

Washington University in St. Louis

SCHOOL OF MEDICINE

DIS-ORIENTATION GUIDE

2015-2016

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Dear Members of the WUSM Class of 2019,

It is my pleasure to welcome you to Washington University School of Medicine.

We are honored that you chose to pursue your medical education here and think you'll find that our program is designed to provide an outstanding learning experience that supports your unique goals.

You are a highly talented and diverse group with extraordinary abilities and achievements. As you embark on this new journey together, you are sure to bring out the best in each other and form friendships that last a lifetime.

At the School of Medicine, the highest standards for medical student education are strengthened by an enduring commitment to provide a welcoming and supportive environment. You will learn from a truly superlative faculty who are passionate about sharing their time and talents. You will find your place in this community of scholars committed to the advancement of science and the service of others.

The school's mission is to conduct groundbreaking research, provide skilled and compassionate patient care and prepare the next generation of leaders in biomedicine. We are therefore committed to helping you acquire the knowledge and skills you'll need to achieve your full potential.

As you become entrenched in the school's proud history, you have the opportunity to help shape its extraordinary future. The study of medicine will challenge you and enrich your life. We want you to relish the experience of learning and discovery. As a WUSM graduate of 1971, I wish for each of you all of the happiness that I have known in being part of this great school.

Best Wishes,



Larry J. Shapiro, MD

Executive Vice Chancellor for Medical Affairs and Dean

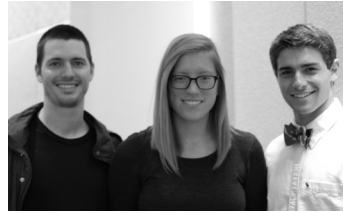


Larry J. Shapiro, MD

Dear *Dis-O* Guide Reader,

How you use this guide depends on who you are:

- a.) applicant
- b.) accepted student
- iii.) Washington University School of Medicine (WUSM)
- d.) pre-med counselor
- 5.) friend or family
- f.) just happened to pick this up off the coffee table
- vii.) more than one but not all



Dis-O Editors in Chief: Ian Ferguson, Liz Maidl, and Mike Rizzo

a-b.) WashU is legen...wait for it...seriously though: we write *The Washington Manual*; we're at the top of our research fields in radiology, neuroscience, immunology, genetics and genomics, and on and on (we studied sex so well Showtime made a TV series); we treat the toughest cases from the surrounding eight states; we serve the community as one of the largest nonprofit health care organizations in a city with no safety net and a state with limited Medicaid; our residency programs rock; our peers at other institutions (your future bosses) admire us...dary. Find yourself in the Perspectives section — a look at who we are, where we come from, and why we're here.

iii.) Welcome to WashU. You're here, so we figure you're settled on why we're great. (If not, see a-b above.) We agree. As an incoming student, you stand to gain the most from this guide. Get a sense of what to expect from courses in Medical School Experience. See where students live in Housing and how they handle Life. Peruse our picks for Food, Entertainment, Travel and Outdoors. Read the sage Advice of our faculty. In the interest of plausible deniability, we'll save the really juicy tips and tricks for your second-year "big sib" mentors to tell you. (See p. 42)

d.) See, we're way more than stats! We're students with diverse personal histories and Perspectives, who immerse ourselves in this incredible Medical School Experience, with free-time spent enjoying Food, Entertainment, Travel and Outdoors in a great city, while facing some of modern America's most pressing social issues (like Ferguson) head on.

5-vii.) Look at all the pictures of happy students. Sorry, there's not a crossword in the back.

Whoever you are, we hope this guide gives you some sense of what goes on at WashU. We do a lot more than medicine, but like medicine, we do it really damn well.

Your "*Dis-O*" Editors-in-Chief,
Ian Ferguson, Liz Maidl, Mike Rizzo

From Dean Valerie Ratts

Welcome to Washington University School of Medicine and the *Dis-Orientation Guide*. Whether you are about to start at this amazing medical school or are considering the benefits of matriculating here, the *Dis-O Guide* can be very helpful. Every year since 1987, creative, witty and knowledgeable Washington University medical students (fondly known as WUMS) have carefully written this handbook to guide incoming students.

Your class, in the great tradition of Washington University School of Medicine's mission, will be filled with diverse individuals from around the country and around the world with all types of unparalleled experiences, unique skills and tremendous attributes. Some will have published their research findings, others will have received accolades for their leadership, a few will have displayed near professional athletic or artistic talent, and a large number will have volunteered locally and/or globally. All of our WUMS are bright, accomplished and motivated individuals who desire to give back and help people. In the 2014-15 *Dis-O Guide*, the former Dean of Admissions, Dr. Ed Dodson said, "Have a conversation with every one of your classmates before the year is out. They are incredible people." Utilize your classmates' perspectives in your own educational growth and your learning curve will become that much steeper!

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. Understanding the role that a doctor plays — balancing the biological knowledge of the molecular and physiologic basis for health and disease with the ability to connect with a person and their family in a way that they understand, trust, accept and will follow — is a unique skill that physicians must master.

You are starting down a 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 characteristics that will allow you to contribute to meeting the challenges of health care and biomedical research in the future. There are many people here who want to see you succeed in every way.

Remember we are so very proud of you, and we are here to help you grow into an amazing physician. We hope the *Dis-O Guide* will be one other source of information to assist you in your journey. Welcome to Washington University School of Medicine.

Valerie S. Ratts, MD

Associate Dean for Admissions and Professor of Obstetrics and Gynecology

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perspectives

Love & Medicine

On Being a Single Male

Endless eating, meeting sexy singles and mastering “Mo-vember” are just a handful of the many perks WashU’s single males enjoy. Medical school is full of new experiences. New city, new coursework, new classmates: Take it all in! What sounds like a more appealing use of free time: Sitting at home with your partner discussing the effects of your supposed leptin deficiency on your relationship or hitting the dance floor (See: Mike Talyana’s) and mingling with the plethora of vibrant young people that live in the area? Whether you’re partaking in shenanigans with friends or creating a scandal with a beautiful classmate or two, being a single male gives you the freedom to fully enjoy your last four (sorry, MD/PhDs) years of school. Anyways, once you have the “MD” tacked onto your title, there shouldn’t be any problems in the relationship department.

— Kunal Mathur, M1

On Being a Single Female

Med school is so high school. Like, seriously. And if you’re like me, avoiding class drama will be a top priority. Never fear, though, as a single lady coming into med school, you will not be stuck with a dating pool of only 123 of your newest and most in-each-other’s-business friends. As others pair off around you, you’ll be branching out into the local bar/club scene: getting asked for dances at salsa on Thursdays at Club Viva, making conversation with the cute non-med-school guys at iTap. You’ll take advantage of the mixers put on by the Graduate Professional Council to land the numbers of hot and most definitely not in your class law, physical therapy or PhD students. You and your other single friends will help each other decide if it’d be weird to put that one super old picture on your Tinder profile (even though you look fantastic), be confused but amused by the profile of a guy posing topless with his giant teddy bear, and land some hot dates with interesting and attractive guys who have never set foot in medical school. So get out there and get some free lunches with guys who you don’t see every day in the study carrels!

— Emily Rion, M1

On Dating Someone in Your Class

Like most medical students, I received a lot of advice before coming to medical school: Stay on top of your loans, use FIRST AID for Step 1, and don’t date anyone in the class. Well, I got in contact with the financial office, bought a FIRST AID book that I’ve yet to open, and waited one whole week

before starting to date someone in my class. There are definitely reasons not to: Things could get awkward, the class is small so people tend to know your business even before you do, etc. But there are reasons to go for it, too, and honestly, WashU accepts some brilliant and devastatingly attractive people, so what's the point in resisting? Dating a fellow M1 means you're dating someone with similar aspirations and passions who will truly understand if you haven't emerged from your room the whole weekend because you sort of dropped the ball on histology. And between all that copious amount of free time the M2s love to remind us of and any classes you both just happen to skip, you can get some quality couple time in. So like everything in life, there are upsides and downsides; but if it works for you, then I say why not?

— Katie Stanley, M1

On Dating Someone Outside of Med School

Dating someone outside of medical school is really different from dating a classmate. He neither knows nor cares what the brachial plexus is, and he finds the idea of the anatomy lab vaguely repulsive. But when I get busy, he cooks dinner, feeds the cat and puts up with all of my complaining about studying and exams. And, more importantly, he reminds me that there is a whole world outside of medical school.

— Elizabeth Daniels, M1

On Being in a Long-Distance Relationship

If you're reading this, we're sorry. Really. Long distance sucks. But, at the same time, congratulations! You've already found that special someone willing to put up with your neurotic pre-med anxieties. (It only gets worse.) And then you have to leave for medical school. Being long distance has a way of exposing the weaknesses in a relationship, so you'll need to be prepared. Keeping in touch is essential, whether it be via Skype, texting or snail mail (everyone likes letters). Coordinate your schedules early on and set dates well in advance. If you do start to panic and need to study, be sure to communicate that or they'll feel like you're drifting away. And remember: While you're immersed in this stressful, exciting, nerve-racking thing called medical school, they're living life too! Show interest in what they're doing. First year offers ample opportunities for weekend trips (see *On Skipping Class*, p. 19), so visit often! We won't lie; it isn't easy to make any relationship work in medical school, much less one spread across the country. But when you finally do get to be together, you'll be closer and stronger than ever before.

— Kavon Javaherian & Liz Maidl, M1

On Being Married

Being married is amazing. We met as undergrads at WashU and got married two weeks before I started M1 (but keep in mind that Jeanette took four years off between undergrad and WUSM). While we are both medical students, we have independent schedules during the day and have the evening to ourselves (usually without any med school discussion). We are busy and stressed at different points during the school year but serve as the primary support for the other person. Do you know how nice it feels to have a fridge full of groceries after your last exam of the week? We do. Sure, we don't get to experience the thrills of being single and starting a new school, but there are definitely perks to being married in med school, too.



It feels good to have a fridge full of groceries after your last exam of the week.

— Josh & Jeannette Siegel, MSTP and M1

Who You Are & Where You've Been

On Being a Female in Med School

So, you want to know about being a woman at medical school. I'm guessing you've been female for quite a while now, and I'm here to tell you a big secret about being a woman in med school ... it's basically entirely the same as it has been for the rest of your life. There are some groups focused towards us. The American Women's Medical Association (AMWA) hosts events to promote women in medicine, discuss life-career balance, or raise money for heart disease, the major killer of American women. Med Students for Choice advocates for reproductive rights. But let's be real, the major advice I have for you as a future woman doctor: When you start rotating through the hospital, you better have a good pair of flats!

— Caroline Wentworth, M1



There is something here for any bro.

On Being Male in Med School

1002, 1003 ... Oh, I'm sorry ... I wasn't expecting company. Just doing my workout. Tuesday's arms and back. I don't know if you heard me counting, but I did over a thousand. You know it's your ubulus muscle, which connects to the ... um ... upper dorsimus. It's boring, but it's part of my life. I'm just going to grab this shirt if you don't mind. Just watch out for the guns ... They'll getcha. But in all

seriousness, when I mentioned being asked to write *On Being Male* in Medical School a lot of students expressed confusion about the purpose of this article, which speaks to the general sense of collaboration and equality experienced between the male and female students at WashU. In my experience, the only difference between being a male at WashU as opposed to a female is the lack of bathrooms in our anatomy locker room (seriously, what's that about?), and the challenge of matching ties to your short white coat for hospital visits. In addition, as a native St. Louisian, I can confidently say that there is something here for any bro. Whether your idea of a good time is sweating it out on the sports field, or contemplating the chiaroscuro exhibit at the (free) art museum, St. Louis has a little bit of everything.

— Jay Dalton, M1

On Being LGBTQ in Med School

While Midwestern LGBTQ life might appear barren to coast dwellers, we can guarantee that WashU and St. Louis actually boast large and active gay communities. We came to St. Louis from Portland and Washington, D.C., cities recognized for their liberal-mindedness and lively gay burbs. Quickly, we grew partial to St. Louis' charm. Manchester Road, the mainstay of gay culture within The Grove gayborhood, offers upwards of 10 gay bars and clubs (plus one lesbian bar), several eclectic restaurants and a brewery. St. Louis is a haven for LGBTQ-goers within Missouri, and one need not fret over revealing your sexuality. Within the WashU community, you will encounter great camaraderie and unbiased support amongst your peers and faculty. Approximately 9 percent of the 2014 entering class identify as LGBTQ and two organizations help us to feel connected to the community: OUT Grads (a university-wide group that plans frequent social events, offering free food and drinks) and the LGBT Health Interest Group. Being gay will likely factor into your decision-making, and we hope you choose to join us at WashU and make this community even richer.

— Alex Wessel & Josh Alinger, M1

On Being a Parent in Med School

Parenting, whether in med school or not, is a never-ending roller coaster of joy, despair, satisfaction, exhaustion and noise. Lots and lots of noise. Yet despite the time commitments of med school, parenting is completely possible, assuming you've got a partner or someone else available to do roughly 90 percent of it for you. St. Louis is a fantastic place for families, with lots of public parks, free museums, low rents and great schools. As a WashU student, you'll also have priority for the WashU nursery school and can get involved with Washington University Medical Center Housestaff Auxiliary

(WUMCHA), an incredible organization designed for spouses and partners of residents, students and physicians in the WashU medical community. Of course, there are other perks of having kids during med school, like watching your young child try to pronounce “orbicularis oculi” and always having someone available to practice your stethoscope skills. As an added bonus, by the time you earn enough money to be able to spoil your kids, they’ll pretty much be fully grown.

— Cris Briscoe, M1

On Being an Older Student

Like youth, med school is wasted on the young. As an older student, you may need to review the brachial plexus a few more times before it works its way into your aged brain, but you’re also able to empathize more when your patients complain of back pain, loss of hearing or a general increase in irritability. Patients, and even attendings, will also tend to think you know more than you do thanks to your gray hair. Spending so much time with a group of incredibly bright youths might make you feel all the older at times, but with practice you can learn to “vampire” some of their youthful energy right out of them (discussed in Physiology Block 2, p. 23). And your younger colleagues can explain all kinds of things to you, like the Facebook and sexting. In all seriousness, your “maturity” can help give you some perspective when the going gets rough. In speaking with other WashU elders, it is clear that our life experiences have only made us all the more thankful to be where we are. On the whole, I’d say being in med school as an older student is the cat’s meow!

— Cris Briscoe, M1

On Being Vegetarian in St. Louis

To all the brave souls willing to be vegetarian in the “meat and potatoes” Midwest, here’s some advice from a fellow veghead: Fight the omnivores to get to veggie options at the lunch talks. Next, leave Euclid Avenue for vegetarian restaurants. PuraVegan is a 100 percent gluten-free and vegan restaurant near school with lots of raw options and great smoothies/juices. There’s also a donations-based yoga studio attached if you want to be mindful and stomach full. Gokul is

an entirely vegetarian and certified-kosher Indian restaurant on Delmar with an extensive menu and buffet. A bit further out there are two great veggie options: Tree House is a trendy all-vegetarian restaurant with interesting dishes that prides itself on making everything in house, and Lulu’s Local Eatery (a personal favorite) is a vegan restaurant that even carnivores will crave. Every



Veggie potlucks are also highly attended by omnivores.

dish is spectacular, but the buffalo cauliflower bites and sweet potato veggie burger are out of this world. Finally, find your vegetarian friends. We started a veggie potluck group with some of our classmates, and both the vegetarians and omnivores credit it as being the best meal we eat all week. What's more fun than eating and hanging out with your friends? Potluck is life. Embrace it.

— Rachel Springer, M1

On Being Alcohol Free

Being alcohol free has been pretty easy. I've always been a firm believer that you don't need to drink to have fun. I somehow managed to get through undergrad without ever attending a party, so you can imagine the first few weeks of medical school were a bit of a change of pace. There's a significant amount of drinking in medical school, which shouldn't be a surprise. At first, I was worried that I would be alienated for my decision to not drink, but I can safely say that's not been an issue. Everyone here is mature and understanding; you won't be pestered about your choice. Granted, I don't go out much, but I still feel like I'm a part of our class and can live it up at plenty of gatherings. There are a TON of things to do in the city and people are always planning fun things that don't require drinking to enjoy. Your decision to not drink shouldn't stop you from getting out there and experiencing the joys of first year! Added benefit: You always get props for being a great designated driver (in theory) without having to do anything special!

— Amar Shah, M1

On Being African American

There are not many African-American students in medical school nationwide, and WashU is not an exception. That being said, I have loved my first few months here and have felt very much so a part of the student community. The Office of Diversity Programs is a great resource, whether you need support on a matter or simply want to stop and chat. In addition, a major source of advice and support is other students and residents of color who have made a great deal of effort to reach out to us M1s. In the wake of the events that have unfolded in Ferguson, many of my classmates have been open to understanding and eager to influence change rather than simply remaining insulated here in the medical center's Central West End neighborhood. African-American medical students are also an important part of the St. Louis community as a whole. From talking to a patient's daughter about her desire to be a doctor, to hearing an older patient simply say how proud she was to see me walk into her room at Barnes-Jewish, I've had unique opportunities to relate to the large African-American patient population here in the city.

— Avril Coley, M1

On Being Asian-American

As a recent transplant to St. Louis from Los Angeles, I found the Asian population here to be a bit sparse, but very friendly. During a student-run health care screening at Schnucks (our local grocery store), an old Chinese couple came up to me and basically told me their whole life story. I miss the vibrant Asian cultures in L.A., but since St. Louis is such a diverse city, I've never felt out of place anywhere. I do miss late night boba/bubble tea runs and really cheap sushi (see Food section, p. 71, for local options). There are a couple of good grocery stores in the Chinatown neighborhood located along Olive Street (Olive Supermarket, Seafood Market) and some tasty restaurants in that area too. There are fewer good Asian restaurants here, but many of them are definitely worth trying!

— Mindy Guo, M1

On Being Hispanic

So you're Hispanic. You've survived the infamous chancla, and Sábado Gigante still plays at your parents' house every weekend. You switch from English to Spanish without even noticing and still sing "sana, sana, colita de rana" to yourself when you get a papercut. Maybe you grew up abroad, or maybe you were raised in the States; regardless, you're part of this perpetually proud family of crazy people and you love it. If you're unsure how to keep connected to your roots while in St. Louis, don't worry, the city has plenty to offer. For those wanting to get involved, you can volunteer as an interpreter for Casa de Salud, a clinic offering health and wellness services to new immigrants, or you can take part in any of the several festivals and events that celebrate the culture throughout the year. If you're looking to let loose Latino-style, we've got that too. From salsa to cumbia, there are a couple of clubs to choose from (check out the Club Viva/Salsa section) and you can always find fellow classmates down to move it to some sweet, sweet Latin beats. The Latino Medical Student Association (LMSA) and MedSpan are two organizations at WashU Med that also provide a way to share your culture with fellow Hispanic and non-Hispanic peers alike. In short, you'll absolutely find a family here.

— Michael Del Valle, M1

On Being From a Small Town

I spent half of my life in Sparta, Tennessee, a bustling metropolis of 5,000 in the middle of a farming county where cows outnumber people, Protestant churches outnumber businesses, the only grocery stores are Walmart or Dollar General, and liquor sales are by-the-glass only. I also attended a small liberal arts college in another small southern town with an equally ironic name: Rome, Georgia. Coming from places where everyone knows everyone and all

of their business and their mama's, I was well-equipped to handle the social scene of a class of 123 people with whom you spend all of your time. Beyond that, St. Louis was an increase in excitement and bustle without being suffocating. There are festivals, events and places to go out when you need them (iTap!). The Central West End is friendly and so closely associated with the hospital it's like our own small medical town. With such a close proximity to Forest Park, we are able to enjoy a little sun, grass and trees. It's not quite Tennessee woods, but it's a nice escape from concrete and glass.

— Julia Kolodziej, M1

On Being From a Big City

In the months before starting medical school, two phrases were on a constant loop in my mind: "Yay, I'm going to WashU!" and "Oh my God, I'm moving to ... Missouri ...". As a native New Yorker, I had serious concerns about moving to the Midwest, but adjusting to St. Louis has been a lot easier than I expected it to be. I will not say it is just like New York City because that would be unrealistic, but St. Louis has a lot to offer. There are a bunch of really good restaurants, numerous bars and microbreweries, a cool arts scene and the amazing Forest Park. The best part of coming to St. Louis from New York has been how incredibly affordable things are here. All of the great things the city has to offer are way more accessible to someone on a student budget than they would be in a larger city. Overall, St. Louis is an approachable, affordable city and a great place to live as a student.

— Avril Coley, M1

On Being From the Midwest

Aside from the WashU undergrads, we Midwesterners probably have the least acclimating to do here in St. Louis. The rent is still cheap, the food is still delicious and the people are still unabashedly friendly (although nothing in Mizzurah holds a candle to "Minnesota nice"). While the culture itself is suited to your Midwestern lifestyle, the weather, if you come from anywhere north of Chicago, is not. 105 degrees and 90 percent humidity hit me like a ton of bricks on move-in day, and my Minnesotan heart is still a little hurt that there was no snow in December. Regardless, settling in here has been easy, as I'm sure it will be for you, too, once you get over people calling you out for your pronunciation of the word "bag."

— Liz Maidl, M1

On Being From the West Coast

Being centrally located, WashU attracts students from a wide geographic spectrum, including a good few from California and the Pacific Northwest. If that includes you, some of your first questions about St. Louis are probably about the weather. St. Louis summers are going to be a bit warmer than you are probably used to, and in particular, the humidity can be daunting at first. However, most people seem to quickly acclimate. As a bonus though, if you're from Oregon or Washington like I am, leave your Columbia parka at home, because it rains much less! Otherwise, you will find the culture in St. Louis to be much like any city on the West Coast: The people are friendly, we enjoy good food and wine (yes, Missouri has good wineries) and the outdoors are readily accessible via the numerous parks in and around the city.

— Josh Alinger, M1

On Being From the East Coast

While all the “On Being from the South/West Coast” students are busy fretting over how they're going to survive their first “true” winter (WEAK), rest assured that whatever snow-gear you have will be more than enough (especially if you come from an area where school isn't cancelled unless that two feet of freezing rain-turned-snowstorm happens exactly at 4:30 in the morning). While the weather here is what we could consider unremarkable/nice/pathetic, there could not be a more perfect city for you to spend the next four years/rest of your life. Imagine a mythical land that combines all the things you LOVE about a suburb with all the things you LOVE about a city. That's St. Louis. Wait, what? Think quality, renovated, spacious apartments for half the price, most of the cuisines you love for cheap (though maybe fewer options than you're used to), suburban traffic, happy Midwestern strangers that have the time to smile and wish you “Good Morning!” as you bike to class, incredibly cheap taxi fares, an incredible symphony orchestra (seven minutes by car), and a beautiful 1400-acre park ACROSS THE STREET complete with a zoo (free), art museum (also free), history museum (you'll never guess ... FREE!), trails, ice rink, science museum (planetarium included) ... I could actually go on forever but you've got the rest of this wonderful book for that. There's a reason the smartest people come here.

— Diana Jiang, M1

On Being From the South

Roll Tide, and congratulations on being accepted at a medical school that experiences the phenomenon of snow each winter ('Bama shuts down for a week at the first sign of frost). Last year, I was given the opportunity to leave the land of cheese grits, country music and confederate flags; turns out that driving eight hours into the wasteland north of Jackson, Mississippi, was not a mistake! Even if the people here have not yet discovered the grammatical utility of "y'all" or the health benefits of a daily glass of iced tea (sweetened!), the higher literacy rate and lower obesity of Missouri make up for some of the other negatives. Also, if you end up missing the Mississippi Delta too much, just drive a couple hours outside of St. Louis, where you can get an authentic deep South experience (complete with roadside BBQ and lemonade).

— Lucas Thomas, M1

On Being from THE TEXAS

After the initial excitement of getting into WashU, the thought of leaving the greatest state in the U.S. was a little bit disheartening. Would I be able to stand month after month without country music, country dancing and Shiner Bock? Well, it turns out that I did not have to give up too much of that when I moved here. While I admit I have yet to find a bar with Shiner on tap, you can definitely find a six-pack at most grocery stores. On top of that, country music on the radio here is pretty on point and I've lost count of the number of times that "Wagon Wheel" and "Take Me Home, Country Roads" have been played at our post-exam parties. Last but not least, you might have to drive a ways north to get to St. Louis, but "Southern hospitality" undoubtedly has a firm hold on this city (and probably the rest of Missouri, too). In short, Texas holds a special place in most every Texan's heart, but St. Louis is a close second!

— Cliff Pruett, M1

On Being From Canada

So you're Canadian, eh? And you're thinking about coming to WashU for med school? First off, welcome! There's a sizable group of us Canadians here, with a few representatives in each year of the program. We get together to celebrate Canadian Thanksgiving and watch hockey games. (By the way, student hockey tickets are very affordable. You get a decent view of the game and the Scottrade Center is easily accessible from the medical school!) If you're like me and you had apprehensions about "America" and you didn't even know where Missouri was, have no fear! The people here are incredibly friendly and the transition was much easier than I expected. The Office for International Students and Scholars and the school administrators take

excellent care of you. The weather is pretty similar to Canada's (unless you're from Vancouver). There are seasons, only winter is shorter. There are even some French influences here, although some place names are pronounced very interestingly ("St. Louis," for example).

— Brooke Liang, M1

On Being an International Student

Having grown up across three different continents, I was a bit nervous about moving to St. Louis. I knew little about the Midwest before coming, and I was afraid I'd spend the next four years talking about corn. Believe it or not, St. Louis has a lot to offer in terms of culture, arts, and diversity — and St. Louis's Midwest niceness definitely grows on you! You probably already know that applying to med school as an international student is an uphill battle, and as a result there are only a couple of international students in each class. WashU's commitment to diversity, however, ensures each class represents such a wide variety of backgrounds that you'll feel right at home regardless of your passport.

— Jorge Zárate Rodríguez, M1



Diversity week potluck featuring an endless line of food and a diversity presentation with contributions from all 123 first-years.

School Before Med School

On Coming From a Small College

When people ask me where I went to college, I often preface with "a small college you probably haven't heard of...". But joining this class actually feels akin to going back to a small high school, in a good way. With a little over 100 people in your class, you will soon know everyone by name. WUSM encourages the formation of a cohesive class with great community feel. At the same time, you are within the sea of a large academic center filled with many people doing inspiring research. Welcome to Washington University in St. Louis, the renowned center of medical discovery and expertise. Stand in the FLTC and wonder at all those great brains at work around you. Functionally, you will likely be in bigger classes than you are used to, and will have less accessible lecturers. Just dive in, speak up in class, and enjoy the vibrancy of this medical school.

— Jennifer Farley, M1

On Coming From a Large University

Coming to WashU from a large state college was a big adjustment for me, but I really enjoy the size of my class. At my last school, I definitely felt like it was difficult to get to know my classmates. Now, I know everyone! Another advantage of having such a small class is that everyone is willing to help their classmates succeed. Also, you have the opportunity to develop relationships with faculty who will recognize you outside of class. It's definitely great to have a med school family away from home.

— Robert Stephens, M1

On Being a Humanities Major

If I could sum up being a humanities major and M1 at WashU with one quote it would be ... "Abandon hope all ye who enter here." Just kidding. The great thing about first year is that it is designed to get everybody on the same page, regardless of whether they spent undergrad pouring over engineering problem sets or cranking out papers on the Kardashians as evidence for America's moral decline. And while it might initially feel like majoring in English, history or even comparative studies in race and ethnicity didn't provide you with translatable skills for year one of medical school, I'm willing to bet you'll be pleasantly surprised. At the very least that honed ability to skim over pages of reading 30 seconds before a group discussion and sound like you know what you're talking about still definitely comes in handy. While we are definitely the minority here, we're still around and always happy to chat!

— Katie Stanley, M1

On Coming Back to School From Time Off

First off, let's just be straightforward and say coming to medical school after time off is not easy. That being said, it's not easy for anyone to transition into medical school. If you've taken some time off in the real world, you will spend much of your first week of orientation asking yourself why people keep telling you where to go and keep feeding you (not that we are complaining about the latter). But fear not! The first year of medical school is a time when everybody, seasoned students and the rusty alike, has to relearn how to learn. A large fraction of the class has taken at least two years off (some many more). Some (like me) did research, others traveled to Germany, got law degrees or worked in health care. Regardless, after a few weeks, you'll be back in the groove of things.

— Josh Alinger, M1

Med School

On Going to Classes

Regularly going to class doesn't mean you're just some "gunner." There are plenty of reasons to wake up in the morning and enjoy the fresh air on the way to class. First of all, you can ask your questions directly to the professor instead of having to rewatch the same five minutes of video repeatedly when you don't understand the material. Secondly, you get to bond really well with the 20 other classmates who show up every day. Most importantly, if you know that you have a hard time concentrating while studying, lecture is a great way to learn the material with the fewest distractions. Lastly, attending class when there is a guest lecturer ensures that they come back to teach future classes.

— Deepak Lingam, M1

On Skipping Classes

Abraham Lincoln once said, "Class is overrated; don't go!" I may be paraphrasing, but truer words have never been made up. But then again, I never went to history class either. Critics will tell you the academic and social benefits of attending class clearly outweigh the pros of skipping. But I ask you: Would you rather zone out while learning about tyrosine kinase inhibitors or watch *Breaking Bad* for the third time while eating breakfast pizzas in bed? Exactly. Whether it's a gorgeous day to go relax in Forest Park, a snowy afternoon perfect for sledding on Art Hill, or the soothing sound of rain beckoning you back to bed, there's always something better than class. Skipping allows you to stay sane and truly enjoy your life during medical school. For those diligent skippers, lecture video recordings are available to watch at gunner speed (>2x) within hours of the actual class. As for the rest of us, live it up and visit old friends, family and significant others during the weekends. Then, prepare for a week of cramming and impressively little sleep. Don't worry though, you will repay that sleep debt and more in the weeks to come. So channel your inner Lincoln, listen to that little voice that tells you to hit snooze for the tenth time, and SKIP!

— Joni Labin, M1

On Being MSTP

Five reasons why WashU MSTP is awesome: 1. We are one of the largest and most well established MSTP programs in the country. You could say we know what we are doing. 2. The MD class is great. Okay, your MD classmates may cast you a jealous look when you go to your MSTP-exclusive lunch talks, but



**"I'm Glad I'm not ..."
Party ... Alex and Kalyan
(M1s) are glad they're
not MD-onlys!**

despite the free food discrepancies, we all really love each other. 3. Research at WUSM is awesome. Like, world-renowned awesome. Need I say more? 4. St. Louis is a wonderful place to spend eight (or nine? 10?) years. There are tons of cool activities to do in and around the city, free entertainment abounds and the food is great. If you're not convinced, see the Food, Entertainment, and Travel/ Outdoors sections for proof. 5. You can basically live off of free food here. You may think that's trivial now, but I promise, once you're a busy MD/PhD student, it will be a life saver. I could easily list five more reasons, but I guess you'll just need to come here to see for yourself!

— **Chuner Guo, M1**

On Applying MSTP

Congratulations, you have decided upon a fantastic career as a physician scientist. You've likely spent many hours at the bench, taken all the classes, mastered the MCAT and are ready to apply to one of the best MSTP programs in the country: WashU. I remember the moment I received my interview invite. It was a very exciting moment for me and I trust the same applies to you. So now what? Perhaps the best advice I can give you is to enjoy the interview. The MSTP office makes the entire application and interview process as smooth as possible (a trend you will find continues into your tenure as a student here). During your interview you will have the opportunity to speak with many students and faculty. Ask a lot of questions. Some people are initially intimidated by the committee interview, something that is somewhat unique to WashU. However, I want to assure you that the process is not designed to intimidate you. It's your chance to shine! Walk into that room with confidence and you will do great. We are excited to meet you and hope that you will join our great community of scholars.

— **Josh Alinger, M1**

On Throwing Apartment Parties

Just took the first anatomy test? A friend's visiting from out of town? It's a Wednesday? APARTMENT PARTY! If you're ever wondering, "Would tonight be a good night to have people over?" It is. "Work hard, play hard" is a motto that WashU med students live by. But it's up to us to honor and maintain WUSM's long-standing tradition. For those of you planning on hosting a



"Work hard, play hard" is the unofficial WashU Motto.

sophisticated soiree-rager, here's some advice: 1. Tell people about the party earlier rather than later, especially if it's themed (which it should be!) 2. Befriend your neighbors, and DON'T forget the unfortunate few who live above and below you. Giving them a heads up/inviting them typically ensures the cops won't be knocking on your door. 3. Ask for a few bucks from people (Venmo is your new best friend)!

They understand these parties cost money and require hours of cleanup. And don't forget the cut for the bail bondsman. 4. Have an end game. Cops come, landlord calls, not enough room for dancing? Have a bar in mind so the party can migrate! Oh, and last but certainly not least, every good party has hummus and pita.

— Joni Labin, M1

On Staying Sane in Med School

Follow these eight simple rules for med school sanity: 1. Do your own thing, and don't compare yourself to others. There are many ways to succeed in medical school. Try different approaches to studying and focus on what works best for you. 2. Take care of yourself. Medical school is busy, but you should make time to keep up with your hobbies, eat well, stay active and goof off. 3. Explore St. Louis. Break out of the bubble of the Central West End and see all that this city has to offer. 4. Get involved outside of class. Extracurriculars are a great way to explore your interests and avoid studying. 5. P=MD (Pass=MD). Challenge your own preconceptions about what goals are important for being successful as a student and doctor. 6. Keep in touch with your family and friends. Tell them about your experience and stay connected with the outside world. 7. Maintain a sense of perspective. Remember that you belong here, think about all the reasons why you want to be a doctor, and don't blow your daily challenges and frustrations out of proportion. 8. Don't be afraid to ask for help. Medical school is challenging for everyone. Reach out for support from friends, family, deans, upperclassmen, Student Health Services, etc. when you need it.



Jorge getting a massage from Sirish (M1s). Remember: P=MD!

— Zach Rosenthal, M1



medical school experience

Academics

Physiology

Course Master: Robert Mercer, PhD
(rmerc@wustl.edu)

Block: 1 and 2

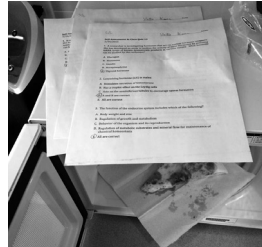
Teaching Style: Lecture and some small group

Grading: Two multiple-choice exams and several quizzes

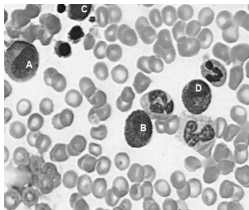
Passing: 70%

Physiology is certainly the most math- and physics-intensive course in the first block, which is a good break from the more memorization-centered classes (*cough* Anatomy). This class is pretty straightforward for some students and conceptually challenging for others. If you are comfortable with math, engineering or physics you should have little trouble but if you aren't, don't fret. You are not alone and will have plenty of resources (including your classmates) to help you master the concepts you need. The course is set up to give every student of every background the tools needed to succeed in the course. The TAs are really dedicated to teaching you in the small group sessions, and quizzes and old tests are readily available. The course is changing a bit, but Bob is receptive to feedback and loves buying your loyalty with treats.

— Doug Hall, M1



Physio quizzes only exist to prevent you from failing.



Which of the following, if seen in excess, may indicate CML? You have 15 seconds.

Histology

Course Master: Paul Bridgman, PhD
(bridgmap@pcg.wustl.edu)

Block: 1-2

Teaching style: Lecture and microscope lab

Grading: Three exams (each with a separate multiple-choice “theoretical” portion and a “practical” cell-identification timed component), lab attendance

Passing: 70%

Histology can be very overwhelming at first because, in all honesty, a purple-stained circle looks very much like a pink-stained circle, and a “corkscrew-shaped” nucleus isn’t really “corkscrew-shaped” at all. With practice, however, you’ll start to be able to tell more shades of pink and purple apart than you ever knew existed, and if you’re lucky you might even get to see the elusive basophil

(probably not). Histology is a straightforward class. The most challenging part is actually sorting through the abundant resources and supplementary material available to students. I recommend a combination of the coursepack, old exams and regular visits to Slide Atlas. This year, there is a new histology iBook, a downloadable resource that integrates readings, annotated slides and supplementary videos. In order to avoid being caught by surprise by the fast pace of the timed practical exam, make sure you also attend the TAs' practice practical and you'll be good to go.

— Jorge Zárate Rodríguez, M1

Human Anatomy and Development: Anatomy, Embryology, Radiology

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

Block: 1

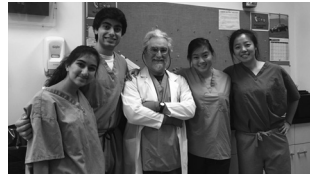
Teaching Style: Lecture and lab

Grading: Three exams, with combined structure identification and testing of conceptual understanding

Passing: 65%

Anatomy is largely the most highly anticipated, yet anxiety-provoking, course for incoming medical students. While no one gets through anatomy without working incredibly hard, it's safe to say Anatomy is most students' favorite class in Block 1. The anatomy professors are absolutely outstanding. Led by the beloved Conroys, a married couple who have taught anatomy at WashU for 30 years, the anatomy course team is supplemented with Dr. Dikranian, who will never fail to make you laugh, but will also never fail to find the most minute of structures. Additional full-time faculty, visiting faculty and extremely qualified TAs are also available so there is never a shortage of help in the lab. WUSM's Anatomy lab is newly renovated and amazing. Clinical lectures from surgeons and physicians put all the anatomy that we learn into context. During lab, small groups of students are pulled out for small group radiology lectures that cover X-ray, CT and MRI images. In summation, along the way, you might cry, but you will most certainly laugh, form incredible bonds with your classmates and learn more than you ever thought possible.

— Emily Merfeld, M1



Great times with Anatomy table 11. Dr. Conroy looks so proud.

Molecular and Cellular Biology

Course Master: Bob Mercer, PhD (rmerc@wustl.edu)

Block: 1

Teaching Style: Lecture and journal club

Grading: three in-class exams, three take home exams (75%), discussion section (25%)

Passing: B or better (semi-curved) for graduate school credit

If you are a MSTP student, chances are you will be spared from the Molecular Foundation of Medicine (MFM) course and will elect to take Molecular and Cellular Biology (MCB) instead. Why? Because it counts towards your medical school and graduate school requirements, it's a chance to bond with your fellow MSTPs and it counts for a basic science selection. Also, Brian says so. Though optional, every MSTP in my class, and most in the past classes, have chosen to take this course, regardless of their intended graduate school program. The course is quite a bit different from MFM: The content focuses less on metabolism or biochemistry and focuses more on cell biology and the experimental basis for these discoveries. Disadvantages: The lectures are not recorded and the exams are usually the same week as the Anatomy exam, but experts in the topic of the day give the lectures and if you go to the TA reviews, you will be well on the way to tackling MCB.

— Josh Alinger, M1

Molecular Foundations of Medicine

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

Block: 1

Teaching Style: Lecture and small group case studies

Grading: Two multiple-choice exams and two quizzes

Passing: 70%

The Molecular Foundations of Medicine (MFM) class is about understanding the fundamentals of cellular and biological pathways, and learning what parts of these pathways can go wrong to lead to disease. This course is one of the most organized and clearly structured classes in first year. Dr. Pike focuses her lectures on relevant clinical correlations. Topics covered in the course include protein-folding and prion diseases, body weight homeostasis and obesity, apoptosis and cancer pathology, and so much more! If you ever have to miss class to shadow, volunteer or just sleep in after midterm week, Dr. Pike's exceptional coursepack is your most loyal friend. This makes up for the fact that only audio recordings, not video recordings, are available for this class. Dr. Pike shares her passion for nutrition and healthy eating through the "Know Your Food" segment at the beginning of every class (she REALLY disapproves of pizza). The course also features several fascinating guest lecturers, including Dr. Pike's husband!

— Shamaita Majumdar, M1

Immunology

Course Master: Barry Sleckman, PhD (sleckman@wustl.edu)

Block: 2

Teaching Style: Lecture, small groups and labs

Grading: Two take-home exams and one in-class final exam

Passing: 70%

Immunology, simply put, is a fantastic course. Since my only prior exposure to this subject was a couple of cursory overviews in college, I was prepared to be overwhelmed and frustrated. What ended up happening, however, was quite the opposite. The material can be tricky, but everything about the course is student friendly. The coursepack entries and lecture slides almost always synced up, the objectives were clear and manageable, and the other teaching methods (case studies and small groups) were well executed. Our school's immunology department is strong and reputable which actually translates to instructors that are passionate about the material they are teaching. In second year, immunology is constantly popping up in the pathogenesis and treatment of diseases, and I feel more than confident with my background knowledge. I know Anatomy is the most exciting part of medical school and what everyone at home asks about, but I get the feeling Immunology does not mind being the hidden gem of the first year curriculum. Do yourself a favor and dive headfirst into those amazing complement pathways!

— Jordan Jacquez, 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, large group cases and one day of small group lab

Grading: One multiple-choice exam, three short quizzes and large group participation

Passing: 65%

This is one of the first times during first year that I felt like I was actually learning about diseases that I might see in the future. From E. coli to tuberculosis to neglected tropical diseases, this course covers it all. You will enjoy Dr. Caparon's introductory lectures on the framework for learning about microbes (which is strangely entirely based on Pokemon). You will learn how



Gotta catch'em all microbes.

antibiotics work, why people are becoming resistant to antibiotics, and how to treat diseases like HIV and bird flu! In one of the most exciting lectures of the year, you will learn about bioterrorism and how we defend ourselves from dangerous biological agents that can be used in warfare. Near the end of the course, you will consider case studies and see first-hand what the different bacterial colonies look like under the microscope. Microbes and Pathogenesis is an overall interesting and engaging course that helps you build the framework for your second-year course in infectious diseases.

— Ally Schelble, M2

Medical Genetics

Course Master: Sabrina Nunez, PhD
(snunez@dom.wustl.edu)

Block: 2

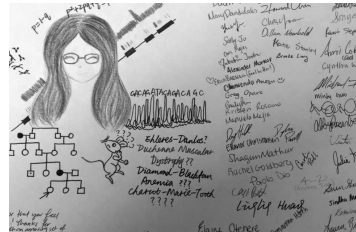
Teaching Style: Lecture and small groups

Grading: Problem sets, quizzes and final exam

Passing: 70%

It's definitely the age of the genome and

we'll be using genetic information to treat our patients soon enough! Luckily, this course will prepare you for 21st century medicine. The course master, Dr. Nunez, is very enthusiastic and wants the course to work for you. She individually responds to problem sets with feedback (yep, for all 123 of us!). Most of the work in the course is graded on a participation basis, so you can focus on learning. If you love genetics, you'll really enjoy this course and even if you haven't had a great experience in the past with genetics, you'll love it.



This is how much our class loves Dr. Nunez.

— Sampat Sindhar, M1

Neural Sciences

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

Block: 3

Teaching Style: Lecture, small groups and labs

Grading: Two exams with written and lab practical portions

Passing: 70%

Though you might be feeling a bit like a zombie wandering back from spring break to finish up first year, don't despair; you only have one block to go! Neuro block switches things up a bit, integrating Anatomy (aha, you thought you were done!), Histology, lectures, and small group case studies all focused on that incredibly important organ, the brain. You'll become fast friends with the famous TA of years past, Rob, whose alliterative "Rob's Roundups" help distill the intimidating complexities of neural tracts and nuclei into succinct

summaries for every lecture. This block is excellent for those who like flexible schedules; most of the abundant small groups are optional (though often fun and worthwhile), and the lighter course load is a welcome respite for those with summer already on their minds, or those who want to get started early on summer research. That's not to say that the block won't be a challenge. After all, it wouldn't be called Neurology block if you didn't ever have to use your brain (pun intended), but overall it's a popular block and a great way to cap off first year!

— Emily Moseley, M2

Practice of Medicine I (POM)

Course Master: Gregory Polites, MD (politesg@wusm.wustl.edu)

Block: 1-3

Teaching Style: Lecture, small groups, practice sessions, various out-of-class activities

Grading: Standardized patient sessions, multiple-choice exams

Passing: 70% (but below 75%, you have to meet with Dr. Polites to admit you only studied for an hour before the final)

Practice of Medicine (POM) I is the longest-running, most varied course of first year. It includes shadowing local primary care physicians and residents, learning clinical skills, meeting patients with chronic disease, discussions of ethics, public health, and professionalism, and more. The doctoring skills you will learn run the gamut, from basic, such as when to "foam in" (always), to how to test three cranial nerves with just a wave of your hand (sounds magical, doesn't it?). There are also experiences with standardized patients (paid actors), which simulate USMLE Step 2 CS exam scenarios. As you learn the components of the medical history and physical exam, you solidify these skills by practicing them on patient volunteers under the mentorship of a fourth-year medical student; the first time you don your glistening white coat, throw your shiny new stethoscope around your neck and unconfidently stride into the hospital to see your first patient will be one of the most terrifying, exhilarating and fulfilling experiences of your life. Even if you're less-than-thrilled to engage in facilitated ethics debates, POM is your connection to clinical medicine and may be the most meaningful course of first year.

— Victor Kovac, M1



Listen to your heart when he's calling for you. Listen to your heart, there's nothing else you can do.

Textbooks

You will never need to buy a textbook. In part, this is because every professor posts a free coursebook PDF, which includes all of the relevant reading. Also, Becker Medical Library has an extensive collection of legal electronic copies of assigned textbooks (your more nefarious upperclassmen may have other electronic copies for you as well). Professors recommend (but do not require) textbook readings, and in many cases these present the most coherent treatment of the material (e.g. Costanzo for Physiology, Netter's for Anatomy). If you don't like a given textbook, alternatives abound, often in the form of USMLE review books. Textbooks are millennial arcana. Increasingly for digital natives, YouTube and UptoDate supplant textbooks as our premier teaching tools.

— Ian Ferguson, M1

Anki

Japanese for “memorization,” Anki is a great tool for those who relied on paper flash cards in college (and everyone, because active recall is a very effective way to remember material). Anki is an app for creating electronic flash cards and for learning them based on “spaced repetition.” In other words, Anki schedules your cards based on how well you know them. This means no more sorting stacks of cards and a much faster way for creating cards. Anki has features such as “cloze deletion,” which allows you to quiz yourself on multiple words in a sentence and “image occlusion,” which allows you to quiz yourself on certain parts of an image (such as a structure in anatomy). There are multiple ways that students use Anki. Some use it to memorize specific sets of information, and some use it for everything. Also, previous students have made decks that can be found on WUMSWeb, including our awesome anatomy decks!

— Derek Schloemann & Julia Kolodziej, M1

The True Meaning of Pass/Fail

Far grander than $E=mc^2$ or $V=IR$, more beautiful than anything Pythagoras ever developed, a formula that truly rivals Newton's laws in its universality ... $P=MD$ is, unequivocally, the single most important equation of our generation. While passing one's exams here at WUSM should not be taken for granted and indeed requires work, pulling weekly all-nighters and falling behind on your four Netflix episodes/night are over! With Pass/Fail the saying, “medical school is like drinking water from a fire hose” is more akin to “medical school is like drinking water from a fire hose, but saving enough room for a few beers.” Rather than focusing on the insignificant minutiae of the Krebs cycle, you can redirect your energy to studying the important

clinical implications. Or better yet, refuel your own ATP with \$1 burger night at Bar Louie! You have spent your life manipulating grading curves by spreading misinformation like a Soviet spy. Well my little studentsky, remember: In Soviet WUSM, school passes you! Comrades, Pass/Fail offers students the opportunity to figure out their most effective study strategies, hang out with friends, and be part of a phenomenally collaborative environment.

— Joni Labin, M1

Second Year

Second year is, well, a bit more serious than first year. Yes, there are grades. At a med school. In 2015. You might have to actually go to class (or at least watch lectures). But you will be rewarded by finally feeling like you're "really in medical school." First year, to many, was more or less a continuation of undergrad, in that it was a lot of basic science information taught by PhDs in ways that are often difficult to connect to your eventual career as a practicing physician. Luckily, you don't really need to do all that much to get by during first year besides show up every few weeks to take an exam or three. In second year, by contrast, you will spend most of your time learning about actual diseases that will afflict your actual future patients. You will be taught by MDs and learn how to develop differential diagnoses and treatment plans for real conditions. It is, in short, much more rewarding, engaging and important. It is also much more demanding, but if you made it through undergrad and did well enough to be reading this book, then you can definitely make it through second year.

One tip: Try to punctuate your pre-clinical years with as much actual clinical experience as you can. This will not only help you better retain the material you are learning in the classroom, it will also help you stay motivated and remind you why you're here. And believe me, after spending 10 hours studying some obscure diseases of some obscure body parts you never even knew you had, you might need a little reminding.

— Jyoti Das, M2

Third Year

In no particular order, third year consists of:

- 12 weeks of internal medicine (one four-week outpatient, two four-week inpatient)
- 12 weeks of surgery (four weeks general surgery, four weeks musculoskeletal, four weeks elective)
- Four weeks of neurology + four weeks of psychiatry + four weeks wildcard (e.g., radiology, emergency med, pathology, etc.)

- Six weeks of pediatrics (two weeks inpatient, two weeks outpatient, two weeks elective) + six weeks of obstetrics/gynecology (two weeks labor and delivery, two weeks surgery, two weeks elective)

Lecture is a few hours per week; shelf exams are at the end of each clerkship (except wildcard). Third year is both thrilling and humbling. You're working harder and longer than you thought you could, only to realize everyone above you is doing even more. That mountain of knowledge that seemed insurmountable is now manageable, but replaced with a bigger mountain that you'll spend the rest of your career tackling. You can at times feel lost and frustrated, which is totally normal. However, you'll also get to put on that white coat you almost forgot you had and actually interact with patients, families and the health care team on a regular basis. You'll experience some of the most uplifting and heartbreaking parts of medicine. You'll get truly invested in what's going on around you, in ways that you can't when you spend your days sitting in a lecture hall staring at slides for hours on end. And one day at the end, you'll blink and realize it's over. It's truly a roller-coaster of an experience, and one that really starts your development into a physician.

— Stephanie Velloze, M4

Fourth Year

Fourth year ... ah, the promised land. Well, maybe not quite, but it's certainly the best year of them all. The best part? It's (almost) completely elective. That may not mean a lot to you now, but trust me when I say that you'll be extremely excited about it come fourth year. This is the year you get to spread your wings and show people that you're prepared to be an intern ... or take a lot of vacations. Most people start off doing sub-internships in their specialty of choice, peppered with some away rotations (depending on the competitiveness of their future specialty). From there, it's up to you what to make of the year. You're allowed to do up to 12 weeks of research, four weeks of a reading elective, four weeks of a special study elective, and eight weeks of vacation, generally reserved for interview season and/or the end of the year. In addition to the non-clinical electives, there's a huge amount of clinical rotations to suit your every whim, from EKG reading to palliative care to the cardio-thoracic ICU. The only required course is the Capstone, which is an internship crash course done at the end of the year that is universally loved by students come July 1. This is what you've been working towards for the past three years. Enjoy!

— Elyse Aufman Everett, M4

Shadowing

If you are like me and find sitting in class to be a little boring, somewhat demoralizing and highly demotivating, shadowing is for you. Now that you are a medical student at WashU, doctors will be falling all over themselves to have you shadow them. You will get to meet incredible, inspiring doctors, brave and funny patients, and you will be reminded of why you decided to go through the long and difficult process that is a career in medicine. Shadow surgeons, shadow medical doctors, shadow in specialties you have never even considered. Your first year in medical school is a great time to explore what it means to be a doctor and where you might want to take your career. Plus, it's way better than sitting in class all day.

— Emily Davis, M1

Top-Rated Selectives

Simulations in Cardiovascular Physiology

This selective is the perfect complement to the simultaneous material seen in Physiology. This is one of the few classes that you'll take first year that will teach you useful clinical skills. What made EKGs easier to understand? The 2+-hour physio talk? Or, the 1-minute cardio sim explanation. DEFINITELY cardio sim.

— Mike Rizzo, M1

MS I Journal Club

The journal club group tends to be pretty small, allowing for true conversation about the articles, which, by the way, we choose ourselves. We read everything from a paper about male birth control that measured a lot of mouse testicles, to an anthropology article about hallucinogenic drug tourism in the Amazon.

— Rachel Corbin, M2

Introduction to Anesthesia

Be warned, if you take this selective, you WILL leave with your heart set on the four-year residency path to happiness that is called anesthesiology. Think of the impact you too can make on people's lives, all while they're asleep and will have no idea that you helped them. Seriously though, this selective is cool people talking about a cool job. Take it!

— Lucas Thomas, M1

Introduction to Emergency Medicine

No one wants to be the doctor who's useless in an emergency — so sign up for Intro to EM I today! Not only is Dr. Wichelman an amazing lecturer, with tons of infectious energy and great stories about her adventures backpacking, but the material just might help you save someone's life (or at least their testicle). Our lectures have included fun facts about snake venom, why quick medical action might have saved Princess Diana, and even a lesson on ballistics.

— Lauren Broestl, M1

Saturday Neighborhood Health Clinic (SNHC)

The SNHC selective melds first-hand experience managing a small free clinic with the classroom experience considering major issues in the delivery of low-cost primary care to those who need it in St. Louis. Outside of class participants trade off coordinating the free SNHC clinic each Saturday. In class, different speakers address public health, primary care, strategies for coordinating discounted care, and more.

— Jennifer Farley, M1

Terminal Illness and Death

Quite a bit of reading is required for this selective, but the instructor is understanding and not strict about students having to complete it. The content of the selective was helpful and enlightening as I think most of us picture our careers in terms of curing people, when death will inevitably be a part of them.

— Jordan Cole, M2

Music and Medicine

Dr. Cheng (also second-year renal coursemaster) and Dr. Windus (also teaches in second-year renal) are very nice people. This selective has no homework, and was still quite fun. Take it if you enjoy music, want to meet two physicians who are also first-rate musicians, and are looking for a light, happy and enjoyable selective.

— Randy Laine, M2

Extracurriculars

A Cappella

Did you nerd out when you saw the new trailer for Pitch Perfect 2? Do you already have your TiVo set to record The Sing Off season five? Then you'll find a home here at WashU medical school. With two med school campus a cappella groups, you don't need to leave your singing behind with your college life. The Histones (co-ed) and Do No Harmony (all female) provide you the opportunity for a low time commitment singing experience. You get to escape the realm of medicine for an hour a week (if that – we weren't kidding when we said it's a low time commitment!) and revive your creative side. A few times a year, the med school has coffeehouse performances where you can wow your classmates with your vocal chops! And if for no other reason, you've got to love the bad medicine puns necessary in med school a cappella group names.



You don't need to leave your singing behind with your college life.

— Caroline Wentworth & Kunal Mathur, M1



Medical students attended AMA's two national conferences in Chicago and Dallas.

American Medical Association (AMA)

OK, I'll admit it: I joined the American Medical Association (AMA) because I liked the free stuff that came with it: your choice of Netter's Anatomy Flash Cards or Pathology Rapid Review, one-year subscription of JAMA to casually display on your coffee table, and a whole range of discounts that will come in handy at some point when you prepare for boards. If you do the calculation, it's totally worth the \$100. But I did eventually decide to take advantage of some of the other opportunities AMA offers. Remember that AMA is a national organization. It's a platform for you to make an impact on a greater level. For example, the AMA has two national conferences per year (an annual conference in Chicago and an interim conference in various locations). You can go as a voting or non-voting attendee, with all travel and lodging expenses covered. This year at the interim conference in Dallas, we as a medical student section voted on issues such as universal health care. If you are interested in health policy, this is the group to join!

— Chuner Guo, M1

American Medical Women's Association (AMWA)

While it's easy to get involved in interest groups that may be related to your future career, one organization that will always be relevant for women (and men!) working in health care is the American Medical Women's Association (AMWA). AMWA is an organization dedicated to supporting women in health care and improving women's health, and it offers many opportunities for getting involved: book clubs, interest weeks, a regional conference and community outreach. Our mentoring program matches female students and faculty members based on career and lifestyle interests. Also, AMWA puts on annual events (The Red Dress Affair and Vagina Monologues) to raise money for the American Heart Association and a local safe house, respectively. Getting involved at WUSM via AMWA is so easy – and fun! – and provides ample opportunities for socializing both inside and out of WashU. Regardless of gender, if you're concerned about women's health, or just wish you knew more about it, AMWA is for you.



Red Dress Affair: Decorations Committee 2015

— Liz Maidl, M1



The M1 boyband, the HeartThrobz, performed at APAMSA's Lunar New Year Festival celebration.

Asian Pacific American Medical Student Association (APAMSA)

The Asian Pacific American Medical Student Association (APAMSA) offers many opportunities to promote awareness of Asian culture and advocate for health issues faced by the Asian community. In collaboration with the St. Louis University (SLU) APAMSA chapter, we do blood pressure/glucose/BMI screenings at

Asian grocery stores several times a semester (similar to Schnucks screenings), as well as free Chinese, Korean and Vietnamese health fairs, where Hepatitis B screenings are offered since it disproportionately affects the APA community. APAMSA offers a Medical Chinese class that meets once a month to help medical students adequately communicate with many Mandarin-speaking patients encountered at these grocery screenings and in the hospital. In addition to health outreach, APAMSA is the student organization that organizes the Diwali and Lunar New Year Festival shows for the medical student community, some of the biggest events of the year (but you don't have to be in APAMSA to participate in these shows – there will always be a need for dancers!). APAMSA is a great way to get involved with the APA community, hang out with SLU med students, and share the joy of Diwali and Lunar New Year Festival with your classmates.

— Sonya Liu, M1

Acute Stroke Action Program (ASAP)

The Acute Stroke Action Program (ASAP) is a great opportunity to get clinical exposure in neuroscience/emergency medicine early in your first year. Essentially, for two weeks you get to carry one of the stroke team's pagers around with you and get paged whenever a patient is en route. There are roughly four possible stroke patients that come into the emergency department every day so you get to see quite a few over the course of two weeks, even excluding times you're busy. After throwing on a tie (or if you're smart, a pair of scrubs), you head over to the ED where you can observe the patient's CT scan, stroke scale assessment, and corresponding treatment. If there is time, you can even perform the NIH Stroke Scale assessment yourself. Barnes-Jewish Hospital is one of the best hospitals in the country at treating strokes with a mean arrival-to-tPA time of ~30 minutes. (The national goal is an hour.) The program is run through the Neuroscience Interest Group and has a few training meetings in the first month or so. After that, you are assigned your two-week period with the pager.

— Doug Hall, M1

Coffeehouses

For as long as I can remember, I have day-dreamed about singing on stage and have practiced devoutly in the shower in preparation. I started teaching myself to play the guitar as an accompaniment, and I actually found myself a bandmate during the first couple of weeks of med school. All we needed



The voice of an angel at the coffeehouse.

was a stage legit enough for us to have an audience, but chill enough that our audience wouldn't mind us being a couple of amateurs. Then, we heard from the Arts Commission about their Coffeehouse Series (held three times a year), welcoming acts of any length and style. We were joined by students from all years of med school, ranging from seasoned performers to debutants like us, and we had a great time performing for our classmates and passers-by. The audience was supportive, active and appreciative, doing away with our nervousness and making us feel like rock stars. Whether you're a classical music maestro, an electric guitar prodigy, an a cappella veteran, just a dreamer like me, or simply someone who enjoys listening to music and cheering on your friends, I encourage you to join us at the next Coffeehouse.

— Kalyan Tripathy, M1

Diwali Show

You do not have to celebrate Diwali in order to celebrate WashU's take on the festival of lights. Organized by students, the show is a great example of WashU's diversity and culture. Filled with Indian food and performances such as singing and dancing, everyone has a great time at Diwali, whether they are participating or just watching. The event is free, open to all and draws a great crowd filled with classmates and other members of the WashU community. It's a great experience that is going to expand and grow in the coming years. So whether you want to do Bollywood, Bhangra or both, the WashU Diwali show is a great way to get involved, make some new friends and have fun!



Students celebrating Dwali with Bhangra.

— Manoj Arra, M1

Health Professions Recruitment and Exposure Program (HPREP)

Health Professions Recruitment and Exposure Program (HPREP) brings medical workshops to local schools to teach students about the heart, lungs and brain. It is a nationwide program through the Student National Medical Association (SNMA) and its focus is to encourage scientific curiosity in underprivileged and underrepresented groups in medicine. We bring real human organs for the students to handle, and they always have a blast! HPREP is a great way to get involved in the local community outside the Central West End, not to mention it's a good anatomy review for us.

— Kristen Rosano, M1

Institute for Healthcare Improvement

During the preclinical years of medical school, you'll have much to learn about anatomy and physiology and it may feel overwhelming. However, as a practicing clinician, you'll have to know much more than basic pathology and the backgrounds of microbial diseases. The Institute for Healthcare Improvement (IHI) attempts to address some of these gaps. For example, medical errors were the third leading cause of death in the U.S. in the last year. How do you engage a patient and their family after making a medical error? And how do you fix systemic issues contributing to errors to make sure they are never

repeated? These vital lessons are not often touched upon in the standard medical school curriculum, yet they are crucial to our development as physicians. The IHI aims to prepare students for the realities of practice involving patient safety and quality improvement with a variety of educational activities, talks and workshops.

— Arjun Gokhale, M2

IDEA Labs

IDEA Labs is an organization that facilitates biomedical start-up companies. Essentially, participants choose a team and a problem in medicine to address, then get started trying to fix it by developing some sort of product. IDEA Labs itself provides each team with the legal, technological and financial resources necessary to develop a prototype and get the company off the ground. It's important that each team has a diverse set of skills, so regardless of your background, I would definitely consider trying it out. Working in any of these fields will help develop your understanding of medicine, look great on a resume and potentially make you a lot of money!

— Sirish Veligati, M1

Latino Medical Student Organization (LMSA)

You'll often hear the Latino population of St Louis be described as "small, but growing." The same applies to the Latino Medical Student Organization (LMSA). As a relatively young organization, we're still trying to find our bearings, but we have big plans for the group! Between celebrating Hispanic Heritage Month and attending national LMSA conferences (amongst other things), getting involved with LMSA is a fantastic opportunity to meet other Latinos and create a support network. Non-Latinos are welcome, too!

— Jorge Zárate, M1

Medical Interest Groups

Medical interests groups are great for all! Not only can they be counted on for providing lunch at least a couple days out of the week, but you can actually learn about all different fields of medicine through convenient shadowing opportunities and interesting speakers. You can commit yourself to one that aligns with your interest and share your love for a particular field with your classmates by helping organize events, or you can admit to yourself that you really have no clue what you want to do and simply take advantage of all the shadowing opportunities and lunches and dinners with little discretion. Call it "open-mindedness," if you will.

— Julia Kolodziej, M1

Medical Student Government

Representing all four classes of medical students as well as MSTPs, the Medical Student Government (MSG) mission is “the advancement of student interests and welfare to achieve excellence in academic pursuits and professional interactions.” MSG meets on a monthly basis to discuss issues relevant to our students, and it works with the administration to come up with solutions to these issues. Being an elected member of MSG is a fantastic opportunity to serve your class, work closely with faculty and administrators and learn the ins and outs of the school. MSG has provided me with amazing mentors and it’s been incredibly fun to be involved in planning events like the Class Shows!



MSG cooks for Friends-giving. No MSG added.

— Jorge Zárate Rodríguez, M1

Musical

I certainly did not expect that med school would give me an opportunity to reignite my love for musical theater, but it certainly has done so! If you make it to Second LookWeekend (which you absolutely should), you’ll get to see the whole cast in action as we blow you away with our rendition of How to Succeed in Business Without Really Trying (or H2\$, as we affectionately call it). I was initially hesitant to audition, because it seemed like it would take up a lot of time. But, even as a chorus member who is called to rehearsal nearly every week, it has been completely manageable and a really nice break from schoolwork. It’s also been a great way to meet other students outside my class, including PhD, physical therapy, occupational therapy and other MD students. It’s really a blast and such a fun opportunity.

— Emily Rion, M1

Pediatric Life Savers

Pediatric Life Savers (PLS) gives medical students the opportunity to teach infant CPR classes to parents of babies in St. Louis Children’s Hospital. This experience is incredibly rewarding; the knowledge of what to do if their child ever needed CPR at home gives parents a lot of peace of mind. It’s also a great way to get comfortable finding your way around the hospital and interacting with patients’ families so that you’ll be a pro when you get to your clinical years.

— Kristen Rosano, M1

Saturday Neighborhood Health Clinic (SNHC)

The Washington University Saturday Neighborhood Health Clinic (SNHC) is a free clinic for the uninsured, run by medical students and staffed by physicians from the School of Medicine. The clinic provides basic medical services to patients. Volunteering at the SNHC is a great opportunity to help the St. Louis community and also work on interview and physical exam skills for first- and second-year students. You can become even more involved as a coordinator by taking the SNHC selective!

— Derek Schloemann, M1



You can make a difference in the lives of people.

Schnucks Screenings

Students participating in Schnucks Screenings offer free health screenings at several local Schnucks grocery stores. We check community members' blood pressure and blood glucose levels, which is a great way to put some of the skills we learn in Practice of Medicine to the test! We also encourage people to follow up

with their primary care physicians and provide basic counseling on health topics such as nutrition and exercise. For those who do not have health insurance, we provide suggestions for free clinics in the area and offer to follow up with them by phone. The screenings are an excellent way to get out of the medical school bubble and get involved in the St. Louis community, and it is rewarding to know that we may be making a difference in the lives of people who may not otherwise seek out health care.

— Manuela Mejia, M1

Student National Medical Association (SNMA)

The Student National Medical Association (SNMA) is committed to diversifying the face of medicine by supporting underrepresented minority medical students and promoting the development of culturally competent physicians. The organization is community service oriented and focuses on addressing health inequalities, serving underserved populations, and reaching out to future minority medical students. The WashU SNMA chapter is actively engaged in the St. Louis area and a majority of our initiatives center around mentorship and health outreach.



2014 SNMA Region II Conference at The University of Iowa.

SNMA affiliated programs include: Minority Association of Premedical Students (MAPS) families, Health Professions Recruitment and Exposure Program (HPREP), Collegiate School of Medicine and Bioscience (CSMB) mentorship, Schnucks Screenings and Culinary Medicine. Through SNMA, we also have the opportunity to interact with residents and physicians, promote diversity within the medical school, and be involved on a regional and national level by attending annual SNMA conferences. I highly recommend joining; there are so many benefits to being a member, and it's fun!

— Elaine Otchere, M1

Wilderness Medicine Interest Group (WMIG)

Do you like being outside? Eating s'mores? Starting fires? Pretending to break your leg while rock climbing? All this is available to you and more. Wilderness Medicine Interest Group (WMIG) hosts trips to parks and campgrounds for anyone interested (no tent-pitching experience necessary). They have all the equipment needed for a fabulous time exploring the great outdoors, so don't worry if you left your sleeping bag at home. Because we are medical students after all, the group also holds seminars on wilderness medicine to teach basic skills for making splints, what to do after a lightning strike or a snake bite, and how to get patients back to safety. These skills are put to the test at a yearly MedWAR competition, which is an opportunity to bond with classmates, learn from more experienced students and, most of all, have fun in nature.



WMIG goes on a camping trip.

— Emily Davis, M1

Young Scientist Program (YSP)

The Young Scientist Program (YSP) offers many different ways to volunteer in the community via science education outreach. One program I've really enjoyed is the Continuing Mentoring program, which pairs graduate and medical students with incoming high school freshmen for a four-year, one-on-one mentoring program. I've gotten to know my mentee, as well her as parents and the other mentees over the last semester, and it has been a blast! We do "fun science" with them, help them with homework, or just de-stress with snacks and games. I was even able to bring my mentee to anatomy class one day. (She wants to be a surgeon.) While the program is a long-term commitment, it has been one of the most rewarding experiences I've had so far. I especially recommend it to anyone interested in working with teens and helping to inspire the next generation of scientists and doctors!

— Marianne Ligon, M1

Forum for International Health and Tropical Medicine (FIHTM)

Forum for International Health and Tropical Medicine (FIHTM) is WUSM's international health organization. FIHTM organizes several dinner talks with faculty involved in international health and research, a larger hunger banquet, and the global health symposium. Besides these fun events, FIHTM provides funding for international experiences for students who want to go abroad to gain clinical/public health experience or complete research during the summer between first and second year. FIHTM is also involved in international electives for fourth-year students.

— Julia Kolodziej, M1

Only at WashU

Big Sib/Little Sib

Big Sib/Little Sib is one more way WUSM helps ease us through the medical school transition. In the deluge of pre-M1 summer emails, you will receive a questionnaire about your interests and hobbies, and from that you are matched to a second-year student with whom you will share an informal mentoring relationship. Relationships can vary, but everyone values their Big Sib. Big Sibs can advise on the best way to manage your life from the perspective of someone who has recently experienced the same dilemmas. Ask your Big Sib which selectives to take, which student groups to join and which physicians to shadow. Even ask about activities that your Big Sib is not interested in; chances are that he or she can connect you to another student who will tell you more. I've been lucky that my Big Sib and I have interests that closely align. We both like complementary medicine and baking healthy desserts, and I've received great advice and countless homemade snacks. Other Big Sib/Little Sib relationships center around eating brunch or grabbing fro-yo. Regardless, the BigSib/LittleSib program has resulted in a much better use for the carrel mailboxes than handing back physiology quizzes.



Big Sib love: It's not unusual to find a treat, or two, or four in your mailbox to congratulate you on finishing that big test.

— Laura Lee, M1

Float Trip

As one of the more sober individuals at the Float Trip, I can recall that everyone who participated had an amazing time. I think some of the strongest bonding among our classmates happened while we floated down the Meramec for six



Six hours of bonding time in the water.

hours. Classes hadn't started yet. No laptops on the river. Just us. You're forced to really get to know each other, and hey, you end up really loving your classmates. Several M2s also joined us, so we got to really bond with them as well, which has been really important as we struggle through M1 and get their support every now and then. While some people were worried about the weather being a little cold and rainy, I highly recommend everyone go. Of course, even if you don't drink, it's a great time. You get to experience what Missouri has to offer and do something totally different than what you'll be doing for the rest of the year.

— Jeanette Wong Siegel, M1

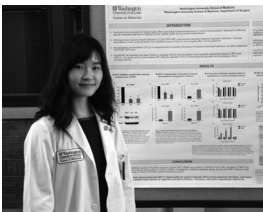
Post-Exam Parties

Oh man, what can be said about post-exam parties. They are some of the highlights of our first year, no doubt. Each class has four social chairs (I'm one of them for our class) who pour their hearts and souls into planning sweet parties in either the Shell Café or Olin Penthouse the night after exams are finally over. It's a great time to unwind with your class and completely let loose, whatever that means for you! We always have an open bar and beer games, but also a dance floor and snacks for those who don't like to drink! And inevitably, our parties lead to groups of people going out, for those of you who are strong of liver and high on energy. Overall, it's an incredible way for your class to get closer as a whole, and really get to enjoy each other's company with absolutely no school-related stress on your shoulders.



Our social chair preparing anatomy-themed drinks after our first anatomy exam.

— Andrea Tian, M1



Lingling Huang (M1) presents her work at the Research Symposium.

Summer Research Before First Year

Doing research before first year is a great way to spend the summer before medical school starts! Email Dean Chung, and she can send you the application forms as well as help you find a mentor. There is a lot of exciting research going at WUSM, and this is a great time to participate and get paid to do it! An additional benefit is that you

can move in early and not worry about unpacking after school starts. There are also social events just for incoming and visiting students, which are great opportunities to meet people.

— Derek Schloemann, M1

Washington University Medical Plunge (WUMP)

The Washington University Medical Plunge (WUMP) is an intro to public health, using St. Louis as a case study, and acts as our orientation to WashU during the first week of the semester. However, WUMP is far more than just an orientation to our school and medical center; it orients students to the history and demography of the region they will be serving over the next four (or more) years and, even more importantly, to the social, political, economic and personal responsibilities we will have as physicians. Exploring the challenges of delivering medical care in increasingly complex contexts is very humbling. However, the series of speakers heard during WUMP are doing extraordinary things to improve the lives of people in St. Louis and beyond, inspiring students to take initiative in improving health care. WUMP lays a contextual foundation that empowers students to better contribute to their community, and creates a societal and ethical compass for our training to come. Plus, lunch is provided all week and there are awesome social events every evening (into the wee hours of the morning) to take the edge off, all supported by WashU.

— Victor Kovac, M1



Becker Medical Library

Becker Medical Library has quickly become my favorite study spot at WashU! Most of its seven floors have lots of study spaces available, including group study rooms, large group tables, individual carrels and comfortable couches. It's quiet enough that you can concentrate more easily than in the carrels, but you can still have whispered conversations with study buddies without getting glared at by other people. All of the furniture is pretty new and comfortable. There is also ample lighting and outlet availability throughout the library.

"Club Becker is a poppin' place" — Rubabin Tooba (M1)

The basement has coffee, tea, vending machines and free hot water available, while computers and printers

are available on the first floor. The seventh floor also has a great rare book collection that you should check out. In addition, the library gives you access to lots of journals and catalogs through its website. You can also check out

books, including many of your textbooks, up to three times (and even more if you bring the books back in person and then check them out again) with no fines on late books. If you loved to study in libraries in undergrad, Becker is probably the place for you.

— Anjlie Gupta, M1

Danforth Campus

If you ever decide to venture to the opposite side of Forest Park, you will find the telltale neo-gothic architecture of the WashU Danforth Campus. There are always lots of performances going on almost every weekend, whether it be a cappella (WashU is HUGE on a cappella), a musical/play by the Performing Arts Department, a student-run cultural show (ex: Diwali), or a professional touring group as part of Edison Theater's Ovarions series. Every fall and spring semester, WashU also puts on a huge concert in the Brookings Quadrangle called W.I.L.D. that features big headliners (past examples include Fitz and the Tantrums and Icona Pop). If you get tired of studying on campus and want a 24-hour library that also contains a café then try visiting Olin Library on the Danforth Campus. Bonus: As a WashU grad student, you can use your WUSM ID to swipe into special graduate study carrels on the second or third floor so you don't have to compete with undergrads for a quiet study space. It's only a short two-stop MetroLink ride, so venture over sometime and explore its beautiful campus!



Danforth Campus is beautiful, and it's only two metro stops away, or just a five-minute drive from the medical campus.

— Sonya Liu, M1

Hospital Conferences and Grand Rounds

Morning conferences and grand rounds are a great way to get some exposure to a field that you think you may be interested in. You get to see some of the interesting cases that the individual departments have seen and how they went about treating the patients. You also get an inside look to how the attendings interact with their residents (hint: PGY1s and 2s get picked on the most, no surprises there). The only caveat is that they are before classes, starting as early as 6 a.m., but they are by no means required. Beware that most (if not all) conference topics will go over your head, but it's still a great learning experience. In fact, I met my current research mentor at a morning conference!

— Andrea Tian, M1

Room 100

Though the admissions office may have seemed intimidating on your interview day, as a student it is the headquarters for everything related to the medical school. Room 100 is where you can find all the people who work hard to keep WUSM running smoothly and interviewees who call it their home base for the day. This is where you can talk to Andy about anything related to student groups or events or Dean Chung about research opportunities on campus. Pop in at any time to say hello to the people there and get some free coffee, tea or candy. Don't forget to wish the applicants good luck while you're there!

— Kristen Rosano, M1

Study Carrels

When it comes to a place to study, what could be better than the student carrels? The carrels offer a studious yet social atmosphere with a little space you can personalize and call your own to store your study snacks and books. The lounge in the carrels offers a great place to nap, relax with friends over lunch, play a game or two (or 15) of Super Smash Bros, and enjoy the leftover culinary delights of whatever meeting just ended that you didn't go to. Overall, the carrels are simply the best place for comfortable studying with your best resources at hand — your classmates. Then you can cap off the night of studying by taking the MetroLink (light rail) right next door for some study-reward beers. Also, with the carrels being randomly assigned first year, you could meet your new best friend (or possibly more than that) just a carrel or two away from you. You know what they say, the number one determining factor for relationships — platonic or not — is proximity.



You know an exam is coming up when the carrels are full.

— Julia Kolodziej & Doug Hall, M1



LIFE

Transportation

Life With a Car

St. Louis is a city of many perks, but much of what it offers is not within walking distance. Whether it is the City Museum or the fabulous outlet malls, St. Louis City and County are full of surprises for car owners. Having a car or some means of transportation outside the Central West End (CWE) is one of the best choices you can make if you want to explore the city to the fullest. Not a weekend goes by when I am not out on the town. From the West County Mall to volunteering in the city, Washington Avenue (a hotspot for food and fun) to Ballpark Village, or simply grocery shopping at Trader Joe's and later hitting up John Donut, having a car cannot steer you wrong. Concerts every weekend, art fairs, and checking out nearby cities are so much more enjoyable when you have the means to get there and back. So if you still have qualms, say yes to the car!

— Rubabin Tooba, M1

Life Without a Car

I would guesstimate that the class is split 50-50 between having and not having a car. I'm a huge fan of walking and using public transportation to get around, and contrary to my prior concerns, that has worked out just fine for me here. I, like the majority of students, live within walking distance of campus, so classes, labs, student group meetings, the gym, etc. are all easy to get to. Our access to transportation is taken into consideration in assigning our clinical responsibilities, too. Forest Park, the Grove and anywhere within the CWE are all within walking distance, and people usually carpool or share cabs when venturing elsewhere, so hanging out has not at all been a problem without a car either. Since I brought up cabs, you probably won't find them swarming the streets like in NYC or Philly, but you can call for one any time. On the off chance that the train, buses, walking, cabs and WeCar (see next story) won't get you where you need to go, odds are that your classmates will be as wonderful as mine and will be happy to give you a ride.

— Kalyan Tripathy, M1

WeCar

Enterprise CarShare, formerly known as WeCar, 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 23 vehicles scattered across the WashU campuses, which can be hired for an inclusive rate of \$5 per hour, \$60 per day, or \$20 overnight (6 p.m. - 8 a.m.). Online reservations should generally be made a few days in advance — especially

for the two cars located on the medical school campus — but last-minute vehicular needs can often be serviced by others in the fleet, usually located just a short MetroLink ride away; there is even an app available to facilitate the process. Some forethought and planning is required, but I've found that the car-share program can supplement public transit (and the kindness of your friends/classmates) enough to make living without a car viable in St. Louis.

— **Umber Dube, M2**

MetroLink and MetroBus

No matter where you are, someone is always going to be complaining about public transit. St. Louis is no exception, and while it is true that the current system is far from perfect, it's more than adequate and, more importantly, completely free. All WashU students receive a pass that grants unlimited access to both the light rail system (MetroLink) and the bus system (MetroBus). Most of the city's more popular attractions 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. Thankfully, Metro Transit also strives to be technologically progressive. The entire transit system is fully integrated with Google Maps and all buses are tracked in real time on the Metro website. You can expect to enjoy the usage of smart card technology in the near future as well.

— **Umber Dube, M2**

Biking in St. Louis

Having a bike can save you time and money as you commute to campus or laugh at your friends as they look for free parking. Many of the drivers here are not used to having bicyclists on the road, so be cautious when riding on the roads. Your best bet is to take bike paths when possible.

There are also plenty of paths with great scenery when you need a break from studying or want to get some exercise. The streets stay busy for a while after dark, so get some flashing lights, reflective jackets and/or reflective tape. Unfortunately, there are a lot of bike thefts around campus. There is a secure, card accessed lot by Olin where you can park your bike when you are in the area. If you are off campus, it is best to lock up with a U-lock. If you need accessories, bike maintenance, or are buying a new bike, Big Shark Bicycle Company on Delmar has just about everything at a discounted price when you mention that you're a student. Also, wear a helmet.

— **Angus Toland, M1**



Anjlie Gupta (M1) taking a test ride before she reaches a decision. Make sure you put a U-lock on that bike, Anjlie!

Fitness

On Keeping Fit in Med School

Medical school is a tremendous opportunity to make the most of yourself — and to beat the crap out of yourself! There are a number of powerful, convenient ways to stay (or get) fit at WUSM, some of which are below/in this section. Done right, many of your best days can be reduced to: train your mind, train your body, and fall into bed knowing you are better, faster, stronger. In brief, there are two gyms: Most students use the Student Health and Athletic Center (SHAC), which is free and open 24/7, and a few use BJC WellAware, which offers numerous fitness classes and nicer facilities, for a monthly fee. There are also two main student-initiated group classes: "WUSM Fit" offers a variety of high-intensity interval training routines and "Insanity!!!!!!," runs multiple times each week in the Farrell Learning and Teaching Center (FLTC) third floor. (If you're still reading, you need to join both groups on Facebook.) Numerous other options include yoga, intramural sports and running and bicycling in beautiful Forest Park. All of these can help you stay mentally and physically healthy, make friends through endorphins, and become the machine you were meant to be.



Nice weather means it's the perfect time for a pickup game of ultimate frisbee.

— Galen Pizzorno, M1

Student Health and Athletic Center (SHAC)

For people who are pretty good at keeping up with an organized workout routine and for those who absolutely fail at it because the gym's too far, too expensive, or just because it's cold outside, the SHAC was designed for you. It is located inside Olin Residence Hall, which means that it's connected to every single building on campus, so your commute to the gym comes down to a four-minute walk indoors. You can access it 24/7, and it's free.

As a person who started from scratch, I can say that there is no such thing as gym-timidation in the SHAC. From the slender yoga addict to the (slightly bigger) rugby player, everyone's welcome to work out here. The SHAC is also a great place to meet students from the entire medical campus, such as Physical Therapy, Occupational Therapy, MD, etc. You'll often end up spotting one another when you go for that extra rep, or even partnering up (for future workouts/for life).

— Paolo Dib, M1

Running

Even though WUSM is a wonderful place, the desire to run away strikes almost every medical student occasionally. With Forest Park literally right outside your door and seductive St. Louis fall weather beckoning, it's easy to act on the urge to go for a run. Forest Park, host to the 1904 Olympics, forms the western border of the medical campus. For those of you unfamiliar with St. Louis, Forest Park is essentially Central Park, but much larger and much less busy. It's also very possible to plan routes through the surrounding neighborhoods if you prefer a more urban running scene to trees, ponds and wild turkeys. St. Louis has many road races (from 5K to marathon to Tough Mudder) and the odds of finding a fellow med student to run one with you are pretty good. It's fairly inevitable that you will a) spend lots of time sitting and b) consume a lot of calories as a medical student. Running is a great way to solve both of these problems. (Wait, are those really problems?)

— Jake Groenendyk, M1

Intramural Sports

On WashU's athletics website it reads "Intramural Sports are an enjoyable and relaxing way to get to know a lot of people through organized recreational activities." This is a fairly accurate, albeit boring, description of what you get should you choose to play an intramural (IM) sport. I played IM Ultimate with a medical school team, the Herniated Discs (you'll realize once you get here that medical puns are just the way of life now.) I not only got to meet some awesome third- and fourth-years, but some residents and even one attending. Games were once a week on the weekends and it was a great way to sneak in some exercise and fresh air. There's also a variety of other IM sports including basketball, volleyball, flag football, track, etc., and the culture is incredibly open and spirited. In summary, if you do an IM sport you get exercise, fun and running around with new people for a pretty low time commitment — a fairly sweet deal!

— Katie Stanley, M1

Tennis

For any tennis players out there, we have a pretty great set-up, with six courts just a two-minute walk from school. As our free time becomes more limited in the next few years, I'm sure we'll appreciate this proximity even more. It's a great way to stay active or occasionally de-stress while (or instead of) studying for exams. There are plenty of tennis players in our class, so whether you played competitively in college, or your racquet has been accumulating dust since the end of high school, you're sure to find someone at your skill level. For the more competitively inclined, the Danforth Campus has an intramural league and club team that medical students are free to join.

— Dylan Powell, M1

Dodgeball

Physiology course master, Dr. Bob Mercer, has four clear passions: physiology (obviously), corny science jokes, snacks and intramural dodgeball. Dr. Mercer is so enthusiastic about the latter that he organizes casual dodgeball games for graduate students, post-docs and medical students. This allows us to engage in scheduled (good for us Type A personalities), fun exercise, rain or shine, as it is located in the Olin gym. Although there are some veterans who possess an almost embarrassingly high level of skill, the weekly dodgeball group is always in flux and welcomes players of all levels, from tournament level to the greenest rookie. Something else you will come to appreciate is that the games provide an opportunity to intermingle with graduate students in the Division of Biology and Biomedical Sciences, who are a fun, fascinating group of people with whom we rarely have the chance to interact. As another plus, the soreness you will sustain helps tremendously with identifying muscles and their functions for anatomy. And, as if you needed more incentive, Mercer provides the competitors with free beer and soda to help us rehydrate from the vigorous exercise, and pizza to nourish our weary bodies. Dodgeball is every Tuesday evening from 5-7 p.m. See you there!

— Victor Kovac, M1

Necessities

WashU Discounts

As a WashU medical student, you get to take advantage of some great discounts around the city. My favorite is the student discount at the local cinemas. (One of them is conveniently located in the CWE.) you get matinee prices at all times. You can also get some discounts on phone services if you need to get a new cell phone, as well as a number of other corporate discounts (see <https://resource.management.secure.wustl.edu/suppliers/sl/SitePages/Staff.aspx> once you have a WUSTL key). Additionally, you can get amazing student rebates at the St. Louis Symphony! For a measly \$10, you can usually get great seats at an amazing performance by one of the best symphonies in the country! And, last but certainly not least, just present your medical student ID at the St. Louis Children's Hospital cafeteria after 4 p.m. to get a great discount on good food on those nights you are in the carrels late. Also, check out the fish tanks!

— Brett Tortelli, M1

Pets

I have always had a cat, so of course I wouldn't come to school without one. Cats are perfect for busy medical students because they're happy to lounge around all day long without you. In fact, I suspect that my cat prefers having the apartment all to himself. For what it's worth, St. Louis landlords also seem really open to pets. The Central West End is full of people out walking their dogs, and there are plenty of pet-oriented shops and veterinarians close by. There is even a doggy costume contest during the Halloween Neighborhood Block Party on Maryland Avenue!



Intra-class dating applies to pets as well.

Also, I may be alone in this, but I think it's fun to listen to cats purr through a stethoscope.

— Elizabeth Daniels, M1

Banks

I used 5th Third Bank for three years as a research technician and had a good experience with them. There is one conveniently located in the Central West End. They offer a pretty good deal for students: no minimum balance, no fees and five free non-5th Third Bank ATM withdrawals. That said, there are lots of options. Pulsaki Bank, U.S. Bank and Bank of America have locations in the CWE, and U.S. Bank even has an ATM on campus, in the hospital.

— Brett Tortelli, M1

St. Louis Community Credit Union

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 competitive rates and lower fees it affords its members. In addition, the SLCCU maintains a business partner relationship with WUSM and BJC HealthCare, 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 USA 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 (314-534-7610).

— **Umber Dube, M2**

Libraries

Libraries are always special places. I love books, and any place that is willing to give me books for free is fine by me. Moving to St. Louis from Los Angeles, I appreciate that the St. Louis Public Libraries cater to my weak tolerance for drastic weather. The Schlafly library provides the usual perks of a great book selection, DVDs, interlibrary loans, free Wi-Fi and printing, but when it is too cold for a reasonable person to walk anywhere outside, I appreciate the eBooks, audiobooks and other downloadables much more. You can even stop at a St. Louis County Library to check out a telescope and stargazing guide for free.

The medical school library, Becker, is your very own home away from home/the carrels. It has snacks and hot water in the basement, computers, printers and helpful librarians on the first floor, comfy sofas on the second floor, and the most amazing rare book collection on the seventh floor. If you need 24-hour service, head to the Danforth Campus. The Olin Library has a special room for graduate students and its own cafe to keep you caffeinated and fed during those late-night cramming sessions.

— **Emily Davis, M1**

Student Health Services

Pain in your leg? Deep vein thrombosis. Headache? Aneurysm. One disease you are sure to catch during your first couple years of medical school is hypochondria. Fortunately, the staff and faculty at the Student Health Services are very good at taking care of you and helping assuage your neurotic fears. And they are definitely the quickest doctor's office that I have ever been to! I am always in and out within 15 minutes. And as a medical student, you have a really great dynamic with the doctors and nurses there because you have a

mutual respect for each other, which is probably the biggest difference between health care here compared to many undergraduate institutions. WashU also gives you baller health insurance, so most visits and many medications are free of charge!

— **Andrea Tian, M1**

Dry Cleaning

Parkside Cleaners on Forest Park Avenue is right in middle of the Central West End and has great reviews on Yelp. This is likely your most convenient option if you live in the CWE.

— **Brett Tortelli, M1**

On Surviving St. Louis Weather

As I write this blurb, I am sitting in the Ft. Lauderdale airport, mourning the fact that I am about to leave the glorious 80-degree paradise that is Florida and return to the cold of St. Louis. As someone who has lived in warm places for my entire life, surviving St. Louis weather can be a struggle. For the first time ever, I had to scrape ice off my car's windshield (I didn't even know ice scrapers were a thing). All that being said, though, the weather here is not as bad as I expected, and, admittedly, seasons are pretty great, especially when you can take walks through Forest Park to admire the fall foliage. If you're from a warm place, just buy a few coats and scarves, turn up your radiator to full blast, and if all else fails, avoid going outside by getting to class via the elaborate skywalk system that connects all the hospital buildings and spare yourself those 15 minutes of turning into an icicle. If you're from a cold place, you're ready. Go ahead and make fun of your classmates who are freezing.

— **Manuela Mejia, M1**

Safety

Given the recent national news coverage of the events surrounding the Ferguson community, a lot of you may be wondering whether St. Louis is a safe place to be for med school. In spite of recent events, the region around the medical center in the Central West End is quite safe. Police patrol the surrounding area often, and the medical center buildings are locked after hours, requiring your ID badge to gain access. They are also patrolled by security. When it is time to head home after a (mostly) productive study sesh, you have more than one convenient option. I don't mind walking home alone at

night, but most of the time you will probably end up walking home with the rest of your wonderful med school friends anyway. You can also dial 2-HELP and get a free ride from WashU Protective Services (available 24/7) straight to your front door. To sum up: WashU actively provides a safe environment. Be smart and you'll be safe.

— **Cliff Pruett, M1**

St. Louis Neighborhoods

Most people will end up living in the CWE, but don't let yourself get stuck in the bubble! STL has a lot to offer, and there are several unique neighborhoods to check out that have their own nightlife and vibe. Some favorite neighborhoods for the nightlife are Soulard, The Grove, and of course downtown, where you can stroll down Washington Ave., visit the Arch and surrounding Landing, or stop by Ball Park Village. I suggest you all explore the city as it has much to offer, regardless of your interests. Check out nextstl.com and its St. Louis City Guides that have pictures and descriptions of the city's 79 neighborhoods.

— **Brett Tortelli, M1**

Religion

Atheism/Agnosticism

Fear not, ye faithless! Despite its geographical location, WashU is a bastion of rationalism, progressive social values and our demi-god, the scientific method. You may be lacking in theos or gnosis, but we all know you have as much empathy and compassion as the most pious person among us. Religion, or lack thereof, is never an issue in the very welcoming and inclusive community here. So come to WashU for your evolution into a physician; students here are predestined to succeed. Just don't depend too much on pass/fail. Even though the curriculum has been intelligently designed to make difficult subjects like anatomy and histology as straightforward as possible, you'll need to use your free will to set consistent study habits for second year.

— **Lucas Thomas, M1**

Hinduism

St. Louis has a vast and rich Hindu community. There is a beautiful Hindu temple in Chesterfield, about 25 minutes away from WUSM by car. The temple website (www.hindutemplestlouis.org) includes schedules for

upcoming Pujas and religious events. The temple also offers a delicious lunch menu whenever the kitchen is open. Our temple also features a Jain prayer room inside the main temple. Just across from the temple is the Mahatma Gandhi Center, where community functions are held all year long. Whether you are Punjabi, Gururati, Tamil, Telegu, Bengali, or any other South Asian background, you will have no issue finding a community in this city that will welcome you and invite you to join their festivities at the Gandhi Center.

— Shamaita Majumdar, M1

Christianity

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 difficult to find a ride if you don't have a car. In the medical school community itself, we have the Christian Medical Association. As you progress in your medical education, why not commit to devote yourself to also growing in God at this stage in your life? Don't underestimate the God you follow, because the living God is at work even in the craziness of med school. If you have any questions, feel free to contact me any time!

— Stephanie Teja, M2



This amazing Cathedral Basilica is just a few blocks away from school.

Catholicism

Hello, fellow Pope Francis fans! Put down that GK Chesterton or Tolkien book and let me lay down some knowledge. If you're worried about being Catholic at WashU or med school in general, don't be. Sure, you'll be busy shadowing, hanging out and wasting your time with studying. Fortunately, the Cathedral Basilica is an awesome church just down the street

from where the majority of students live, where daily masses and the sacraments are readily available. Also, the Catholic Student Center, located at the Danforth campus, has 9 p.m. Sunday mass along with monthly mixers for students in the various graduate schools with free food and beverages. I think you'll find that St. Louis is a surprisingly Catholic city with a strong community (and a killer Mardi Gras festival).

— Doug Hall, M1

Judaism

So you're a Jew coming to WashU School of Medicine. Mazal tov! We're sure your mother is kvelling over you and your sibling, the aspiring lawyer. While not the bustling metropolis of that second Promised Land known as Manhattan, St. Louis has the second-largest Jewish population in the Midwest, so there's a Jewish community for everyone. The Danforth Campus has a Chabad and Hillel with which many medical students are active. For those students keeping kosher, two of the med school cafeterias serve kosher chow. (But we do have to say that if you're keeping kosher, you have to know how to cook, as only a couple of restaurants in the area serve kosher food.) It can be a bit difficult to keep Shabbos around here, but the medical school will do its best to make sure you're accommodated when you have to miss class for Shabbat and other holidays. There are two graduate student Jewish groups, one for all St. Louis grads (JGrads) and another for med students (JMSA). Some favorite JMSA events have included Challah-ween, an autumnal challah-baking event, and Latkes and Vodka (we think the name speaks for itself). Overall, the Jewish community here is very warm and welcoming. Being fully observant is definitely doable; feel free to email gedallovichs@wusm.wustl.edu with questions.

— **Seren Gedallovich & Caroline Wentworth, M1**



**Caroline and Seren (M1s),
bake for Challah-ween.**

Islam

Although you may be one of the few Muslim students in your class, St. Louis has a very large and vibrant Muslim community. There are several mosques around the city including the West Pine Masjid, which is only a few blocks away on SLU's campus! Moreover, the Danforth campus has a great Muslim Student Association that is always willing to organize rides to the Masjid, host Iftar and Eid parties, and even conducts its own Friday Jummah prayers. And if you ever feel like you need some advice or guidance, there's no shortage of Muslim attendings at BJC who would be willing to mentor you through your time here!

— **Nowrin Haque, M1**



HOUSING

General Information

On Moving to St. Louis

Moving is always a pain — no one is going to argue otherwise — but if you have to move, then moving to St. Louis is the best decision you could make. While all the steps are the same no matter where you move, the process just feels easier here. Registering a car is a breeze — the lines at the DMV are virtually nonexistent and the employees are lovely, helpful people. Changing your address with USPS is easy and they will even send you coupons to use at home-goods stores! And if buying new furniture is a little out of budget, then Craigslist is very active with great deals, and your new classmates will be more than happy to lend you their truck to move a couch. When you move to St. Louis, it seems like everyone in the city is doing their best to make you feel at home, and it's because they are.



Roommates Kavon Javaherian and Joni Labin help each other move in.

— Emily Davis, M1

On Buying a Condo

Apply those Monopoly skills and become a landlord today! Do you want to know what it's like to own land without having to mow the lawn, clean the pool, take out the trash, or lose your life savings? Well, then buying a condo is for you! Our favorite is The Wexfords Condos located a mere eight minutes (0.4 mi) from campus. That's as close to campus as it gets, fellas! Plus, you'll never go hungry with West End Wok, Einstein Bros Bagels, Brasserie, Taste, Wildflower, Tortillaria, Little Saigon, Pickles and FroYo all less than a minute's walk away. With Wildflower opening at 6 a.m. and Taste closing at 1 a.m., you never feel unsafe on your walk home. These pet friendly, two-bedroom, two-bath units (perfect for having a roommate who can contribute to your financial investment and emotional well-being) come with a community pool, grills, exercise room and sauna. Each unit also comes with a solarium, fireplace, two ample storage rooms and an assigned garage parking spot or two (no need to use an ice scraper!). Get started by contacting realtors Jean Noll (314-956-9522, jeann1@mindspring.com) or Ken Young (314-713-7111, kenmyoak@msn.com) today!

— Sam Hsieh & Sindhu Manivasagam, M1

On Buying a House

A huge plus of attending medical school at WashU is that St. Louis is probably the cheapest city for real estate that's home to a top-20 medical school and, thus, buying a house here is actually an option for some students. If you can afford a down payment, mortgage payments in St. Louis are cheaper than rent. Thus, if your family or spouse is able and willing to help, or if you took gap year(s) between undergrad and medical school and were able to save, buying a home in the St. Louis area is a viable option. If this is you, it's worth it to do a little research and see if you can find a good deal! I would encourage getting a buyer's agent (they are free) and highly recommend the local family-owned Garcia Properties. Most students choose to rent apartments in the Central West End, which abuts the medical center to the north and east. However, the CWE is relatively expensive and not as accessible for young buyers. Fortunately, there are varied, attractive neighborhoods with less expensive real estate within an easy commute to the south (The Grove, Botanical Heights, and Tower Grove), east (downtown - loft living), and west (DeBaliviere, University City, and Clayton).

— Victor Kovac, M1

On Living Alone

"Best is life when pants you don't wear." –Yoda. Following in his little green footsteps, you will realize that these critical teachings are most easily followed when you don't have a roommate around. On top of the inherent medical benefits of not wearing pants (Mathur 2013), living alone first year helps remove the stress of rooming with someone you briefly Facebook stalked over the summer. Moreover, you will be around your classmates ALL THE TIME. Living alone gives you the rare ability to retreat into your own cave and watch Netflix without people coming to find you. Your disgust and your disgust alone will motivate you to wash your dishes and clean your apartment — no roommates around to pick up after or nag you.

— Kunal Mathur, M1



Best friends and roommates: Julia Kolodziej and Tori Wesevich (M1s).

On Finding a Roommate

Your roommate is important. He or she is the person who helps you determine whether "home" is that apartment in the Central West End or the place where your parents live. You have three options: You can either be the person to find a place and ask someone to join you, the person to initiate a roommate match before deciding on a place, or the person to respond! All these things

can take place on the class Facebook group very easily. Personally, I found a place during the second look tour that I liked (Del Co!), and went ahead and put a deposit down on a two-bedroom sometime in May. This was not risky as this is the most popular building to live in for first years. I then posted on the Facebook group and the first person who responded is my now-roommate and best friend in St. Louis. Our class eventually made a Google Doc with all the people looking for roommates and what they were looking for in a living situation. The last alternative is to email your class or the medical school at broad.

— Julia Kolodziej, M1

On Living with Roommates

So you're about to embark on a four-year journey into the unknown. Just kidding, you've spent the last year reading SDN and Reddit about what the med school experience is like, but you still have questions. One of them might be: Should I live with a roommate or roommates?

Well, the three amigos say YES!!!* Of

course, there's the chance that your room-

mates suck, but fortunately, this was not the case for us. Medical school

actually has been the start of a great bromance. We do pretty much every-

thing together, so for brevity's sake, we'll list what we don't do together:

shower.** If you want to know some specifics about our fully furnished living

situation, we have our own rooms in a spacious house and pay an average

of \$600 each including utilities. If the question of living with roommates is on

your mind at all, go ahead and do it! You'll love it!***

* If you're into that sort of thing

** Sometimes

*** We do!



The three amigos pondering life at Art Hill in Forest Park

— Tom Hong, Paolo Dib & Mat Margolis, M1

On Not Living in the Central West End

It's really easy to get sucked into the Central West End bubble when you spend most of your time on and around campus. Living in other parts of town will force you and your friends to explore other areas of St. Louis, and there is a whole lot to explore! For me, going home to University City feels like a necessary break from school and the general med school scene. Plus,

rent outside the CWE can be a lot cheaper, and you will likely find a roommate who's not a med student (gasp!), which can also be a welcome breather from medicine. Transportation to the CWE is relatively accessible. Depending on where you live, public transport options (e.g. free MetroLink and buses) or biking may be adequate for you. Plenty of people (myself included) prefer to drive, especially in the winter months. The good news is that most things in St. Louis are a 20-minute drive away from wherever you may be, tops. I will say, it does get a little annoying when you have to drag yourself home at the end of a late night (you will have plenty of these). However, that's what friends are for! You are almost guaranteed to have a place to crash in the CWE if you need it.

— Seren Gedallovich, M1

On Living on Campus

After spending the summer before med school living in a palm-tree and vines hut in the rainforest of Belize, I flew back to civilization with only a few weeks to work out housing for this year. To save both time and money, I took the easy path of signing a housing contract at Olin. Compared to my undergrad dorm, the rooms are a little small, so don't bring too much stuff. You won't have your own bathroom either, unless you end up on a floor like mine where no one seems to utilize the showers. Ping-pong tables, the gym and a piano are just a few of the other benefits. Overall, it's turned out to be a good decision, although my opinion was inevitably going to be favorable in comparison with a hammock strung up between trees infested with tarantulas the size of dinner plates. (Disclosure: moving off campus next year.)

— Lucas Thomas, M1

Neighborhood Guide

North of the Park: DeBaliviere Place and Skinker DeBaliviere

DeBaliviere is positioned between the Danforth and medical campuses. This community combines the living space of a suburb with the amenities of a city. The Delmar Loop is the northern border of DeBaliviere and it provides a range of dining options from Chipotle to Tavolo. Nightlife in the Loop is vibrant with pubs, clubs, karaoke and bowling. Walking south from DeBaliviere puts you in the heart of Forest Park. It is easy to access the park's museums and space for biking, walking and sports. Public transportation is easy from DeBaliviere and commutes are five to 15 minutes. DeBaliviere is bounded by

three MetroLink* stations and it is crossed by several bus** routes. Commuting by bike though Forest Park*** is beautiful and quick: 15 to 20 minutes.

*The MetroLink lines run until 12:30 a.m.

** The bus runs until 1:30 a.m.

*** Forest Park closes officially at 11:00 p.m., but you can still bike through it.

— Alaric D’Souza, M1

Clayton

Many of your fellow classmates will choose to live within blocks of the WUSM campus in the CWE, but I really love living in Clayton and will probably do so for the next three years. I have lived here since junior year of undergrad and not only is it super safe, but I am a three-minute walk to the Forsyth MetroLink stop, which is a mere 10 minutes away from the med campus (did I mention WUSM gives you a FREE Metro pass?). Housing is a little more expensive, but you get WAY more space. You’re a simple car or bike ride away from a great grocery store and easy access to lots of great shops and restaurants in Clayton (with affordable prices and happy hours). If a 10-minute ride is too far, check out the DeMun neighborhood (one mile from the Skinker Metro stop and only six minutes to WUSM). Some of your classmates might start complaining about their crappy CWE landlord or lack of functioning appliances in their CWE apartment. Why not avoid those frustrations and try a new, better-kept area of STL?

— Jeanette Wong Siegel, M1

Tower Grove

Not to be confused with The Grove (Forest Park Southeast), Tower Grove is a neighborhood approximately two miles south of campus surrounding Tower Grove Park. The park offers running paths, sports fields, picturesque Victorian-era pavilions and a Saturday farmers markets with morning yoga and live music. South Grand Avenue flanks the park’s eastern edge with good food and grocery options (The Vine, Rooster, Jays’ International Foods, among others). Most housing options are brick walk-ups with backyards and street parking. The value for one-bedrooms beats CWE — lower prices for larger spaces, many with hardwood floors and fireplaces. Multiple bus routes service the area and the boulevards are eminently bikeable. If you want a more “normal” life away from the med-centric CWE bubble, Tower Grove (or Southwest Garden/Shaw, a little closer to campus by the Missouri Botanical Garden) may be where you want to live. At the very least, be sure to visit.

— Ian Ferguson, M1

Buildings

Olin Residence Hall

4550 Scott Ave.

314-362-3230 (normal business hours)

314-362-3100 (after hours)

Website: facilities.med.wustl.edu/olin-residence-hall

Email: olinresidence@wusm.wustl.edu

Single room (130 sq. ft.) ~\$1,466; large single (165 sq. ft.) ~\$1,800; solo suite (225.75 sq. ft.) ~\$2,182.

If you have a hard time waking up early for class and hate layering up in the winter to stay warm, you should probably consider living in Olin Residence Hall. The commute from Olin to class is approximately two minutes and you almost never have to step outdoors because you can just use the indoor hallways to get pretty much anywhere (the Farrell Learning and Teaching Center, the hospital, Shell Café, the student health center, etc.). In addition, a lot of social events, such as post-exam parties and game nights, take place in Olin. It is not only convenient to live here, but also it is very affordable, and Olin has some pretty good amenities. Each room has your basic dorm-room needs (bed, desk, sink, Wi-Fi, etc.) and Olin houses many lounges, a recreational area (the 11th floor penthouse), a fitness center, basketball courts and a chapel. One thing that I really appreciate is the weekly room cleaning that is provided, which is pretty cool. I think the biggest con about staying in Olin is the dorm lifestyle, where the bathrooms and kitchen are communal, which can be rough to deal with at times. Overall, living in Olin has many advantages and many students choose to stay here throughout their time at WashU.

— Elaine Otchere, M1

Parc Frontenac

Studios from \$995, 1 bedrooms from \$1250, 2 bedrooms from \$1785.

Water included, you pay for gas (~\$45/month at peak of winter), Internet (\$40/month with Charter), and electricity (~\$40/month at peak of summer.)

Surface parking is FREE for WashU people, garage parking is extra.

Amenities: Nice laundry facilities and gym in basement. Package receiving.

Lounge with free Keurig coffee and Wi-Fi. Beautiful rooftop terrace (with grills and lounge chairs) overlooking Forest Park. 24/7 staff at front desk is friendly/helpful. Very responsive and prompt maintenance. Freight elevator makes

moving a lot easier. Keyless electronic access to building. Area feels quite safe overall.

Apartments are large and pet-friendly, with plenty of closet and storage space and air conditioning. It's a very convenient location, next to Forest Park and a less than 15-minute walk to class. Parc Frontenac's kitchens are really nice, with granite counters, stainless steel appliances, gas stove (somewhat rare in CWE apartments), nice wood cabinets, big sink, dishwasher, garbage disposal and over-counter lighting. I really enjoy living here and highly recommend it. Rent is more expensive than other buildings, but it's a great value for the quality you get.

— Zach Rosenthal, M1

West End Terrace

If you like the idea of living in a gated, quiet apartment complex, with no high rise in sight, then you should check out West End Terrace. The rent is pretty cheap (\$1100 for a two-bedroom) and there is plenty of space. The highlights for me are the kitchen, which has a ton of cabinet space (though the stoves are electric rather than gas) and the very large living room. There is an outdoor pool and a gym (which is pretty small) as well as a few outdoor grills. The walk to campus is a bit far (about 20 minutes), although you get the benefit of living closer to the grocery store, Schnucks, which is about 12 minutes away. I would highly recommend getting a unit with a washer and dryer so you won't have to walk outside to go the laundry building.

— Chris Mejias, M1

The Residences at Forest Park

The Residences at Forest Park is a historic hotel that has been transformed into beautiful apartment residences in the Central West End. The lobby itself is cozy and welcoming with free coffee, complimentary Wi-Fi, a billiards room and a fireplace. You can walk to school in about 10 minutes or you can walk straight to Forest Park in two minutes. Since you're located right in CWE, you are minutes away from great bars and restaurants that are all within walking distance. The apartments are spacious and the in-unit dishwasher and laundry room are definitely a plus. They also have free parking, a great fitness center, and two courtyards with areas for grilling or just relaxing outside. Even though these apartments are a bit more expensive than others, the pros make it well worth the price!

— Gaby Morris, M1

Del Coronado

If you wish you could mix the social atmosphere of a freshman dorm with the space and privacy of an apartment, then Del Coronado is the perfect place to live. There are more first year medical students living at Del Coronado than any other place, so you'll never have to walk anywhere alone, and you



A large portion of the student population lives at Del Coronado. Couch not included.

can have a study group or movie night with friends without ever having to go outside. Del Co has a nice lounge with a huge TV, couches, tables and a bar, plus there's a recently renovated exercise room. Located near the intersection of Euclid Avenue and West Pine, Del Co is a short walk to school and an even shorter walk to many great restaurants and bars. In addition to all these great bonus features, the apartments at Del Coronado are surprisingly big for the price, and if you live with a roommate, you still each get your own bathroom. If you're looking for something fancy, there are plenty of other options in the area, but if you just want a place that's spacious, convenient and cozy, then you can't beat Del Coronado.

— Abby Rosenberg, M1

Park 44

Studio: \$695-766, one-bedroom loft: \$929-959, two-bedroom: \$1165. Heat and AC are included in rent. Garage parking \$75/month, surface parking \$50/month, street parking free (if you can find a spot). Monthly water/trash/sewer bill is ~\$20, electricity bill is ~\$15. Laundry on every floor.

Park 44 is located in a quiet residential area. Although there isn't a 24-hour doorman, the leasing office is open from Monday to Saturday. They take care of your mail and packages, are friendly and helpful, and respond to maintenance issues quickly. It's a 15-20 minute walk to the Farrell Learning and Teaching Center (FLTC), which is particularly important if you plan to go to 8:30 a.m. class everyday, rain or shine (and prepare for snow and wind!). There is plenty of space in a one-bedroom loft, and you also get spacious closets and a patio or balcony. Importantly, heat and AC are included in rent, which saves you quite a bit of money. I would suggest getting your own parking spot either in the garage or surface parking, so you don't have to worry about moving your car during street cleaning or inclement weather. The noise level is probably the only thing that I'm not satisfied with at Park 44. The walls

are paper thin, and you can hear your neighbors talking, watching TV and even walking/running/moving things around. Luckily, most of the time your neighbors will respect the general rules. Finally, the Park 44 website provides useful information, including floor plans and availability. If you really need to move in at a specific time and their website shows no rooms available, don't hesitate to call them because sometimes they may have residents who want to move out earlier than scheduled.

— Lingling Huang, M1

Buckingham

This is one of the cheapest apartments available in the area closest to the medical campus. For my two-bedroom apartment, my roommate and I split the \$850 rent plus ~\$100-150 for utilities so I'm only paying around \$500 each month, which is quite a bargain.

Besides the price, other pros include: large, spacious bedrooms, 10-minute walk to school (and located across the street from the hospital's Laclede garage which means the rest of the walk to school is conveniently indoors),

location on a safe and quiet one-way street. There is free street parking available with a permit, but sometimes at night all the spaces are taken up and you'll have to find either metered street parking or park in the Euclid garage. However, there is limited reserved parking in the back of the apartments for \$50-100/month if you don't want to deal with that. Some cons include: creaky hardwood floors, thinnish walls, and only one washer/dryer in the kind of sketchy basement (but then again I've never had a problem with running into someone doing laundry at the same time because there are only six units/building). Overall, though, I recommend living here for its value and convenience!



Creaky hardwood floors, thinnish walls, and a single washer and dryer unit in the sketchy basement can be found for around \$500 per month at the Buckingham.

— Sonya Liu, M1

Towne House

Studio (600 sq. ft.): ~\$975, 1 bedroom (750-1000 sq. ft.): ~\$1075-\$1400, two bedroom: ~\$1500. (Electric, AC, and heat included in studio, fully-electric kitchens.) All other utilities ~\$24/month. Email me at jiangd@wusm.wustl.edu for a referral discount on your first month's rent!

Highlights: Garage parking available (free street-parking almost always within two blocks), free bike storage in garages, 24-hour doorman, electronic key access to garage and building, on-site coin/credit laundry, office, gym, ping-pong table, sauna, and outdoor pool included, pet-friendly (flat fee + \$25/month), dog park, free Wi-Fi in community areas (gym, office, lobby, laundry room, etc.), ~15-20 minute walking distance from campus.

PROS: gorgeous view, you live directly across from the largest mosaic collection in the world (Cathedral Basilica), 24-hour doorman that receives packages for you (and then sends you a notification email), arguably the nicest, most friendly, and helpful leasing office in STL (i.e. they receive furniture installations for you over the summer if you're not home, all rent/utility payments are online, etc.), immediate on-site maintenance, free gym, incredibly friendly residents (mostly older long-term residents, residents/fellows, and young-professionals with pets), pretty sound-proof walls (or perhaps quiet neighbors), giant windows, incredible view (if you're facing the cathedral/arch), easily the MOST pet-friendly apartment in St. Louis, floor plans are very spacious, plenty of closet space and cabinets, and a dishwasher. I LOVE this place!

CONS: You won't be able to host those huge class-parties here and it's a chunk more costly than your Park 44/Del Co friends (although still way cheaper than a lower-tier apartment in any other major city ... Go STL!).

— Diana Jiang, M1

Metrolofts

Aside from Olin, Metrolofts is the closest apartment to campus. Sitting right on top of the St. Louis Bread Co. on Forest Park Avenue and Euclid Avenue, it's a 10-minute walk to the lecture hall and a 5-minute walk to the indoor campus walkways (which is really nice when it's miserable outside). The three buildings are about five years old, and if you're looking for high ceilings, concrete floors, and that open "lofty" feel, this is the place for you. Utilities are included except for electricity. There's also free Wi-Fi throughout, but it's unsecured and slow so you'll probably want to get your own. Pros: new kitchen appliances, washer and dryer in-unit, optional garage parking, fitness center, resident lounge with TV and free coffee/tea/hot chocolate, free cookies in the leasing office. Cons: it's expensive (expect to pay \$1200-\$1400 for a one-bedroom), bedrooms have walls that don't reach the ceiling, and there are no windows in the bedrooms.

— Aaron Zuckerman, M1

The Ashley

Imagine, for a minute, your future two-bedroom apartment in the Ashley. Approximately 1400 square feet of hardwood floors, exposed brick walls, an open kitchen, and tons of windows. It's got Internet, water, gated parking, and a washer/dryer included. Across from Del Co, this hidden gem has it all. Are you afraid

of bad weather? It's less than a two-minute walk from our back door to the beginning of the glorious med center indoor walkway network that'll take you to class. Do you like to party? With the Ashley's central location and spacious layout, we've had some of the biggest get-togethers at WUSM. Do you like to study? Well, probably not, but the Ashley is so cozy that you'll never want to study or chill anywhere else. Do you like parks? I can literally see Forest Park from my room. I'm sure you're thinking that this kind of place will cost you a year's worth of WUSM tuition, but it's actually very comparable to other places like Del Co or Parc Frontenac. The Ashley is mostly filled with residents (the doctor kind), some families and the few medical students lucky enough to discover it. If you're thinking of living in economical luxury, check out the Ashley on West Pine.



Looks like Joni and Kavon's hard work paid off at the Ashley.

— Kavon Javaherian, M1



food

FOOD

On Campus

Surviving on Free Food

"There's no such thing as a free lunch" is a phrase not uttered too often around the Farrell Learning and Teaching Center (FLTC). However, it's true your tuition is paying for these "free" meals so you might as well embrace it. It is entirely possible for free meals to make up the bulk, if not all, of your nutrition during first year, as long as you're motivated (and invest in a good multivitamin). Free food comes in many forms. There is the applicant pizza dinner that happens five nights a week from September until February. On top of leftover pizza there are also several lunch talks a week. Lunch talks are where you get variety, with Lebanese, Indian and Thai food making frequent appearances. If you're vegetarian, you're in luck! Every lunch talk has vegetarian options to choose from, and there are always cheese and veggie pizzas at the applicant dinners. All in all, the best food is free food and free food is nearly always up for grabs during your first year at WashU.



Free food hunters in line.

Free food comes in many forms. There is the applicant pizza dinner that happens five nights a week from September until February. On top of leftover pizza there are also several lunch talks a week. Lunch talks are where you get variety, with Lebanese, Indian and Thai food making frequent appearances. If you're vegetarian, you're in luck! Every lunch talk has vegetarian options to choose from, and there are always cheese and veggie pizzas at the applicant dinners. All in all, the best food is free food and free food is nearly always up for grabs during your first year at WashU.

— Alec Wright, M1

On-Campus Eats

Shell Café is where you ate breakfast when you interviewed here, and it's where you can continue to eat free breakfast as a medical student while interacting with new applicants. It's also where you'll go when you forgot there wasn't a lunch talk and didn't pack a lunch for the day. For breakfast, there's cereal, yogurt, breakfast parfaits, coffee, tea, and most importantly, crepes available. For lunch, there's a soup and salad bar, pizza station, grill and comfort station. Between their brisket street tacos, house chips, BBQ chicken pizza, roast beef sandwiches au jus and more, I have yet to have a bad meal from Shell. There are also many vegetarian, vegan and gluten-free options. Shell Café is pretty cheap. Entrées usually cost ~\$5, and paying with Bear Bucks (via your WUSM ID) makes your meal tax-free. Shell is a pretty great place to eat that's highly underrated.

— Amanda Boozalis, M1

Food Trucks

Tired of cafeteria food? Bored of eating your own meals every day for lunch? Craving fusion cuisine, like Korean-Mexican tacos? Look no further than the phenomenal food truck experience here at WUSM. Every day during lunch,

food trucks line up outside Olin Hall, WUSM's student dorm. Students can eat a wide variety of food from barbecue to mac and cheese to classic Italian and Indian food for fairly decent prices. Perhaps most popular is the Seoul Taco food truck which supplies excellent Korean-Mexican fusion food. For someone who misses the Los Angeles food truck experience, the St. Louis food trucks are awesome in their versatility and different food options.

— Mahati Mokkarala, M1

St. Louis Children's Hospital

If you can overlook the fact that the St. Louis Children's cafeteria isn't a Michelin three-star restaurant, you'll notice it has quite a bit to offer to a fledgling medical student. The cafeteria has a pretty good selection during the day, with a salad bar, Pizza Hut, grill station, deli and comfort food stations. The magic of the Children's cafeteria comes after 4 p.m., when the 30 percent student discount goes into effect. This means you can get a hamburger and French fries for about \$3.50. (Or you can opt for salads and fruits if that's your jam). So if it's 6 p.m. and you realize that there is no more free pizza in the first year refrigerator, you can always march over to Children's to grab a cheap and fast — albeit cafeteria grade — meal.



For affordable eats, check out the cafeteria at Children's Hospital; the discount for medical students kicks in at 4 p.m.

— Alec Wright, M1

American

Pappy's Smokehouse

Pappy's is pure delight. They serve pulled pork, brisket and chicken, but the ribs are my personal favorite. With the exception of vegetarians, every new WUSM student should visit at least once. If you're not willing to take my word for the greatness of Pappy's, a simple drive-by ought to be enough to convert you to the barbecue cult. Your superior nasal cavity will begin begging for attention once you're about a block away, and if you come at a traditional mealtime, you may see folks lined up out the door for this succulent treat. Pappy's has won several national awards (displayed oh-so-humbly within) and has been featured on Travel Channel's "Man vs. Food." Pappy's is a great option if you want to give visiting friends/family a distinctive St. Louis experience, even though they specialize in "Memphis-style" barbecue. Pappy's is always a great option for a post-exam (or pre-exam, or no-exam) pig out.

— Jake Groenendyk, M1

Dewey's Pizza

Pizza has always been one of my favorite foods. You might even say I consider myself a pizza connoisseur. When I heard that there was free pizza every night throughout the application season for interviewees, I was thrilled. However, after eating slices from the same pizza joint every week, I was ready to try something different. Dewey's is in U-City, about 15 minutes away from campus. They serve a wide variety of pizzas with delicious and unique topping combinations with funny names such as "Dr. Dre" and "Socrates' Revenge," as well as amazing salads. My favorite part about Dewey's is the "make your own" option because they have gourmet toppings like goat cheese and prosciutto ham. I recommend returning until you find the ideal combination of toppings! Dewey's pizzas range from \$12-\$20 but the high quality food is worth the price.

— Manuela Mejia, M1

Sweetie Pie's

I landed in St. Louis on a rainy day, hungry and disoriented after a long flight from San Francisco. Yelp told me about a place called Sweetie Pie's. One of the comments mentioned Oprah. (Apparently this restaurant has its own show on OWN). No sense arguing with Oprah. I lined up for cafeteria-style servings of fried chicken, catfish fillet, mac-and-cheese, mashed sweet potatoes and more. A spoonful of Southern soul and a heaping of Midwestern hospitality, Sweetie Pie's serves up a taste of the city I've come to call home. The lines get long most hours, but it is well worth the wait. Expect leftovers.

— Ian Ferguson, M1

Bailey's Range

Bailey's Range is that slightly fancier burger joint that is two big steps above your average burger joint. You know, the one you go to when you're feeling a little bit fancy but all you truly want deep down is a nice, juicy burger. Bailey's has an earthy feel with wooden tables and benches, and offers burgers in any and all ways, shapes and forms. Their beef patties are 100 percent grass-fed and Missouri-raised, but if beef isn't your cup of tea, fear not! Their other patties include chicken, buffalo and black bean, and they even have alcoholic shakes! My first time there, I ordered an Ozark burger (crimini mushrooms, caramelized onions, black peppered goat cheese, veggies) and a banana fosters milkshake with black rum - yummm! It can be a little pricey (~\$20-\$25/meal) and you have to drive there (~10 minutes from campus), but it's well worth it! It's a favorite for many of my classmates!

— Andrea Tian, M1

Fitz's

If you're in the mood for classic St. Louis food and atmosphere, then Fitz's is the place to eat. Located on the Delmar Loop (named one of the "best streets in America"), the best way to get there is by car. Across town, you'll find bottles of Fitz's Root Beer and Cream Soda, which are bottled in the restaurant by the fancy bottling machine on display. Since it's nestled between a lot of bars, most people go elsewhere to drink, but I particularly recommend it as a venue to split a pitcher of beer and hang out with friends. Having said all of this, I have one warning: The floats are HUGE! You have to get one, but they're enormous, so I always split a meal if I'm eating a float. P.S. You get a free float if you go on your birthday!

— Sirish Veligati, M1

Central Table

Ready to break out of the med school pizza rut? It may be time to visit Central Table, a semi-classy restaurant located right where WashU meets Central West End. This open, well-lit space has eclectic offerings, including butternut squash risotto, beef chili, melted cheese (starring smoked gouda, white cheddar and pesto)

and sushi. Prices are reasonable during the day, in the \$5-\$10 range, and rise steeply for dinner entrees. That's when you really want to take advantage of the 15 percent WashU discount (don't forget your ID!). And if you really want more pizza, they have that too.



Tyler Bauman (M1) enjoys some quality family time at Central Table.

— Jennifer Farley, M1

Sauce on the Side

Sauce on the Side is the best restaurant in St. Louis. Don't believe me? Just ask Yelp, where Sauce on the Side is the highest rated restaurant in the entire city. Conveniently located one block from the Eighth and Pine MetroLink stop (downtown), this restaurant features a large variety of specialty calzones priced between \$8-\$11. Also featured on the menu are specialty salads and an assortment of local microbrews. If taking the Metro downtown is not how you roll, there is also a location in Clayton. It's open until 1 a.m. on weekends, so a calzone at Sauce on the Side is the perfect way to end a night of studying or socializing.

— Tyler Bauman, M1

Crushed Red

Crushed Red, located in Clayton, is an elegant, four-star bistro serving pizza, salad and soup. Eating healthy can be hard, but at Crushed Red, they use a unique combination of flavors to create the most delicious (and healthy) freshly chopped salads and flatbread-style pizzas. Even better, service is friendly and quick. Your food is usually ready by the time you pick a table. I normally avoid salads, but when it comes to the Crushed Red's Chipotle BBQ Chicken, I could finish a large salad and go back for more. Crushed Red is a perfect place to grab a fresh, well-priced lunch or dinner when you don't have a lot of time and want something tasty but healthy. Full-sized salads are \$6-\$10, and pizzas are all under \$9.

— **Phuong Le, M1**

Pi Pizza

When I moved to St. Louis from Chicago, my biggest fear was that I would have to say good-bye to my beloved deep-dish pizza. Luckily, I was introduced to Pi, a unique and classy pizza restaurant right in the Central West End. Pi Pizza is made with a delicious cornmeal crust, yummy sauces, and tons of fresh ingredient options. My personal favorite is the Delmar, which is an amazing take on barbecue chicken pizza, but there are lots more traditional or vegetarian options. And for those who aren't a fan of the best kind of pizza in the world, Pi has delicious thin crust pizza too. Whether you want to enjoy the chic atmosphere or carry out a satisfying meal, you have to try Pi! (Fun fact: When President Obama visited Pi in St. Louis, he said it was the best pizza he'd ever had!)

— **Abby Rosenberg, M1**

Asian

Thai 202

Considering the fact that I made it a goal during my year off to visit every Thai restaurant in Baltimore, you could say that I have a bit of a Thai food problem, so having a Thai restaurant walking distance from the medical school is pretty awesome. Although Thai 202's menu is not the most traditional, their prices are student friendly, as is the casual atmosphere. All of its curries are decent, but the red curry is definitely a crowd pleaser. If you want a quick Thai food fix close to campus, Thai 202 is definitely the place to go.

— **Sindhoora Murthy, M1**

Little Saigon

Little Saigon is a great Vietnamese restaurant located only 10 minutes walking distance from campus. The food is delicious, the staff is friendly and there is a nice outdoor seating area (what more could you ask for?). The bun cha thit nuong (plate with noodles and spring rolls), the Mongolian beef stir-fry and the pho soup are some of my favorite dishes. The serving sizes are pretty large, so I always have leftovers. If you're in the mood for eating awesome food in a chill environment, you should definitely do yourself a favor and check this place out!

— Gaby Morris, M1

Seoul Garden

If you are craving a hot, fresh Korean feast, definitely check out this All-You-Can-Eat BBQ restaurant in St. Ann (a 20-minute drive from the CWE). What better way to impress your classmates than skillfully manning a tabletop grill filled with hot meat? The beef bulgogi (marinated, thinly-sliced sirloin steak) is a perpetual favorite. But if you are



All-you-can-eat Korean barbecue is within driving distance at Seoul Garden.

feeling more adventurous, try the pork belly with raw garlic. Do not fret if you are more veggie-inclined: Your meal comes with endless bowls of fluffy white rice, steamed egg, flavorful banchan (side dishes) and lettuce leaves that serve as wraps. The soups are hot and savory. I personally enjoy the sul lang tang (beefy, rich broth) and the soon doo boo (spicy, soft tofu stew). To answer the most imperative question: Yes, the kimchi is spicy and decently sour. At first I despaired over the lack of decent Korean fare in St. Louis, but upon discovering Seoul Garden I can no longer wallow in my melancholy. Whether you are a newcomer to Korean cuisine or you can whip up a bulgogi marinade in your sleep, I promise you will greatly enjoy Seoul Garden.

— Laura Lee, M1

Drunken Fish

Are you in the mood for Japanese food? How about some delicious sushi? Drunken Fish has everything and more to fulfill your cravings. It wasn't voted "Best Sushi in St. Louis" for nothing! While it runs more on the expensive side, it's the perfect treat after a long week of anatomy studying, especially since it's so close. Their wide array of sushi and other Japanese entrees will leave you salivating in no time. Too conflicted about what to pick? Be sure to check out the White Tiger and Crunch rolls! And did I mention there is an amazing happy hour?

— Nowrin Haque, M1

Lulu's Seafood

Lulu's Seafood is located on Olive Boulevard, the main hub for Asian food in St. Louis, only a 15-minute drive from campus. It is your standard, bustling, Chinese restaurant with a full dim sum cart service on weekends from 10:30 a.m. to 3 p.m. You can also order dim sum on weekdays at any time from the menu. Lulu's is a local favorite and can get quite crowded on weekends. It's a fun place to go with a large group of friends so you can try out many different dishes from their extensive menu. If you go for dim sum, I recommend bringing along someone experienced so they can flag down the busy servers and cart-pushers, and get your table the most popular dishes as soon as they come out of the kitchen.

— Brooke Liang, M1

Corner 17

You don't have to go far for great Chinese food. Corner 17 is located on the Delmar Loop just north of the Danforth campus. It specializes in bubble tea and hand pulled noodles, which you can watch the cooks make behind the glass windows. Most dishes are under \$11 and the portion sizes are very generous. The fried rice and stir-fried noodles are delicious, and the restaurant also, serves more authentic dishes like pork belly stew. The teas are excellent — not too watery, not too sweet — and their fruit slushies are crisp and refreshing.

— Chris Mejias, M1

The King and I

If you are looking for delicious, award-winning, authentic Thai food, look no further than The King and I on South Grand. The King and I was the first Thai restaurant to open in St. Louis and boasts honors and recognition from numerous magazines and reviews. It has even been awarded the Thai Select Award from the Thai government, distinguishing it as one of the top Thai restaurants overseas. On one wall is a map of the world, covered in pins marking cities people have hailed from in order to taste the King and I's cuisine. I have had the privilege of eating at this restaurant every year on my birthday, and my personal recommendations are the Thai iced tea, panang curry, Pad Thai, Thai noodle soup and the roast duck. Also, the place has hands-down the best Thai Pina Colada you will ever taste. This restaurant is a great location to have dinner before catching a show at Powell Symphony Hall or the Fabulous Fox. If you choose to come to WUSM, a visit to The King and I is an absolute must. But be warned, when the server asks your preference for mild, medium or hot, choose mild.

— Shamaita Majumdar, M1

Mandarin House

Mandarin House is probably the largest Chinese restaurant in St. Louis. The lobby features impressive Chinese style décor such as a bamboo bridge, pavilion and ornamental koi pond. Instead of focusing on one special cuisine (like the spicy Sichuan cuisine), Mandarin House provides a variety of Chinese food from different regions, and is also a great place to get dim sum. It is about a 15-minute drive

from campus and a five-minute drive from the nearby Chinese grocery stores on Olive. You can also find Schnucks, Marshalls, Sears and other stores in the same plaza so you can conveniently go shopping after a delicious meal.

Make sure to bring your WUSM ID and receive a 10 percent discount!

— Lingling Huang, M1



Josh and Jeanette Siegel (MSTP and M1) being hilarious at Mandarin House.

Seoul Taco

Are you craving both Mexican and Korean food but can't decide? Well, fear not, because Seoul Taco is just a quick drive away! This Loop-located restaurant makes amazingly delectable creations of Korean and Mexican foods wrapped in savory burritos, tacos and quesadillas. The sweet but spicy blend of sauces will leave your taste buds tingling for more. Feeling too lazy to go to the Loop? No worries, the Seoul Taco food truck comes to the WUSM campus every Friday afternoon to satisfy your cravings. Next time you're in the mood for some delicious fusion, hit up some Seoul Taco!

— Nowrin Haque, M1



The more the merrier for dim sum at Asiana Garden.

Asiana Garden

This restaurant is so awesome that I've gone too many times. This is not your typical Chinese restaurant. Do not expect to find orange chicken on the menu. Don't look for egg drop soup. If you come here, do come with a crowd so that you can order a variety of dishes, because the chef is skilled at making many styles of Chinese

cuisine (Sichuan, Cantonese, Zhejiang, etc.). Plus, you can have a pepper eating competition if you order the spicy chicken with zucchini. Group seating is usually not a problem, but make a reservation to be sure. Asiana Garden is about a 20-minute drive from CWE. The cost is about \$10 per person and they will split the check for your whole party!

— Chuner Guo, M1

Pho Long

Love soup? Love cheap eats? A 15-minute drive from campus on Olive Boulevard (the mini-Asia town of St. Louis), Pho Long is a Vietnamese restaurant that specializes in a rich, hearty soup called Pho (pronounced “fuh” not “foe”). Pho can contain a variety of meats, from tender brisket to thick chunks of ox tail, but the star of the dish is the broth, which is meaty, rich and clear with the mild flavor of some secret spices. If you’re craving more Pho Long also serves cha gio, a crunchy meaty spring roll served with a sweet tangy sauce, and a few entrees including fried pork chop and fried shrimp.

— Chris Mejias, M1

Italian

LoRusso’s Cucina

Located next door to a vacuum repair shop off the main stretch of The Hill, LoRusso’s Cucina doesn’t look like much from the outside, but don’t be fooled. Inside you will find some of the best Italian food in St. Louis, served in a swanky enough environment to impress your dinner date. They have a great selection of wine and more delicious pasta dishes than you could hope for. It’s on the pricey side with most entrées costing around \$20, so it may be worth going when your parents are in town. The mushroom appetizer is an absolute must!

— Emily Rion, M1

Adriana’s on the Hill

Adriana’s is a family-owned gem nestled on a quiet corner of The Hill, St. Louis’ Italian-American neighborhood. Though only open for lunch (10:30 a.m.-3:00 p.m.), Adriana’s remains a perennial favorite even among staunch local competition. The sandwiches are hefty (no lunch place offers more quality food for \$8) and varied, with over 25 different options, exemplifying the best lunch fare from Sicily to Northern Italy. Beyond its famous sandwiches, Adriana’s also serves other delicious deli staples, such as classic soups and salads. While Adriana’s requires deli-style, over-the-counter ordering, the cashiers — you may even have Adriana herself — make you feel at home with their warm personalities and Italian hospitality.

— Victor Kovac, M1

Tavolo V

Located in the Delmar Loop, Tavolo provides excellent meals at reasonable cost. It is perfect for date night or guests. Service is friendly and you can dine in casual or dressy clothing. I have eaten eight separate main courses and all were delicious. Try the specials!

— Alaric D’Souza, M1

Mexican

Cherokee Street

As my class's resident Mexican, nobody understands the struggle of getting decent Mexican food in St. Louis better than me. Your options are definitely limited, but Cherokee Street is the place to go. You'll find a variety of great restaurants, fun bars and Hispanic convenience stores, which sell everything you need to make your own Mexican food at super affordable prices!

Plus, shopping there is a great way to support the local economy. Check out La Vallesana and Diana's Bakery for great food and desserts.



You can take the boy out of Mexico, but you can't take Mexico out of the boy. For Mexican goodies, go to Cherokee Street.

— Jorge Zárate Rodríguez, M1

Tortillaria

Only five minutes away from campus, Tortillaria is one of the go-to places for young professionals in the CWE. You'll often see fellow classmates, TA's and even professors at this Mexican-themed restaurant. Regardless of whether you find true love, get that 99% on your anatomy exam or diagnose yourself with 50 diseases, you can't go wrong with eating here. Now, let's talk food. The fish tacos, they're _____. I say _____ because they are _____ (note how I can't describe them). But if fish tacos don't suit your fancy, there's always the burritos, which are a great value for the money. Or, watch how a plate can suddenly seem humongous when the enchiladas make their landing. While you wait for your scrumptious meal you can enjoy free tortilla chips and visit the salsa bar, where a wide selection of tangy, spicy, or mild salsas beckons. Dine indoors or outdoors, the choice is up to you.

— Kevin Li, M1

Other Regional Cuisine

Sameem

Sameem is a great Afghan restaurant that really delivers in terms of taste, service and hospitality. Located in The Grove across from the Saturday Neighborhood Health Clinic (around a five-minute drive from campus), Sameem has friendly owners who love to share their cuisine and culture. Most of their dishes are in the \$10-\$15 range and have a portion size somewhere between big and humongous. They have a sizable selection of lamb,

chicken, shrimp and vegetarian dishes. My favorite ones so far are their lamb karahi and their samosas. The only downside is that this place is small, so making a reservation in advance is definitely recommended.

— Dalen Kuang, M1



Raso

Despite its simple name meaning “Kitchen,” Raso is home to a wide variety of tasty South-Asian dishes. A five-minute walk from class, Raso’s \$11 lunch buffet is perfect for anyone who missed breakfast and is in need of an endless supply of nourishment.

Caution: Food coma may occur after eating at Raso.

Warning: Anecdotal evidence suggests that it is quite common to over-eat and end up in

a food coma. In the evenings, the restaurant is great for a shared meal with friends, a date, a birthday dinner, or even for a quick take-out meal. Baller on a budget? Never fear! Raso is frequently catered for the free lunch and dinner talks on campus. Curry lovers rejoice!

— Kunal Mathur, M1

Dessert

John Donut Co.

The first time that someone takes you to John Donut (invariably after midnight), you might think that the semi-industrial area looks a little too similar to the crime scenes on *Law and Order*. In this case, however, going with your gut means ignoring these thoughts and continuing on to St. Louis’ donut mecca. John Donut, for all the myth and Superman memorabilia, is a simple donut shop doing it right. Forget the bells and whistles of other donut shops and order a classic; the original glazed will be the best you’ve ever had and the apple fritters are also

stellar. It’s open 11 p.m.-11 a.m., so you can get hot and fresh donuts after a night of hitting the books or the bars. Suggesting a trip to John Donut will win you huge points with your friends, and those you initiate to the experience will be forever indebted to you. Get yourself to John Donut ASAP, but whatever you do, don’t step up to the counter unless you know what you want or are prepared for a LOT of sass (it’s all part of the charm).



John Donut is open during some odd hours at an odd location, and they have odd decor, but their donuts are awesome.

— Rachel Springer, M1



It's never too cold for Ted Drewes's frozen custard!

to prove that Ted Drewes' custard is so thick and creamy, it won't fall out. There really are no words to describe this amazing frozen treat. You simply have to go there and try for yourself!

Ted Drewes

If euphoria and true love could take on a physical form, it would most likely contain 10 percent butterfat and come in a bright yellow cup. Ted Drewes can be found on Chippewa Street, where the lines for the world's best frozen custard spill over onto the road no matter the time of year. The menu includes every topping and flavor you could possibly fathom. When the cashiers hand you your order, they flip the cup upside-down

— Shamaita Majumdar, M1

The Cup

The Cup, hands-down the best dessert place in St. Louis, is conveniently located in CWE's Maryland Plaza, dangerously close walking distance from WUSM and my apartment. The cupcakes are reasonably priced (~\$3), and there are featured seasonal cupcakes as well as classic cupcakes available year-round. Try the limited edition cupcakes whenever you go because the classics are good but the specialty cupcakes are AMAZING. My favorites are Pumpkin Harvest (available in the fall) and Minty O'Malley (a mint chocolate chip cupcake made in honor of St. Patty's Day). If you're not feeling adventurous, then try a classic like Red Velvet. Their website, cravethecup.com, tells you the schedule of when each limited edition cupcake is available. With so many options to choose from, you can't go wrong with a Cup cupcake!

— Sonya Liu, M1

Bissinger's Chocolate

If heaven had another name, it would be Bissinger's. Chocolate, chocolate and more chocolate! Bissinger's is a chocolate bar in the middle of Maryland Plaza (only five blocks from campus). It offers what chocolate lovers would die for: drinking chocolate (a melted fondue dessert), molten cake (gluten free too!), brownies, cookies, candies and more! There are several treats for the non-chocolate connoisseurs as well: bread pudding, cheese platters and delectable coffees. You can never go wrong with any option. Come satisfy your chocolate cravings in a classy and cozy, European-style environment with excellent staff. The Bissinger's gods will surprise you!



Bissinger's Chocolate: so mouth-watering, it's unexplainable.

— Rubabin Tooba, M1

Piccione Pastry

If you're like me and have a huge sweet tooth, you'll find yourself gravitating towards Piccione Pastry after dinner on the Loop. With so many treats to choose from, it's difficult to pick just one (don't be surprised if you end up taking home a box). They have unique cannoli flavors (gooey butter and s'mores!), gelato, pasticcotti and wonderful cakes. Piccione offers gluten-free/vegetarian/vegan options too! While it may seem to be a bit expensive (\$3.50/cannoli), they have a 20 percent student discount after 8 p.m. on many weekday nights. It has a great European café feel to it, so if you enjoy pastries and coffee, definitely try it out!

— Sampat Sindhar, M1

Coffee Shops

Good for Coffee and Studying

Studying in cafes is a great alternative to being holed up in school for too long (and allows you to stay well caffeinated and fed at all times!). There is not a plethora of good cafés/coffee shops nearby, but there are a few gems. The closest café is St. Louis Bread Company (Panera), which is great for its convenience and free coffee refills. My personal favorite by far is Café Ventana. It has delicious food (including lots of gluten-free/restricted diet options), good coffee, and unique specialty drinks. There is even live jazz music on the weekends. The main café is usually lively and good for people-watching, but if you need quiet to concentrate, there is also a separate dedicated study room. Another lovely option for coffee shop studying is Northwest Coffee Roasting Company. The ambience is cozy (there is a fireplace!) and the drinks are perfect for genuine coffee-lovers (i.e. no over-sweetened Pumpkin Spice Lattes). Finally, if you are open to venturing a little further, Blueprint Coffee in the Delmar Loop is a hip place with excellent (albeit slightly overpriced) coffee and amazing pastries from Comet Coffee.

— Cynthia Wang, M1

Shopping for Food

Grocery Stores

First, make friends with someone with a car. But really, you can definitely get groceries without a car (it's just more convenient if you're buying a lot). A good grocery store in the area is Schnucks on Lindell. It has a pretty decent selection, but sometimes the fresh fruit and veggies choices are limited. If

you're looking for a bigger, fresher selection of fruits and vegetables, the Schnucks on Clayton is awesome! Straub's in the Central West End is a pricey but high-end store. If you're a Trader Joe's person (and who isn't?), there's one in the Brentwood shopping area. There's a MetroLink stop there, so you can get there pretty easily from campus! If you're into mass purchasing food, there's a Costco out in the 'burbs. A Whole Foods is being built in CWE and should be open in summer 2015.

— Mindy Guo, M1

Farmers' Markets

Farmers' markets are a great way to get to know St. Louis, as there are many located around the city. The Soulard market is a St. Louis institution. This bustling market has been around for hundreds of years and offers the widest selection of produce and goods, including world-famous goat cheese and freshly-made kettle corn. Alternatively, the Tower Grove market in Tower Grove Park has a low-key community vibe. Although it offers a limited selection of produce, a greater proportion of it is locally farmed. Additional draws are the live music and assortment of delicious food trucks. Finally, the medical school conveniently holds its own farmer's market every Thursday. It is small but carries a selection that rivals most grocery stores, with stands for spices, nuts, fruits, vegetables, meat and eggs. Other recommended farmer's markets are the Webster Grove market and Long Acres Farm market in the Delmar Loop.

— Laura Lee, M1

CSA Box

The CSA box is an amazing way to get fresh and high-quality produce, meat and dairy products from local farmers. Since I do not have a car, I use the CSA box to get 80 percent of my groceries (usually more than enough to feed me for two weeks when supplemented with free meals). Sign up online (www.localfarmercsa.com/) to receive a box weekly or bi-weekly for the season. You can choose a pre-decided box with a wide assortment of in-season produce (that you can modify) or a box that you can fill on your own. There usually is a decent selection of produce, as well as a more limited selection of meat, dairy and pastry products. At approximately \$30 for an average-sized box, it is also a pretty good deal. Every Thursday, you can pick up your ordered box at the farmers' market on campus. Getting a CSA box is a super affordable and convenient way to get fresh groceries. You can also feel great about yourself for supporting local farmers and being sustainable!

— Cynthia Wang, M1

Breakfast/Brunch

Rooster

Downtown? Yes. Close to a MetroLink stop? Yes. Vegan and vegetarian friendly? Yes. Cheap parking a block away? Yes. Hipster enough for you? Probably (if printed mason jars for glasses and a painted industrial interior don't do it for you, then tough luck!). Rooster is one of the coolest spots in St. Louis to grab brunch. From their huge assortment of sweet and savory crepes, to their calorific slingers (which can be made vegan!), Rooster has an extensive menu. You probably won't know what to do with yourself once you see the four different types of bacon crepes. Although it is a bit on the pricier side for breakfast food, you definitely won't care after your glorious food coma. There's even a new location that just opened on South Grand, so long waits on the weekend are no longer a concern.

— Sindhoora Murthy, M1

The Mud House

While the thought of leaving the WUSM/CWE "bubble" might give some people heart palpitations, venturing out for food at The Mud House is worth the effort. This isn't your typical greasy spoon diner, but the place you go when you want high-quality and inventive dishes that won't break the bank. The Mud

House is quirky and inviting, with a section of books for sale, board games as wallpaper in the bathroom, and incredible latte art that make this the perfect spot for a chill breakfast with friends (or for studying, if you are so inclined). As a bonus, Mud House is on Cherokee Street about a block from Whisk Bake Shop, so as you walk off your breakfast, you just might stumble onto some excellent dessert. Remember: There's always room for dessert.

— Rachel Springer, M1



Mud House: Gateway to the Best (coffee in town)

Half & Half

Half & Half is a trendy brunch place located in Clayton. It is best to get there early, because the wait can be up to an hour, especially on the weekends! I am not a morning person, so it speaks to how delicious this place is that I can wake up early (meaning before 9 a.m.) just to eat here. The food is a little more on the pricey side (\$10-\$20), but definitely not unreasonable and the food is well worth the price. I recommend the steak and eggs which features rare (and juicy) steak chunks with a buttery hash, crispy fried onions, and

two eggs topped with a creamy and buttery Hollandaise sauce. Their fresh-squeezed orange juice and mimosas are tasty as well. Half & Half is great place to enjoy a high quality breakfast/brunch!

— Phuong Le, M1

City Coffeehouse and Creperie

City Coffeehouse and Creperie is a popular and affordable (<\$10) restaurant in Clayton. It offers a wide selection of savory and sweet crepes, sandwiches, salads and coffee/espressos. You can't go wrong with any of their delicious crepes, but their savorys are some of the best I have tasted. Try the Fajita, which contains grilled chicken, peppers, avocados and a house-made rojo sauce to spice it up. My favorite sweet crepes are the Freedom (strawberries and blueberries in creme fraiche) and the Raspberry Beret (raspberries and white chocolate). City also offers seasonal drinks and crepes that are available for a limited time, such as pumpkin pie crepes (the greatest invention of all time) in November/December. It's best to go with a friend so you can each get a savory and then split a sweet crepe for dessert! In terms of coffee, the red velvet latte is a must-try. City Coffeehouse is my favorite place to get brunch, the best meal of the day, so definitely try it out!

— Sonya Liu, M1

Crepes: Etc

What defines a well-made crepe? Well, if you are me, it would be a pastry bursting with so much filling and so much flavor that you (and the crepe) explode! Crepes: Etc. offers its patrons rich, mouthwatering crepes that are truly something else. These are not your "typical" crepes. These are a MEAL. Take your friends out to brunch and forget about having dinner! You can choose between sweet and savory options, and either way, you are set for the day. Beyond crepes, you can also choose from the restaurant's signature dishes and soups. Don't forget the 15 percent student discount! So if you are looking for a hardy, French-American meal, stop by and indulge at Crepes Etc.



Rich, mouthwatering crepes from Crepes Etc. go well with embryology studying.

— Rubabin Tooba, M1



entertainment

Sports

Blues Hockey

One of the greatest things about living in St. Louis is that it is really easy to attend a variety of professional sporting events, and there is nothing better than live Blues hockey at the Scottrade Center. There are flashing lights and screens in every direction, adrenaline-pumping music blasting through the stadium, tiers of cheering hockey fans and plenty of beer to go around. For the Harry Potter fans out there, this pretty much is as close as it gets to attending the Quidditch World Cup, except often we can get \$10 student tickets to some regular season games (cheaper than the QWC), and Blues hockey involves less magic. While I am generally a proponent of nonviolence, one is guaranteed to witness a few scuffles of varying intensity, both on the ice and off, and they are, well, completely awesome. Getting to the stadium is easy, because there is a metro station just across from the main entrance. But the best part of Blues hockey is that the fun doesn't end at the final buzzer. If our boys in blue manage to score four goals in any game, every attendee can present their ticket stub at a McDonald's location the day after the game and get a free Big Mac. That's right: Free. Big. Mac. Once you see the Blues play here in St. Louis, you simply can't help but bleed blue!



St. Louis Blues games are fun for the entire Anatomy table!

— Shamaita Majumdar, M1



Go Cards! Students enjoy watching the Cardinals at Busch Stadium.

Cardinals Baseball

If you've ever been a fan of major league baseball, then you obviously don't need convincing on the Cards. The Cards have now made it to the National League Championship Series four years in a row, with a World Series win within your college career (and two wins since you started high school). St. Louis is chock-full of baseball spirit, with fans wearing their Cards pride jerseys and t-shirts (order yours now for the free/discounted WashU med-sponsored games!) throughout the winter and offseason and it's no wonder why. With the best pitching in MLB, the classiest players and fans in the U.S. (we don't boo in Busch Stadium), Yadier Molina (attach: "One does not simply steal on Yadier Molina" meme), and the most World Series titles in the National League, the Redbirds are easily the most

consistent team in baseball. Busch Stadium is stunning with its occasional post-game fireworks shows and always lively with newly opened Ballpark Village right across the street so that you can enjoy Cards wins live from a balcony with your beer from the Budweiser Brew House or your ice cream from Ted Drewes. You might even run into Michael Wacha on one of your outings. With Papa John's half-off on your order every time the Redbirds win (which is basically three or four times/week), even you non-baseball fans will be checking that MLB app every night as the Cards are going to be saving you quite a bit of \$\$ these next four years.

— Diana Jiang, M1

Rams Football

If I were writing this article circa 1999, I'd be both a medical prodigy and a much more enthusiastic Rams fan. Alas, it seems that the days of the "Greatest Show on Turf" are long behind us in St. Louis. That being said, however, the tickets are reasonably priced, the stadium is close, and parking is easy in scenic downtown St. Louis! Plus, as a medical student (especially if you're interested in orthopedics), it's intellectually stimulating to contemplate which injuries will cripple the Ram's chances in a given season. Whether it's Kurt Warner's broken fingers, Sam Bradford's torn ACL or Danny Amendola's separated shoulder, going to a Rams game can be a great way to brush up before the second anatomy exam. In all seriousness though, I love the St. Louis Rams and as long as Los Angeles doesn't decide it wants them back, football fans won't be disappointed in choosing St. Louis for medical school.

— Jay Dalton, M1

Festivals and Events

Mardi Gras

The memories come in bits and pieces. The first beer cracked at 8 a.m. Elaborate costumes of green, gold and purple were all around. A free shuttle dumped us, stumbling, into a neighborhood fenced off for the sole purpose of throwing the nation's second-largest Mardi Gras party. By midday, my Bud Light wizard staff was taller than Gandalf's and I had a mountain of beads around my neck. We rocked out to live music and then flashed our chests to the parade's endless floats (or was it the parade first and then the music?). My friends tell me we played flip-cup at one point at a massive house party.



St. Louis hosts the nation's second-largest Mardi Gras celebration (and possibly the coldest).

I'll take their word for it. One thing I do know is that Giuseppe and I ate gumbo at one point. He has no such recollection. Who's Giuseppe? I don't know, but I do know that we gave New Orleans a run for its money.

— Michael Snavely, M2



Experience Greek tradition and cuisine without the airfare.

Greek Festival

Every year, St. Nicholas Greek Orthodox Church hosts a festival to share Greek food and culture with everyone in St. Louis. This three-day event is sure to have something for everyone to enjoy. You can smell the delicious scent of grilling meats and vegetables all the way on the medical school campus, blocks

away. If you aren't in the mood for something savory such as a gyro or lamb shank, you are sure to find something sweet in their pastry section. They serve up many of the scrumptious traditional Greek desserts such as baklava, kataifi and loukoumades. If you only have room for something small, then you can try out their cheese and spinach pies. Admission is free so just stop by and meander around while listening to the live music and looking at all the trinkets sold at the event. It is sure to be a good time.

— Mary Dandulakis, M1

LouFest

What's better than a music festival in your own backyard?! A FREE music festival with Outkast, Arctic Monkeys, Grouplove, Matt & Kim, The 1975, Portugal. The Man, Trombone Shorty, Cherub, Moon Taxi and Schlafly beer on-tap! At least this was the line-up (plus more) for 2014. For 2015: It's happening September 12-13, conveniently after orientation activities and before it's time to get serious about anatomy. However, the FREE part I sort of fudged: it's only FREE if you volunteer, so get those applications in as soon as they become available (June-July)!



Enjoy the last few days of summer at Loufest, a music festival scheduled for September 12-13, 2015, in Forest Park.

— Julia Kolodziej, M1

Hispanic Festival

Christmas comes early in St Louis for those of us who love a good empanada. Bringing September — the month of Independence for Mexico and most of Central America — to a close, the Greater St Louis Hispanic Festival takes place every year at Soulard Park. Take the opportunity to escape the CWE and discover booths featuring products and foods from across Latin America. Make sure you wear shoes you can dance in, so you can enjoy the live bands playing a myriad of Latino rhythms including mambo, salsa, merengue and cumbia.



Don't miss out on the Hispanic Festival at Soulard Park on September 25-27, 2015.

— Jorge Zárate, M1



The Great Forest Park Balloon race is held in September, just minutes from campus.

Balloon Race

Every September, there is a hot air balloon festival held in Forest Park. The main event is a balloon race in which the ballooning competitors must chase a giant pink Energizer bunny balloon throughout the city until it lands, then drop a sandbag as close as possible to it; whoever drops the bag closest is declared the winner. I would recommend making friends with someone

who has a balcony. Watching the balloons take off from Forest Park and float through the sky is amazing. The night before the race, there is a balloon glow, which is definitely the highlight of the whole weekend. Before and after the race, all of the participating balloons are on the ground in a huge field in the park, so you can appreciate their diverse colors and shapes up close. When a loud horn is blown, all the balloons light up at the same time! The end of the night is capped off in style with a fireworks show.

— Manuela Mejia, M1

Festival of Nations

You've had tom kha kai on the Laotian border and you've been the guest of honor for three separate grandmothers in Rome, but now you're in St. Louis and you're wondering how you're going to get your next global food fix. If only there were a place where you could get both your tacos de carne asada and your perfectly tender lamb kebabs at the same time. Well, friend, the Festival of Nations may be for you. Nowhere else will you find such a fine blend of great tasting food and vibrant culture – featuring over 40 different

ethnicities – at a price that even massively indebted medical students can afford. Once you're stuffed, you can also enjoy the several cultural performances being held, which range from traditional Colombian dances to drums of the Congo. And, if that's still not enough, several vendors representing their respective cultures set up shop and sell authentic wares. Most are only open during this festival once a year. It's a phenomenal global smorgasbord where you can get in touch with your favorite local cultural groups while eating some of the best food from around the world. Don't miss it.



Celebrate the cultures of the world at the Festival of Nations.

— Michael Del Valle, M1

St. Louis Attractions



How about a personal tasting session with Schlafly's brewmaster?

Schlafly and Other Local Breweries

THERE IS SO MUCH GOOD CHEAP BEER HERE. I'm from Los Angeles, so I am no stranger to local breweries, and my boyfriend is a home brewer, so trust me when I say that St. Louis is a great beer city. Whether you prefer to visit the giant (and beautiful) Anheuser-Busch brewery and drink a free beer in its beer garden or visit Alpha Brewery and

sample 10 incredibly unique and delicious brews, you will enjoy the beer culture in St. Louis. Bartenders at all of the breweries are knowledgeable and super friendly. If you don't know what you like, they'll pour you samples to help you figure it out. Urban Chestnut is the closest local brewery, being only a short walk from the Central West End, and they have a great kitchen too. Six Row isn't much further, and combines darts and board games with delicious specialty beers. If you are visiting the Arch, why not walk down to Morgan Street brewery and sample a few beers? If you like live music, the Schlafly tap room has bands playing most Fridays and Saturdays. There are literally too many to list here; have fun exploring the city through beer!

— Emily Davis, M1

City Museum

If you're still mourning the loss of recess, if you size things up based on whether you could climb them, then City Museum will feel like home. Utterly baffling from a distance, the outdoor section looks like a cross between a junkyard and those cat palaces crazy people build in their houses, with several suspended planes and an endless maze of tunnels, towers and slides. It is nothing less than the coolest playground for grown-ups ever. Highlights include a human-sized hamster wheel, a ball pit and a 10-story high slide. Be prepared for bruises, a few knocks on the head and a phenomenally good time. Just make sure you watch out for low ceilings and wear slide-y pants.



Let your inner child out at this playground for all ages. Advice: Go on a weekday during the school year.

— Emily Rion, M1



This 630' stainless steel clad structure boasts some of the best views of St. Louis.

The Gateway Arch

The Gateway Arch is a must see attraction in my book, especially for those who are not from St. Louis. Visually striking, this towering catenary is a monument to the city's heritage as the Gateway to the West. The Arch sits on a sprawling park downtown (great for picnics) overlooking the Mississippi, the river that made St. Louis a historically important center of commerce. Enter the Arch to take an egg-shaped elevator pod to the top, where you can catch spectacular views of the Missouri and Illinois sides of the river. Take

advantage of the long hours of operation to take in stunning night views of downtown. The Arch also houses a museum and multiple IMAX theaters on the ground level. Check out the free Museum of Westward Expansion to satisfy your inner history junkie, or to laugh at truly awful animatronic robots that guide you through a pivotal point in the story of our nation. For a small fee, you can watch an IMAX film about the journey of Lewis and Clark, narrated by Jeff Bridges. This is a well-produced and worthwhile movie, and probably my favorite part of the museum. You can also grab some homemade fudge at the museum's "olde-fashioned" gift shop, which features trinkets such as out-of-print pioneer cookbooks, handmade soaps, feather quills and lots of candy. What more could you want?

— Seren Gedallovich, M1

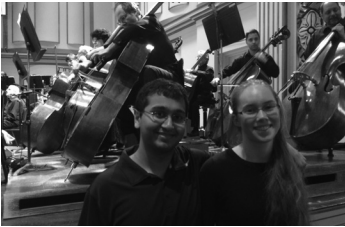
Missouri Botanical Garden

At the Missouri Botanical Garden you can find acres of flowers and trees, bright glass sculptures by Chihuly and plenty of fresh air. It is a relaxing outing and great if you have people in town who are fans of plants. This garden is over 150 years old, almost 80 acres in size and has plants from around the world. On your worldly garden travels, you can visit Chinese, Japanese, Bavarian, English and Ottoman gardens — all in an afternoon! You can also find rainforest plants in the Climatron dome and envy-inducing agricultural/residential garden demonstrations. (“Why don’t I have a fountain and luscious creeping vines in my small city garden?!”) All of this great experience is a short drive or easy bike ride from campus, and only costs \$4 per person when you give them your St. Louis zip code.

— Jennifer Farley, M1



The beautiful Botanical Gardens get an amazing makeover during the winter for the annual Garden Glow event.



St. Louis Symphony

“To send light into the darkness of men’s hearts – such is the duty of the artist” – Robert Schumann. And such is the duty of the physician as well, but when you find yourself with time to take a break from the rigors of a world-class education, make sure to pay a visit to some other healers of heavy hearts: The St. Louis Symphony Orchestra is the second-oldest symphony

Put down that copy of Esquire and go enjoy the famous STL Symphony.

in the U.S. and plays at Powell Hall, an easy 10-minute drive from campus. Student tickets are heavily discounted (many are \$10) and very popular among the med school crowd; professors are even spotted occasionally among the other glitterati of St. Louis. The musical selections are mostly the traditional classical variety, with a few modern pieces from more experimental composers. But don’t let anything you read online about “live vaudeville” shows in the 1920s fool you; a \$2 million renovation in 1968 left this building a masterpiece of acoustics, described by the New York Times as “a hall in which it is a pleasure to listen to music.”

— Lucas Thomas, M1

The Saint Louis Zoo

You just finished your first round of medical school exams. Now what are you going to do? Go to the zoo, of course! Forget bringing in puppies to relieve your stress, because you are now neighbors with elephants, penguins, monkeys, tigers, giraffes you get the picture. The Saint Louis Zoo is one of the leading zoos in the country, with 650+ species represented. Further, it is lively, clean and conveniently located right in Forest Park. And did I mention that it's free? Not only can you enjoy the zoo during the warm seasons, but there are also special events for Halloween and the winter holidays. The zoo is just one more reason to love living in St. Louis year-round.

— Abby Rosenberg, M1

Six Flags St. Louis

For all the roller coaster junkies out there, Six Flags St. Louis is the place to get your adrenaline rush. I've been to some other amusement parks around the country, and most are pretty mediocre compared to Six Flags St. Louis, mostly because they don't have the best roller coaster to exist: Mr. Freeze. On this glorious ride, you are launched backwards, reaching

70 mph in four seconds, and after some loops and turns, you end up riding straight up a 200-foot tower. You pause up top for a second, then immediately drop straight down (while getting a good view of the ground since you're sitting perpendicular) and go back the way you came, except this time facing forward. Other notable must-ride roller coasters are the Batman, Screamin' Eagle, The Boss and Superman Tower of Power. Hurricane Harbor, Six Flags' water park, is open during the summer and contains many slides, raft thrill rides, a lazy river and a wave pool. During the fall, Six Flags is open on the weekends for Fright Fest, where, once night falls, you're subjected to costumed actors jumping out at you in "Scare Zones" and you can visit various haunted house attractions.



Adrenaline junkies will enjoy the rollercoasters of Six Flags St. Louis.

- Sonya Liu, M1

Fabulous Fox Theater

The Fabulous Fox Theater, located on Grand just a block away from the SLU campus, boasts the most beautiful, elaborately designed interior of any building in St. Louis (in my opinion). While it may not look like much from outside, its opulent "Siamese Byzantine" interior design definitely makes any first-time goer's jaw drop. Once a leading movie palace from 1929 to the 1960s, the Fox was renovated and reopened in the 1980s as a premier



The fabulous Fox Theater hosts acts from stand-up comedians to musicals to rock bands.

performing arts center. It has been a venue for many famous artists, comedians, musical ensembles, dance groups, and especially national tours of Broadway plays/musicals. Some acts I have seen include *Jersey Boys*, *Wicked*, *Aziz Ansari*, *Billy Elliot the Musical* and *Next to Normal*. The best part is that many of these shows are cheaper than you'd expect, and some shows even offer discounted student rush tickets, which are available to students for ~\$20 if you pick them up the day of the show (about two hours ahead of the start time). The Fox is a historic St. Louis landmark that deserves a visit, so be sure to check out the Fabulous Fox's website for info on upcoming shows!

— Sonya Liu, M1

Central West End

Taste

Taste is a cozy, upscale bar and restaurant close to the medical center. It offers seasonal small plates and a few entrees, all locally sourced. However, the real star is the cocktail list, which is enormous, though a little indecipherable ("lapsang souchong infused benedictine," anyone?). Fortunately, it doesn't matter if you don't know what the bartender is putting in your drink, because it will be delicious anyway. Classic cocktails are \$6 on Sunday and Monday. Pro tip: Don't expect a table right away on weekends.

NB: The last time I went to Taste, I ran into half of the Anatomy teaching staff, so be warned.

— Elizabeth Daniels, M1

Mike Talayna's

It's midnight on the night after the first Anatomy exam and, to culminate an intense post-anatomy class party, you're looking to turn up. The celebratory buzz leads you and some friends to a cab. Five minutes and a couple bucks later, you find yourself at a sketchy shack with the word "OPEN" scrawled in cursive across the roof in fluorescent white light. Suddenly, you're seeing purple. There are mirrors, disco balls and neon lights as far as the eye can see. Three bars. A dance floor. Weird people. Perfection. Is it a strip club? Not anymore. Whether you spend the night dancing with friends, chatting up

strangers or (if you're lucky enough to arrive during karaoke hours) crooning your heart out to a supportive crowd, Mike Talayna's will likely remain a guilty pleasure throughout your time at WUSM. P.S. It is in very close proximity to a number of late night fast food joints. Go figure.

— Kunal Mathur, M1



A post Anatomy exam brunch at Wildflower is always a good thing.

Wildflower

Wildflower is a neighborhood go-to for any occasion for WashU students and other young people in the Central West End. It may be depressing to see residents and nurses enjoying post-night shift mimosas as you walk to 8:30 class, but, day after day, the charming patio – complete with adorable lights strung amongst beautiful flowers – is bound to draw you in. You

won't be disappointed. Whether it's a few cocktails before hitting up Talayna's, a classy dinner with your faculty mentor group, a much needed Sunday morning brunch, or a post-anatomy exam drink with your classmates, Wildflower is sure to be there for you when you need it most.

— Emily Merfeld, M1

Club Viva

I never thought medical school would be the time when I would pick up a new hobby, but then Club Viva's Thursday salsa nights came into my life. With ladies free until 10:30 (and gentlemen only pay a \$5 cover), it is a super inexpensive way to break out of the med school bubble for a few hours, get some physical activity in, drink a few Coronas, and have the most fun you'll have all week. Our class has a crew that goes every week, so there's always someone to tag along with, and there are guaranteed to be enough expert dancers to help teach beginners. And if you want some professional help, there's a free beginner lesson before the dance opens EVERY. SINGLE. WEEK. Dance styles include salsa, merengue and bachata, with the occasional cumbia thrown in. ¡Vamos a bailar!

— Caroline Wentworth, M1



A wall sit competition going down at iTap. The half-priced taps on Monday are hard to pass up.

iTap

The beginning of the week is hard. You don't need me to tell you that. Luckily, the CWE has a solution for "The Mondays:" International Tap House, or iTap, as it is affectionately known. Just a short walk down Euclid, iTap offers everything you could want from happy hour: comfy couches, lots of room, and (most importantly) good beer — half

of which are half-off every Monday (usually around \$2.50 a pint). Fittingly, swarms of medical students pack in to iTap to take advantage of this deal every Monday night. There also are plenty of reasons to visit iTap on other days of the week, namely trivia nights, football games, brewery events, and live music. Whether you're looking for an escape from the carrels or you're just sick of Bud Light, iTap is the place to be!

— Liz Maidl, M1

Movies

Moolah Theater

Ever sat in a soulless megaplex's IMAX theater, watching the summer's biggest blockbuster, and thought "dang, I wish I could be watching this from the comfort of a couch on an even bigger screen with adult beverage in hand ... in a temple!"? You are in luck — the Moolah Theater and Lounge is the perfect place for you, and only a mile from WashU's medical campus! The Moolah is a restored Shriner's Temple that contains a single theater with plush leather couches and loveseats on the floor in front of the largest screen in St. Louis, in addition to regular balcony/stadium theater seating for less snugly theatergoers. From the Moorish architecture to the black leather couches to the marble atrium, the Moolah is a classy joint that, fittingly, is also sports a full bar. Patrons are allowed to bring their adult beverages into the theater itself, though the Moolah also sells normal theater fare — popcorn, soda, and candy. And finally, the Moolah contains an eight-lane bowling alley in its basement, at which you can attempt to burn off the 1,000 calories of popcorn and cocktails you had during the movie.

— Victor Kovac, M1

Chase Park Plaza

A trip to the Chase Park Plaza Theater is possibly the most luxurious movie-going experience you will ever have! Just a short 15-minute walk from campus, you can step into one of the most beautiful hotels in St. Louis, where you can appreciate a charming fountain, lobby, and artwork while on your way to your movie. After watching your film, you'll be treated to candy served on a silver platter. If that's not enough, you may even get to enjoy a performance by an organ player beforehand. Possibly my favorite part about the Chase is that the ticket prices are low, especially on Wednesdays when they are only \$5! If you're looking for a convenient, cheap, and thoroughly luxurious movie-watching experience, look no further than the Chase Park Plaza Theater!

— Anjlie Gupta, M1

Washington Avenue/Downtown

Library Annex

You may be thinking, "Why is the library listed with these other fun places? I don't want to study on a Saturday night!" Don't fret, my friend; Library Annex is a WUSM favorite and regular destination after post-exam class parties. Just a short cab ride away from the Central West End, Annex is exactly what you need to let loose and have a good old-fashioned dance party. It has a huge dance floor with a fun and energetic mix of music, and if you need a change of pace during the night, a more laid-back area with pool and beer-pong tables. It is also frequented by SLU students so you may even make some new friends while you're there.

— Manuela Mejia, M1

Midtown

Humphrey's

I'm just going to say it now: Humphrey's – penny pitcher Wednesdays in particular – is the bomb-diggity. From 11 p.m. to midnight every Wednesday, you basically just tip the bartender a dollar for a refill on a pitcher, which, it goes without saying, is an amazing hump-day discount. The usual move is to get a group to show up around 10:30 and order your first few pitchers (eight or nine bucks each – boohoo) so that you can start getting refills right



Famous for their "penny pitcher Wednesdays," Humphrey's Tavern is a popular student hangout.

at 11. From there, it's an hour of festivities and games with your classmates. There's also live music out back, which is solid and extends past midnight. Humphrey's is by SLU, so getting there is either a matter of a moderate/long walk, a metro ride or a short cab ride if necessary. You will almost certainly go there on orientation week (trust me, I'm a social chair) and, if it's anything like the experience my class had, y'all will have an amazing time.

— Doug Hall, M1

The Grove

Attitudes

This flamboyant nightclub sports a raunchy, bombastic drag show, which is free if you're over 21! The MCs are loud and in-your-face funny, and the performers are very talented. The costumes are extravagant, as one would expect from a good drag show, and the music is addictive, with a varied selection. There are two bars, and if you want to stick around after the show, feel free to hit the dance floor with its dazzling light show. As I mentioned, the show can get pretty raunchy, so leave the kids at home. The MCs love to interact with the audience, so stand close to the stage if you want some extra fun.

— Chris Mejias, M1



travel and
outdoors

TRAVEL AND
OUTDOORS

Outdoors

Forest Park is among the country's largest city parks, and was designed by the esteemed architect, George Kessler. It's over 140 years old, the home of the 1904 World's Fair and Summer Olympics, and it's loaded with gorgeous greenery and fun places to go. On top of all that, it conveniently sits in the medical center's backyard. As a WashU undergrad, I fell in love its epic fountains and romantic pedestrian bridges before freshman year had even begun. If you like to run, bike or go for long strolls, check out the park ASAP. You won't want to leave. Also, St. Louis takes excellent care of this magical place and keeps it busy with events all year long, such as cultural festivals, many awesome free St. Louis Summer Concerts and St. Louis's annual outdoor music festival, LouFest. Rain or shine, there are incredible (and FREE) places throughout the park, such as the Saint Louis Zoo, Saint Louis Art Museum and Saint Louis History Museum. In the winter, you can bundle up and go ice skating or sledding down Art Hill. Basically, it's my favorite place to be in St. Louis, and after your first golden sunset over the Grand Basin, I'm sure you'll be hooked, too.

— Tori Wesevich, M1

Climbing

If you think moving to Missouri is going to prevent you from progressing from 5.10 to 5.11 or even prevent you from learning how to climb (and what those numbers mean), then you are echoing my own fears upon arrival. However, I quickly discovered that our class and St. Louis has an unexpectedly robust climbing community. In truth, the crags are not the most convenient compared to what I'm used to, but Jackson Falls, Ill., is a short two-hour drive away and has ample sport climbing routes with plenty of diversity. One class member climbed his first route there and another learned to lead. Camping is free and there are hiking trails in the Shawnee National Forest. Some other crags include: Holy Boulders (two hours, bouldering), Lake Kinkaid (two hours, deep water soloing), Horseshoe Canyon (five hours, sport climbing), and Red River Gorge (six hours, sport). All in all, you're coming here for the awesome education, but at least you don't have to give up on your climbing aspirations!

— Julia Kolodziej, M1



Doug Hall (M1) enjoying a climb in Jackson Falls, IL.

Hiking and Biking

Although St. Louis is not historically known as bike-central, it is steadily becoming a bike-friendly city with advocacy groups helping create better infrastructure, awareness and safety for cyclists. Fortunately, the neighborhoods surrounding WashU medical campus are bike-friendly, and many of your fellow classmates will be



Living in St. Louis provides ample opportunities to escape from the city.

commuting this way to campus each morning. There is even a biker bar down the street, Handlebar, which is a favorite among med students. The medical campus provides multiple ID badge-secured bike cages and numerous other bike parking racks outside of the major buildings to keep bicycles secure. Furthermore, bikes can be carried on the MetroLink and city buses if you have a longer-than-bikeable commute. As for hiking, there are 87 state parks, over 2,300 square miles of National Forest and hundreds of miles of National Scenic Riverway to explore within Missouri as well as state parks and National Forests in Illinois close by. All told, there are thousands of campsites and hundreds of cabins within an easy drive of St. Louis and plenty of outdoorsy classmates to explore with, providing ample opportunity to escape from the city and enjoy Missouri's prairies and deciduous forests in all four beautiful, distinct seasons.

— Victor Kovac, M1

Travel Methods

Traveling to/from St. Louis

Getting in and out of St. Louis is really convenient, and whether you're from the city or not, chances are you'll be doing a fair amount of travel throughout your time at WUSM. For starters, Lambert International Airport is a quick, reliable, 20-minute MetroLink ride, and the station is right next to the FLTC. Lambert Airport is also the sweet spot for efficiency. There are plenty of flights all over the country daily, but security lines and wait times are super short, a convenience that really hits you when you need to make flights or get back to school on time with a tight med student schedule! If the bus or train is more your style (for say, a weekend trip to Chicago with some newfound first-year friends), Union Station is just a few MetroLink stops away as well. Long story short, you have great access to any travel needs via the Central West End metro and bus stations. So forget traffic, long transit times and the stress of commuting entirely. Just don't forget to carry your free student Metro pass!

— Kash Desai, M1

Destinations

Chicago

While St. Louis is a fun, spirited city with plenty to do, Chicago is a whole different animal. From some of the tallest buildings in the world to spectacular shopping and restaurants to beautiful Lake Michigan, I don't believe that any amount of time would be enough to get bored in Chicago. If you're not from the Midwest, then you should definitely explore our region's biggest city while you're less than a five-hour drive away! You'll probably have classmates from the area so you can carpool, but there are also trains, buses and even some relatively cheap flights between St. Louis and Chicago. No matter what time of year you find time — go there, you'll fall in love with the Second City.

— Abby Rosenberg, M1

Kansas City

Don't have a car? Not a problem because Kansas City is an easy Amtrak ride away. The Country Club Plaza region of Kansas City is chock full of amazing bars, shopping and restaurants, including my personal favorite burger joint, Blanc Burger (get the truffle fries, they are amazing). You can catch a Royals baseball game, walk through the City of Fountains and maybe even meet some fellow medical students on the University of Missouri-Kansas City campus. Kansas City barbecue is nothing short of famous, particularly after being praised by Guy Fieri himself. While you are in this city, stop by the Nelson-Atkins Museum of Art, home of the giant shuttlecock sculpture that has become a Kansas City icon. If you are a history buff, you can't miss visiting this city's World War I museum. Kansas City is a great place for a weekend trip with friends or family. On your way back to St. Louis, don't forget to stop for gas at the Filling Station, and grab yourself some delicious breakfast while you're at it. (I like the chocolate muffins.)

— Shamaita Majumdar, M1

Memphis

St. Louis is nearly geographically centered between the true Midwest and the true South, sharing some aspects of both region's culture and weather. However, if you're looking for a more authentic southern (think warmer) experience, look no further than Memphis. Hit I-55 southbound for a drive through rural Missouri and Arkansas for four hours. Highlights along this route include the first rest stop in Arkansas, which boasts an impressive wood burning fireplace and a lovely greeter who will make you fresh coffee

should you request it (love that Southern hospitality). Once in Memphis, check out Beale Street (home to several historic music venues, restaurants and nightlife), eat world-famous BBQ and check out the National Civil Rights Museum.

— Josh Alinger, M1

Columbia (Mizzou)

As a person who was raised in Columbia, Missouri, I can attest to the many things it has to offer, namely: alcohol, football and debauchery. One thing fun about Columbia is the near comical drink specials that the various bars around downtown have. For example, Monday is \$1 pints and \$1 shots at Campus Bar and Grill. Tuesday night is flip night at Tap House, where if you call a coin flip correctly your drink is free. Wednesday is penny pitchers at Field House. My personal favorite is Thursday nights at Roxy's where \$5 at the door gets you bottomless well drinks and PBR (with live music to accompany). Before a night of drinking, be sure to attend a Mizzou Tigers basketball or football game; they've been having some good seasons as of late so it's sure to be an exciting game. If that wasn't enough, Mizzou has a student population of over 35,000, which means all the single ladies and gents are bound to find plenty of eligible bachelors/bachelorettes. If you aren't already sold, it's also only about a two-hour drive from campus to the heart of downtown Columbia, which makes a day or weekend trip totally doable.

— Alec Wright, M1

Washington, D.C.

You're probably wondering, why is D.C. on this list? Well, thank you Frontier Airlines. Weekend direct flights to D.C. are usually in the range of \$80-\$120 (round trip) from STL at flyfrontier.com. Okay, it's into Dulles and in the 21st century, they still don't have a Metro line connection, but \$100! D.C. is so fantastic that it deserves way more than 200 words. If it's your first time, there are the obvious suggestions: the National Mall/Smithsonian, the White House, etc. Otherwise: enjoy a shopping trip in Georgetown, a plethora of excellent restaurants or just a stroll around the tidal basin. In many ways, D.C. is the least expensive and most convenient trip from St. Louis and makes for an excellent vacation year round.

— Josh Alinger, M1

How to Make Travel Work During Your First Year

Some people say that I have a bit of wanderlust. It's true, I like to get out and see new places. If you're efficient with your study time, you will have plenty of time on the weekends to explore during first year. If you like to travel like I do, St. Louis is perfect. Consider the advantages: a central geographic location, it's a Southwest airport hub and there's a MetroLink line straight from the medical school to the airport. Personally, I like to drive. My road trips from St. Louis since the beginning of first year include: Chicago, Iowa, Kansas City, Memphis, Louisville, Indianapolis, Cincinnati, Minneapolis, New York, Philadelphia, Baltimore and DC. Yes, I drove 14 hours to those last ones, but there's a plethora of exciting locations within four hours. My recommendation: Start with Chicago and Indiana Dunes while it's still warm. Bon Voyage!

— Josh Alinger, M1



From Dean Will Ross

Welcome to Washington University School of Medicine in St. Louis! While the latter distinction (in St. Louis) was added to differentiate us from other similar sounding, high-performing medical institutions that don't provide as much free food, we've found our association with St. Louis to be one of mutual benefit. On your arrival, you will be captivated by the beauty, vitality and progressive spirit of the Central West End, and most of you will decide to reside in this very charming neighborhood. My wife and I raised two daughters in the Central West End and would not have dreamed of being anywhere else in St. Louis.



**Dr. Ross poses with
Avril Coley, M1**

However, several blocks from the medical center, you will find neighborhoods grappling with generational poverty and escalating rates of sexually transmitted infections and chronic diseases. Even more, you have all witnessed the tremendous social upheaval in Ferguson, a small town within North St. Louis County. The St. Louis region is not immune from the social ills that plague our nation's urban core: inadequate housing, high rates of joblessness or lack of livable-wage jobs, underperforming public schools, insufficient support of public health, and bias, whether explicit or unconscious, towards communities of color, as evidenced by police profiling of African American and Latino males. As one of the largest employers in St. Louis, we have a responsibility to be diverse and inclusive. We stand by our efforts to recruit a workforce that can fulfill our mission of advancing human health in a culture that supports diversity, inclusion, critical thinking and creativity. We pledge that everyone — no matter his or her race, religion, gender, sexual orientation or sexual preference, national origin or disability and regardless of position — should feel welcome and appreciated as part of our campus community. We accept our unique urban enclave for all its glory, and will not shy away from engaging with the St. Louis community to help eliminate the social factors that contributed to the crisis in Ferguson.

As an incoming student, you will be immersed in the fascinating world of scientific discovery and medical innovation, but you will not be allowed to forget that the true purpose of medicine is to uplift the human condition. We hope our Washington University Medical Plunge (WUMP) and Diversity Retreat experiences will compel you to become a force for good in the St. Louis region. Many of you will go on to become leaders and volunteers in the Saturday Neighborhood Health Clinic (SNHC), Casa de Salud, the Nutrition Outreach Program, and other student-run programs that collaborate

with the St. Louis community. During your years in medical school, make sure you 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 our medical center without walls. Your overall experience as a medical school student will then be much more rewarding at Washington University School of Medicine. In St. Louis.

From Students

Ferguson, Mo., is only a few miles from St. Louis, my childhood and current home. Although the brunt of the violence, conflict and grief surrounding the shooting of Michael Brown has fallen on the residents of this small suburb, the entire St. Louis community has felt the ripples; St. Louis residents are now actively involved in a hitherto avoided, yet desperately needed, dialogue about police violence, culpability and justice. Unfortunately, this highly emotional and complex subject is made more difficult by misinformation and conjecture sensationalized by the media, which leads some to become divisive. However, I am encouraged that St. Louisans, as well as my classmates, are challenging each other, sharing differing perspectives, and critically thinking about disturbing inequalities within Ferguson and the country as a whole. Washington University is an ivory tower of academia and, as such, most students are nonnative, with marginal stake in the local community. Despite this, many have been galvanized by this issue, engaging in public marches and the National White Coat 'Die-In', and student interest in providing care to St. Louis' underserved patients has never been stronger. Additionally, it is essential we acknowledge that all of us have been emotionally and ethically impacted by Michael Brown's shooting, and are also aware that many of our patients are directly affected by daily injustice and violence. As tragedy can often be an impetus for growth, I am proud that the St. Louis community and the medical students of Washington University are coming together in solidarity, becoming stronger than ever before.

— Victor Kovac, M1

As an international student, it was difficult for me to process the Ferguson events. I am not from the U.S., and thus, I have a somewhat limited understanding of white/black racial tensions. I'm not black or white, nor am I a voter or a taxpayer. That said, I think reducing the entire #BlackLivesMatter movement to the unfortunate death of Michael Brown might be missing the point. It isn't just about one tragic death (whatever your opinion on the circumstances that lead up to it may be) but about all of them — all of the

deaths that were preventable. You may still be wondering what this all means to you. Well, Ferguson brought to the public's attention how deeply embedded institutionalized racism is in what some people call today's "post-racial America." Embedded, in institutions such as health care: blacks are less likely to be prescribed opioid pain meds, blacks are less likely to be put on transplant lists, blacks are less likely to receive aggressive cardiovascular interventions, and blacks are more likely to receive lower limb amputations due to the delay in their care. Maybe you feel uncomfortable taking a stance on Michael Brown's case, and that's totally fine. But you need to think about what kind of doctor you want to be. Ranit Mushori from the Washington Post wrote about what it means to truly practice patient-centered care: "Our patients' well-being extends far beyond the exam room, so caring for them means being active outside of the hospital. Doctors have a role as our patients' advocates. I can think of no more fundamental way to fulfill that obligation than to stand up for our patients' basic human rights." And that's why Ferguson should matter to you.

— Jorge Zárate Rodríguez, M1

St. Louis, like most large cities, has major problems with income disparity and institutionalized racism. You'll learn a lot about these during your first few weeks here as part of the Washington University Medical Plunge (WUMP). Fortunately, the city also has a widespread effort to alleviate these problems. Non-profits like food pantries, educational programs and free health clinics dot the city, and one in every three St. Louisans give their time volunteering for these organizations. Last summer, our city's inequalities and our citizens' activism against those inequalities became international headlines after the shooting death of an unarmed teenager inspired thousands to protest institutionalized racism and police violence. This movement spread to cities across the world and inspired action at all levels of government. Living in St. Louis has given my classmates and me the opportunity to take part in this effort at its heart, and our school administration has been supportive of our decision to take action. At the onset of the protests, a list of safety tips was provided to all students in case they chose to participate, and we were allowed to hold multiple demonstrations on campus. None of this necessarily reflects an official stance of the university. However, our students have been encouraged to express their views on a controversial topic, and that is truly something to appreciate.

— Dillan Newbold, M1



advice

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 (64 Phillips/Conroy years and counting...)?

About Anatomy:

- 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 here 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 upperclass 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!

About Life (i.e. medical school, but much more):

- Exciting journeys are often beset by obstacles and detours. All can be productive. There are many guides to help you find the course. Seek them out; don't wait for them to find you.
- 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.
- Get outside! Forest Park is your backyard. We've seen coyotes, wild turkeys, great horned owls, redtailed hawks and more.
- If your diet consists mostly of white or beige food you're in trouble.
- Realize that important, lifelong relationships may be forged in the Anatomy lab. We speak from personal experience!
- Don't forget to say hello when you pass us in the corridors!



"Have fun. This is not incompatible with learning!" – The cutest couple at WashU

From Koon-Nah Chung, PhD

Your first year at WashU is pass-fail. Form strong bonds with your classmates and support each other. You will spend the next four years with your peers, and they will be your life-long friends and colleagues. Get to know the faculty, administration, and staff. We 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 get a home-cooked meal out of it. Stay grounded by volunteering in the community. Have fun and stay sane by getting involved in school clubs and continuing with your hobbies. Get to know St. Louis, where there is no shortage of entertainment, including the world-champion Cardinals, the world-famous zoo, the science center, the art museum and the botanical garden. In addition, there is a world-class symphony, many music venues and plenty of nightlife. 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. Don't worry about your residency match yet. Most importantly, get enough sleep, exercise and have fun. Oh, and if you want to do research, just email me (chungk@wusm.wustl.edu).



Visit Dr. Chung for guidance on research opportunities and ask her about her favorite rapper. Hint: He's slim, and he's shady.



The hilarious Dr. Mercer, brought to you by Diet Coke.

From Robert Mercer, PhD

The next four years of your education will include some of the best and worst times of your life. During these years you will be expected to master a tremendous wealth of knowledge, all with the hope that you will do more good than harm. In the first few weeks you will be getting acquainted with your fellow classmates, the infrastructure of the medical complex, the medical school course load and life in St. Louis. If at anytime you need help with your studies, I invite you to seek out the faculty for assistance. Washington University is truly unique in that the faculty members are extremely accessible to the students. This open attitude allows students the opportunity to learn firsthand from experts in the fields of science and medicine. No other medical school can surpass this feature of Washington University.

While you are here, I urge you to take advantage of the many medical school activities and organizations. Participate in the student-run activities, the summer research program, and the wonderful summer Departmental Softball League. Above all please make an attempt to attend your classes! Only by attending classes are you able to directly ask questions and clarify points that you and your classmates may have missed.

The first year has pass-fail grading. Therefore, help your classmates. Learn for the sake of learning, not for a nonexistent letter grade. Enjoy your first year, because believe it or not, it will go by very quickly. Above all, work hard, play hard and don't sweat the small stuff.

From Gregory M. Polites, MD

As first-year students, you are about to begin one of the most transformative experiences of your lives. One of the things that makes this experience so unique is that you will be sharing it with a relatively small group, your fellow first years; your medical family, so to speak. Almost all of you will become friends. Many of you will become close friends. And some of you will become best friends whom you'll stay in touch with for the rest of your lives. So always remember that you are in this together. All of you, whether you admit it or not, are a little nervous. And that's normal. But together you'll move through this experience and do well. You will need each other — to learn from, to support, and to share times of both sadness and joy. So be kind to each other. Encourage each other. And make time for each other. If you do this you'll find that this transformative experience is so much more rewarding because you shared it with those who did it with you. Good luck!



"Just caught another kid who stole my credit card, har har har." – Dr. Polites (ask him about this)



Dr. Awad is possibly the nicest surgeon in existence.

From Michael Awad, MD, PhD

I lived on the East Coast for most of my life and did some training on the West Coast, but I 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 job 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 ever need anything. That is why we are here!

From Wayne M. Yokoyama, MD, for All Med 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 sooo 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 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 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!

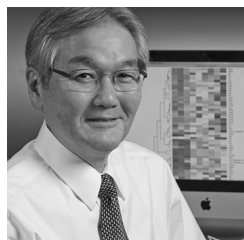
From Wayne M. Yokoyama, MD, for MSTP's

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 2015.

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).



"Pause to think about what you're learning and keep track of things that don't make sense to you."

– Dr. Yokoyama

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!)

From First Year MSTP, for MSTPs

As many of the faculty noted in this guide, you've finally made it. Shadowing becomes as easy as a phone call; practicing physicians will try to convince you that their specialty is worth your serious consideration. Pls will (with varying levels of aggressiveness) try to recruit you for their labs. WashU is invested in your success in a way that no institution has been before. In other words, as someone wiser than I put it, you're the prettiest girl at the dance.

My advice is this: Use it. Talk to as many Pls as you have time to — inside and outside of your field. You might just find something you like that you'd never have considered. If you think a clinical guest lecturer's job sounds cool, ask to shadow. Faculty don't really say no anymore. Within the bounds of ethics and safety, everyone wants to help you get wherever you want to be next. You have to ask for that help, so make sure you do.

– Justin Porter, M1

From Lisa Moscoso, MD, PhD

You're in. Congratulations! I am here to support you on your journey as you transform into a doctor. Yes, transform into a Doctor! That will happen in the next four or more years.

There will be many joys and challenges on this journey. As you begin medical school, it will be important to develop a community of support to celebrate your joys and be there for you in the challenging times. Many of you may have an extended eCommunity, and I would encourage you to maintain that virtual community while growing relationships with classmates, mentors, other graduate students and others in St. Louis with common interests.



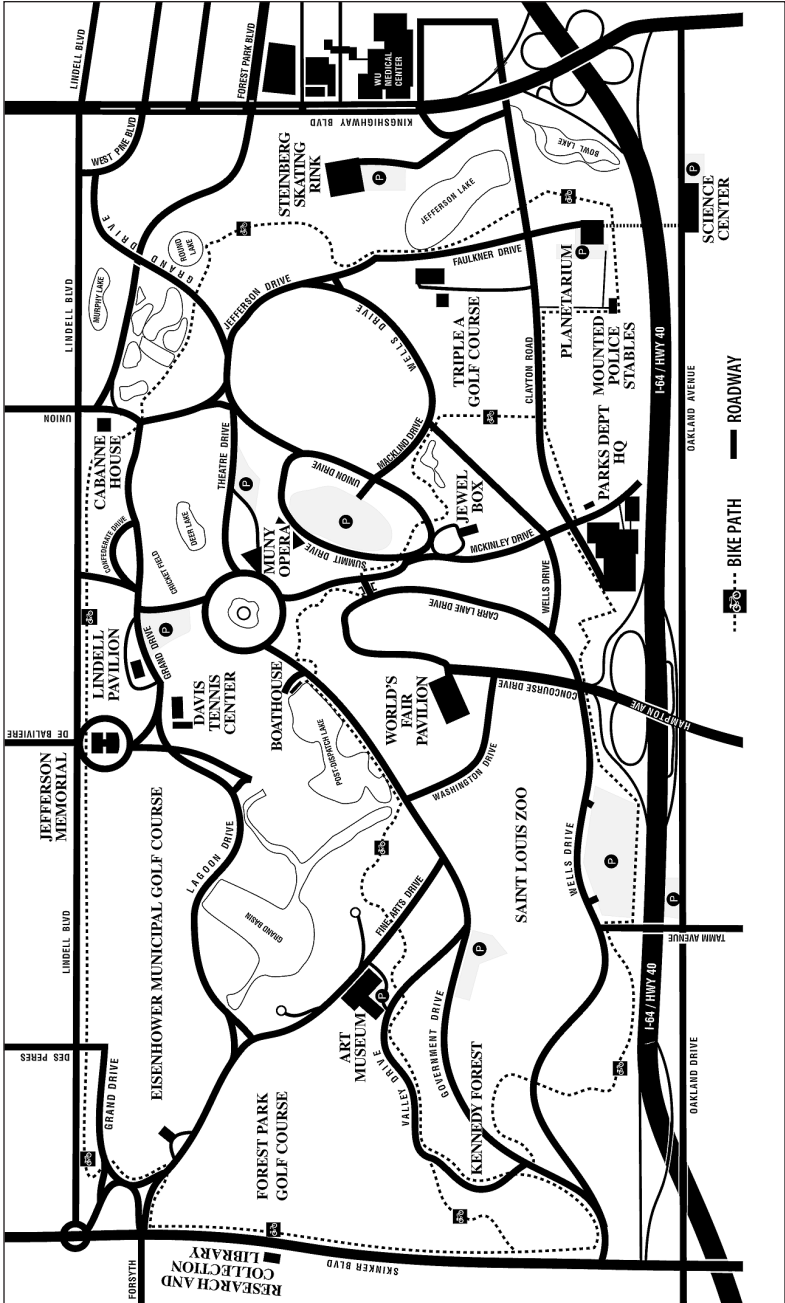
"Life will bring challenges, so please ask for help or support if you need it. And participate in or lead a student-run program." – Dr. Moscoso

Balance will be a challenging virtue to achieve while you are a student and perhaps for the rest of your life. Know that 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:

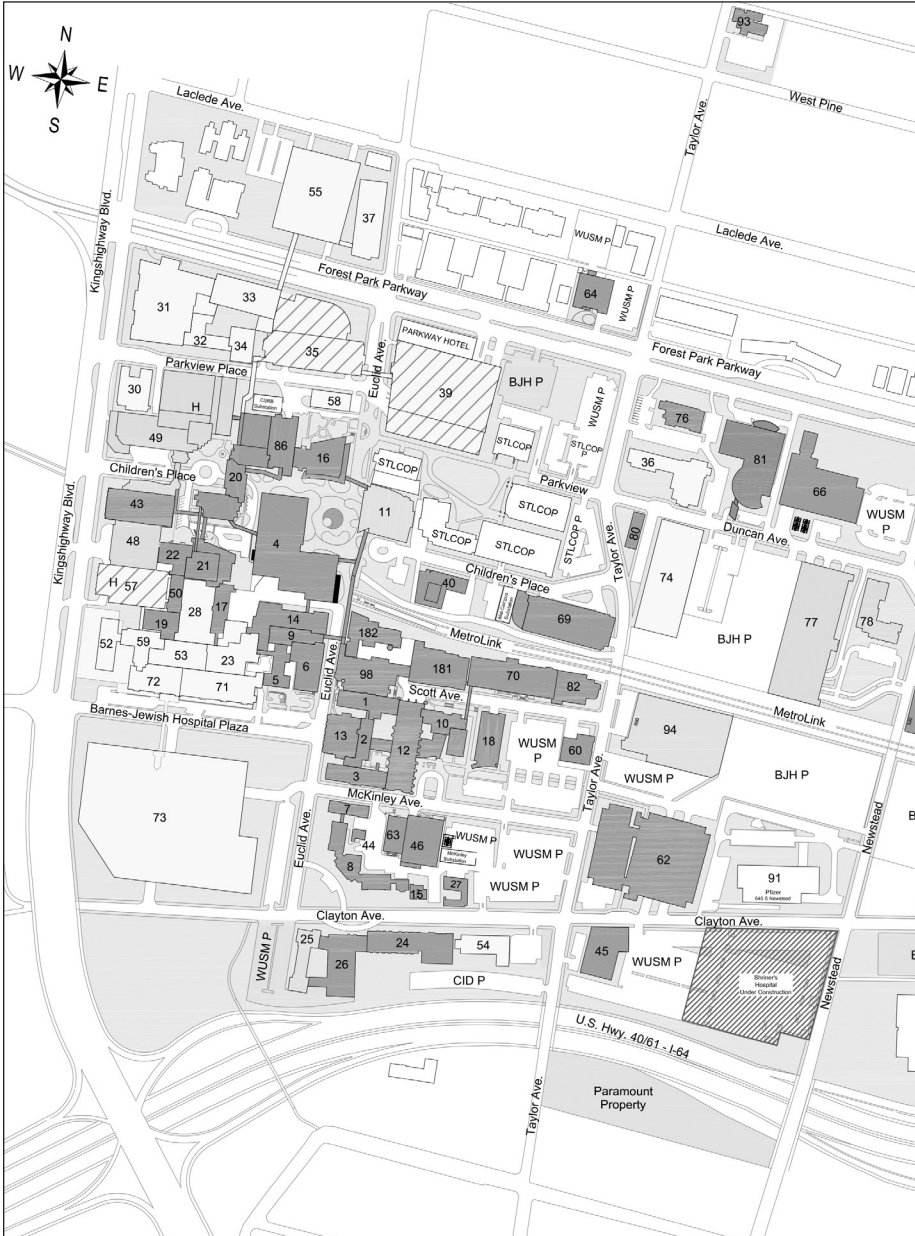
- Build relationships that form a strong community of support. Quality is important here, not necessarily quantity. You need not look far. Many future lifetime friends, colleagues, mentors and advisors surround you.
- Respect others in your actions and words.
- Appreciate your family and friends. Stay connected.
- Exercise.
- Play outside.
- Laugh.
- Read for fun.
- Notice something beautiful today.
- Be grateful for something or someone every day.

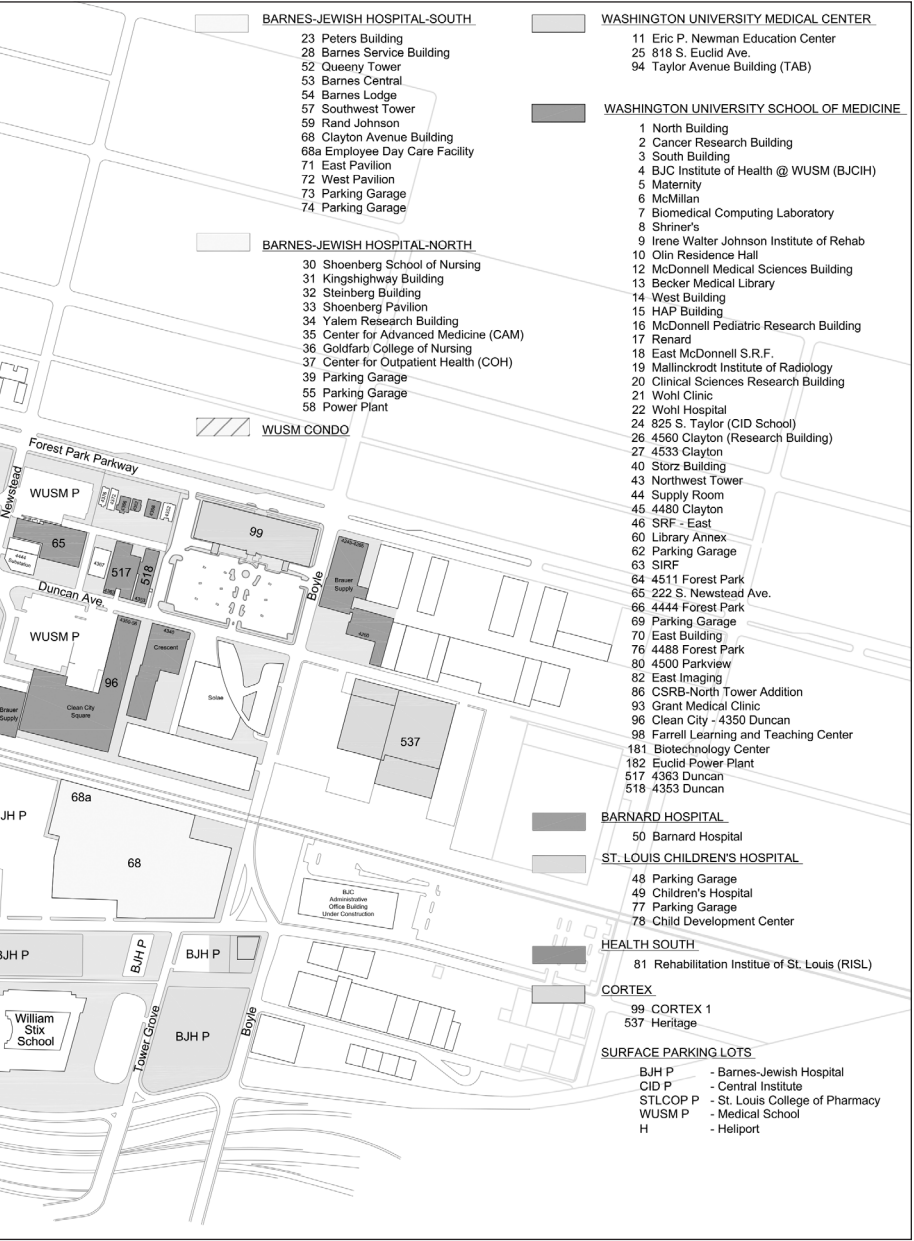
Life will bring challenges, so please ask for help or support if you need it. And participate in or lead a student-run program.

Forest Park



Washington University Medical Center





BARNES-JEWISH HOSPITAL-SOUTH

- 23 Peters Building
- 28 Barnes Service Building
- 52 Queeny Tower
- 53 Barnes Central
- 54 Barnes Lodge
- 57 Southwest Tower
- 59 Rand Johnson
- 68 Clayton Avenue Building
- 68a Employee Day Care Facility
- 71 East Pavilion
- 72 West Pavilion
- 73 Parking Garage
- 74 Parking Garage

BARNES-JEWISH HOSPITAL-NORTH

- 30 Shoenberg School of Nursing
- 31 Kingshighway Building
- 32 Steinberg Building
- 33 Shoenberg Pavilion
- 34 Yalem Research Building
- 35 Center for Advanced Medicine (CAM)
- 36 Goldfarb College of Nursing
- 37 Center for Outpatient Health (COH)
- 39 Parking Garage
- 55 Parking Garage
- 58 Power Plant

WUSM CONDO

WASHINGTON UNIVERSITY MEDICAL CENTER

- 11 Eric P. Newman Education Center
- 25 818 S. Euclid Ave.
- 94 Taylor Avenue Building (TAB)

WASHINGTON UNIVERSITY SCHOOL OF MEDICINE

- 1 North Building
- 2 Cancer Research Building
- 3 South Building
- 4 BJC Institute of Health @ WUSM (BJCIH)
- 5 Maternity
- 6 McMillan
- 7 Biomedical Computing Laboratory
- 8 Shriner's
- 9 Irene Walter Johnson Institute of Rehab
- 10 Olin Residence Hall
- 12 McDonnell Medical Sciences Building
- 13 Becker Medical Library
- 14 West Building
- 15 HAP Building
- 16 McDonnell Pediatric Research Building
- 17 Renard
- 18 East McDonnell S.R.F.
- 19 Mallinckrodt Institute of Radiology
- 20 Clinical Sciences Research Building
- 21 Wohl Clinic
- 22 Wohl Hospital
- 24 825 S. Taylor (CID School)
- 26 4560 Clayton (Research Building)
- 27 4533 Clayton
- 40 Storz Building
- 43 Northwest Tower
- 44 Supply Room
- 45 4480 Clayton
- 48 SRF - East
- 60 Library Annex
- 62 Parking Garage
- 63 SIRF
- 64 4511 Forest Park
- 65 222 S. Newstead Ave.
- 66 4444 Forest Park
- 69 Parking Garage
- 70 East Building
- 76 4488 Forest Park
- 80 4500 Parkview
- 82 East Imaging
- 86 CSRB-North Tower Addition
- 93 Grant Medical Clinic
- 96 Clean City - 4350 Duncan
- 98 Farrell Learning and Teaching Center
- 181 Biotechnology Center
- 182 Euclid Power Plant
- 517 4363 Duncan
- 518 4353 Duncan

BARNARD HOSPITAL

- 50 Barnard Hospital

ST. LOUIS CHILDREN'S HOSPITAL

- 48 Parking Garage
- 49 Children's Hospital
- 77 Parking Garage
- 78 Child Development Center

HEALTH SOUTH

- 81 Rehabilitation Institute of St. Louis (RISL)

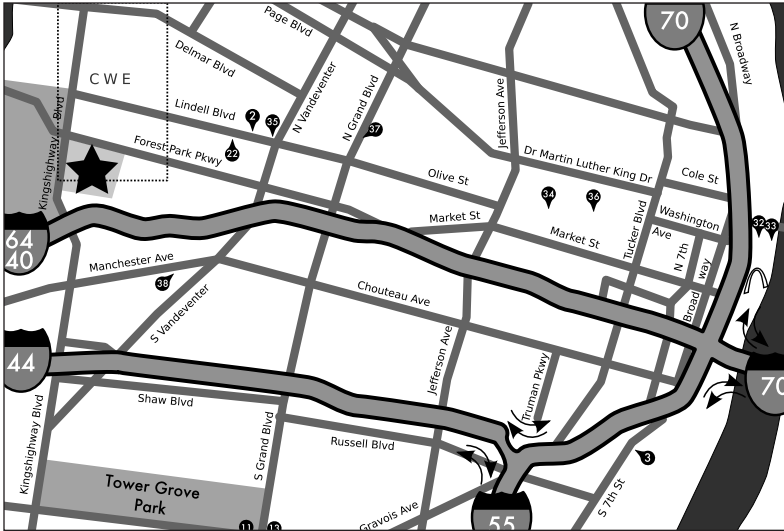
CORTEX

- 99 CORTEX 1
- 537 Heritage

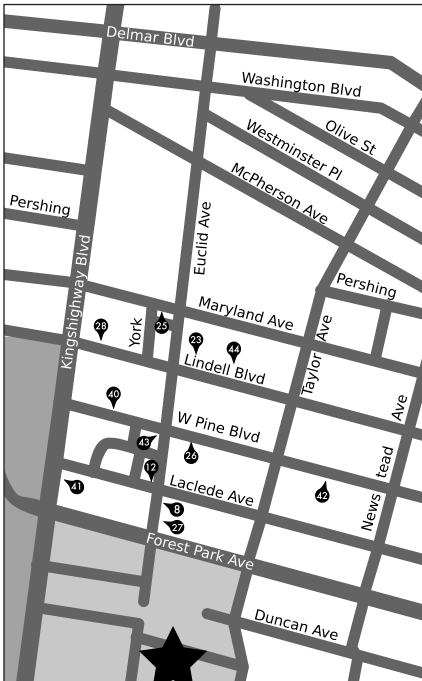
SURFACE PARKING LOTS

- BJH P - Barnes-Jewish Hospital
- CID P - Central Institute
- STLCOP P - St. Louis College of Pharmacy
- WUSM P - Medical School
- H - Heliport

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
Pin-Up Bowl	30	Atomic Cowboy	38
Tivoli	31	Anheuser-Busch	39
Big Bang	32	Brewery	39

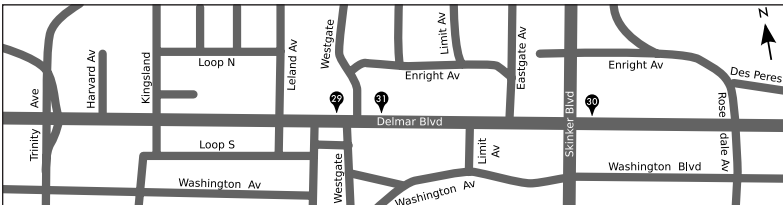
Housing

Del Coronado	40	The Residences at	
Montclair on the Park	41	Forest Park	43
Park 44 Apartments	42	President Apartments	44

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

