Located a short walk from campus, it was the location of one of the Entering Class of 2013's social events. The rink has a moderately-sized skating surface with two bonfires burning nearby if you want to take a break from skating (or from falling down in some cases). There is also a well-stocked café for well-deserved refreshments. Skating admission costs \$6 and skate rentals cost \$5,

with season passes available for those of you who are more inclined. If you haven't ever skated before, they also offer lessons during the winter months. Steinberg Skating Rink is definitely something you want to check out at least a few times during the winters in St. Louis.

— James Ko, M1

Upper Limits Rock Climbing

326 S. 21st St.

Upper Limits is a fun way to spend an afternoon while also getting some exercise! It's an indoor climbing gym with two locations in St. Louis (Downtown and West County). It has dozens of different climbing paths in a variety of difficulties and styles, from the standard belay-assisted climbing to free-climbing and bouldering. For the occasional climber, you can get a one-time pass with or without equipment rental. If you enjoy climbing more often, you can buy monthly or yearly memberships. They also have some pretty good classes (it's a good idea to take advantage of these if you're a beginner). The facilities are well taken care of and popular (but not too packed). If you haven't been climbing before, give it a shot — it's a blast!

— Shari Brauer, M1

Skyzone

17379 Edison Ave.

Did you miss out on the trampoline-jumping days of our childhood? Or were you once a competitive gymnast and miss the feeling of flying? Or maybe you just have a lot of energy built up from too many hours sitting still in classes? No matter the reason, if you have any desire to jump on trampolines, then Sky Zone is for you! It's basically a gym with three arenas full of trampolines lined up side-by-side and end-to-end. You can jump, flip, and play trampoline dodge ball. They also have a foam pit so that even if you've never flipped before, you can try it safely there. It's a phenomenal workout and a tremendously fun group activity!

— Morgan Schoer, M1

Moolah Lanes

3821 Lindell Blvd.

Moolah Lanes is located in the basement of the Moolah Temple, which is altogether a pretty neat place (see also: Moolah Theatre). The bowling area is spacious, well-lit, and clean, with a bar and lounge with plenty of seating conveniently located right next to the lanes. In my experiences at the Moolah, the patrons appear to be mostly Saint Louis University students. (You can make non-WU friends, or live by the #NoNewFriends code — your choice.)

Regardless, the Moolah Lanes are pretty relaxed and unpretentious; if you're into bowling, they're also the closest bowling alley to the medical campus, so you might as well pay it a visit.

— Jeffery Marinshaw, M1

St. Louis Attractions

Anheuser-Busch Factory

1200 Lynch St.

If you're looking for a place to bring your visiting friends or you are simply in the mood for a few beverages, take the trip out to the Anheuser-Busch Factory for a nice afternoon of (education and) beer. While you're waiting for the FREE tour, you can peruse the gift shop to buy your new favorite Anheuser-Busch backwards hat and Natural Light keychain bottle opener. If you're so inclined, you can walk outside to the biergarten that has most Anheuser-Busch products on tap and a grill to satisfy the inevitable salt and grease cravings. When your name is called, you can then enter the Willy Wonka-like tour of the beer factory, which gives you a first-hand look at the brewing and bottling process as well as the beautiful and famous Clydesdale horses. Right at the end of the tour, you are given your return of investment from all of the shares of Bud Light that you bought every weekend during college in the form of two free beers of your choice. If you're feeling bold, go ahead and get four or five "second" beers to make sure that you are as knowledgeable about Anheuser-Busch's products as you now are about the brewing process.

— Jared Goodman, M1

Saint Louis Zoo

1 Government Dr.

I love the Saint Louis Zoo. For those of you unfamiliar with St. Louis, the zoo is located in Forest Park, meaning that it is free (always a plus for medical students on a budget) and fairly close to the medical campus (about two miles by foot or car). Finding a parking spot near the entrance can be tricky on the weekends, but attendance tends to wane a bit as the weather cools off. The park itself offers a pretty good variety of critters. Though the popular penguin exhibit is closed for remodeling until 2015, there's still plenty to be seen indoors and out, from apes and big cats to tiny reptiles and the peacocks that seem to have been given free rein of the park. At their best, I think zoos should function to educate, entertain, and celebrate biodiversity and I would posit that the Saint Louis Zoo achieves these goals. So the next time you

have a free afternoon on a lovely day, consider grabbing a friend or three and visiting the Saint Louis Zoo. It's worth your time.

— Jeffery Marinshaw, M1

City Museum

701 N. 15th St.

Remember how much fun you had climbing through the McDonald's Playplaces as a kid and how bummed you were when you finally outgrew them? Well, imagine a giant version made for adult-sized people that fills a multi-story building, is constructed entirely out of artistically re-purposed metal and junk from around the city, and is complete with a giant multi-story slide, a ball pit, two old airplane cockpits, caves, a human-sized hamster wheel, and a precarious-looking school bus sticking off the edge of the roof. This is the City Museum. It is something you and your friends cannot miss!

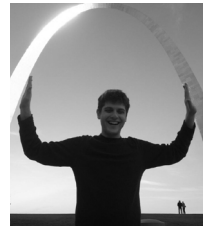
— Emily Moseley, M1

The Arch

MetroLink: Laclede's Landing stop

I feel honored to have the monumental task of writing about the one and the only Jefferson Expansion Memorial (Gateway Arch), the most iconic part of the magnificent St. Louis. If you ask other med students, they will probably say the Arch is cool but "overrated," but that is sheer madness! During the white coat ceremony, my family stayed across the street from the Arch and we crowded around the window at night like explorers stumbling across a rare treasure as we gazed out at the 630-foot-tall steel beauty. We also hopped on a carriage at night (drawn by a horse called Jedi, no less) and slowly cantered down the street towards the Gateway to the West to cap off the night. Even if you don't develop an emotional attachment to the structure as I have, the Arch has a lot to offer. The ride to the top is an unusually harrowing experience that you can tell your friends back home about, and, once you reach your destination, you can enjoy the spectacular view while boosting that history knowledge. Finally, the grounds around the Arch are perfect for relaxation or a day in the sun!

— Jordan Jacquez, M1



The Arch is a must-see during your time in St. Louis.

Missouri Botanical Garden

4344 Shaw Blvd.

The Missouri Botanical Garden is a beautiful retreat for the nature inclined. Although Forest Park is so close, sometimes you need more greenery in order to step away from the world of concrete and glass. For an afternoon trip, the Botanical Garden is perfect. It is cheap, close to school, great for dates or voyages with friends, and evolves with seasonal change throughout the year. There is an impressive food garden; pretty English, Japanese, and Chinese style gardens; and a terrific rose garden. The highlight is the sensory garden, which is designed to stimulate our senses of smell, sight, touch, and even taste. Nibble on a mint leaf while petting a lamb's ear plant, but watch out for the thorns on those sweet-smelling roses!



Experience the local flora at the Botanical Gardens.

— Colton Gits, M1



Fans of both roller coasters and carousels can enjoy a trip to Six Flags.

Six Flags St. Louis

4900 Six Flags St. Louis Railroad, Eureka, MO

Six Flags St. Louis is a great way to spend a week-end and have some fun outdoors! It usually isn't packed; lines are pretty short (30-40 minutes max, except on their busiest days). It isn't as big as Cedar Point or Six Flags Chicago (Great America), but they've added at least one new attraction each year for as long as I've been going (the past 10 years or so), so there's great variety. They put on some nice special events too, like Fright Fest on Halloween and various concerts throughout the season. The water park, Hurricane Harbor, is awesome for hot days, too. If you're planning to go more than once in a season, go with the season pass to save quite a bit of money and get some nice coupons too, like free admission for a guest. Whether you like the thrill of roller coasters or prefer something a little tamer, you'll have fun at Six Flags!

— Shari Brauer, M1

Art, Music, and Theater

The Pageant

6161 Delmar Blvd.

The Pageant is the perfect mid-sized venue for any artist of any genre. Having been there five weekends out of the last eight weeks, I'm not lying when I say

a show at the Pageant is always a good time. Feel like rocking out and getting mad sweaty? Then the mosh pit is for you. Say you want a slightly mellower experience, then there is a fully stocked bar in the 21+ Mezzanine area, where you can still get close to the artist and not feel like you're on the verge of being trampled. Also, the Pageant hosts a wide variety of musicians from EDM gods like Steve Aoki and Zedd to budding hip hop artist Chance the Rapper and every hipster band in between! Long story short, tickets are for the most part reasonably priced, and the show is always more intimate than any kind of sold-out arena performance, so definitely check it out (Who knows, Nelly might pop out for a surprise performance!)

— Harleen Grewal, M1

The Fabulous Fox Theater

527 N. Grand Blvd.

The Fox Theatre is a stunningly beautiful theater that offers a dizzying array of performances by famous artists, musical productions, plays, instrumental ensembles, comedians, and radio shows. Built in 1929 during St. Louis' heyday, the interior of Fox Theatre is incredibly ornate, having been described before as "bewildering in [its] richness and dazzling..." Some events I have been to at the theater have included *Evita*, the *Book of Mormon*, and a recording of the NPR show "Wait, Wait, Don't Tell Me" at prices much cheaper than anything I could get back home. Whatever your fancy, make sure to check regularly for events at the Fox Theatre. There is sure to be something that interests you.

— James Ko, M1

The Muny Outdoor Musical Amphitheatre

1 Theatre Dr.

If you're in St. Louis over the summer and looking for a little more song and dance in your life, look no further than The Muny in Forest Park. As one of the oldest outdoor municipal theaters in the country, The Muny puts on a different musical production every week in mid-June through mid-August, so you are bound to find at least one that you enjoy. Shows start around 8 p.m. to beat the summer heat and the best part is that the last nine rows of seats are free (yes, free!), so you could go every night if you really wanted to. Be sure to show up early for the free seats though, as they go fast for the popular shows and during nicer weather.



Two students stake out their seats for a summer concert.

— Emily Moseley, M1

Hi-Pointe + Tivoli Movie Theatre

6350 Delmar Blvd.

The Tivoli is a movie theatre with a lot of history located on the Delmar Loop. The old-timey marquee and signage out front fit perfectly with the interior, where the walls are adorned with framed movie posters from past generations of films. In contrast to theaters like the Chase Park or Galleria, the Tivoli tends to avoid blockbusters in favor of Indie/art house/foreign/etc. films like the criminally underrated *Spring Breakers*. Like some other theatres in the area, the Tivoli does some midnight screenings of cult classics throughout the year, including the ever-popular *Rocky Horror Picture Show* on Halloween night and *The Room* at sporadic intervals. (All in all, the Tivoli offers a pretty diverse slate of movies, it's located near plenty of food options, it's accessible by MetroLink (two stops away from the CWE), and there's plenty of seating for you and your fellow film buffs.



Halloween at the Tivoli is always a festive occasion.

— Jeffery Marinshaw, M1

Moolah Theatre

3821 Lindell Blvd.

The Moolah Theatre is about 1.7 miles east and north of the medical campus. The building itself, restored in 2004-05, is a former Shriners Temple with a distinct, vibrant color scheme inside and out. The Theatre only has one screen, so it usually carries a popular current movie for a few weeks at a time. The bar (!) next to the concession stand offers themed cocktails inspired by the current film that you can sip on while sitting on comfy couches that serve as the most popular seats in the house. (The couches fill up quickly, so arrive early if you don't want to be consigned to standard theater-style seating in the back.) Additionally, there is a small side room with free, weekly live screenings of popular TV shows for those without cable (like me!) who still need their *Mad Men* (or Cardinals playoff baseball) fix. Finally, beyond its regular slate, the Moolah occasionally puts on discounted midnight shows of "classic" or seasonally-appropriate movies (*The Big Lebowski*, *Fight Club*, *Christmas Vacation*, etc.). It's fun, it's close, it has a good vibe, and it generally shows good movies. What's not to like?

— Jeffery Marinshaw, M1

Chase Park Plaza Theatre

212 N. Kingshighway Blvd.

Just going out to see a movie can be a treat, but seeing a movie at the Chase Park Plaza is an exercise in luxury. The theater is located inside one of the most elegant hotels in the city, meaning that you are treated to artwork, a fountain, and a beautiful lobby all as you find your way to the right movie screen. Upon leaving, you're served mints and candy off a silver platter.

Fancy, no? The fact that all of this is within easy walking distance of campus means that you can go here often and invite all of your friends even if they don't have cars. What better way to experience the magic of cinema? (Pro tip: Tickets can be as low as \$5 on Wednesdays!)

— Jordan Standlee, M1

Nightlife — Central West End

International Tap House (ITAP)

16 S. Euclid Ave.

A conundrum: St. Louis is home to Budweiser and some incredible craft beer. Which do you choose? Some people might feel un-American not buying the Bud, but what if those craft beers were only \$2.50 for a pint on Monday nights? And if that's not enough, what if you got to choose between 500, yes 500, different craft beers? Some even go up to 13% ABV. That is quite a night waiting to happen, boys and girls. International Tap House (ITAP) is always a quality decision. The atmosphere is fantastic, super chill but busy enough to feel like a night out. You'll see lawyers, doctors, medical students, and other locals there any night of the week. Plus, there's no kitchen, so you can get takeout from any of the surrounding restaurants (Racanelli's right next door, or Jimmy John's anybody?). Stop by to watch Monday night football, or start a Friday night out on the town; ITAP has you covered either way. Plus, I can honestly say that during WUMP preorientation, I went to ITAP with a group of people I had just met and they're pretty much all my best friends now. So, moral of the story: ITAP forges friendships over cheap craft beer. You will be a regular.

— Giuseppe D'Amelio, M1

Tom's Bar and Grill

20 S. Euclid Ave.

By far, one of my favorite bars for hanging out! Tom's is a dive/sports bar with good bar, food and cheap drinks. During baseball season, the bar is crowded with Cardinals fans watching the game on Tom's many TVs. They also have

all-you-can-eat wings on Wednesdays, two-dollar beers on Tuesdays, and karaoke on the weekends!

— Casey Beleckas, M1

Taste

4584 Laclede Ave.

Taste is by far my favorite bar in St. Louis. It deserves this accolade for many reasons. The first is décor. Taste manages to be both cozy and trendy. As soon as you walk in, you know you could gladly hang out there for hours at a time. Second is the drinks. Not only does their list include about 100 different concoctions, all of which are amazing, but the very skilled bartenders will whip up a completely unique drink just for you. I am very passionate about Manhattans, and Taste makes the best one I've had since leaving the borough for which they are named. Third is the food. The menu includes 10 or so small plates, which are always changing and are always amazing. The fries (thankfully a permanent inclusion) are incredible. I can't even really describe them; you just have to go and eat them for yourselves. So what are you waiting for? Go now!

— Frances Clow, M1

Club 34

34 N. Euclid Ave.

Club 34 is a fine establishment that everyone should experience at least once. It's a small bar right on Euclid. Don't ask them what they have on tap because there isn't anything. You can get PBR for \$2.50, a bartender that will remember your name, and a quieter night out to change things up. One time I even saw a dog sitting at the bar and it was cool because he was wearing a Cardinals blanket. It's just one more reason St. Louis is the place to be. Things can get random, but that's part of what makes it great.



A student exercises his mind and his liver simultaneously.

— Steve Fuest, M1

Sub Zero Vodka Bar

308 N. Euclid Ave.

Sub Zero is a sushi and vodka bar/restaurant in the CWE. While they have a large vodka selection, claimed to be the largest in the country, I personally find their burgers to be the most impressive offering. They have decent prices, especially during happy hours. The vibe at night is very chill with good music,

a younger crowd, and an ice bar to keep your drinks cold. And don't forget to go on your birthday to get your free bottle of vodka!

— Casey Beleckas, M1

Mike Talanya's

1115 Hampton Ave.

Do you know what heaven looks like? I do. Let me tell you about my experience. Imagine being surrounded by mirrors, and no I'm not just talking about mirrors in the bathroom. Mirrors on the walls. Mirrors on the ceiling. Mirrors on the disco balls that spin effervescently above your head. From the voyeur to the narcissist, Mike Talanya's Juke Box is the place to be when you want to enjoy St. Louis nightlife. The gentleman's club turned karaoke bar/night club located just off I-64 at the Hampton Avenue exit is replete with the old and young that want a taste of the crazy life that they always dreamed about. Because it is open until 2:30 a.m., the typical arrival to Talanya's is always full of excitement because you only decided to go 10 minutes before, when you were kicked out of your favorite CWE bar because it is "too late" (or for whatever reason you can think of). The next thing you know, you're ripping tequila shots with a recently married bride and groom while twerking with your favorite med school friends to Miley Cyrus, Usher, and Frank Sinatra. Case in point: GO. You won't regret your decision.

— Jared Goodman, M1

Nightlife — Delmar Loop

Moonrise Rooftop Bar

6177 Delmar Blvd.

Although Moonrise is located over by the Danforth Campus on the edge of the Delmar Loop, it's a great bar to venture over to once in a while. It has an amazing rooftop patio that is fun to hang out on during nice summer/fall/spring days. It draws a slightly classier crowd than the rest of the Loop bars, so I would recommend dressing up a little more if you're heading to Moonrise. The crowd includes a lot of young professionals, so it's a great place to go to meet new people outside of the class. Another perk is that it stays open until 3 a.m., so when the Loop bars close at 1 a.m., you can make the quick walk over to Moonrise and stay out for another two hours!



One day, you too can look this classy.

— Ally Schelble, M1

Pin Up Bowl

6191 Delmar Blvd.

Pin-Up Bowl is a pretty chill bar/bowling alley with a great location: it's on the Delmar Loop, so it's just a few miles from the CWE and is nestled in with other nightlife spots like the Moonrise and the Pageant. For the night owls, Pin-Up is also located east of Skinker Boulevard, meaning that it can stay open until 3 a.m. (!) every night of the week, unlike the bars located west of Skinker just down the block. Although Pin-Up Bowl is fairly close to the Wash U Danforth Campus, in my experience the clientele tends to be a few years older, more heavily tattooed, and more relaxed/less loud. Plus, there's bowling! It gives you something to do other than just drink and chat with your friends and little victories like an unexpected strike or spare become a cause for group celebration and/or trash talking. Overall, Pin-Up is low-key and can be pretty fun, particularly if you enjoy bowling (regardless of skill level) and/or occasionally running into musicians after their shows at the Pageant.

— Jeffery Marinshaw, M1

Blueberry Hill

6504 Delmar Blvd.

Though first year is a great experience, there might be some times when what you really need is to throw some sharp objects at the wall. For those days, there is Blueberry Hill. In addition to playing darts over a pitcher of beer, you can go for dinner and check out the expansive collections of Simpsons or Beatles paraphernalia, play some arcade games, or just peruse the photos of the owner with hundreds of famous people who have visited this classic St. Louis destination. Though it's not within walking distance like most bars and restaurants in the Central West End, it is on the famous Delmar Loop which is only a few minutes away and definitely worth the visit. Blueberry Hill is also host to many local artists. Notably, the monthly performance by the famous Chuck Berry (known as the Father of Rock and Roll) is definitely something you don't want to miss.

— Emily Moseley, M1

Nightlife — Midtown

Library Annex

3693 Forest Park Ave.

Simply put, The Library Annex is a magical place. By day, it is a restaurant that apparently has good food and a unique theme of tables next to bookshelves so that it feels like you are in a library. But seeing as how I've never been there in the day, I can't comment on the food there. During the night,

The Library is the place to be. It is probably the closest thing you are going to get to a club in the area, with a very sizable dance floor and a stage up in the front for those of you who are either talented or full of alcohol-flavored liquid confidence. The music there is always on point, with the top hits of the day as well as the occasional old classics. In the back, there are beer pong tables and pool tables if dancing isn't your thing and you just want to have a chill night. But when I think of Library, I think of one thing.... Billy Buckets. What is a Billy Bucket? You just have to go to the Library and find out, or ask me or one of the many other people in our class who love the Library.



The "sharing is caring" rule also applies to drinks.

— Abiye Ibiebele, M1

Nightlife — Lafayette Square

Bailey's Chocolate Bar

1915 Park Ave.

Exactly what the name implies. The Chocolate Bar is a popular spot in the Lafayette Square neighborhood and it's easy to see why: The desserts are delicious, the drink options are manifold, and the menu's centerpiece combines both in the form of outstanding chocolate martinis. The space is intimate, dense, and dimly-lit, making it great for dates or small celebrations, and there are pretty good appetizer options like mix-and-match cheese plates if you would prefer not to dive straight into dessert. If drinking is not your thing, the non-alcoholic dessert options, both hot and cold, are also great. My experiences at the Chocolate Bar have been uniformly enjoyable and memorable, and I encourage you to make the trip over to Park Avenue to check it out for yourself if the phrase "chocolate martinis" somehow didn't already sell you on it.

— Jeffery Marinshaw, M1



TRAVEL AND
OUTDOORS

Climbing, Biking, and Hiking

It should come as no surprise that, as medical students, we need to take every chance we can to get outside. After all the academics and sitting in front of computers for hours on end, there is nothing more satisfying than getting outdoors. For those that are into exercise, there's a gym in Olin and tennis courts by the hospital. However, bikers are the luckiest of the bunch. Forest Park is right next door to campus and boasts a six-mile loop and plenty of roads to explore within its borders. There are historical bike paths all throughout St. Louis, so you can travel all the way downtown, back toward Clayton, and even farther out to the western suburbs if you so please. For climbing, St. Louis is either conveniently – or inconveniently – placed right between Red River



Gorge (six-hour drive) and Horseshoe Canyon Ranch (five-hour drive). Red River Gorge is known primarily for its sport climbing, but it has a fair amount of traditional climbing as well. Horseshoe Canyon Ranch is well known for its sport climbing as well as bouldering, but is also great for beginners. Unfortunately for hikers, you won't really find much elevation in the Midwest, so sorry to the folks who have done their rounds on the Appalachian Trail, Rockies, or what have you. However, there are a good number of State Parks and campgrounds nearby. It may not be hilly trekking, but there's still plenty of nature to see and appreciate in the area!

— William Cheng, M1

Flying to/from St. Louis

St. Louis is a great place to be, and I can honestly say that I haven't yet wanted to leave. But life happens, the holidays come around, and you've got old friends to see. Fortunately, whether it's a matter of family, friends, or the wanderlust, it could not be much easier to hit the open air. St. Louis' Metro-Link, a rail system which all medical students can ride for free, has stops both at the airport and at the medical school. You're literally only a couple hundred steps — and a 10-minute train ride — from the classroom to the terminal every day. Lambert Airport isn't O'Hare or JFK, but it has about 90 gates, meaning you can fly direct to most major metropolitan areas (or with a single connection to many others). A few of my classmates have even taken trips during classes. This seemed unfathomable to me at first, but I've realized that

medical school is a great time to get out and see the world. You're in charge of your own learning much of the time and attendance requirements are minimal (and even then, they are flexible). If you're an independent learner and a traveling soul, the sky's the limit. Whether you're looking to head home, to your undergrad campus, or somewhere altogether new, Wash U is a frequent flyer's dream.

— Bernie Mulvey, M1

Destinations

Chicago

If for any reason you find there isn't enough action in St. Louis, between your friends' places, the carrels, and the hospital, fear not! Chicago is just a few hours away. I usually take the Amtrak, which costs between \$25 - \$75



each way, depending on the day/time. There are usually four-to-five trains running between St. Louis and Chicago daily from early morning to late afternoon. Currently, the train ride takes about five hours, but the states of Illinois and Missouri are collaborating to build high-speed rails that will reduce the transit to three hours. Other travel options include Greyhound, flying, and driving. When you arrive, just walk around and soak in the beautiful cityscape. If this is your first visit, I highly recommend the Magnificent Mile, where the Feinberg School of Medicine is located. Run along the Riverfront, check out the Art Institute of Chicago, and enjoy musicals at the Bank of America Theater. And if you have money to spare, shop and dine along Michigan Avenue. (Just beware of the high sales tax!) Finally, Chicago is a gigantic commuter hub — it has Union Station and O'Hare — so from there you can get almost everywhere in the U.S. and beyond. And all this is only five hours away from St. Louis!

Consider a weekend jaunt to Chicago to satisfy your travel cravings.

— Vivian Chi, M1

Kansas City

Whether you're from Kansas City or just want to try some amazing barbecue, you'll have no problem getting there. It's only four hours away — perfect for a weekend trip. Unless road trips are your thing, the train is a great option. There is an Amtrak station 15 minutes away from campus that offers

a train from St. Louis to Kansas City and back twice a day. Being from the suburbs, I have already ridden the train home a couple times to visit family. The train ride is about four and a half hours, which provides a good amount of time to catch up on your studying before and after the weekend. As for a weekend in KC, there are lots of things to do! Go check out the art at Nelson Atkins Museum, see the Chiefs play at Arrowhead Stadium, or do some shopping at the Country Club Plaza during the day. Then head to Westport or Power&Light District to dance the night away! Whether for fun or to visit family, having such easy access to Kansas City is a big plus to living in St. Louis.

— Lyndsey Cole, M1

Louisville

That big highway right next to campus? That's Route 64/Highway 40. Take that directly east for a little less than four hours and you'll end up right in the center of Louisville. Louisville is a fun and unique city that can entertain literally anyone. You could start your day at one of the many art festivals or at a tour of your favorite bourbon distillery. Snap some touristy pictures in front of the 10-story Louisville Slugger baseball bat or attend a minor league game at Louisville Slugger Field. If baseball isn't your sport, the University of Louisville is crazy about its football and basketball teams. When you get hungry, grab dinner at a bourbon-themed restaurant or any of the endless local stops. To top off the night, you could visit the many bars at Bardstown Road or join the giant party that is 4th Street Live. With St. Louis being so close to Louisville, there's no excuse for missing the biggest event of the year, the Kentucky Derby. Find your biggest hat and go to the races! Derby festivities aren't just limited to the one big race day — other races and parties last for a couple weeks. When your visit is over, just hop back on 64/40. With the one-hour time difference, the four-hour drive gets you back only three hours after you leave, making Louisville a quick and enjoyable weekend destination.

— Rachel Gartland, M1

Memphis

Tired of the old Chicago grind? Enjoy music and food? Turn south on I-55 instead of north and experience the magic of Memphis, Tenn. The highlight of your trip will be visiting the places where old blues and rock legends got their starts, including Graceland, the home of the totally still alive Elvis Presley. Whether it's jazz, blues or rock 'n' roll, Memphis has live music to suit your taste and the history to back it up. When you get hungry, grab some Southern-style soul food or a plate of distinctive Memphis barbecue. And, while you're in Tennessee anyway, you might as well sample the range

of Tennessee bourbons, including the famous (and not actually a bourbon) Jack Daniel's. You can get to Memphis by car, bus or plane (again, if you're some kind of millionaire).

— Punit Vachharajani, M2

Nashville

We have a lot of fun in St. Louis, but sometimes you've just got to get out of town, right? If you feel the urge to steal away for a weekend, a stop to consider is Nashville, Tenn. It's within reasonable driving distance (five hours on easy interstates) and it's a hoot of a time. You might think that Nashville is a nice, well-behaved Southern town, but that thought would be wrong. Nashville is the wildest place I have ever been. "Loveably and unashamedly trashy" only begins to describe it. On a Saturday night, it is a sight to behold. The honky tonks (country music bars, for those who don't know) are packed with all sorts of colorful people looking to have a good time. On every floor of every establishment, a different band will be playing, and playing loudly. That's a good thing too, because all those colorful folks will be singing along. Jason Aldean said that in Nashville "everybody is trying to make it." You, too, should be trying to make it ... home in one piece. Be prepared to witness and enjoy some shenanigans in this town.

— Kevin Cross, M1



advice

From Dean Michael Awad

I lived on the East Coast for most of my life and did some training on the West Coast, but had not really spent any time in the Midwest. I first visited St. Louis when applying for fellowship and was very pleasantly surprised! So much, in fact, that I sought it out for my first career as a physician and the rest is history! St. Louis has been a wonderful place to live and to raise a family. Even though I have been here for several years now, I am still finding new restaurants and new things to do every weekend. Your life and your friends inside and outside of the medical school will keep you balanced; seek them out. And remember that there are many people willing to help you whenever you need help — myself included. Don't hesitate to come by the office or shoot me a message if you every need anything. That is why we are here!

From Drs. Glenn Conroy and Jane Phillips-Conroy

What advice can we give you from the perspective of our many years' teaching Anatomy here at WUSM? (62 combined Phillips/Conroy years and counting ...) The most important thing we can say to you is that we love teaching Anatomy, and our hope is that we will be successful in communicating that love and enthusiasm to you. And before you get your academic careers too far underway, we're alerting you to our hope that some of you will return to the course to teach with us — either as an MSTP TA, a fourth-year student in a teaching elective, or even years beyond, as a resident.

- Don't let the huge amount of material overwhelm you. You will definitely not KNOW anatomy by the end of the course, but you will have achieved a level of familiarity and knowledge that you would never have imagined when you began the journey.
- Enjoy the experience. Anatomy lab is a vital, wonderful place. You have to attend lab to pass the course, but you will soon find that you learn more there than you've ever learned anywhere: What lies beneath the skin reveals human commonality and individuality as written in the pattern of blood vessels, nerves, and muscles.
- Talk LOTS to your lab partners and the faculty. We love teaching you ... corral us if we don't get to you as often as you'd like. Tell us you'd like more visits. Don't be shy.
- Consider carefully the wisdom of accepting upper-class students' "advice" that you don't need to work hard in Year 1. You do! Not competing is not the same as not working hard. Honor the wishes of the donors, your future patients, and the sacrifices made by your parents by learning as much as you can.

- Have fun. This is not incompatible with learning!
- Take advantage of the many intellectual delicacies and delights offered you as a student at this most amazing institution.
- Don't forget to sample from the artistic buffet that St. Louis offers. Go to the symphony!
- There's more to eat here (and much better foods for you) than fried ravioli. Offset your 60 percent (free) pizza diet with fresh fruit and vegetables. If your diet consists mostly of white food you're in trouble.
- Realize that important, lifelong relationships may be forged in the Anatomy lab. We speak from experience!

From Former Dean Ed Dodson

Medical school is serious business, but it is also full of happy moments, successes, plus some funny experiences. So now that you are a medical student, don't abandon your sense of humor - especially your ability to laugh at yourself. You are going to do some really dumb things, but it's not the end of the world if you are honest about it, accept your mistake, make amends, laugh at yourself, move on, and don't do it again. That's why it's called medical school. Now some specific advice:

- Have fun every day.
- Learn to fly fish and get your best friends and partner(s) to join you.
- When in doubt, send a thank you note. (Not email.)
- Have a conversation with every one of your classmates before the year is out. They are incredible people, many of whom will be your friends from now on.
- Learn to cook, and share recipes with your classmates. Here's one to get you started:

Key Lime Pie

$\frac{3}{4}$ cup of key lime juice (Only key limes will do.)

1 can Eagle Brand Condensed milk

4 egg yolks

One graham cracker crust (pre-made)

Directions: Mix ingredients. Pour in crust. Refrigerate. Eat and tell everyone how difficult it was to make.

- Have fun every day.

From Dean Koong-Nah Chung

Take advantage of the Wash U community. Your first year is Pass/Fail — a purposeful decision to foster collaboration and support. Form strong bonds with your classmates, for they will



Dean Chung shows off her artistic handiwork.

be your peers for four years and your friends and colleagues for a lifetime. Get to know the faculty, administration, and staff who are here to help you succeed. Find an advisor or mentor who takes an interest in you. Your mentor will help you navigate medical school and, if you're lucky, you may even get a home-cooked meal. Explore life outside the classroom. Stay grounded by volunteering in the community and stay sane by getting involved in school clubs and continuing your hobbies. Get to know St. Louis. There is no shortage of entertainment and plenty of nightlife. Catch a baseball game at Busch Stadium. Stroll through our world famous zoo or the botanical garden. Ignite your creativity at the science center or the art museum. Sooth your soul with the melodies of our world class symphony, the historic rhythm of jazz and blues, or the varying beats of our many music venues. Pay attention to your academics. Take your basic science courses seriously. They will come in handy in later years, and your future patients will thank you. If you want to do research, just email me (chungk@wusm.wustl.edu). Don't worry about your residency match yet; it will come in time. Focus on the immediate steps in front of you without losing sight of your purpose: to become a doctor. Most importantly, get enough sleep, exercise, and have fun!

From Dean Lisa Moscoso

Congratulations and welcome to medical school. Balance will be a challenging virtue to achieve while you are a student and likely for the rest of your life. Know you may find your life unbalanced at times. Medical school is demanding of your time and energy. However, you can be aware of what you may need to do to regain and maintain a healthy balance. Here are a few bits of advice that might be useful:



Dean Moscoso enjoys the SNMA conference with Dean Awad.

- Build relationships — You're going to need a strong community of support on this journey. You need not look far. Many future lifetime friends, colleagues, mentors, and advisors surround you.

- Respect others in your actions and words.
- Appreciate your family and friends. Stay connected.
- Exercise.
- Play outside.
- Laugh.
- See the beauty in each day.

Life will bring challenges, so please ask for help or support if you need it. And participate in or lead a student-run program.

From Dr. Greg Polites

As the course master for the Practice of Medicine (POM) I and III courses, I will get to know each of you very well. I will see you arrive both excited and nervous and watch you start down the long road to becoming a physician. In POM I you will learn, among other things, the art of the history and physical exam. And while it will seem overwhelming and awkward at first, it will all eventually come together. If I were to give you any advice, I would simply say to trust your professors and each other. We are all in this together! Your professors are here to help you excel. And your classmates are here to help you as well. They will become lifelong friends, and you will learn as much from them as you do from anyone. So get excited! You've made it! All of your hard work has prepared you for what will become one of the most challenging yet memorable times in your lives. And as with other classes, I will take pleasure in watching each of you over the next four years mature into what you will become — a confident, competent, and compassionate physician. Welcome aboard!

From Dean Valerie Ratts

The next years of your training will be a time of great growth. It is important to keep all in perspective.

Ralph Waldo Emerson said, "If the stars should appear one night in a thousand, how men would adore."

You will have many days (and some nights) where you are learning about the science of the human body. Don't forget the amazement that you experience the first time you dissect the human body or have the privilege of talking to a patient who will teach you lots about medicine, but also about the human condition. Understanding the role that a doctor plays in balancing biological knowledge of cells, signaling pathways, molecular and physiologic basis for disease and the vast number of treatments available with the ability to connect

with a person and their family and to communicate the options available to them in a way that they understand, trust, accept and will follow is a unique skill that physicians must master.

You are starting down an amazing pathway that will require diligence, sacrifice and hard work, but will also bring tremendous reward. Rely upon the skills and characteristics that have brought you to this point. You were selected because you have unique, elite attributes that will allow you to contribute to meeting the challenges of healthcare and biomedical research in the future. Remember we are so very proud of you and we are here to help you grow into an amazing physician. Recognize the importance of asking for help. There are many people around who want to see you succeed in every way.

Finally, get to know your classmates. They are exceptionally bright, accomplished and diverse in a variety of ways. Utilize their perspectives in your own educational growth. Your learning curve will become that much steeper! Welcome to Washington University School of Medicine.

From Dean Will Ross

Welcome to the Washington University School of Medicine. In St. Louis. While the latter distinction was added to differentiate us from an array of high-performing institutions that don't provide as much free food, we've found our association with St. Louis to be one of mutual benefit. Where else can you attend a world-class art museum, zoo, and science center; get a frozen concrete (you'll hear about that elsewhere in this book); eat flat pizza; get a ticket to Les Miserables; and hear jazz at the Bistro all for a total of 50 bucks?! The living is good for some, but, for distinct populations, the modern world has been less kind. True enough, several blocks from the medical center you will find neighborhoods grappling with generational poverty and escalating rates of sexually transmitted infections and chronic diseases. We accept our unique urban enclave for all its glory, including the good and the not-so-good. As an incoming student, you should immerse yourself in the fascinating world of scientific discovery and medical innovation but never forget that the true purpose of medicine is to uplift the human condition. During your years in medical school, connect to the greater community and experience the tremendous personal satisfaction of service, acknowledging the marked difference you can make on the lives of those less fortunate. Allow yourself to be trained, in essence, in a medical center without walls. Your overall experience as a medical school student will then be much more rewarding, at Washington University. In St. Louis.



Dean Ross poses with students.

Dr. Wayne Yokoyama, for All Medical Students

Phew! You made it. You got into one of the world's great medical schools, and certainly the most selective. Things are going great: you're excited about meeting new classmates, decorating your new apartment, starting classes, learning to be a doctor...

Then it hits you. There's so much to learn! And it seems to be more important than ever that you memorize everything you hear in class, and read in your textbooks. If you don't remember that one formula from your Biochem lecture, your (future) patient could die! Not only that, but it seems like all the other med students remember everything!

Relax. Feeling overwhelmed is normal. Take a deep breath, take another one. (That's enough, otherwise you might pass out from hyperventilation! More about that in second year.) You're here because we know you can do the work, and that you will make a fine physician. If you're still stressed out, you should know that there's no embarrassment in getting help (not just academic) from others, be it your fellow classmates, family, or a counselor.

The best advice I can give you is a perspective from my own anatomy professor who told me that he knew that our recall for his class material quickly waned with time. But he was confident that when we needed to use the material we forgot, we knew that it existed and where to find it. And that we could assimilate and use it very quickly, certainly much faster than learning it for the first time. He was right, perhaps even more so in this age of electronic information and internet search engines where information is readily available, but it's really helpful to have a good idea of what you are looking for and a sense for the accuracy of that information. So remember, there's no room in medicine for know-it-alls because they simply can't know it all!

From Dr. Wayne Yokoyama, for MSTPs

Pause to think...

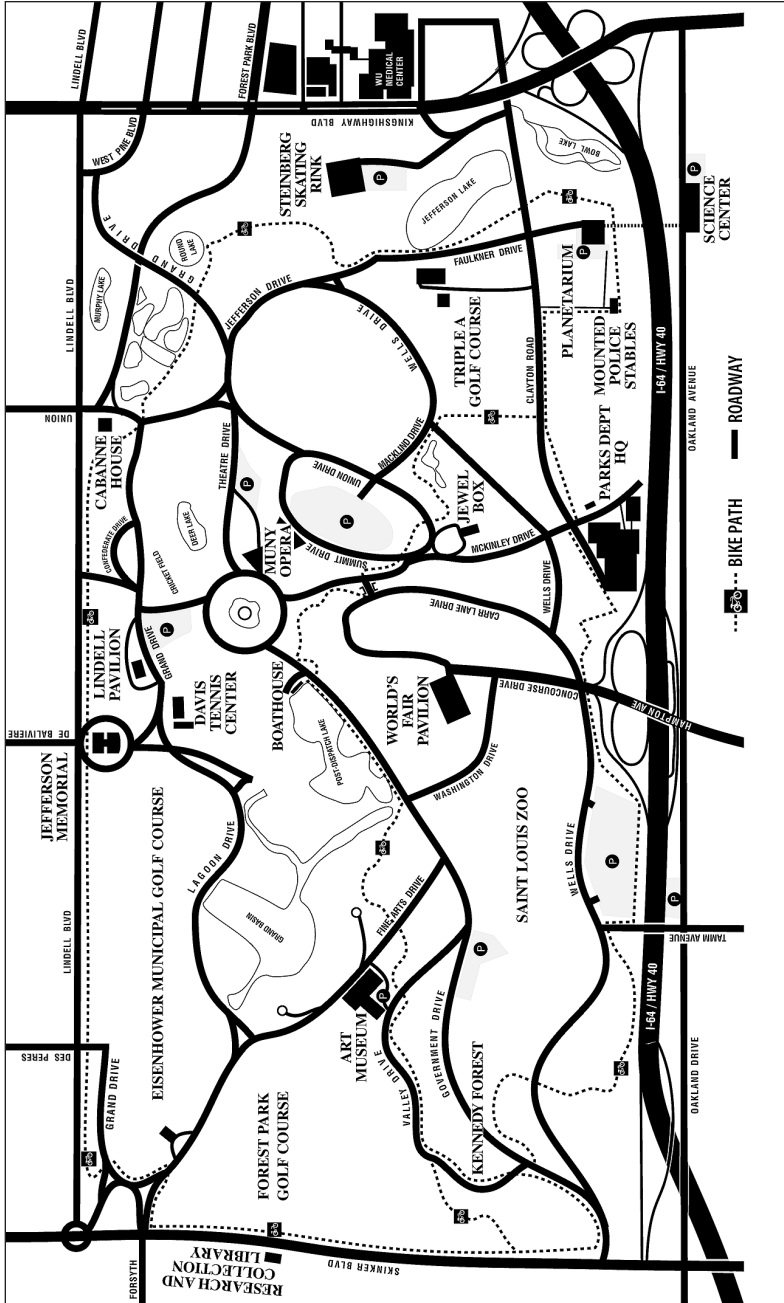
You will learn how the human body works from head to toe, from gross anatomy to subatomic structures, at least as we understand it, circa 2014. This complete systems overview will be invaluable in helping aspiring scientists, not just MSTP students, relate research findings to the clinic. However, some of the current concepts and "facts" you will learn will prove to be wrong. That's right (actually still wrong!). We just don't know our ignorance (yet).

It is certainly much easier to learn the material if you just absorb it verbatim and don't spend any time thinking about what you're being taught. But I can now reflect on the lectures I heard as a medical student touting that the

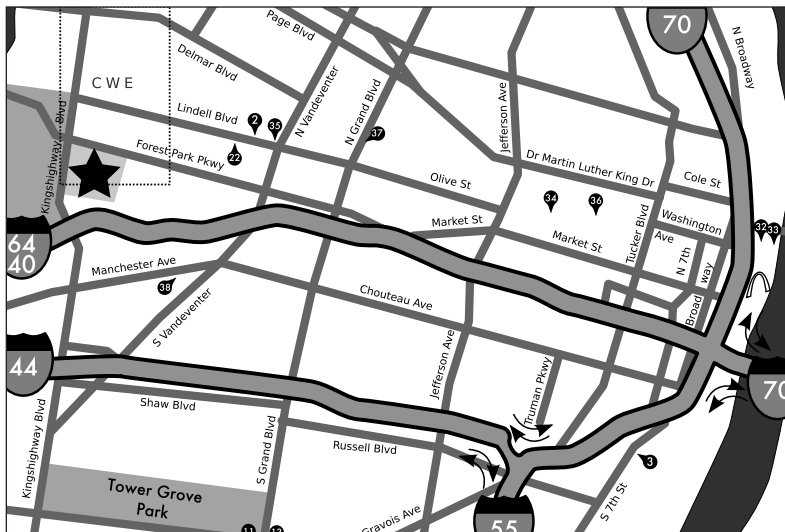
cause of peptic ulcer disease was too much acid. In retrospect, that couldn't be right because acid is always there! I didn't think about it then but I should have because now we know (I think pretty conclusively) that ulcers are mostly caused by a bacterial infection! (More on that in second year.)

Pause to think about what you're learning, and keep track of things that don't make sense to you. They will be great projects to work on in the future. (I am tempted myself to sit in on your classes to not only catch up but also to find great opportunities and problems on which to work!)

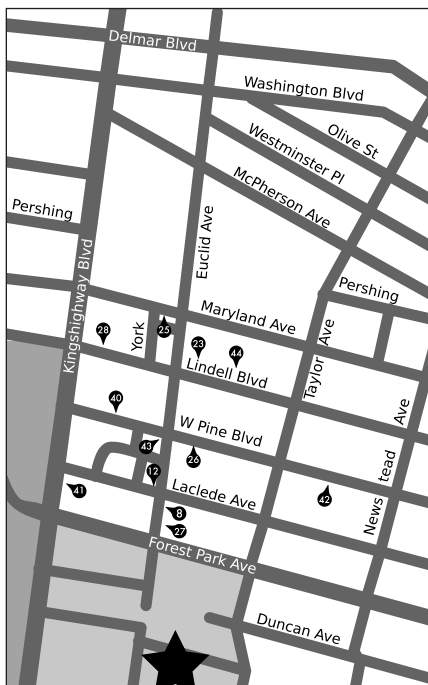
Forest Park



Midtown and Downtown



Central West End



Grocery			
Clayton Schnucks	1	Trader Joe's	5
Lindell Schnucks	2	Dierbergs	5
Soulard Farmers Mkt	3	Shop 'n Save	6
Whole Foods	4	ALDI	7

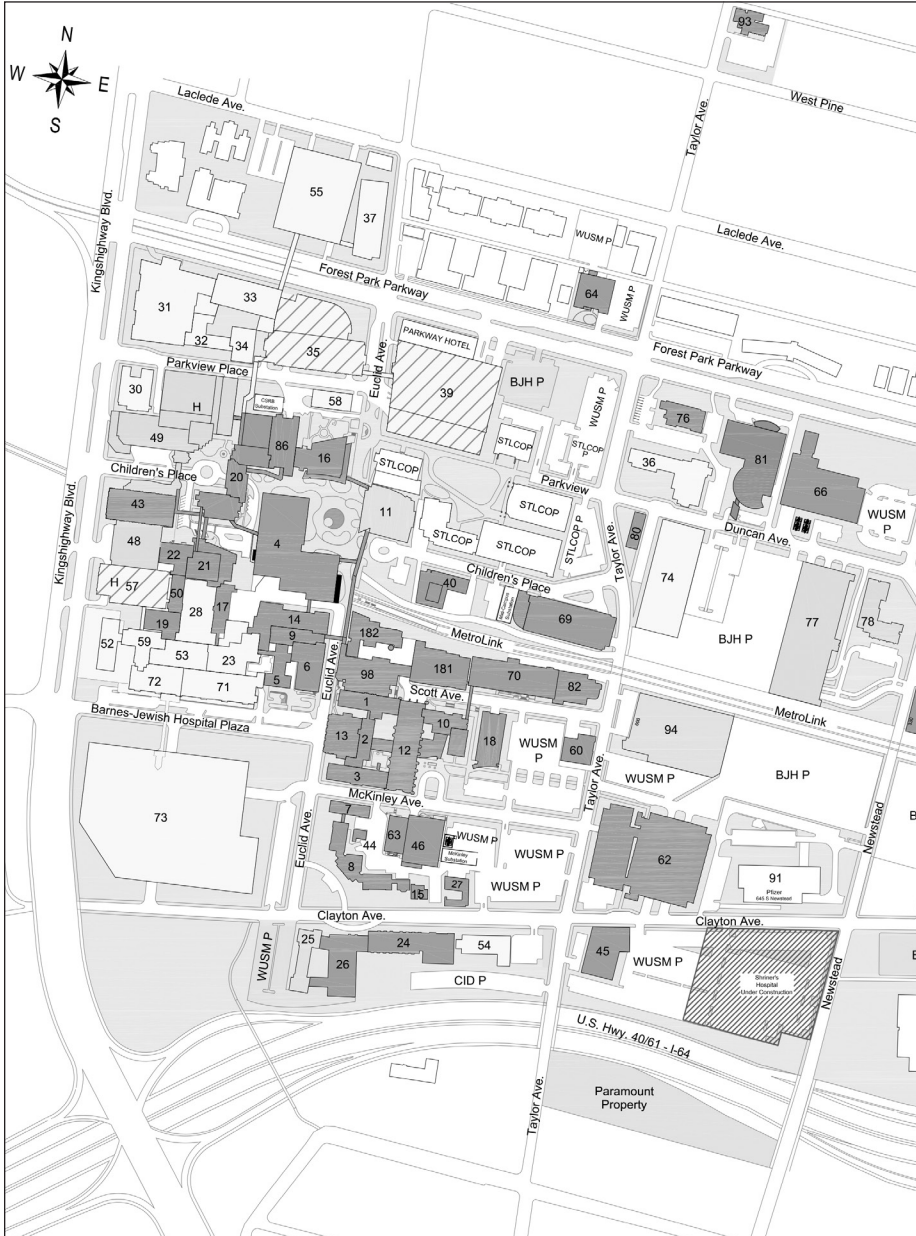
Dining			
Tortillaria	8	Wei Hong	11
Kaldi's	9	Majestic	12
Ted Drewes	10	Qdoba	13

Shopping			
Saint Louis Galleria	14	Rothman Furniture	19
Plaza Frontenac	15	Weekends Only (2)	20
Home Depot	16	Value City Furniture	21
Bed Bath & Beyond	17	Walgreens	22
Target	17	Bank of America	23
Ashley Homestore	18	Walmart	24

Going Out			
Bar Louie	25	Morgan St. Brewery	33
Best Western	26	Pepper Lounge	34
Tom's	27	Moolah Theater	35
Chase Park Cinemas	28	City Museum	36
Blueberry Hill	29	Fox Theatre	37
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Housing			
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Washington University Medical Center

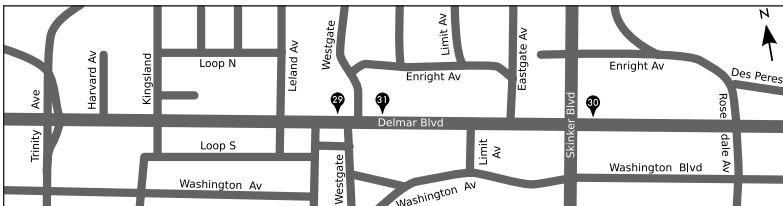




Map of Selected St. Louis Sites



The Loop



Helpful Phone Numbers

Note: All area codes are 314. From a University telephone, University numbers may be dialed by omitting the first two digits (e.g., 2-5000, 5-5000).

Medical Campus Main Switchboard	362-5000
Danforth Campus Main Switchboard	935-5000
American Messenger	888-247-7890
Athletic Facilities Information Desk (Danforth Campus)	935-4619
Barnes-Jewish Hospital (North and South)	747-3000
Bookstore	362-3240
Computer Support	362-7798
Curriculum	362-6838
Deans	
Dean Shapiro/Executive Vice Chancellor for Medical Affairs and Dean of the School of Medicine	362-6827
Dean Awad/Medical Student Education	362-7122
Dean Chung/Student Research	362-6857
Dean Diemer/Career Counseling	362-6251
Dean Monolo/Registrar	362-6848
Dean Moscoso/Student Affairs	362-6843
Dean O'Neal/Financial Aid	362-6845
Dean Ratts/Admissions Office	362-6844
Dean Ross/Diversity Programs	362-6854
Dean Stevenson/Diversity Programs	362-6854
Dean Whelan/Education	362-7800
Libraries	
Olin (Danforth Campus)	935-5420
Bernard Becker (Medical Campus)	362-7080
Olin Hall	362-3230
Room 100	362-6848
St. Louis Children's Hospital	454-6000
Security	362-HELP
Security Escort	362-HELP
Shuttle Bus Information (Danforth Campus)	935-4140
Student Health Services (Dr. Winters)	362-3523
Student Programs (Andy Wiegert)	362-8541
Transportation Services (Medical Campus)	362-6824

Dis-Orientation Guide
2014-2015

Washington University
School of Medicine