

Med·u·ca·tion



The guidebook to
the life and times of
first-year medical students at the
Johns Hopkins School of Medicine

2007–2008

Welcome, Johns Hopkins SOM Class of 2011!

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The Class of 2010 congratulates you on your acceptances to Hopkins, and we look forward to sharing our beloved Pre-Clinical Teaching Building with you. A fun and challenging year awaits you, and we hope that you will find this guidebook useful, informative, and enjoyable to read.

This guidebook is a collaborative effort by members of our class and is written with your incoming first-year class specifically in mind. We hope to provide a relevant, up-to-date source of information that will help you get excited about starting medical school at Hopkins and living in Baltimore!

The guidebook is divided into three sections: Academics, Med Student Life, and Baltimore Life. We have tried to present balanced views on all topics with tidbits from our own experiences tossed in, but remember to trust your own judgment as the year progresses. Of course, much of the fun of first-year lies in learning the ropes for yourself, so we also tried to sow some misinformation among these pages just to spice it up a bit.

Just kidding. Actually, we hope that all of the sections of this guidebook will assist you in your foray into medical school. Think of it as a “thrive-al” guide rather than a “survival” guide – your first year is not something to be endured, but rather enjoyed!

As the saying goes, it is not what you know that matters, but whom you know. While we are confident that this guidebook contains Everything that you need to know about the Universe and All that is in it, don't hesitate to talk to one of us if there is anything that we can ever help you with. Again, welcome to JHUSOM- we look forward to getting to know you!

Yours,

The Class of 2010

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Academics

You've made it! Congratulations and welcome! The upcoming years will prove to be an exciting time, but what would they be without learning some medicine? Not as much fun, that's what we think. But before you were accepted to Johns Hopkins, you had probably heard something about this place. While there are years of tradition found "here at Hopkins," you should take an active role in shaping this education to make it your own. With the essential information that follows, you can be an equipped and knowledgeable classmate ready to hit the ground running.

What do we do in class? Here, you will find useful facts related to how you will spend most of your time together as the Class of 2011 over the next year. First, a class by class preview introduces you to the different courses you will take as a first-year medical student.

It might be a surprise to you, but not everyone attends lectures every day, and a section on whether or not to go to class will help you make your own decision. Also, the section on books spells out recommendations about what tomes are worth your money from those who were in your shoes just one year ago.

We don't want you to get too bored with the books, so suggestions on where, when, and how to study can help spice up your daily study routine. The Office of Student Affairs is an important resource that merits some special consideration as well. A short section introduces you to your med school transcript, which is different than transcripts you might be accustomed to. Finally, information on taking classes at other Johns Hopkins institutions rounds out the bunch.

We have attempted to capture a bit of the upcoming year and present it to you so you can taste some of the excitement ahead. Take a deep breath, and welcome to the world of the Johns Hopkins School of Medicine!

Best of luck,

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General Overview

Hopkins features a block schedule for the first year of medical school, which means students generally study one basic science course at any given time. The blocks for the 2006-07 school year included Molecules and Cells (43 days), Immunology (10 days), Anatomy (49 days), Neuroscience/Psychiatry (35 days), Epidemiology (11 days), and Organ Systems (36 days). While the schedule undergoes a little revision each year, most of the content and overall structure remain the same.



Hard at work.

Each block is led by a course director who sets the schedule and writes the examinations, so be prepared for a little variation in each course. This guide should give you a good idea of how each course is run and what to expect as you get into it. Some blocks will require you to hit the ground running, while others allow you more time to get adjusted to the new material. Overall, most students find that their first year experience is pretty enjoyable. Use your free afternoons to keep up with your hobbies and get to know Baltimore.

Most days during your first year at Hopkins will feature an 8:00 a.m. - 1:00 p.m. schedule. Expect at least one day each week to go 3:00 p.m. or 4:00 p.m. (Clinical Correlation days) and some busier blocks to feature several afternoon lectures. While it will depend on the block, prepare to spend at least half of each day in the Basic Science Auditorium on the Ground Floor of the Preclinical Teaching Building. The other half is typically spent in small group discussions and labs.

Class by Class Preview

Molecules and Cells

Molecules and Cells is broken into four units: Macromolecules, Molecular Biology and Genetics, Cell Physiology, and Metabolism. There is one exam at the end of each unit and these four exams will be combined to give one grade for the course. The exams are NOT cumulative.

Macromolecules

Before we get into the details of the class, take a deep breath. You may be surprised with how much free time you have. Do not fill the void by feeling obligated to study more than you should.

Enjoy it. Enjoy every second of it.

Anyway, the logistics...

Macromolecules may be the easiest unit of first year for many students with hard science backgrounds, but other students can find it challenging. The class schedule is relatively light, and half of the first exam is open-book! The course does a good job of serving its purpose as a laidback introduction into both medical school and getting back into the swing of studying again after a summer (or longer!) off from school.

Dr. Jon Lorsch has served as the course director, and he is an excellent and approachable instructor. He typically begins with an introductory lecture that emphasizes the importance of basic science in medicine, which is designed to get you excited about medical school.

For the next two weeks, the material provides a basic review of introductory biology and biochemistry. The lecture notes in your binder will be more than sufficient to prepare for the exam. You can look forward to content on enzymes, organic molecules, and biophysics. A quiz half-way through the unit (after about four or five days) will make sure you're staying on top of the material. If you don't do well, it's only a minimal part of your overall grade. In fact, it's a very minimal part of your overall grade.

Small group instruction will also begin during this time and will be anywhere from a quarter to half of your day. You will be placed in a group based on your self-assessment of your basic science abilities. The purpose of placing yourself in a group of people with similar capabilities is to ensure that people are asking the same level of questions and no one falls behind. New material is NOT presented during small group. The purpose of the discussions is typically for students to ask questions, re-learn difficult material, and go over problem sets. You will have a new small group instructor every two weeks. If you feel like you're not getting enough out of small group because of your background, you might consider changing groups to find one that suits you better. You will be told whom to approach if you need to change groups—while it may not always be possible, the administration does its best to help you get the most out of your education.

In addition to these small groups, you'll also start to have weekly Journal Clubs which will last all the way until Anatomy. This is where you meet with your small group and a clinician and discuss a research paper on all sorts of topics. The quality of this experience really depends on the clinician because they are the ones that make this all relevant.

A famous quote

A quote you will hear 28,376,489 times in your first-year lectures is from William Osler, and it goes: "It is much more important to know what sort of patient has a disease than what sort of disease a patient has."

Next, Clinical Correlations begin on Fridays. Many first-years indicate that this is one of the highlights of the curriculum. A patient is introduced to the class to discuss their condition (which relates to the basic science you're learning), and you'll have the opportunity to ask questions of the patient. You'll need to dress professionally (ties for men, equivalent for women). More than anything, you should be engaged and enjoy the experience. It's typically a pleasant reminder of the reasons why you are joining the medical profession in the first place.

The Macromolecules exam is half open-book. The half that's closed book will require you to memorize your amino acids and some other basic facts. You can find plenty of old exams (and quizzes) on Blackboard and in the First-Year Program folder.

Molecular Biology and Genetics

The level of instruction begins to pick up for Molecular Biology and Genetics, but not that much. Dr. Jeremy Nathans is the course director and a highly-regarded lecturer.

Expect about two lectures a day with a couple days that have three lectures. As long as you don't fall behind (there's more than one quiz to keep you working) and you're back into the swing of studying again, it shouldn't be too difficult to stay on top of the material. The content includes basics of DNA and RNA, bacteria, viruses, genomes, and cancer. It's mostly what you would expect from a genetics course in college, though less quantitative.

Labs will also begin during this time, and you'll do some basics on bacterial transfer and resistance, which are fairly easy. Try to find an upperclassman to give you an old laboratory coat, so that you won't have to pay \$25 for a coat that you will only use 3 or 4 times the entire year. Your small group instructor for Molecular Biology and Genetics will also be your lab instructor. The schedule will be similar to what you've already done with Macromolecules, with the content just getting a little more difficult. As with the previous unit, your binder should serve as your main text for the course.

The final exam is generally found to be reasonable (that Macromolecules open-book thing was a one time deal). For people who don't have a background in basic science research, the genetics exam can be a bit more difficult so make sure to take that into account when you're preparing for it. Many people in this position commented that Dr. Nathans was very helpful one-on-one, so grabbing him after class for a few minutes to explain things like mouse knockout experiments may not be a bad idea.

Cell Physiology

And so continues Molecules and Cells. By now you will have finished half of the course and can look forward to the next half. Dr. Joy Yang is the course director of Cell Physiology and is joined by several other faculty members for lectures and small-group discussions. The level of difficulty of the material will probably be equivalent to that of your previous block, Molecular Biology and Genetics. If you have ever taken a cell biology course in college, you will recognize Cell Physiology to be the same thing. This block will consist of nearly 20 lectures, with about 2 clinical correlations.

Cell Physiology uses virtual microscopy as part of its 5 labs. Virtual microscopy is a new system with traditional slides scanned into the computer and online mini-lectures that you will watch before each lab. The mini-lectures are interesting because the lecturer draws arrows and circles directly on the virtual microscopy slide you are looking at while the lecture audio is playing, sort of like a football game commentator does on TV. When you go into lab (it is a computer lab – you will not need to use actual tissue specimens, though you can look at some), you and your two group partners will study the slides together. The slides are scanned high-resolution images of microscope slides, so you can zoom in to extremely high detail. The great thing about this system is that you can go back to it at home, to study it on your own time. The labs are about an hour and twenty minutes long, and at the end, you and your partners will take an online group quiz comprising about 10 to 15 questions pertaining to that day's lab. It is immediately graded by the computer, and everyone in your group gets the same grade. If you stud-



Students walk to their first day of class

ied the material the night before, these quizzes should be no problem (the lab material is also fair game for the final exam).

There is also a short, half-hour quiz at the end of the first week. Small group discussions and weekly journal clubs proceed as usual for this block. At the end of the two weeks, the course concludes with a final exam.

Did you know?

The first synthetic sweetening agent Saccharine was developed at Johns Hopkins University in 1879.

Metabolism

Course director Dr. Peter Pedersen begins Metabolism by telling you that you have finally reached the pay-off part of Molecules and Cells. The amount of information and level of difficulty will be somewhat greater in Metabolism than in the previous blocks, and for good reason. You will learn about many complicated pathways – glycolysis, the Krebs cycle, ketogenesis, etc. – and their regulation and interactions. You will have about 3 journal clubs and around 4 clinical correlations. Be prepared for Dr. Dan Raben’s high-speed (and very important) lectures. There will be a quiz only two or three days into the block, and the two weeks will conclude with an exam that covers everything. All the pathways that you will learn are related, so be sure to understand the big picture by the time the block is finishing up. It’s a good idea to keep this in mind throughout the course, and to think about it after each lecture. Additionally, there is a review session at the end of the class where Dr. Pedersen and Dr. Raben work through a pack of problems (found in your notebook) for about three hours, and many people found this quite helpful.

Immunology

Immunology is a two-week block led by Dr. Jonathan Schneck and Dr. Robert Siliciano, both extremely good lecturers and instructors. Other lecturers will join them for two weeks and will teach you all about T cells, B cells, antibodies, and more. This class is generally regarded as one of the most enjoyable in first year.

The routine is similar to what you experienced in Molecules and Cells, with a few minor differences. In addition to small group discussions and journal club, you will have laboratory exercises that are more like “virtual labs,” in which you will be given information and data from an experiment dealing with important clinical concepts in immunology. You will get juice, coffee, and doughnuts on some mornings, so there’s definitely even more incentive for coming to lecture for this block. Make sure that the greedy second-years don’t come downstairs and eat your food!

The difficulty level of the course will be something you are used to by now, and your grade for Immunology will count for 20% of your grade in Organ Systems, which you will continue in April and May. The final exam typically comprises material from the lectures, but material from the Clinical Correlations (especially this), the virtual labs, and Journal Clubs are all fair game. As with any other course, going over previous year's exams helps to see the types of questions and level of detail expected while you review all the class material. Finally, be sure to attend Dr. Siliciano's review session the day before the exam; most of us would agree we've never seen such a complicated course tied up so neatly.

Anatomy

After a few months of Molecules and Cells and Immunology, you finally get to the defining class of the first year of medical school: Anatomy. Everyone will be excited to start, and few among you will have actually seen a cadaver before. You will have a Patient, Physician, and Society class all about body donation and respect for your cadavers the week before you start, so you will have some time to reflect and prepare for the privilege of dissecting a human body.

About a month before class starts, you will have to form groups of four for the lab portion of the course. While you get to choose your own groups, pick wisely. You will be spending literally every day for the next two and a half months with these people, and a minor annoyance at the beginning may drive you nuts through most of the winter. Things can get tense when everyone is sleep-deprived and you've spent the last hour looking for that one little nerve that you probably cut off three weeks ago, so make sure to pick people that you think you will get along with under stress.

As far as supplies, make sure to have at least one pair of scrubs and shoes that will only be used for lab. Everything you wear in lab will stink of phenol, and you'll smell just as bad when you leave. Many of us wore a (mostly) clean pair of scrubs to class and changed into the dirty scrubs for lab. Having a few pairs is not a bad investment, and that way you won't get any phenol smell anywhere near your normal clothes. You won't need to buy gloves or scalpel blades as those are provided for you, but you will need to buy a small instrument kit from the bookstore. Most lab groups needed at least two dissection kits. You may be able to obtain dissection kits and scrubs from upperclassmen for free.

You will also be given a bone box a few days before class starts; this contains either a half or a whole human skel-

Did you hear?

A phrase you will hear 46,385 times in your first year is "Here at Hopkins..."

eton. While some people found these useful (especially during the limbs section), others let them gather dust in the corner of their apartments for two and a half months. That said, the most important advice about the bone box is this: don't lose the skull. At \$900 each, it'll be ramen noodles for the rest of the year if you do.



Lecture hall.

A typical day consists of a lecture or two (rarely three) in the morning, followed by lab until around 1 pm. Additionally, you will have around 5 or 6 Clinical Correlations in the afternoon. Patients will not be present for the majority of the Clinical Correlations during Anatomy, so feel free to show up wearing just your scrubs. The normal daily lectures are

sometimes helpful and sometimes not, but a lot of material on the exams will be found in the lecture notes, so be sure not to neglect them. Also, the anatomy discussions are only held once every week or two, usually in the afternoon, and are focused on some clinical aspect of the part of the body you are currently studying. Attendance at discussions is not mandatory, and discussions can vary from really interesting to flat out boring; they were a new addition in 2006-2007, so hopefully they'll be better the second time around.

Anatomy lab is what almost everyone dreams about, and it was a great experience for many, although reactions varied greatly. Very few people will ever have the opportunity to see so much of another person's body, and it's a great honor to do so. Sharing this experience with the three other people in your lab group will definitely help you to build relationships with them. Some days are a lot of fun and others are almost intolerably tedious, but the former greatly outnumber the latter. You'll have lab almost every day for at least three hours, but will very rarely have to stay past 1 pm. Each day, you will have a certain part of the dissector (the book with all the dissection instructions) to get through. At the beginning, everyone will go very slowly and try to find every single little nerve and vessel. Within a week or two, however, you will realize that many of the small things just aren't that important. This is really just a learn-as-you-go kind of experience, but there are also sheets in the back of your notebook with tips on every dissection, includ-

ing which structures you shouldn't bother looking for. Having someone bring these sheets to lab is definitely useful.

Grades for lab are based entirely on your daily participation and two lab presentations that each group member must do. You will choose among yourselves who does which presentation (many groups drew straws). When it's your turn, you will present approximately the last week's dissections to your group members and an instructor, primarily using the cadaver as a visual aid. The time limit is 12 minutes, and you will be cut off if you go over, so there is really only time to touch on the major points of the dissection. This is why, you will realize, many of those tiny cutaneous nerves that just get destroyed as you move on to deeper dissections just aren't important. Additionally, there are sheets in the back of your notebook that give you specific topics to cover in the presentation – make sure to hit those structures while you present the dissection. The presentations will be the only “exams” you have for lab, as there are no lab practicals.

There are four written exams: a mini-exam on the thorax after the first week, and three full-length exams on abdomen, pelvis and perineum; back and limbs; and head and neck. Exams are highly detail-oriented and cover substantially more material than previous classes. But reviewing old exams definitely helps to get a feel for the kinds of questions they ask, and you can bet that each exam will require you to trace the path of blood from one region to another with or without a blockage of one path. About two hours of the exam will be written, and another half hour will be a multiple choice exam on Blackboard. You will definitely spend a lot more time studying for these exams than for *Molecules and Cells*, but it's definitely still possible to have a significant amount of free time. Once you get a feel for the tests, it's much easier to know what you have to study in order to do well.

This will be the first class in which the notes provided to you in the binder will not be sufficient. You'll need an anatomy textbook (*Gray's Anatomy for Students* was generally helpful, but *Big/Little Moore* helped to fill in some details), an atlas (pick one: *Grant's*, *Clemente's*, or *Netter's*), and *Grant's Dissector*. The anatomy textbook is good as your primary study aid, and the atlas is mostly used to help you understand physical locations and to help you identify structures in the cadaver. However, while *Gray's* is a pretty useful text, most of the lecture notes are based on *Big Moore* (which was the primary text until recently), so make sure to stick with the lecture and notes in terms of organization and depth of

From Upperclassmen

“Faculty are really open to students. Contact them and ask to shadow for a day. This can be a great adjunct to the first year preceptorship and gives you a chance to explore other fields of medicine. Also, as a first-year, you're not expected to know much, so it's low stress and high-returns.”

material. Also, when you get to the cranial nerves, Little Moore has a great summary of them. Lastly, you will need a “dirty” copy of one atlas and one dissector that stays in lab for each lab group.

Neuroscience/Psychiatry

After months of having the incessant smell of phenol on you and everything near the anatomy lab, you’ll doubtless be ready to get back to a normal schedule and normal clothes. Neuroscience and Psychiatry are next, and they are two independent courses that run simultaneously. Though it can change from year to year, Neuroscience runs from about the beginning of February until the end of March, and Psychiatry will start with Neuroscience and run until right before spring break.

Neuroscience consists of anywhere between one and five lectures each day, with less in the beginning because of the interspersed psych lectures. Some days will end as early as noon, while others won’t end until 3 or 4 pm. The first part of Neuroscience will focus mainly on the somatosensory system and basics of the nervous system, the second part on motor systems, and the third part on hearing and vision. Independent discussions are absent from this class, but 14 labs are given in two-hour blocks. Labs involve viewing slides both with virtual microscopy and with microscopes for the first hour and discussion of review questions in the second hour. In addition, Clinical Correlations with patients are back and are usually quite interesting. About half of the clinical correlations will be run by Neuro faculty and the other half by Psych faculty.

The Psychiatry course is based upon a school of thought known as the “Perspectives of Psychiatry.” Ways of thinking about and approaching psychiatric disorders are emphasized, and the Diagnostic and Statistical Manual of Mental Disorders IV (DSM IV) is mentioned only in passing. This is because the faculty feel that it is not important to memorize diagnostic criteria that can easily be looked up at any time; rather, the emphasis is on understanding the essence of psychiatric illnesses and on becoming proficient at analyzing cases from the four perspectives. Lectures in the beginning therefore focus on this Hopkins approach to psychiatry, and later lectures each focus on one illness, such as schizophrenia, manic depressive disorder, eating disorders, and dementia, to name a few.

In addition, you will be placed in a group of five students for the duration of the course. Each group has its own instructor and meets once a week for a tutorial in

which a psych case is analyzed using the perspectives. This is also a chance to ask questions about any of the lectures. Furthermore, your group will participate in interviewing a psych patient each week, which is one of the most exciting parts of the class. Outside of your Intro to Clinical Medicine preceptorship, this is one of your first chances to interact with real patients! The first week, your instructor will demonstrate an interview, and each week after one of you will have the opportunity to do the interview and a patient write-up. The patients are chosen straight off of the wards, and not even the instructors know what the patient's diagnosis is (if the patient even has one yet!). Since this is an introduction to patient interviewing, it is quite relaxed and doesn't count for much of your grade. The final component of psychiatry is a block of eight lectures on human sexuality.

Neuro exams are given after each of the three parts of the class (the motor "quiz" covers so much material that it should really be viewed as an exam) and are not cumulative, with one exception. The final exam has a small amount of material from previous parts of the class, but all of the old material tested will be quite significant and not minor details. Exams are about half slide identification and about half short essay, multiple

choice, and matching—so make sure you spend a significant portion of time studying the lab material, as it is almost as important as the lectures! There is one midterm and one final for Psych, with the midterm being all multiple choice/matching and the final being the same with one or two essay questions. Moreover, there is a human sexuality quiz that will be given concurrently with the Neuro final; make sure that you don't blow off this studying for this quiz as the questions are significantly more detail-oriented than the rest of Psychiatry. According to some students, questions have been repeated from previous years so some time spent reviewing old sexuality questions (which are often lumped in on old neuro finals) may pay off.

As far as books go, the Nolte atlas can be useful for pathways and a neuro textbook can be helpful to clarify confusing points. Neither is absolutely necessary though



Studying hard in the Academic Computing Center.

many more students found the former useful than the latter. By the same token, the two psych books are interesting but not necessary. You'll only be tested on the material provided to you.

Don't believe the rumors that you can relax and take it easy after Anatomy is over! The Class of 2010 was bitterly deceived by the Class of 2009's erroneous advice. :) Neuroscience/Psych is just as much work, so celebrate the end of Anatomy but don't let everything go loose. The same goes for Clinical Epidemiology; while it is fairly easy for those who have had statistics in the past, if you have not, then the course can be a tough one.

Clinical Epidemiology

Unless your background in statistics or epidemiology is significant (har-har), Clinical Epidemiology (Epi) may forever change the way you read academic papers and interpret graphs and tables. This two-week course is considered a nice break from the hard science material of Neuro, but for most students it is not the "epidemi-holiday" that it may be for others. Those of you who have never had any statistics should be prepared to seek out help and to hit the ground running, as many stats concepts (ie, Z-statistic, confidence interval, null

hypothesis) will only be briefly covered because many students have had statistics in the past. Consider yourself forewarned – Epi, even besides the statistics, is not that easy!

The course materials for Epi are very well-organized, and there are review sessions offered every afternoon for students looking for assistance



Studying in Greenhouse Cafe.

in mastering the more difficult concepts. There are 8 problem sets during Epi, most of which involve a case study and require a fairly extensive amount of work and calculations. With 16 lectures in 9 days, Epi is definitely not a class you want to fall behind in. A midterm (which counts only if it will raise your grade) will help you stay on top of the statistics. The final exam is a multiple-choice, and was considered fairly challenging by many students.

After the completion of Epi, many students commented that the course did much to open their eyes to how scientific data is presented and how clinical research works. For example, you will learn what a case-control study is and how that is different from a cohort study or a randomized control trial. You will learn the difference between the sensitivity and specificity of a clinical test and much more – the things Epi teaches you are among the most useful, applicable, and interesting of the entire year. Those of you who will be doing clinically-related research over the summer after first year will definitely get to apply many of the concepts learned in Epi.

Organ Systems

After more than seven long months of basic science, you're finally beginning the last course of first year: **Organ Systems**. This class is divided into five different sections of physiology: Renal, Cardiovascular, Pulmonary, Gastro-Intestinal (GI), and Endocrinology and Reproduction, with two days of Clinical Nutrition thrown into the mix. The schedule is a throwback to Molecules and Cells, complete with lectures, discussions, and Journal Club. Days start at 8:00 a.m. as usual but end anywhere from 11:00 a.m. to 4:00 p.m. – in contrast to Neuroscience, there are many more 11:00 a.m. days than 4:00 p.m. days. Most of what you need to know for the entire class is in the lecture notes provided to you, but purchasing a book for each section can be very helpful in integrating the information. Highly recommended is Board Review Series (BRS) Physiology, which provides an excellent outline of each system and will therefore help you to organize the material. Don't be fooled, however—BRS Physiology is only an outline, so knowing everything in that book will not guarantee that you will sufficiently understand all of the material.

The first section of the class is **Renal**, with all lectures given by Dr. William Guggino. Vander's Renal Physiology is a definite advantage in this section because lectures focus more on details than the overall processes and responses to physiological insult while exams are heavy on integration of physiologic responses. The

Random things to do before graduating from JHUSOM

1. Eat a lunch special at Popeye's
2. See the tropical frogs in the Kennedy Krieger lobby
3. Play touch football on PCTB lawn
4. See the medical art students' work
5. Study in the Public Health Building reading rooms
6. Date a classmate
7. Participate in an IM sport at Cooley
8. Say the phrase "Here at Hopkins ..."
9. Study alone in the anatomy lab past midnight

Vander book is great at integrating all of the different mechanisms and giving a slightly different perspective than what the notes offer.

Cardiovascular follows, and you will spend a significant amount of time each night simply keeping up with material for the next day. There is a lot of reading from online book chapters that are provided to you, and two quizzes based entirely on online flash-card questions. The laboratory exercises provided during the last three days of the class are very helpful in integrating all of the information that you've learned during the first week of the class, so don't worry if the material doesn't seem to come together right away. Also, learn to use the "four quadrant diagrams" well—they can really help on exams and with your overall understanding of cardiovascular physiology. As far as books go, you're provided with a cardiovascular text for free on Blackboard, so there really isn't much of a reason to purchase another. If you want another perspective, the cardiovascular book from Mosby's Monograph Series was helpful. The exam will be long (2-3 hours) and will require you to integrate a lot of information, so it may be a good idea to review exams from years past.

The next section is **Pulmonary**, which may seem like a bit of a break after cardiovascular. Again, most of the information you need is in the notes. If you decide to purchase a book, Essentials of Respiratory Physiology by West is short, concise, and follows the lectures well. Similar to cardiovascular, a laboratory exercise at the end of the course will help tremendously to integrate the material into a comprehensive understanding.

After one week of Pulmonary, you will move on to **GI**. There are only seven lectures which include all of the information you need for the exam, but obtaining a solid understanding of the functioning of the GI system will almost definitely require a good book. The Mosby Monograph Series GI book is helpful. **Nutrition** follows GI for two days and does not have a test. Your grade will be based solely upon discussion participation and the completion of two online modules. Finally, **Endocrinology and Reproduction** are covered in the last two weeks of the course. At the time of this writing, we were just beginning endo and repro, so not much advice can be offered here. Good luck!

The other part of Organ Systems is **Histology**, which runs simultaneously with the physiology sections. Histology courses involve watching eLectures on Blackboard and reviewing slides online as you did

for the Cellular Physiology section of Molecules and Cells. You are also assigned to a group of three students. During your one or two days of histology lab each week, your group will listen to/give presentations on the material and take a short Blackboard quiz. Each group gives two



Taking a break in between classes.

15 minute presentations during histology, and depending on your instructor, these presentations can be quite relaxed or more demanding. Wheater's Functional Histology is a good book to have for the class – while you may not think it's useful during Renal, Cardiovascular, or Pulmonary, its true value shines through when you come to GI. Histology exams are multiple-choice and given immediately before the physiology exams. Slide IDs are not on these exams, but there is a two-hour slide ID exam at the end of Organ Systems.

Patient, Physician, and Society

The Patient, Physician, and Society (PPS) course runs for all four years of medical school. During first year, PPS meets once a week for lectures and small-group discussions. The content of PPS is diverse: you will cover material in bioethics, healthcare finance, public health advocacy, preventive healthcare, and more. You will also have the chance to take two small-group selectives, in which you can choose a topic of interest (such as obesity, self-care for physicians, or human rights). The Class of 2010 seems to have been the first Hopkins medical school class to have exams in PPS, and it remains to be seen what the assessment system will be for future classes. Remember not to lose track of PPS amidst your other medical school classes, as the examinations are cumulative every couple of months.

Like many things in medical school, PPS is what you make of it. Some students view PPS as a well-intentioned but fluffy class that could be called the

“patients are people and doctors are too” class. It can also be surprising that PPS exams actually do require a good amount of studying. But on the other hand, PPS can be a most-welcome breath of fresh air from your usual biomedical book-learning. Many of the PPS readings and course topics can lead you to reflect upon aspects of medicine other than the basic science. Also, due to the nature of its content, PPS can often have livelier and more engaging discussions during lectures and small-groups than your other classes.

Introduction to Clinical Medicine

Introduction to Clinical Medicine (ICM) runs from the beginning of the school-year until February. ICM is where you will receive much your clinical exposure during first year, and you will be assigned to a preceptor with whom you must meet at least 10 times. Preceptors are in all kinds of diverse specialties of medicine and surgery, and some preceptors work at hospitals other than the East Baltimore Hopkins Hospital. A limited number of students may choose to work on a community based health project in Baltimore (you will receive information about this over the summer). At the beginning of ICM, you will receive a packet that describes the course requirements, which include an essay, several evaluations, and various readings about the clinical encounter and the nature of medical practice. These requirements can be used to help you glean as much as possible from your preceptorship.

A lot of your ICM experience will depend on your pro-activeness and enthusiasm, since many clinicians are busy people who may even be out of town often. However, some of your ICM experience will be out of your hands; some students may scrub in to the OR on the first session while other students may spend the entire course watching their preceptors in clinics. As to what field of medicine your clinician is in, you may want to get more exposure to a field you are interested in, or you may wish to have a preceptor in a field that you never previously considered (you will get to indicate these preferences over the summer). How to utilize and learn from your preceptorship is up to you, but most students appreciate their ICM sessions as well as the relationships they form with their preceptors. Remember, you always have the option to shadow clinicians in any field at Hopkins by contacting them on your own. However, ICM is typically one of the most rewarding and defining experiences of first year because it gives you frequent opportunities to see medicine in action amidst your copious book-studying.

Books

Books are a prime example of how medical school can be very different from undergrad. In many of our undergrad classes, especially science ones, reading from the book and doing problems was very important, and going through your lecture notes was secondary. However, in medical school (with the exception of Anatomy), going through the copious lecture notes that you're given is often your best bet, while the book is often of secondary importance. It is best to view the textbook as a reference—if you're having trouble understanding or visualizing something, then go to the book for clarification on that issue—but going through the entire chapter/section on a subject is often not the most efficient way to spend your time. Since most classes last just two weeks, you probably won't have time to read a whole text. Unless you have an interest in a topic, don't dwell on something that's covered in a textbook but wasn't discussed in lecture (again, with the exception of Anatomy). Of course, all the main books for your courses are on reserve at the Welch Library, and since you'll use them relatively infrequently, buying books is often unnecessary.

Molecules and Cells: The recommended book for this class is Berg et al *Biochemistry*. It's a decent book, but certainly not one that you need for more than a reference (despite advice from the faculty about the value of spending money on books). If you feel compelled to buy a book, Voet and Voet *Biochemistry* is a good choice. The *Clinical Companion* to the Berg book that will be in the bookstore is unnecessary. The Alberts et al. *Molecular Biology of the Cell* is recommended for Cell Biology and again, is a very detailed but good reference. The Wheater's *Functional Histology* is a good atlas and one that you'll use again in Organ Systems.

Immunology: The recommended book for this class is the Janeway. It's a good reference, but even Dr. Schneck says at the beginning that everything you need to know is in the notes.

Anatomy: This is one class where the books are essential. Basically everything in *Gray's Anatomy For Students* is fair game for the exam/presentation questions, so it's definitely important to read. In general though, material covered on exams will have been covered in the lecture, but the information covered in lecture is not always in the notes you're given. *Gray's* is very dense, so try not to get bogged down in the details and use it to fill in details for material covered in lecture. Some people find buying anatomy flashcards to be useful review. Having a personal copy of *Grant's Dissector* to review at home is also important. The one book which may not be needed is the Larsen *Human Embryology*, as basically everything you need to know

Did you know?

You can get free coffee and tea at the self-serve machines located just inside the main entrance of Welch Medical Library. The library isn't open until 8 a.m., so resort to Greenhouse Café for your coffee fix before the 8 a.m. lecture!

for the embryology questions are in Dr. DeLeon's slides/notes. Other students, however, find that the Larsen text is extremely helpful, as it can elucidate not only embryology but also much of adult anatomy (e.g., why the left recurrent laryngeal nerve that you'll learn about travels along the strange path that it does). Also, embryology has a lot of difficult-to-visualize type of material, so the pictures can often be helpful.

Neuroscience: In Neuro you return to sitting in lectures with long lecture notes, so buying the books really isn't necessary. The one exception is the Nolte-Angevine Atlas, which is probably worth buying for neuroanatomy. Or you can always partner with a friend who decided to buy the book. If you want a book, Kandel's Principles of Neural Science is excellent, and its chapters are quite concise (despite being a boulder-sized tome).



*Friends working
oh so hard.*

Psychiatry: Since this class is so centered on the four perspectives, buying the book The Perspectives of Psychiatry is worthwhile and will help you on your essays in the final exam/formulation. It's a good read and isn't very dense. Although some people found the Theory and Practice of Psychiatry to be a good review, you can certainly get by without it.

Clinical Epidemiology: Many students found the Epidemiology textbook by Gordis to be very helpful, as many lectures use diagrams and examples in the textbook. The book is also helpful for deeper explanations and for integrating concepts.

Organ Systems: Textbooks for organ systems are discussed in the "Organ Systems" section.

Studying? At Hopkins?

Studying is clearly going to be a big part of your life here. Your study habits got you this far, and they will carry you through your years at Hopkins. Here are a few tips:

To go to class or to not go?

Once school begins, classes will typically take up 4-5 hours each day, and you must discover for yourself how

you can best utilize your time. Faculty will usually both expect and exhort students to attend all lectures, small-groups, and laboratories. However, the word on the street among students is more diverse. The attendance behaviors of your classmates will range from showing up to every single lecture and class, to only coming to the lecture hall on examination day. Bear in mind that the exact requirements (eg, “am I graded or not?”) for attendance in small-groups vary among courses, while attendance in lecture is hardly ever recorded or graded.

What are some reasons for going to lecture? Perhaps most importantly, you have the opportunity to learn from some of the best scientists and clinicians in the world. You can also ask questions on the spot, be involved in discussions, and keep abreast of recent classmate gossip – er, class announcements. Lecture is a social venture unto itself; when you do not go to class, you can become somewhat of a Bigfoot who is sighted only on exam days. It can actually be quite fun to sit in lecture with your friends, to listen to your genius classmates ask intelligent questions, and to catch them periodically nodding off or sprawling out asleep across several seats. On the other hand, guilt is often cited as a motivating factor because you may feel lazy if you do not go to class. Other reasons for going to class are less tangible than these; the feeling can simply be that no adequate substitute exists for attending a lecture in person and hearing the world’s expert on X explain it to you firsthand.

Despite these advantages, lecture may not be a beneficial or efficient learning tool for everyone. Some students simply get less out of lecture compared to studying notes or textbooks. Similarly, the choice to not attend class can be driven more out of a desire for efficiency and convenience than out of a desire for participation or guilt-aversion. This is where videotaping and 2XAV come in. Videos of all lectures will usually be recorded and posted fairly quickly, so that you can watch the morning’s lectures in the afternoon or evening of the same day – and you also can watch the videos at higher speeds. Be forewarned, however; technical mishaps can occur, the video quality is mediocre, and very rarely, classes are not videotaped for various reasons (clinical correlations are never videotaped for the privacy of the patient). Nonetheless, imagine a normal day with four hours of lecture. If you watch those lectures on video at 1.5X speed, then you have given yourself an extra hour in the day. Furthermore, students can often watch lectures with good comprehension at about 2X – and this can be helpful when some professors talk extremely slowly or in soporific monotone. Other students watch online because it helps them concentrate: watching the

lectures at home affords you the opportunity to pause the lecture as needed, look up information on-line, and be in the comforts of your own home. The faculty tend to dislike this learning system for obvious reasons, so it is up to you to decide whether watching videos is something you want to do.

The obvious and under-whelming conclusion of all this is that every student must discover a unique learning style that fits him or herself. A myriad of motivations exist for going to class or not, so try to figure out early in the year which factors are more important to you. Keep in mind that in the end, what really matters is that you responsibly and faithfully learn the material, since it will help you take care of patients someday.

Where

Did you hear?

“Everyone has a doctor in him or her; we just have to help it in its work. The natural healing force within each one of us is the greatest force in getting well. Our food should be our medicine. Our medicine should be our food. But to eat when you are sick, is to feed your sickness.”

Hippocrates

Preclinical Training Building – There are many, many different places to study outside of your own room. The PCTB is a huge favorite. It is close to Reed, and really more like a second home than any place else. The computers all have 2xAV, and the printers are right there too. Any unoccupied classroom is up for grabs after-hours and on the weekends; just ask the security guard to open up a room if you find it locked. The downside: you spend enough time here; do you really want to spend more?

School of Public Health – Another great place to study. The two reading rooms on the fourth floor are gorgeous – do check them out. Many people also study by the café on the 2nd floor and in booths on the 9th floor, where there is also a cafeteria and gym. Sometimes you might find the large conference room on 9th floor unlocked, and it is another great place to study. They recently upgraded their wireless capabilities to include medical students. The downside: it gets pretty rowdy in that café, with all those public health students running around.

Hampton House – The building right next door to Reed, less than 30 seconds away through the tunnel. The library on the 9th floor may be small, but there’s always plenty of study space available. There are computers and free printing, too. Although it is a building of the SPH, we still manage to get a decent wireless connection from the surrounding buildings. There’s also a computer lab in the basement, which is open 24/7, but we can’t use the printers there. The downside is that the library isn’t exactly open when you want it to be, closing at 9 on weekdays and earlier on weekends.

Reed Hall – there’s the two rooms on the west side and the little hallway as well. Extremely convenient, but can get crowded and noisy at times.

Johns Hopkins Outpatient Center – Conference rooms are available to us after-hours and on weekends. Usually quiet, but can get a bit dreary and lonely, especially as the night progresses. It is a great place for studying in groups though.

Homewood Campus – The main library (MSE) at Homewood is also a popular spot, particularly for those who live off-campus. It has multiple floors, each with different levels of noise to suit your taste. We can use the computers and the wireless internet, but it has a pay-for-print system. You can also study at the hut, a smaller study area across the quad from the library. There are many restaurants (including Chipotle), a Starbucks within walking distance, and a café in the library itself.

University of Maryland's Health Sciences Library – A beautiful library, with many levels of study space. There are also many study rooms on each of the upper floors, making it very convenient for group study. Parking is metered (and has a time limit) or in garages, but is free on Sundays. Internet access available as well.

Coffee shops – Starbucks [Canton, Charles Center], Daily Grind [Fells Point], Starbucks in Barnes & Noble [Homewood, Towson, Inner Harbor], Caribou Coffee [Charles Center], Donna's [Mount Vernon Square, Charles Village]. These areas tend to be very popular, and not just with students. Some people love the environment, but there is usually a lot of noise, particularly on the weekends.

How & When

A good place to start is to go over the lectures you've just been presented. Try to keep up with the material, especially as the classes get tougher. Lecture notes should almost always be first and foremost in what you study, as lectures are a major component of what is tested in the classes. People study at all hours of the day & night; do whatever works best for you. Some people study right after classes end for the day; others can't kick old undergrad habits and study exclusively at night. The key is to find a time where you can study efficiently.



Where are the windows of our favorite building?

With Whom

Group vs. individual study – some prefer to study on their own, whereas others prefer to run the material down in small groups. Most of us did a combination of the two. Studying with people who distract you can be great fun depending on how you look at it – but study efficiently, because time is valuable and you may want more time for other things. During Anatomy though, it can be helpful to study with your anatomy group as they can help you make the connections between what you did in lab and what you're reading about.



Printing up a storm.

Printing

You will have a monthly printing budget of about 250 pages, which is quite sufficient for most of your printing needs. This printing allowance is used with the printers in the Academic Computing Center. Save some trees and use double-sided printing when you can! If you ever run out of your printing budget, Welch Library and the Hampton House Library have free printing on some of their computers. The Office of Student Affairs has a fax machine available for student use.

Blackboard

You will become intimately familiar with this online program by the end of the first block. We use it for pretty much everything – from watching lectures to doing online quizzes to voting for our MSS reps. Blackboard is the standard way professors can get information to you that wasn't included in the original course packet. You'll get your passwords from the computing center during your first week, and it'll most likely be a completely random number that you'll just have to memorize. (To keep your number top-secret, you can eat the microscopic piece of paper your number is printed on). Sadly, you can't change the password, but given how much we use Blackboard, it'll be hard to forget.

Upon signing in, you will see a page with the most recent announcements for all your classes, including friendly reminders for upcoming assignments or notices that your tests are graded. Classes are separated into different headings, with separate folders for each sub-block (Marcomolecules, Genetics, etc). For most lectures,

you'll find PowerPoint versions of the slides as well as a copy of the lecture notes here. Furthermore, each lecture is recorded and uploaded into the "External Links" folder on Blackboard a few hours after it has taken place.

Some courses have online quizzes or online assignments; you'll most likely find them on Blackboard or find links to them here. You'll also find course evaluations here upon completion of each course. Be sure to do them – most professors give you points on the exam for completing the evals.

Perhaps most importantly, professors upload a few exams from recent years to give you a feel for how the exam will be in that course. You can also find extra old exams (sometimes dating back into the early '90s) under the "First Year Program" link. As you go further back in time, the exams may be markedly different from the more recent ones, but many of our classmates have appreciated the extra practice.

Other Academic Information

Student Affairs and the Dean's Office

The Student Affairs office for the School of Medicine (Broadway Research Building, Suite 137) is a great resource and serves a few more roles than the undergraduate student affairs office that you might (or might not) have been familiar with in your past life. The office's purpose is fairly broad: to serve medical students in the various aspects of life at the School of Medicine. Besides answering specific questions, the Deans serve as a resource for dealing with issues ranging from difficulty adjusting to medical school to letters of recommendation. They also play a major role leading up to and in the match process during our fourth year. In that respect, the deans oversee the residency application process and matching for particular specialties. But let's not get ahead of ourselves too fast.

The office itself is located on the second floor of Broadway Research Building, and in the same room is the Financial Aid Office. Walking in the door you go to Ms. Cheryl Burk, the master of the schedules for the Deans, whose desk is set a bit further back in the office. If you have never been to the office before, she provides a quick tour, highlighting two computers with internet available for student use, and an additional student work cubicle with a free fax and phone (both with long distance), a typewriter, and books, pamphlets and resources related to medicine, summer programs, and the like. The office also coordinates a resource list of research opportunities on their website,

From Upperclassmen

"Your classmates are not doctors (yet). It may seem intimidating to be around so many bright people who at times sound like they already know everything and have all sorts of experience. Just remember, they are students just like you. There will be experienced researchers, liberal arts majors, clinical geeks, and public health nuts. Don't be afraid to ask questions. Some of your classmates might be able to answer your questions and the rest will be happy to hear the answer and learn right next to you."

in addition to sending out periodic emails about scholarship and grant opportunities through your jhmi.edu email account.

The Deans also have regular weekly office hours to discuss quick, informal matters. If you have a specific question, problem, or issue, it's usually best to schedule a meeting with them. At the beginning of the year, they usually like to schedule an initial meeting with you to get to know you, your interests, and answer any questions (beyond what they've read from your application, and they do remember what you put on your AMCAS!). Once or twice a semester, the Deans also schedule town hall meetings in which your class meets with them in an auditorium to answer questions and present the class with material related to a topic of common interest. Overall, the Deans at Student Affairs are the go-to people for any questions or problems you have pertaining to anything – they may not always be able to help you, but they will do everything they can to get you pointed in the right direction.

First-Year Grades

Grades for each class broadly follow the same structure, with the majority of points dedicated to a final test (or tests), and the remaining points divided among class participation and quizzes. The grading system for the courses during the first year is Honors, High Pass, Pass, and Fail. The marks of High Pass and Honors are reserved for students who demonstrate true mastery of the material. Additionally, some courses have “Qualitative” as opposed to strictly “Quantitative” grades. Instead of assigning point values, often small group instructors will write short narratives about students that accompany our transcripts. Notably, the anatomy course provides a mid-course and post-course letter where lab instructors have the opportunity to describe how you learn, work, and generally act in lab. Remember that these written evaluations are meant to help you by giving you some thoughts on your strengths and weaknesses before you hit the wards. Because these evaluation tools have been recently implemented, ask course directors what role they play in the particular courses.

Transcripts

As was probably the case in your undergraduate institution, your course grades are officially recorded on a transcript. What's different is that here, it is acceptable and expected that everyone will earn a Pass (for more on the grading system, read in the Class by Class Preview section). The transcript will display your grade in any

block/course as an H (Honors), HP (High Pass), P (Pass), or Fail (F). Most students will not fail as long as they try to keep up in classes and get help when needed. Once a course has been completed and the final grades issued, they go to the Registrar's Office and are added into the transcripts. Grades from classes taken at other institutions (Bloomberg School of Public Health, Homewood Undergraduate Campus, etc.) also appear on our transcripts (for more on those issues, read on about taking classes at other Hopkins institutions).

Perhaps another difference is that Johns Hopkins School of Medicine will not issue any copies of your transcript to you, i.e. if you need transcripts for an application, you have to get it sent directly from the Registrar's office to the address of the application. There is no charge for this service.

Teacher-Learner Policy

Because the School of Medicine is committed to fostering a student-friendly environment, a guideline of responsibilities and behaviors between teachers and learners has been developed. This guideline, called the Teacher-Learner Conduct Policy, spells out the expectations of students and teachers, with a particular note on the responsibility teachers bear with respect to their evaluative roles relative to our work and with respect to setting a professional example. The Policy provides specific recommendations about what students should do to address any inappropriate behavior in the teacher/learner relationship. The Teacher-Learner Conduct Policy is available online at <http://www.hopkinsmedicine.org/som/students/policies/relationships.html>.

Finding a Research Project

Amazing research opportunities await any medical student at Johns Hopkins who is willing to put in a little time and effort finding the project that fits just right. Welcoming faculty members, combined with generous financial support from various programs, translates into an experience that is hard to resist. Though it is in no way required, more than a majority of the first-year class engages in some type of research with many students guided by a Hopkins faculty member.

If you want to start or join a research project, the first step is to find a research mentor. Using faculty contacts such as your College Adviser, small group leaders, and lecturers can help in locating faculty members who research in areas that interest you. Professors or departments may send messages to the class list-serve, or you can search out faculty members on the internet where

From Upperclassmen

“Take advantage of the research money and faculty available to you during the summer after first year. You’ll have a potential reference and will have gotten something productive out of your time (even if you didn’t publish!). It will also count towards elective credit, which is nice because this will give you more time off during your fourth year.”

short descriptions of research projects are listed. In the spring, faculty also post projects for medical students (<http://oac.med.jhmi.edu/SummerResearch/Index.cfm>). Lastly, talk to upperclassmen to find recommended mentors.

Once you have found a potential mentor, the next step is to send an e-mail expressing your interest. First, keep the e-mail brief. Explicitly state your status as a medical student at JHUSOM and your current year. Then state why you are interested in their research, any specific projects that you might like to be involved with (especially if you have any ideas for projects, but that is certainly the exception and not the rule), and how this project might fit into your career goals. Then, include a brief discussion of previous research experience (if any, but none required) and an updated CV as an attachment. End by suggesting a few different times to meet to discuss the project, and thank the faculty member for their time.

When you meet with the faculty member, dress appropriately (generally the attire you would wear to Clinical Correlation is recommended, especially if you're going to be doing clinical or patient-based research), arrive on time, and have a copy of your CV. Make sure to discuss any specifics of a project that you might be working on and what exactly your role would be. Try to see some of the facilities where the research is conducted and meet any members of the team whom you would be working with. One of the most important things to ascertain during your meeting is whether your expectations for the research project are in line with your mentor's. For example, if you want to get publishable data and possibly a paper out of your experience, try to gauge if that would be feasible. On the contrary, if you're looking for a more laid-back respite from basic science courses or rotations and would like to shadow your mentor in the clinic, make sure that your mentor isn't expecting you to be in the lab for twelve hours a day. You can always ask the mentor for the contact information of any medical students who they have previously worked with to see what their experiences have been.

As soon as you have your mentor finalized, then you can apply for Dean's funding if you are doing your research in the summer between first and second years. The Dean's office will provide \$3000 to any medical student who is conducting eight weeks of research under the direct supervision of a Hopkins faculty member, either in Baltimore or at another site (the application is typically due in mid-April, giving you plenty of time to find a mentor). There are additional funding opportunities available that the Dean's office will publicize

throughout the year, such as the American Federation of Aging Research Fellowship, which funds twelve projects at JHMI every year. For more information on funding, check out <http://www.hopkinsmedicine.org/som/students/research/>. Furthermore, the Student Affairs Office will give academic credit to students who conduct research through JHMI. The application for credit can be found online at <http://www.hopkinsmedicine.org/som/Requests/ElectiveRegiJHUStuonly.pdf> and a paper copy can be obtained at the Registrar's Office (this form is typically due in late May).

For those looking to do research abroad, you'll still be eligible for the Dean's funding as long as the research is under the supervision of a Hopkins faculty member. If the research is focused on global health, then the Center for Global Health may provide additional funding, and the Frameworks in Global Health program provides twenty-four \$5000 grants to students in any of the three schools for short term research programs. The Center for Global Health maintains a database where you can search for research projects by country and topic (<http://www.hopkinsglobalhealth.org/>), and that may be a great place to find your mentor. Additionally, if you are considering international opportunities, it is generally wise to begin your search for a mentor earlier (by January or February at the latest) than if you are planning to remain in Baltimore.

Finally, it is important to be persistent when looking for research projects. While a large number of faculty members will be very receptive to having some students work with them, some may not use students, others may prefer for M.D./Ph.D. students who might do a thesis in their lab over regular M.D. students, and some may simply not have the resources for additional researchers. However, do not be dismayed if you are unsuccessful in finding a project the first few times you look because you will undoubtedly find something that interests you!

Taking (non-medical) Classes

So if you can't get enough learning from the medical curriculum, a variety of very accessible options are avail-



Another happy computer user.

able. And medical students are not assessed additional tuition for these courses (unless otherwise noted). So that means all medical students can take classes at the School of Public Health and the JHU Homewood Campus for free.

Just go to the registrar (in Broadway Research Building), pick up a green sheet, and fill it out. If you sign up for a class, you have a certain amount of time in which you can drop the class without having a “Late Withdrawal” appear on your transcript. For School of Medicine classes (such as Spanish), this is until the half way point in the course. For other schools, it depends on their own policies, so you’ll have to find out from their registrars. Courses may be taken for a grade or audited, and they typically fall into a few categories:

- Medical language courses
- Courses at the Bloomberg School of Public Health
- Courses at the JHU Homewood Campus or other campuses
- Courses at the Peabody Conservatory, which may be actual music courses or being a member of an ensemble.

Medical Language Courses

Medical Spanish Language courses are offered through the School of Medicine. Beginning Spanish for Medical Personnel and Advanced Beginning Spanish for Medical Personnel are offered. The courses are offered on Thursday evenings, and registration for both courses is limited and often fills up. To register, complete a change of schedule form available at the Registrar’s Office. For more information, go to <http://www.hopkinsmedicine.org/som/courses/medicalspanish> or contact the instructor Sarah Dutton at sdutton2@son.jhmi.edu with any questions. Be sure to take this class seriously though. It’s pretty easy to slack off and just get by in the class, but then you end up having wasted many Thursday evenings for nothing.

Medical Mandarin Chinese Language courses are offered as part of the initiative of the Asian and Pacific American Medical Students’ Association. The first introductory medical Mandarin Chinese for novices was offered in 2006-2007, and new courses are currently under development. Don’t expect to be able to get a medical history from a patient after taking the course, but you will learn a good deal of both medical and non-medical vocabulary and phrases that can come in handy. Look for an email at the beginning of the year.

From Upperclassmen

“GO SOMEWHERE FABULOUS for spring break first year—you’ll need the time away from Baltimore.”

“Remember the name of the 1st patient introduced to you at PPS; you may get asked about him/her during graduation.”

Public Health Courses

Many medical students have interests overlapping with public health issues, and the Bloomberg School of Public Health offers excellent opportunities to medical students. Courses are split up into quarters, and to take a class its best to have the first day of class for each of the quarters in mind (for 2007-2008, they are 8/30/07, 10/25/07, 1/22/08, and 3/24/08; also available at <http://www.jhsph.edu/academics/calendar/2006-2007.html>). The SPH Student Affairs web site has a course search engine where you can search for a class to take (http://www.jhsph.edu/student_affairs/registrar/courses.html). But to find a course you want to take by its topic, the easiest way is by browsing through the SPH CoursePlus web site (<http://courseplus.jhsph.edu/>). When looking at courses, consider the topic, course schedule, and grading policy. Courses taken at JHSPH are often taken for a grade that goes on your transcript, while some have options to take it pass/fair. Once you find a course you want that fits your schedule, create an eLearning account with the CoursePlus website and register for the course. Then, go to class! (No 2xAV to bail you out here!)

Other Johns Hopkins Courses

For a full course listing from any division associated with Johns Hopkins, visit http://webapps.jhu.edu/jhuni-verse/academics/course_listings/. Once you find a course you want to take, go to the Registrar (in Broadway Research Building) and pick up a green sheet and fill it out.

Med Student Life

Smart, humane, passionate about service, dynamic, funny, adventurous with no lack of slack when needed, and really, really, ridiculously good-looking. Those, my friends, are just a few ways to describe the incredible students at Johns Hopkins. The diversity of people you'll interact with here and the depth and breadth of experiences you'll have are the amazing day-to-day realities of a medical student's life at Hopkins. Even though we're committed to our studies, we practice life, liberty, and the pursuit of happiness with conviction.

What do we do outside of class? Like all human beings, we eat, socialize, get physically active, and yes, sleep. However, we also connect with our community, institution, and peers through service, interest groups, and other student-initiated focus groups.

In this section, we'll tell you about the sustaining elements of a full medical student's life – from the eats around campus and exercise options to student groups and annual and spontaneous social events. You'll also find out about the fun and sometimes quirky traditions of Hopkins med students. We have also included some reflections on what we have learned about life here at Hopkins, so you can anticipate what unique and rewarding experiences you will have here. We hope to get you in touch with who we are and launch you off in discovering your own identities as medical students.

Welcome to med student life! If you can't find what you need in this section, we'll be happy to guide you and offer more tips throughout your medical school years. Just ask us or anyone else!

Cheers,

Ryan Orosco, Shelly Choo, Chris Deng, Justin Johnson,
Erin Parry, Philip Song, Kristy Yuan

Johns Hopkins Student Traditions

Orientation

First-year orientation to Johns Hopkins has three main components: Baltimore Awareness and Service Experience (BASE), the official Hopkins orientation, and the student-led orientation.

BASE occurs on the day before official orientation. You will be introduced to some neighborhoods of Baltimore and participate in a wide array of service activities such as construction/demolition, cooking, cleaning, painting classrooms, and delivering food. You will also get to meet many of your future classmates for the first time as you get your hands dirty together.

Official Hopkins orientation includes much of what you will encounter in medical school: you will be herded into lecture halls to listen and glean, be tested (this time, only your health will be evaluated), and be given many chances to meet more of your classmates. You can expect welcomes and greetings from faculty, upper class students, administrators, deans, financial aid staff, and University Health Services staff. While this may not sound all that exciting, it is fun to get to know the faculty and other students better. Interestingly, even after orientation day, you might not have information



about actual schooling and classes. Last year, the first years had no idea where and when classes were supposed to start. But not to worry! You will eventually be told where to be at 8:00 a.m. on the first day of classes, and your book-larnin' will begin.

After administrative orientation, you're off to fun and glory at the orientation weekend run by second year medical students! Indeed, orientation is an entire weekend of communal activities that will serve as the first bits of super-glue bonds between you and your classmates. Your actual orientation location may be different, but the Class of 2010 was taken to a camp-site (also rumored to be a nudist camp) in Maryland called Ramblewood. There were plenty of beds, plenty of food, s'mores and campfires, a swimming pool and camp lodge, and even a white sand beach on a little lagoon!* The activities are not your usual corporate icebreakers (I know you're disappointed); instead, you can expect a scavenger hunt, relay races, canoe races, an obstacle course, tennis and other sports, and memorable nighttime parties with live and DJ'ed music and copious amounts of juice, soda, and water (fire-water, that is). For those who aren't into drinking, there are other things to do like cooking s'mores, playing board games, and bohemian dancing. Don't expect to get too much sleep this weekend, but do expect to have many unforgettable laughs and adventures with your classmates!

* These things are literally true, but Ramblewood is not actually as luxurious as this makes it sound. Ramblewood is quite rustic and campy – but that's how we like it. It's a lot of fun!

The 12th Floor Party

This is a deeply rooted Hopkins tradition with 8 years of rich history. After your first exam in medical school (in Macromolecules), you'll be longing for more of the quality, non-school-related, classmate bonding you had back during orientation. Have no fear! Residents of the penthouse/floor of Reed Hall will throw an incredible party for the whole class!

Those of you living on the 12th floor will be lucky enough to open your hearts and doors to your fellow classmates and to upperclassmen, public health students, residents, and whoever crashes the party! Make sure you get the word out so that we can all come celebrate your first medical school milestone.

There are 4 suites on the 12th floor so there is ample opportunity for various party activities. Be imaginative. DJ/Dance party, beer-pong, card games, movie room,

Med·u·ca·tion (n.)

1. An initiation rite required for students becoming doctors, lasting between 4 and 47 years. *You can call me mis-medicated, but don't call me late for dinner!*
2. A method of lifelong learning widely practiced by physicians. [syn: medumacation, mediculcation]
3. The unique spirit endowed upon an individual by virtue of consuming Popeye's \$.89 thigh and leg special

salsa lounge, I don't know. The basic idea is: Go big! Make sure you get everyone from your class to show up and rock out. You won't have any schoolwork looming over your heads, so live it up!

Masquerade Ball

It's the end of the Molecules and Cells block, and medical students are ready to party. This is the first school-wide party/Halloween soiree of the academic year with an open bar, rioting creativity in the students' costume choices (i.e. electric plug, ob/ob mouse, and other scientific oddities), and a guaranteed good time on the dance floor.



*Not your standard
Clinical Correlations
attire.*

Monte Carlo Night

Monte Carlo Night is a classy event where you can indulge your gambling addiction, dance, enjoy sultry cocktails, and see your classmates and professors all dressed up. In fact, your professors are the card dealers! It is one of the few

events where you can find people from all four years of medical school in the same place. For learned Vegas veterans, there are things like a Texas hold'em tournament and craps, and for the clueless, there are blackjack and the dance floor (but everybody is breakin' it down by the end!). There are also plenty of snacks, an open bar, and a chance to win raffle prizes with tickets that you earn at the casino tables.

Anatomy Memorial Service

Anatomy is truly a humbling experience. An end-of-course memorial service honors the bodies donated, our compassionate and inquisitive purpose, and our enthusiastic course professors and instructors. The service is organized by the first-year medical students and features reflective quotes and writing from students as well as musical performance. The service takes place in Hurd Hall, a historical medical student lecture hall and a popular auditorium for grand rounds and clinical research lectures. The peaceful and reflective atmosphere of the memorial service helps us realize how much we owe to the kind strangers who donated their bodies, how much we owe to our professors, and how far we have come since beginning this rite of passage called Anatomy.

First Year Show

Each spring the first year class gets together and organizes a night of entertainment for themselves, other students, friends, family, and selected guests. This is an opportunity for students to showcase their talents as well as a time to reflect on and poke fun at the first year medical student experience with pictures and performances. A large portion of the show consists of student-written material, such as skits, songs, raps, and satires. The topics are endless but typically reflect humorously upon classmates, classes, events, and professors, and often involve inside jokes. Highlights from the show are usually performed again for the accepted students as part of Revisit Weekend.

Revisit Weekend

Revisit Weekend for newly accepted students is hard proof that Hopkins Med rocks. The activity-packed weekend, organized by the first year medical students and co-sponsored by the Admissions Office, gives admitted students a second look at Hopkins and Baltimore. It's also a chance to meet some of their future classmates. The first day is generally devoted to Hopkins and the second day to student life. Prospective students are presented with interesting speakers, student and faculty panels, a bus tour of Baltimore, a housing tour, a Baltimore night out, parties and events for non-traditional students. Every year's Revisit Weekend is a little different. One of the hallmarks of this year's Revisit Weekend (as you may remember) was the Reed Hall party with tiki torches on the balcony and the debut of Vivek and BJ, the first-year spin table jockeys. It's up to each first-year class to showcase the people and the atmosphere here at Hopkins.



The infamous canoe races at Ramblewood.

Sports Clinic

Sports Clinic has been running for 29 years and is a staple first-year med student class tradition. It was originally created by first-years as an initiative to promote sportsmanship and healthy habits to local elementary students, and it continues to serve that function today. Students (grades 3 to 6) from surrounding elementary

schools come to the Cooley Athletic Center for three consecutive Saturdays in May to learn and play various sports, ranging from soccer to basketball to tennis. Also, lunch features healthy eating options and a guest speaker from local professional or college sports teams. The first year Medical Student Society (MSS) representatives, along with a good portion of the class, are charged with organizing and staffing the clinic (teaching sports, playing sports, mentoring, etc.). The Sports Clinic also provides a few days during which the medical students enjoy being kids again—it's a ton of fun!

Turtle Derby

Never heard of turtle racing as a sport? Come to Hopkins and find out how every year, turtles become the center of fun, charity, and healthy divisional pride among the Hopkins medical community. The first year medical class hosts this turtle racing event in which sponsors' donations fund the Department of Child Life at the Johns Hopkins Children's Center.

White Coat Ceremony

The White Coat Ceremony at Hopkins is held in May of your first year and marks your induction into the medical profession. Personalized white coats, symbols of a physician responsibility, are given to students by their College advisers. Students are also given a stethoscope, courtesy of the Alumni Association. Students select a guest speaker who is usually a renowned figure in the field of medicine to address the class. Student performances round out the program. Family and friends are highly encouraged to attend.

Liver Rounds

On most Friday evenings, you get the opportunity to mingle with faculty from a specific department in the hospital and your peers while you rewind the week on pizza, soda, and beer. You may learn more about each field of medicine or just chill with your classmates and the enthusiastic faculty. This is just one low-key way Hopkins keeps its students in touch with the faculty, and no worries, there will always be food and drinks.

Advising at Hopkins

Colleges Advisery Program

The Colleges Advisery Program has undergone many improvements in recent years. The Colleges provide medical students with longitudinal advising and mentoring, peer connections, and some social events. You

will be assigned to one of four colleges, and your college adviser will be your Clinical Skills instructor in your second year. Each college thus has 120 students, with 30 from each medical school class. The four colleges are named after historical Hopkins figures who made great contributions to both medicine and medical education: Daniel Nathans, Florence Sabin, Helen Taussig, and Vivien Thomas. Daniel Nathans, 1978 Nobel Laureate, discovered DNA restriction enzymes; Florence Sabin was the School of Medicine's first female full professor and a renowned pathologist and anatomist; Helen Taussig performed ground-breaking work in congenital heart diseases; and Vivien Thomas, an African-American surgical assistant, pioneered the first blue-baby heart surgery operation (the subject of the HBO movie *Something the Lord Made*). During first year, it is a good idea to drop by and chat once in a while with your college adviser. College social functions usually have wonderful food on top of the enthusiastic company of College faculty and advisers, so be sure to check them out. There is a field day scheduled in September 2007, so bring out your spirit and College pride!

JHUSOM Peer Advising Program

The JHUSOM Peer Advising Program, which began in 2007, will allow fellow med students to serve as a source of practical information, counseling, mentoring, and support for other medical students. As a first-year student, you can be matched with an upperclass student adviser who will get to know you and act as a student mentor and guide. The peer advisers were selected following an application process, so be assured that your adviser has demonstrated enthusiasm and dedication to being a resource to you. The program also had a well-attended "Transition to the Wards" session for the second years in February before the MS2's began their clinical rotations.

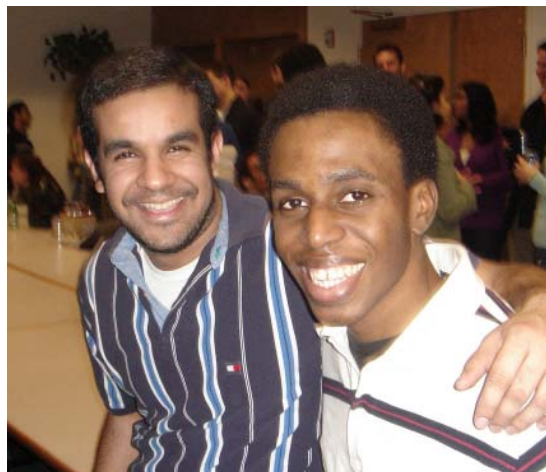
An Introduction to Medical Studenting (AIMS)

AIMS is a program developed during 2006-07 that allows first and second year medical students to shadow a third or fourth year medical student for a day. This program gives medical students who have not yet entered their clinical training a taste of what life on the wards is like. This is a great opportunity for first years to ask about how to handle milestones in their medical education and to get advice from someone who has been down the path recently. You also get to pick which department you want to visit, and you will get paired with a medical student who is doing a rotation in that department. Even if you may not actually see

Online Portal:
www.jhusom.com

Members of the Class of 2010 created an online portal and peer advising tool that is always developing and growing. Eventually, you'll find information about academic resources, student life resources, tips on Baltimore, college and peer advising, useful phone numbers, and notes on Hopkins traditions. What's neat is that it's in wiki open source format, so you can edit and add to the site with your own tips and discoveries. We hope that you find it useful and help it expand!

much clinical action during your time with your third or fourth year student, it is always great to talk to third and fourth years whom we never get to see in PCTB during our first two years.



*At the Reed Hall
Holiday party.*

Life on Campus

Reed Hall

Reed Hall rocks. Now, nobody would say that Reed puts five-star hotels to shame. But like a mangy old pet cat, it's not the outside that matters, right? At any rate, most students love Reed for the community it provides, despite what its facilities may lack in aesthetics and modernity. Most residents appreciate having lived in Reed during their first year.

Those of you who will live in

Reed will find this out for yourselves. However, those who will not live in Reed should not worry too much about missing out, since Reed Hall residence does not automatically make you a social magnet of wonder. Becoming a Hopkins med student already did that.

Reed has suites in its East Wing and single rooms in the West Wing. But no matter which side you live on, Reed's strengths can be summed up in one word: convenience. Several examples of this concept: a 5-10 minute walk to class, depending on how fast you walk and whether you take the streets or walk through the hospital; a 1-minute walk to the Cooley gym; a 2-minute walk to the McElderry St. parking garage; a short walk up or down a few flights of stairs to visit your classmates; a 47-minute wait for the elevators – er, 47 seconds... Yes, the elevators are really slow, so if you are too lazy to wait for the elevator, just take the stairs (12th floor residents, this means you)!

Here are a few random tips about living in Reed Hall. Reed has a music room in the basement, and you can borrow the key to play or sing your heart out at all hours of the day or night (the piano, unfortunately, is not great). If you are planning a surprise birthday party in a common room, make sure you are really quiet, otherwise the birthday person will hear you from the stairwell or even from the elevators. In the suites, if you and your roommates see fit, getting a rack of shelves can help you store food in the common room. Get someone to show you the underground tunnel system to walk to PCTB

or to the hospital when it's late at night or when it's cold outside. Pay attention to the housing renewal deadlines from Ann Snead—if you wish to stay in Reed beyond the end of first year, you need to notify the housing office early in spring. And remember to cherish and enjoy your time in Reed—it is unforgettable!

Campus parking

Parking in campus garages for first and second year medical students is free on weekends and after 4:00 p.m. on weekdays. An on-campus garage permit is \$115 per month. Street parking can be difficult to find and is not always free. Students may park for free in one of two satellite lots about one mile away from campus. Free shuttles operate frequently between the lots and campus. Visit Parking Services to learn more about parking options and to obtain a parking permit.

All students are given free garage parking once they begin rotations March of second year.

For more information:

Johns Hopkins Hospital Parking Services
600 N. Wolfe Street
Harvey/Nelson 108
Baltimore, MD 21287
Office Hours: Monday – Friday 8:00 a.m. to 4:00 p.m.
P: 410-955-5333
F: 410-502-3907

<http://www.hopkinsmedicine.org/security/Parking/pkgindex.htm>

Hospital and Medical School Construction Projects

Construction at the Johns Hopkins medical campus is a sign of continual growth, evaluation, change, and collaboration. As part of a 10-year master plan, Johns Hopkins is building a new children's hospital and two clinical towers for cardiovascular and critical care. These structures will stand in the huge construction site which you can see right next to the hospital on Wolfe Street.

Johns Hopkins has also started construction on the 31-acre Science + Technology Park targeted for completion in 12-15 years. This park, projected to be located right alongside the Johns Hopkins medical campus, will include 1.1 million square feet of state-of-the-art laboratory facilities that support sophisticated, cutting-edge research and seamless access to Johns Hopkins scientists. The park will also include new housing, shops, restaurants, and parking amidst a safe community setting.

Medical education will become a state-of-the-art experience with the new Johns Hopkins Simulation Center, scheduled to open in September 2007. This center is a world-class facility designed to enhance learning and provide a place for students, residents, nurses, health care workers to practice methods to improve patient safety and care. The center features hospital rooms that can mimic ICUs, ERs, trauma bays, delivery rooms and operating rooms. Additionally, classrooms with audio-visual equipment, computerized mannequins and 12 examination rooms will help students learn how to take histories and perform physical exams. The center will be used by all four classes of the medical school. For more info: <http://www.hopkinsmedicine.org/simulation>.

Sports and exercise

Common wisdom suggests a physician can't be in bad constitution while trying to cure others of disease. In the name of good health, the medical school provides everyone with free access to its gym, the Cooley Athletic Center. The Cooley Center is just a stone's throw away from Reed Hall. Now don't let the brick and mortar façade fool you, Cooley is a multi-floored gym replete with a full basketball court, an indoor track, 2 aerobics rooms, cardio workout equipment (rowing machines, treadmills, and stairmasters), 3 weight rooms, aerobics and yoga classes, and 2 racquetball courts. In addition, there's a small swimming pool (open during the summer) adjacent to the building. Even the most avid gym goer will be satisfied with the variety of exercises available here.

On the 9th floor of the School of Public Health, a smaller but newer gym awaits your workout. This fitness center has a classy setup and contains plentiful cardio-workout (with TVs accompanying every treadmill and elliptical machine!) and weight-training equipment. The best feature? Probably the view over Baltimore and the Inner Harbor.

Some medical students choose to pay \$120/yr for membership to the Johns Hopkins Homewood Campus Ralph S. O'Connor Recreation Center. The fee is well worth it if you want everything that Cooley offers plus courts for every sport imaginable, a climbing wall, exercise classes, and an Olympic size indoor swimming pool. Recreation Center hours are 6 a.m. to midnight Monday through Friday and 10 a.m. to 10 p.m. Saturday and Sunday.

Intramural sports

Intramurals are probably some of the best times you'll spend with your fellow students. There is soccer, basketball, and racquetball in both the fall and spring, volleyball in the spring, and our class favorite, dodgeball, dur-

Reflections ...

Chris Deng reflects on the tension during that last battle:

Bodies flashing across court, people madly cheering on the sidelines, but to you, everything is deathly quiet. You stare down your prey, with a piercing gaze striking through your opponent's psyche. He wavers for a split second, and before he realizes it, you bound forward, and with all your might, heave the nerf ball right at his chest. "OUT!" barks the referee. Your life at that moment is complete. Only one more set before you can go take celebratory shots with your teammates.

ing the winter. All skill levels are entirely welcome, and most people in the class play at least one game. They are open to all students in the Johns Hopkins Medical Institution (that is, the Schools of Medicine, Nursing, and Public Health). Intramurals are great ways for fellow students to bond, and the memories and laughter you share from the games will last a lifetime...or at least overnight so you can gloat in front of your peers the next day!

The sport of dodgeball was highlighted a few years ago in a film featuring Ben Stiller and Vince Vaughn. This winter, it was *the* major part of a first year med student's life (except for, well, school). Cooley Athletic Center was the site of this intramural sport showdown involving eleven teams; half were members of the first year class. The season provided quality entertainment, plenty of team spirit, and resulted in many sore arms. The championship game was an epic battle between two first year teams, O'Doyle Rules and The Cupcakes, that was witnessed by a cheering contingent of fellow first year med students.

On and Around Campus Eats

There are several food venues on the med school campus. Whether you are searching for some comfort food to sustain you for the day or to late-night with some buddies, you'll have no problem! Finding healthier options can be something of an adventure. An obvious choice for lighter fare is the Subway inside the hospital cafeteria, where an Einstein's Bagel shop will be opening soon too. The Northeast Market has several delis that'd be happy to make you a sandwich, and ABC Sushi serves a nice variety of fresh sushi. Some students pack lunches because they are great cooks or are lucky enough to have parents who send them pre-made meals. Sometimes, though, nothing is quite as satisfying as a freshly toasted cheese fish sandwich from Mama Mia's or an order of General Tso's from Taste of China.

Four-star scale (* to ****), with \$ = approximately \$3

Taste of China

Rating: **** Cost: \$\$

Taste of China is probably the number one fast food joint for med students because it's cheap, fast, and tasty. The lunch specials pack a wallop of food for a very decent price, and the menu is varied and large enough that you can come almost every single day and not get tired of them. Taste of China is a must for a post-exam chow-down, if you're especially hungry, or if you're crav-

ing some cheap Chinese food. Because there is no other Chinese food place within a mile of here, Taste of China has a loyal following.

Harborside Chicken and Seafood

Rating: **1/2 Cost: \$\$

Harborside Chicken and Seafood is an adventure the first time one stumbles upon it. It occupies a little nook inside the hospital away from the main cafeteria and does only one thing – deep fry – but it does well. Harborside sells only giant pieces of deep fried chicken tender, fish, and shrimp. If you're in the mood, it's some of the best fast food around.



Studying makes us hungry!

ABC Sushi

Rating: **** Cost: \$\$\$

Don't let the unassuming exterior décor fool you. ABC Sushi offers all the sushi staples – rolls, sashimi, miso soup, seaweed salad - at a price that's manageable on a student budget.. More importantly, ABC Sushi does not disappoint when it comes to quality. Bonus: the husband and wife team that

run the place always greet you with a smile.

Northeast Market

Rating: Varies Cost: Varies

Northeast Market brings to mind the hectic scene of an Asian bazaar. Walking through its myriad of little shops and food stands is an eye-opening treat in itself. The food selection includes a Korean buffet, cold-cuts, hot sandwiches, and deep-fried treats. Beware of long lines during lunch hours, but some places (like SoHo Teriyaki) have fast lines and quality food. You can't leave Hopkins without trying the crab cake sandwich at the market. We'll let you discover which stand you can get that from. Happy hunting!

Mama Mia's

Rating: *** Cost: Varies

Mama Mia's is your typical neighborhood fast food joint, serving up a traditional menu of cheeseburgers,

cheesesteak sandwiches, pizza, and pasta to go. The service is fast and staff usually friendly. Because it's so close to Reed, it's a convenient option for those on-campus dwellers. The cheesesteak here, in this writer's humble opinion, is close to being just as good as the "authentic" ones from the City of Brotherly Love.

Hospital Cafeteria

Rating: **1/2 Cost: \$\$

The cafeteria serves hot food on a menu rotated daily, and the quality is on par with most other cafeteria food. There is also a sandwich bar, salad bar, and a Dunkin Donuts selection. Please note that the cafeteria only takes cash. The Express Oasis coffee shop in the corner serves lunch as well as coffee, sweets, and smoothies. Subway is a staple, and an Einstein's Bagel is on the way. Cafeteria hours are 6:15 a.m. to 7:15 p.m. daily with 24 hour vending machines. The Subway is open 10 a.m. to midnight Monday through Friday and 11 a.m. to midnight on Saturday and Sunday. Express Oasis is open 5:30 a.m. to 10 p.m. Monday through Friday and 5:30 a.m. to 7 p.m. Saturday and Sunday.

Popeye's

Rating: ** Cost: \$

Fried chicken, 'nuff said. Keep your eyes open for amazing deals (\$.89 for a thigh and a leg).

Tower Terrace

Rating: *** Cost: \$\$

Tower Terrace is a full-service restaurant just across from the main hospital cafeteria that is usually nicely sunlit for lunch. The hot sandwiches and specialty salads offer generous portions for a leisurely lunch hour with good conversation. Serendipitous find: as you enter the restaurant, on your left is a sushi rack with a wide selection of freshly made packs of 12 sushi or sashimi pieces. The prices here are very reasonable, cheaper than ABC Sushi! Tower Terrace and the sushi rack are open from 11 a.m. to 3 p.m. Monday through Friday.

Greenhouse Café (PCTB)

Rating: **1/2 Cost: \$\$

Greenhouse Café is located on the first floor of PCTB and is convenient and fast. It's great for grabbing a 12 oz. French Roast coffee or muffin before the first lecture or a quick lunch. It offers a sandwich and salad bar. In

addition, there is a grill where you can order burgers, soup, or turkey chili. On some days, the hot food selection is impressive, offering tilapia, spinach lasagna, teriyaki stir-fry, and the sort.

University Health Services

The University Health Services Center is located at 401 N. Caroline Street and provides primary care for students, fellows, and their spouses. Referrals from the center can place students under care at any JHMI hospital, including the downtown campus, the Bayview campus, and the Greenspring station campus. All physicians employed by UHS are faculty and staff of JHMI. Students and their spouses are covered by the Student Health Plan of the Hopkins Employer Health Program (EHP), which completely covers your doctor visits, one vision exam per year, and 80% of the cost of prescriptions. You will receive a full description of EHP at Orientation. **For appointments, call (410) 955-3250.** If you need advice after hours or on the weekend, please call the Johns Hopkins Hospital's page operator at (410) 955-4331 to reach the on-call physician for UHS. For more information on UHS, please visit <http://www.hopkinsmedicine.org/uhs/index.html>.

For mental health conditions, the services of the Student Mental Health program are available to you so long as you remain enrolled in the Student Health Plan. This program is run by the Johns Hopkins Department of Psychiatry. For more information or to make an appointment, call (410) 955-1892.

UHS Center Hours:

Monday	8:00 am - 5:00 pm
Tuesday	8:00 am - 5:00 pm
Wednesday	8:00 am - 5:00 pm
Thursday	8:00 am - 7:00 pm
Friday	8:00 am - 5:00 pm
Saturday/Sunday	Closed

Hopkins Publications

The Gazette is the official newspaper of Johns Hopkins University and is produced weekly September through May and biweekly June through August. This paper is distributed to all university divisions and is an especially helpful forum for classifieds, calendar events, lectures, and other interesting happenings you want to attend or alert the Johns Hopkins campuses.

The Dome is a monthly report for the Johns Hopkins medical institutions and covers staff, campus, and research news for the Hopkins medical community.

Hopkins Medicine magazine is published three times a year for faculty, alumni, parents, and friends of the Johns Hopkins School of Medicine and Johns Hopkins Hospital. *Hopkins Medicine* is especially people-focused and puts the spotlight on students, faculty, and community members who drive research and innovation at this institution.

meme is the School of Medicine's literary magazine for medical students produced by medical students. It's published once a year and presents the poetry, short stories, essays, reflections, photography, artwork, and other creative work that bring out another side of your amazing, well-rounded classmates. *meme* is looking for general and layout editors! Contact Jennifer Chen, Romina Wahab, or Kristy Yuan mememagazine@gmail.com

Student Groups

American Medical Association - AMA / Maryland State Medical Society (MedChi)

The purpose of the American Medical Association chapter at Hopkins is to educate students about political advocacy and other important issues facing the field of medicine today.

Contact: Mark Ball (mark.ball@jhmi.edu)

American Medical Women's Association (AMWA)

AMWA is a national group dedicated to helping raise the profile and status of women physicians, as well as engaging in advocacy around women's health issues. The Hopkins chapter does limit some of its events to female participation, but also sponsors events for all students. This past year we hosted many potluck socials, dessert programs, an occasional panel/speaker/video, and ran a canned food drive. We are also in the process of developing a women's mentoring program. Hopkins AMWA looks forward to the involvement of the incoming medical school class!

Contacts: Mersine Bryan (mersine@jhmi.edu), Sarah Temple (stemple@jhmi.edu)

Asian Pacific American Medical Student Association (APAMSA)

The Johns Hopkins Chapter of the national APAMSA organization aims to 1) unite medical students inter-

From Upperclassmen

"Make sure to develop circles of friends outside of other medical students."

"Step 1 First Aid—buy it early and read along with your classes."

ested in the health issues that affect Asians and Asian-Americans, 2) promote the well-being of the Asian community to health care workers who work with these communities so that they may understand how to care for the patients in a culturally sensitive manner, and 3) provide a forum for Asian Pacific American medical students and faculty to meet, exchange information and experiences, and develop professionally. Some past projects include Hepatitis B education, Bone Marrow Typing, undergraduate pre-med mentoring and medical Chinese classes.

Contacts: Shelly Choo (school1@jhmi.edu), Eugenie Shieh (eshieh@jhmi.edu)

Website: <http://www.jhu.edu/~apamsa/>

Big Buddy/Little Buddy

The Big Buddy/Little Buddy mentorship program pairs medical students, nursing students and public health students from Johns Hopkins University with HIV infected or affected children and adolescents from the East Baltimore Community. The Big Buddy/Little Buddy pairs are encouraged to take part in organized activities, such as ice skating or visits to Washington DC, as well as individual get-togethers. The hope of the program is to provide a stable, adult role model for children who may not come from the most stable households. It also provides the parents/caregivers access to someone with a background in the medical field who can help interpret some of the medical advice they are given.

Contacts: Cora Gallagher (cgallag1@jhmi.edu), Brandon Schartz (schartz@jhmi.edu)

Bioethics Interest Group

Many of the questions that we will face as physicians have no obvious right or wrong answer. Such frequent uncertainty underlies the importance of biomedical ethics. Therefore, it is critical that we develop an effective and appropriate approach to discussing bioethics. This group's goal is to help foster the maturation of our understanding of bioethics and the approach we take to tackling those tough questions. By taking the binary idea of right and wrong out of the discussion, we hope to succeed in giving people a better understanding of both common and hot-topic issues in medical ethics. This group does not attempt to push an agenda, but rather tries to present issues and help people develop a framework for how and why people on both sides of the issue feel the way they do. This way, participants will be more capable of making a decision for themselves.

Contacts: Matt Hellmann (matt.hellmann@jhmi.edu)

Baltimore Awareness and Service Experience (BASE)

Given the fact that our training as physicians is shaped by the people around us, this one-time event on the day before orientation seeks to familiarize incoming first-year medical students with the surrounding community. BASE has been a huge success over the past few years with over 90% of each class participating. Each year, the incoming class serves over 20 community organizations. Opportunities include organizing group events over the course of the year.

Contacts: Mark Bicket (bicket@jhmi.edu)

Community Adolescent Sex Education (CASE)

This sexual health awareness program is designed to educate teenagers at Dunbar Middle School about their bodies and about the positive use and expression of sexuality. It is intended to increase self-esteem, improve relationships, and decrease the incidence of teen pregnancy and the spread of STDs. This program, coordinated by SNMA, includes non-SNMA members from all classes at the School of Medicine. Leaders of the CASE program coordinate activities with the administration of Dunbar Middle School and recruit SOM students to serve as instructors/mentors for the program.

Contact: N'Dama Bamba (nbamba1@jhmi.edu)

Community Care Initiative (CCI) Health Fair

The CCI Health Fair is an annual event sponsored by the American College of Physicians, the University of Maryland and Johns Hopkins University. It is a student-run, free health fair that covers topics ranging from hypertension to sexual health to obesity. The fair is held every April in the North Waverly neighborhood of Baltimore City in conjunction with the Waverly Farmers Market.

Contact: Alice Yao (aliceyao@jhmi.edu)

Chick Webb Volunteers Program

The Chick Webb Volunteers program provide Hopkins students with the opportunity to spend time tutoring youths from East Baltimore at the Chick Webb Recreational Center, conveniently located on Monument Street two blocks south of the Hopkins medical campus. Volunteers spend about 2 hours a week at the center, helping students with homework, reading, and projects, and

enjoying fun and games in an informal atmosphere. Take advantage of this great opportunity to make a difference in the East Baltimore community on a personal level.

Contact: Mark Bicket (bicket@jhmi.edu)

East Baltimore Community Talent Show

Come help organize the Fourth Annual East Baltimore Community Talent Show! The Talent Show is an event traditionally put on by first year Hopkins medical students that brings together acts from local elementary, middle, and high school students. Previous years' talent shows have featured dancers, singers, rappers, actors, and plenty of other performers from East Baltimore. This event is an exciting and fun way to bring the greater Baltimore and Hopkins communities together for an evening of fun, food, and prizes!! If you're interested in helping to plan the talent show organized by the Class of 2011, please contact us!

Contacts: Yana Turovskaya (yana@jhmi.edu), Sid Srivastava (sid@jhmi.edu)

Emergency Medicine Interest Group

The Emergency Medicine Interest Group participates in several activities, including:

- The Baltimore Marathon: Johns Hopkins Emergency Medicine provides care at course stations in combination with Baltimore city paramedics. Students have the opportunity to ride and work with a team consisting of an emergency physician, nurses, and paramedics.
- Wilderness Medicine Backpacking Trip: Interested students can participate in a weekend backpacking trip with students and instructors currently on the Wilderness Medicine rotation.
- Regular group meeting with emergency medicine faculty discussing their work, careers in emergency medicine, or research, as well as with fourth year students who have matched to a residency program to discuss their experiences.

Contact: Justin Sobrino (jsobrin1@jhmi.edu)

Gertude Stein

Gertrude Stein is a group committed to advocating for and supporting the LGBTQ community and allies on the medical campus. It serves as a forum for political and social discussion/reform and also as a safe space for those in the community to meet new people and find mentorship. The highlight of our year is the bi/tri

annual potluck held at faculty houses; these serve as a perfect time to network and have fun.

Contact: nino@jhmi.edu

Global Health Interest Group (GHIG)

The Global Health Interest Group (GHIG) at Johns Hopkins School of Medicine is a student group devoted to educating students and the Hopkins community on issues of global health, providing a forum for discussion and advocacy on global health topics, and providing resources for students interested in international experiences during and after medical school. Past activities and events organized by GHIG members have included the Global Health Photo Contest, World AIDS Day and Microbicide Campaign fundraisers, a student panel on health-related experiences abroad, and talks by Dr. Tom Quinn (Director, Center for Global Health) and officers of JHPIEGO (a Johns Hopkins-affiliated international health organization). Members are encouraged to provide ideas for and organize new programming!

Contacts: Meraf Wolle (mwolle1@jhmi.edu), Adrienne Shapiro (ashapiro@jhmi.edu)

Universities Allied for Essential Medicines

We are part of a national network of students from medical, law, and business disciplines that seeks to increase both access to existing medicines in low-income countries and research on neglected diseases. We also believe that universities, with their dual role as major contributors to the drug pipeline and promoters of knowledge in the public health, have an opportunity to make health of populations across the globe more equal. Here at Hopkins we work to push for humanitarian licensing options for university-derived drug discoveries and join the national movement to empower universities in the process of bringing affordable, live-saving drugs to developing countries.

Contact: Jane Andrews (janelandrews@gmail.com)

Health Education in Head Start

Because childhood obesity is a growing concern in our nation and the Baltimore community, we medical students have teamed up to teach nutrition and physical activity to preschoolers in Baltimore City Head Start, an early education program for low-income families. Through the 10-week curriculum we designed, we aim to instill in these young children healthy eating and movement habits that will have a positive lifelong impact on their health and well-being. We discuss the

food groups, create healthy snacks together, dance, do an obstacle course, and bring our athlete peers to the school to serve as role models of making movement fun. This program is a wonderful opportunity to reach out to disadvantaged families in Baltimore and improve their lives by improving their health.

Contact: Florence Wu (florence@jhmi.edu)

Health Education Partnership

The Health Education Partnership holds health classes at the Christopher Place Employment Academy, a transitional housing program near Johns Hopkins Hospital. Medical student volunteers lead discussions with 15 clients on topics such as HIV, diabetes, STDs, cancer, heart disease, and nutrition. This year we plan to expand to several new sites, and there will be many opportunities to take on leadership roles in coordinating and teaching classes at these new locations.

Email: hep@jhu.edu

Website: <http://www.jhu.edu/hep>

Incentive Mentoring Program (IMP)

IMP fosters the academic and social growth of students at Dunbar High School (two blocks south of JHH). The foundation of the program is twofold: volunteers provide tutoring for the students and, in turn, the Dunbar students design and participate in monthly community service projects to benefit others. IMP strives to build a sense of worth, accomplishment, and social responsibility. The program's largest strength is in its continuity. IMP followed the same group of students at risk of dropping out of high school since 2004. In 2007, 17/17 students got accepted into college! Help the new cohort of students realize their potential. We know they can do it too!

- Twice a week: After-school tutoring sessions
- Monthly: Group community service project
- Quarterly: Fun field trip

Contact: Sarah Hemminger (DunbarIMP@jhmi.edu)

Website: <http://www.dunbar-imp.org>

Johns Hopkins Medical Institution Christian Fellowship (JHMICF)

We are a non-denominational Christian organization that is currently student-led. We meet monthly to worship as a big group of medical, nursing and public

From Upperclassmen

“You will never again have as much free time as you did first year... learn to be efficient, get involved in extracurricular activities, and enjoy yourself.”

“DON'T STRESS about your grades during first year.”

“If you are stressed out, you can always eat some fried chicken at Popeye's.”

“Don't overload your plate with several extracurriculars. Chose one or two and really dedicate your time to them along with your studies.”

health students. Additionally, we provide support to multiple small bible study/fellowship groups among the different classes. We welcome everyone in hopes that we can help you grow in or explore a relationship with Jesus Christ.

We hope to start the year off by first connecting everyone to a local church here. In addition, this fellowship provides a unique place where you can consider and discuss what it means to be a Christian in the practice of medicine today and how that will play out through your career. Finally, we are a place where you can come for solace and comfort, encouragement and peace, friendship, support and joy.

Contacts: Philip Song (psong@jhmi.edu), Justin Yang (justiny@jhmi.edu), Jimmy Lin (jimmy.lin@jhmi.edu)

Website: <http://www.hopkinsmedicine.org/interaction/website/index.cfm?fuseaction=displayOrg&orgID=32>

JHU SOM Golf Club

Activities: Trips to local driving ranges and golf courses. Golfers of all skill levels are invited to attend.

Contacts: Michael Brinkley (mbrinkley@jhmi.edu), Jeffrey Fiorenza (jfiorenza@jhmi.edu)

Knitting Interest Group

Contacts: Fang Ko (Fko1@jhmi.edu)

Medical Chinese Classes

During the 2006-2007 academic year, Hopkins offered its first ever medical Chinese class, organized by several medical students. The class was designed for beginner students and taught by a native speaker who is certified in teaching AP Mandarin. Students learned basic conversational Mandarin as well as medical terms for the wards. For the 2007-2008 academic year, we plan to offer three levels of classes: beginner, advanced beginner and intermediate.

Contact: Sonya Tang (sctang@jhmi.edu)

Medical Student Society (MSS)

MSS is the student government for the School of Medicine. With four representatives elected from each class, MSS coordinates dozens of activities throughout the year. MSS coordinates Friday Liver Rounds, dances such as the Masquerade Ball, annual charity events such as Monte Carlo and the Turtle Derby, and parties for each class. MSS representatives also serve

on 16 of the major medical school committees and help facilitate the exchange of ideas between students and the leaders of the different arms of Johns Hopkins Medicine.

Contact: James Pirruccello (james.pirruccello@jhmi.edu)

Note-A-Chords

In the spring of 2005, a group of first year medical students joined together to form an a cappella group. With enthusiastic members and little time, they put a performance together for the Anatomy Memorial Service of 2005. They decided to continue with this new musical outlet at Johns Hopkins. Later that year, the group was fortunate enough to find themselves supported by a faculty adviser, Dr. Mark Teaford, and acquire funding. The group began to perform under their new name, the Note-A-Chords. Since the founding of the group, the Note-A-Chords have performed at several school events throughout the year, including the Anatomy Memorial Service, The First Year Show, Turtle Derby, White Coat Ceremony and the Annual Spring Concert, and for patients in the Johns Hopkins Hospital.

Contact: Sonya Tang (sctang@jhmi.edu)

Website: <http://www.jhu.edu/noteachords>

Ophthalmology Interest Group (OIG)

OIG offers practical and extended ophthalmology exposure to medical students in the setting of a relatively unweighted curriculum in ophthalmic sciences. The OIG interfaces faculty and activities of clinical ophthalmology with a motivated student base. It offers detailed learning and mentoring experiences to underclassmen interested in the field. It aims to match students with productive and rewarding research experiences available at the Wilmer Eye Institute and other institutions. It also provides residency and career planning to upperclassmen.

Contacts: Anne Baranano (abaranano@jhmi.edu), Nick Ramey (niko@jhu.edu)

Physicians for Human Rights at JHUSOM

PHR is a group of allied health professionals and others interested in healthcare issues (doctors, nurses, nurse practitioners, politicians, anthropologists, etc.) that hopes to advance the health and dignity of all people through action that promotes respect for, protection of, and fulfillment of human rights. Five of

the biggest current campaigns that PHR is involved in nationally and internationally are the Health Action AIDS Campaign, the Darfur (Sudan) Survival Campaign, the Campaign Against Torture, the Health and Justice for Youth Campaign, and the Campaign to End Landmines. PHR at Hopkins holds annual regional conferences at Hopkins that attract students from the region to discuss issues such as Children in Crisis in Wartimes (2005) and Domestic and Local Health Issues (2007).

Contact: Vivek Kalia (vkalia1@jhmi.edu)

Website: <http://www.phrusa.org/>

Programa Salud

Programa Salud is the Johns Hopkins University and Johns Hopkins Medical Institutions Student Initiative for Hispanic/Latino Health. The purpose of our organization is to alleviate the cultural and linguistic barriers that many Hispanics/Latinos in Baltimore encounter when seeking medical care. To this end, Programa Salud targets two populations: first, the Hispanic/Latino community through health fairs, health education presentations, and community outreach, and second, their healthcare providers through cultural competency training and interpretation services.

Contact: Sarah Luske
(slusk1@jhmi.edu)

Website: <http://www.jhu.edu/salud>



Lunchtime!!!

Service and Awareness through Geriatric Education (SAGE)

SAGE is a community service organization composed of Johns Hopkins University medical and nursing students. Individually or in pairs, students visit older Baltimore residents in their homes, working to end the isolation and loneliness many seniors face on a daily basis. During the visits, students and their senior mentors share meals, play boardgames, look at photographs, read aloud, learn computer skills, take walks, and become friends.

Contact: Ariel Green (ariel@jhmi.edu)

Website: <http://www.jhu.edu/sage>

Student Outreach Resource Center (SOURCE)

SOURCE connects students, faculty, and staff of the Johns Hopkins University Schools of Medicine, Nursing, and Public Health to community service projects in the local Baltimore communities, focusing on the East Baltimore community that surrounds JHMI. SOURCE promotes collaboration between the three schools within JHMI and with local organizations. At the SOM, InterAction is the service council that strives to integrate outreach activities more fully into the academic program and to help individual service organizations develop projects together. Another service channel within SOURCE is SPARC, or Students for a Positive Academic partnership with the East Baltimore Community. SPARC advocates for improved training opportunities in community-based research and public health practice through community-academic partnerships. Although SPARC is based at the School of Public Health, medical students are welcome to access its resources and participate in its training programs.

Contact: Mindi Levin (mlevin@jhsphe.edu)

Websites: <http://www.jhsphe.edu/source>

<http://www.jhsphe.edu/source/Students/InterAction>

<http://www.jhsphe.edu/source/SPARC>

South Asian Medical Student Association (SAMSA)

SAMSA of Johns Hopkins University School of Medicine has a multifaceted purpose. This society focuses on three major objectives: cultural awareness of the South Asian patient community, academic assistance and networking for the SAMSA community, and a resource center for research and volunteer opportunities in South Asia. We aim to enrich the Hopkins community through diversity, community service, and academic support. We are open to anyone interested in South Asian issues in the Johns Hopkins medical community.

Contact: Gargi Divya Khare (gargi@jhmi.edu)

Student Interest Group in Neurology (SIGN)

SIGN presents research, career, and scholarship opportunities in Neurology. We sponsor talks, lunch seminars, and informal discussions to connect students interested in learning more about neurology,

faculty, programs, lifestyle, and clinical and basic science research relating to the study of the brain.

Contact: Kristy Yuan (qyuan1@jhmi.edu), Hormuz Dasenbrock (hdasenb1@jhmi.edu)

Student Interest Group in Oncology

The Student Interest Group in Oncology is an organization that seeks to educate students about current opportunities in oncology. It facilitates communication between students and faculty members in the Medical Oncology, Pediatric Oncology, Surgical Oncology, and Radiation Oncology disciplines. Because of the prevalence of cancer of all different types, the group is not limited to students interested in a career in oncology, but includes everyone who plans to take care of patients someday!

Contacts: christinemin@jhmi.edu, pjgray@jhmi.edu

Student National Medical Association (SNMA)

As the oldest organization of minority students in the United States, SNMA serves the needs of African-American, Latino, and Native American students through monthly meetings, faculty forums, community activities, and recruitment of prospective students.

Contact Joshua Taylor (jtaylo97@jhmi.edu)

Supporting Hospital Abroad with Resources and Equipment (SHARE)

SHARE is a group of medical students and health care professionals working to provide international medical relief. SHARE collects unused but clean medical supplies from the operating room and redistributes the instruments to developing nations. In addition, SHARE benefits the hospital by reducing its solid medical waste.

Many items from a surgical procedure that have not been used such as gloves, sutures, and gowns are usually discarded. Although these materials may be clean, these items cannot be utilized for a different procedure within the hospital because they are not considered sterile. In addition, legal and regulatory rules prohibit redistributing and reusing supplies. However, the same materials that would be regarded as waste in US operating rooms could be used in developing countries that are in need of such materials.

Contacts: Shelly Choo (schoo1@jhmi.edu), Johnny Costello (johnny@jhmi.edu)

Type for Life (TFL)

TFL is a student run organization formed by the students from the Johns Hopkins Schools of Medicine, Public Health, and Nursing, as well as graduate school students with the mission of increasing the number and diversity of volunteers in the National Bone Marrow Donor registry. Nearly 70% of patients with leukemia or other blood diseases depend on this registry, since a suitable marrow donor is not available within their own family. Each year TFL holds a registration drive, and each year over 600 new volunteers are added to the list; so far 20 volunteers have preliminarily matched and one has completed a transplant. Committees include Publicity, Finance, and Education ... are *you* the type to save a life? Join us!

Contact: tfl@jhsph.edu

Website: <http://www.typeforlife.org>

Vagina Monologues

As part of the international VDay campaign, the Schools of Medicine, Nursing, and Public Health performed Eve Ensler's *Vagina Monologues*. The two performances and associated events raised over \$10,000 for Baltimore charities that help fight violence against women, the House of Ruth and Adelante Familia. The 2007 production was the first collaboration between all three schools of the East Baltimore campus for this event, and we hope to continue the collaboration in the future.

Contact: Laura Cappelli (lcappell1@jhmi.edu)

Life in Baltimore

Dear Class of 2011,

By now you've probably been welcomed to Hopkins more times than you could've imagined, so allow us to welcome you to Baltimore! We love Hopkins, and school is central to our lives, but Baltimore is our home for the next few years, and we want to help you love it here too!

We understand that many of you may have reservations about Baltimore – we did too! Perhaps you've heard about high crime rates or are concerned about living in a city much smaller or larger than you've experienced before. Either way, we hope this guide will assuage your fears and encourage you to explore the wonderful aspects of this city.

In the pages to follow, you'll find information and some of our personal thoughts on everything from Baltimore's must-see attractions to where to buy groceries, nearby dry cleaners, and public transportation. We've included some information on restaurants, nightlife, cultural hotspots, and annual festivals. Because Baltimore is organized into several smaller neighborhoods that you'll come to know and love, we've organized most of the sections by neighborhood.

It has been our pleasure to write about Baltimore for you, and we hope you enjoy this guide and the city itself! And don't forget to let us know if you discover any new gems!

Best wishes for an amazing first year,

Shelly Choo, Anthony Chyou, Hormuz Dasenbrock,
Robbie Mealer, Emily Pfiel, Sudip Saha, Josh Taylor,
Florence Wu

P.S. Thanks in part to the passionate advocacy work of our fellow medical students, as of Summer 2007, all indoor spaces in Baltimore will be smoke-free!

Baltimore's Neighborhoods

Baltimore is a city of neighborhoods. Though it is not a very large city (population: 636,000), it is subdivided into several distinct areas, each with its own atmosphere and sources of pride. Below are a few of the neighborhoods most popular among students, but feel free to go beyond this list and discover which of these unique communities within the greater Baltimore community you find most intriguing.

Baltimore Firsts

1784

First balloon ascension in the US with a person on board—Edward Warren

1797

First US war ship to capture an enemy vessel—*U.S.S. Constellation*

1814

Birthplace of the *Star Spangled Banner*—written by Francis Scott Key at Fort McHenry

1815

The first permanent monument to George Washington was built.

1844

World's first telegraph line established between Baltimore and Washington by Samuel Morse.

Mount Vernon

Boundaries: Mount Royal Ave. (North), Mulberry St. (South), Guilford St. (East), Howard St. (West)

Description: As one of a National Register of Historic Districts, Mount Vernon is the cultural center of Baltimore. It is home to the Walters Art Museum, the Maryland Institute College of Art, the Peabody Conservatory of Music, Meyerhoff Symphony Hall, and the Lyric Opera House. Each year, Mount Vernon hosts a Book Festival and the Flower Mart. The neighborhood has a range of eateries from the finest of restaurants to diners to coffee shops to a local brewery. For all of these reasons – and because both the Hopkins Shuttle and the Metro run through it – Mount Vernon is a popular neighborhood to live in amongst students.

Charles Village

Boundaries: University Parkway (N), 22nd St. (S), Guilford Ave./St. Paul St. (E), Howard Ave./JHU (W)

Description: Charles Village is best known amongst medical students for being the site of the Baltimore Museum of Art and Hopkins' undergraduate campus. Many students take advantage of the undergraduates' larger gym (for a small fee) and library. Charles Village is known to offer affordable housing options, and a quieter, more campus-like feel than much of the city. The Hopkins Shuttle also runs through the neighborhood, making it a convenient choice of residence for students.

Canton

Boundaries: Eastern Ave. (N), The Waterfront (S), Conkling St. (E), Chester St. (W)

Description: Canton's somewhat industrial look harkens back to its past as a center of waterfront commerce in the 19th and 20th centuries. Today, renovated waterfront condos, rehabbed industrial buildings, and new townhomes give Canton a more suburban appear-

ance that is still undeniably urban. Canton Square is a popular weekend destination because of its many bars and pubs. The Square also caters to those with a sweet tooth with Vaccaro's, a delicious Italian pastry shop. Students who live in Canton usually drive to school, and because so many students and young professionals live and shop in the area, the Safeway grocery store in the neighborhood has been nicknamed "Singles Safeway."



Dinnertime!!!

Fell's Point

Boundaries: Gough St. (N), The Waterfront (S), Chester St. (E), Caroline St. (W)

Description: Fell's Point is another historic and waterfront community. During the Great Baltimore Fire of 1904, Fell's Point was spared. Today, historic buildings and homes from the 18th and 19th centuries still stand. In addition to its rich history, Fell's Point is notable for its abundant brick rowhouses, food, and nightlife. The density of restaurants and bars around Broadway Square make this enclave one of the most popular late-night destinations. Students who live in this neighborhood often walk, bike, or drive to school.

Federal Hill

Boundaries: Hughes St. and Key Highway (N), Cross St. (S), Key Highway (E), Hanover St. (W)

Description: Federal Hill is a federal historic district and consists primarily of brick, late 19th century homes. This neighborhood is the site of Camden Yards, the Ravens Stadium, and the Cross Street Market. It overlooks the Inner Harbor and is just a 10 minute walk from the Harborplace Mall. Federal Hill also boasts a wide range of restaurants and local microbreweries. Most students who live in Federal Hill drive to school.

Bolton Hill

Boundaries: North Ave. (N), Dolphin St. (S), Mount Royal Ave. (E), Eutaw Place (W)

Description: Bolton Hill is a peaceful neighborhood where children play on tree-lined streets. The streets are

flanked by small, urban gardens and rows of gorgeous townhomes, many of which have small yards – a rarity in the city! The neighborhood is walking distance from the Lyric Opera House and Meyerhoff Symphony Hall and is the proud home of “b,” a Bolton Hill bistro that serves delicious brunch. Bolton Hill is easily accessible by I-83, and most students drive to school from here, though a few may take the Metro.

Roland Park

Boundaries: Northern Parkway (N), University Parkway, Falls Road, and Jones Fall Expressway (S, W), Tuscany, Canterbury, and Wilmslow Roads (E)

Description: Roland Park is north of the neighborhoods mentioned above, and is enjoyed by students looking for a bit of green space or suburban feel in the city. Housing options here can be quite affordable, but students will need to drive 20-30 minutes to get to school.



Wintertime means ice-skating ...

Being Safe in the City

While no one will deny that crime is a reality in big cities, you don't need to live in constant fear. There are plenty of safe places in which to live, work, and play in Baltimore, and many precautions you can take to protect yourself. As you would in any other big city, use your common sense, and don't hesitate to ask for help.

On campus, there are police officers stationed on every street corner. Blue phones, used to dial security, are located across the campus as well. Security guards are present in campus buildings 24 hours a day. Entering campus buildings requires ID, and everyone must sign-in in the evenings and weekends.

When venturing out into the city, the precautions you take will depend on your comfort level. The Hopkins Shuttle is a very safe mode of transportation at all times of day. Many students feel comfortable taking the Metro during the daytime, but not at night. Students often find that having a car makes them feel safer, but for those who don't have a car, don't hesitate to ask a fellow classmate for a ride! Many have found that Baltimore is not really

conducive to walking because safer neighborhoods are sandwiched between less safe ones. On the other hand, plenty of students walk or bike to and from school, and several enjoy long runs through the city. Of course, wherever you go, consider bringing a friend for strength in numbers.

With these thoughts in mind, be alert to your surroundings, be safe, and enjoy exploring Baltimore!

Housing Resources

Hopkins Housing Board –
<http://www.jhusom.com/housing/>

This site is a message board for people within the Hopkins community seeking housing or roommates or offering housing. Feel free to participate – anyone with an email address that ends in “.edu” can post.

Live Baltimore – <http://www.livebaltimore.com>
343 N. Charles Street
Baltimore, MD 21201
Phone: 410-637-3750

Live Baltimore is a nonprofit organization dedicated to helping people buy homes in Baltimore city! Feel free to visit the center to talk to someone in person, but the website has excellent resources on neighborhoods in Baltimore, maps, home prices, incentives programs for buying, mortgage information, and a list of real estate agents they recommend.

Baltimore City Website – <http://www.ci.baltimore.md.us>

This site has great information for people new to Baltimore. You can find information about public facilities, news sources, transportation, parking, motor vehicle registration, and more on Baltimore’s unique neighborhoods.

The Hopkins Gazette – <http://www.jhu.edu/-gazette>

The classified section of this online Hopkins news source has listings of apartments, rooms, and homes for rent or purchase. You might also find a good deal on a used car, if you’re looking.

Craigslist – <http://baltimore.craigslist.org>

Craigslist is basically one big, free, online collection of classified ads. Lots of apartments/houses for rent and sale are listed here, as well as people seeking roommates. Already have a flat? Need to fill it with tons of

used doodads? Craigslist can help you with that, too! One method that has been successful: post a “housing wanted” add listing your characteristics and criteria (e.g. “Hopkins Med student looking for housing,” number of bedrooms, if you have a pet, how much you want to spend, etc), and let the landlords come to you; one major benefit to this is that you’re more likely to get an internet savvy, on-top-of-things landlord. Just keep in mind, while lots of great deals can be found on craigslist, this is a public – not Hopkins-only – site.

Parks & Trails

Those who love green spaces may have concerns about moving to a city, but Baltimore has plenty of parks to meet your needs. In fact, going to a park after an exam on a beautiful day to play Frisbee, soccer, or take a meandering walk is a favorite activity among our class. Avid runners frequent the parks and enjoy running near campus, and a few of them have described below a few of their favorite running paths right here in the city. It’s easy to relax over a game of golf with friends at Baltimore’s driving ranges and golf courses, and for the outdoor adventurers, there are skiing and whitewater rafting hotspots nearby.

BWI Trail

The BWI Trail is an 11 mile route that surrounds and overlooks the airport. There are some peaceful portions of the Trail.

Directions: Drive and park at the Dixon Observation Park (about one mile west of I-97 Exit 15 on Dorsey Rd). On nice days, this lot will fill up quickly. When this happens, additional parking is available just east of I-97 along the trail spur.

Website: <http://bikewashington.org/routes/bwi/index.htm>

Canton Waterfront Park
3001 Boston St., Baltimore, MD 21224
Canton Waterfront Park contains boat ramp, picnic areas and fishing.

Carroll Park
1500 Washington Blvd. Baltimore, MD 21230
Baseball, softball, basketball, golf course, tennis courts, skateboard facility, City Farm techniques

Chinquapin Run Park
1000 E. Belvedere Ave. Baltimore, MD 21239
Chinquapin Run Park contains baseball, football, playground, picnic areas and tennis courts.

Clifton Park

2801 Hartford Rd. Baltimore, MD 21210

Clifton Park contains various sports fields, golf course, playground, and City Farm gardens.

Druid Hill Park

800 Wyman Park Drive, Baltimore, MD 21211

Druid Hill is Baltimore's first large municipal park containing beautiful lawns, rolling hills and even a majestic forest. It is listed on the National Register of Historic Places for it once belonged to Susquehannock Indians who yielded the land to Lord Baltimore in 1652.

Druid Hill Park is primarily used for strolling, driving, riding, and ball games. It also contains The Baltimore Zoo, the Baltimore Conservatory and the Palm House.

Directions: Druid Hill Park is located in northern Baltimore and is bounded by the Jones Falls Expressway (I-83) to the east, Swann Drive and Reisterstown Road to the west, Druid Park, Lake Drive to the south, and Druid Park Drive to the north.

Farring-Baybrook Park

4501 Farring Court, Baltimore, MD 21225

Farring-Baybrook Park contains a swimming pool, wading pool and a playground.

Federal Hill Park

800 Batter Ave. Baltimore, MD 21230

Federal Hill Park is a historical site with basketball, playground and picnic areas.

Fort Armistead Park

4001 Hawkins Point Road, Baltimore, MD 21226

Fort Armistead Park contains a boat ramp, picnic areas and fishing

Gwynns Falls Trail

1920 Eagle Drive, Baltimore, MD 21207

Gwynns Falls Trail stretches over 14 miles and is a great place for hiking, biking, walking, jogging or bike-walking.

Website: www.gwynnsfallstrail.org

Hanlon Park

2400 Longwood St., Baltimore, MD 21216

Hanlon Park contains a baseball/softball diamond, football/soccer field, playground, picnic areas and tennis court.

Herring Run Park

3700 Harford Road, Baltimore, MD 21206

Herring Run Park contains a lake area, baseball/softball

Spontaneous Fun

Philly for a Philly – 12 med students. A 3 hour road trip filled with sing-along-songs. 17 Philly cheesesteaks. Why? Because we had just finished our Genetics exam. But more importantly: because we could. How many of you have tasted the cheesy goodness of a Philadelphia Cheesesteak from the great city that gave it its name? I highly recommend it. Carpe queso... Seize the cheese!

diamond, football/soccer field, playground, picnic areas, trails and woodlands.

Jones Falls Trail

3001 East Drive, Baltimore, MD 21217

The Jones Falls Trail is a 1.5 mile biking and hiking long trail that stretches from Penn Station to Druid Hill Park.

Northern Central Railroad (NCR) Trails

The NCR is a popular training trail for long runs. It extends for 20 miles and consists of a stone-filled surface. There are mile markers starting from the parking lot in Ashland to Pennsylvania.

Directions: Paper Mill: Take York Road (Route 45) to Cockeysville (Exit 18 off I-83). Turn right (east) on Ashland Road. Bear left onto Paper Mill Road. Go less than ½ mile. Look for safe parking areas along the road shoulder near the trail.

Contact: Gunpowder Falls State Park (410-592-2897)

Website: http://www.dnr.state.md.us/greenways/ncrt_trail.html

Northwest Baltimore Park

2101 W. Rogers Ave., Baltimore MD 21209

Northwest Baltimore Park contains soccer, baseball, lacrosse, and rugby fields, picnic area ideal for corporate team building activities, 18-tee Golf Driving Range.

Patterson Park

2601-A E. Baltimore St, Baltimore, MD 21224

Patterson Park has smooth pathways where bikers and runners can exercise. There are also the marble fountain, the Pulaski monument, the Pagoda, public sports field, public tennis courts and swimming pool (summer), and skating rink (winter).

Patterson Park occupies approximately 1 square mile (Over 2,200 houses) on the north and east corner of Patterson Park. The boundaries of the neighborhood are Milton Avenue on the west, Clinton Street on the east, Fayette Street on the north and Pratt Street on the south.

Reedbark Park

201 W. Reedbird Ave., Baltimore, MD 21225

Reedbird Park contains baseball/softball diamonds, soccer field, basketball court, tennis court, playground, picnic areas and swimming pool.

Riverside Park

1800 Covington St., Baltimore, MD 21225

Riverside Park has a baseball diamond, football field, basketball court, swimming pool, playground and picnic area.

Robert E. Lee Park

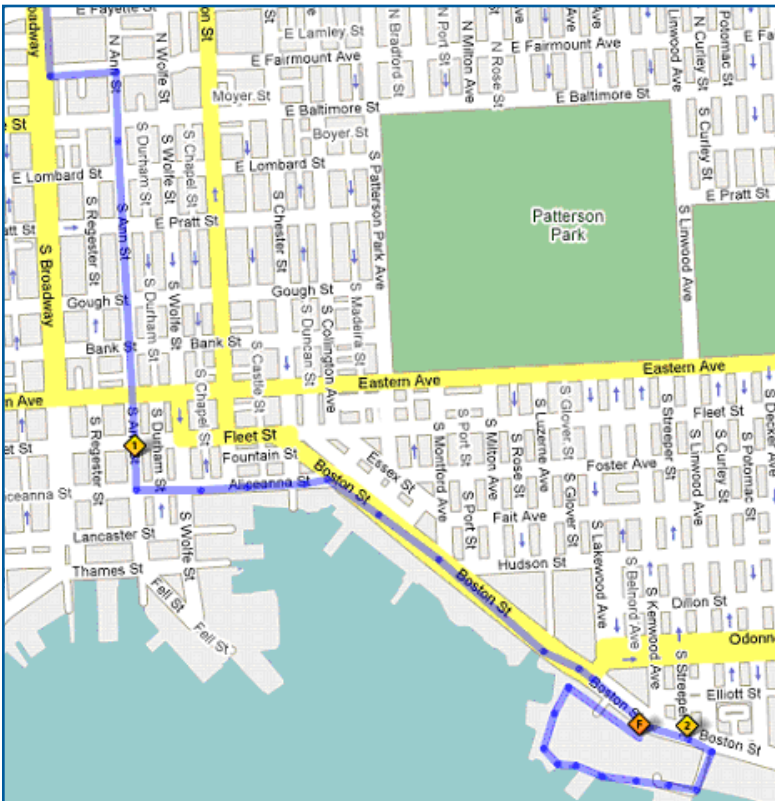
Falls Road and Lakeside Dr., Baltimore, MD 212010

It is a historical site with the Lake Roland Dam, a playground, picnic area, fishing, pavilions, trails and woodlands.

Wyman Park

501 W. 30th St., Baltimore, MD 21211

Wyman Park contains baseball/softball diamond, soccer/football field, playground, picnic areas, trails and the woodlands.



Running in Baltimore (Starting from Reed Hall)

Rule #1: Safety first!

This cannot be emphasized enough. East Baltimore can be dangerous and a place not to be messed with. Run

during the day, and run with the buddy. Check www.weather.com to see the sunrise and sunset times.

Tip: If you're planning a new route for yourself, let WalkJogRun (powered by Google) calculate your distance and speed for you. <http://www.walkjogrun.net/>

Recommended Run #1: Run down Wolfe or Anne St. until you hit Eastern Avenue. Make a left until you come across Patterson Park. A loop around Patterson Park and back is about 3.5 miles. (Please see map at start of section)

Recommended Run #2: Run down Wolfe or Anne St., make a left onto Fleet St. Continue and then bear right on Boston St. On your right you will see a brick path that will take you right along the harbor

past a parking lot and through an apartment area. Make a sharp right, if you run completely past the Safeway you've gone too far. Run straight until you reach a small park where there is a large flag and a stone circle on the ground to your left. This is the Korean War Memorial. The brick path along the water pretty much ends here. Turn around and come back and it's just about 5 miles.



Your everyday essential pink preppy polos.

Recommended Run #3: Run down Wolfe or Anne St. and keep going all the way until you hit the water front, then make a right and run to the corner where there will be sports store. Make another right and head up toward downtown. There are a bunch of piers you can run around, but if you run up to Eastern Ave., make a left, and follow the road where you will find several restaurants including the Cheesecake Factory. After this building, make a left and run past the visitor's center, which has a bathroom and a drinking fountain, and run around the harbor on the brick path. When you reach the end, if you make a right and go over the little hump past the parking garage, you will come to the Key highway. Make a left, run past the visionary arts museum, and make a right up Jackson (it's uphill). Here you can split off and do one of two things.

#2a) At the top of the hill, you make a right on Fort Ave and follow the road until you hit Charles St.,

then make a right on Charles St., follow it until you hit Conway, make a right on Conway and it will take you right back to the Visitor's Center. Then after backtracking back to Hopkins, this is about 7.5-8 miles.

#2b) If, at the top of the hill you make a left on Fort Ave. and stay on it, it will take you right to Fort McHenry where there is a mile loop right along the water (and a bathroom and a drinking fountain in the visitor's center). If you do the loop and then backtrack, it's about 11 miles.

Everyday Essentials

We hope you're excited about all that Baltimore has to offer! We love how Baltimore is overflowing with attractions, culture, and festivals at all times of the year, but we also want to give you information that will help you accomplish those everyday tasks. Below you'll find a list of banks, bookstores, places that provide car services, dry cleaners, hair salons, and grocery stores. And for those of you that enjoy shopping, Baltimore will not disappoint. There's plenty of shopping just downtown, and malls in every direction in the suburbs!

Banks

Bank of America – located on campus – 1800 East Monument Street, Baltimore, MD 21205, 410-675-6262. <http://www.bankofamerica.com>

Johns Hopkins Federal Credit Union – located on campus – 2027 E. Monument Street, Baltimore, MD 21287, 410-534-4500, 1-800-JHFCU-70. <https://www.jhfcu.org/>

Wachovia – located on campus – 2008 E Monument Street, Baltimore, MD 21205, 410-342-1054. <http://www.wachovia.com>

1st Mariner – 300 N. Charles Street, Baltimore, MD 21201-4300, 410-547-7600. <http://www.1stmarinerbank.com/>

Suntrust - 120 E. Baltimore Street, Baltimore, MD 21202, 410-986-1540. <http://www.suntrust.com>

Bookstores

Barnes & Noble is located in Inner Harbor and is a great place to just go browsing on a nice day. 601 E. Pratt Street, 410-385-1709 (Inner Harbor), Mon-Sat: 8-10, Sun: 9-9

Johns Hopkins University Bookstore (Barnes & Noble) just opened last year and has a Starbucks Café inside to jump-start your studying efficiency. Also, you can buy all kinds of Hopkins gear here to support the Blue Jays! 3330 St. Paul Street, 410-662-5850 (Charles Village), Mon-Sat: 9-10, Sun: 10-9

Matthews Johns Hopkins Medical Book Center has all the textbooks and board review books that you will ever need for the next four years, along with some Hopkins Medicine apparel. 1830 East Monument Street, 410-955-3931 (Medical Campus)

Car Needs

Brentwood Automotive, located in Hampden and always gets good reviews. 1035 W. 41st St., 410-889-6748 (Charles Village)

Comprehensive Care Car, 923 Cathedral Street, 410-539-1068 (Mount Vernon)

D & J Auto Care, near Superfresh on the Homewood campus. 1100 W. 41st St., 410-889-6536 (Charles Village)

Howard Exxon, once voted best in Baltimore and remains highly recommended. Howard and 25th St., 410-235-7391 (Charles Village)

Keswick Auto Center, 36th St. and Keswick Ave. 410-243-5750 (Charles Village)

Linder Auto Repair, within walking distance of Homewood campus. 3118 Brentwood Ave., 410-467-7129 (Charles Village)

Washworks, 2030 N. Howard Street. 410-837-9274 (Bolton Hill). Has been voted Baltimore's best car wash – no appointment necessary.

Dry cleaning

St. Paul Cleaners, 3120 St. Paul St., 410-235-4413 (Charles Village)

Standard Cleaners and Tailors, 3101 St. Paul St., 410-235-1033 (Charles Village)

Harbor Cleaners, speedy and reasonable prices. Dry cleaning, laundry and alterations/tailoring 575 S Charles St # 581 410-539-6477 (Inner Harbor)

Haircuts

Hair Cuttery is located near the Homewood campus and gives fairly decent haircuts. 711 W. 40th Street, 410-243-9709 (Charles Village)

Tenpachi is where you go to get your hair cut for \$10 in Baltimore. Quality not guaranteed. 3003 N. Charles Street, 410-889-9788 (Charles Village)

Tenpachi, same as the one above but just within walking distance of medical school. 1722 Eastern Avenue, 410-522-0074 (Fells Point)

Michael's Hair Designs, Michael devotes a whole half-hour to your hair and does an excellent job for \$18. 2 E. Saratoga St, Baltimore, MD 21202 (410) 539-7070. (Downtown)

Neals, is an upscale salon with spa but the trick here is to come on Tuesdays when students can get half price haircuts (\$20, originally \$40). 856 Park Avenue, 410-528-8100. (Mount Vernon)

Grocery Stores

Charles Village

Safeway is located in Charles Village and not too far from Mount Vernon and is a good place to get basic necessities. 2401 N. Charles Street, 410-261-6110

Giant is part of the Rotunda mall and is very close to the Homewood campus. It is in a mall that boasts a movie-theater, Rite-Aid, Radio Shack, and about 20 other establishments. 711 W. 40th Street, 410-467-0417

Superfresh is a large supermarket, located close to the Giant, and situated in strip mall that also has Rite-Aid, a Chinese takeout place, a dry cleaner, and Blockbuster Video. 1020 W. 41st Street, 410-243-0001

Waverly Farmers' Market has fresh produce and is only open on Saturday from 7:00 a.m. to noon. Located in a parking lot on the corner of 32nd street and Abell Avenue near Homewood campus.

Eddie's Market, convenient location for students living near Homewood campus and makes great deli sandwiches. 3117 St. Paul Street, 410-889-1558



*Stocking up on food ...
just in case ...*

Mount Vernon

Eddie's Market has an okay selection for produce but does serve great deli sandwiches. 7 W. Eager Street, 410-727-0154

Superfresh, a smaller version of the one in Charles Village, but is readily accessible in the heart of Mount Vernon (only a few blocks North of the Charles Center Metro stop). 222 N. Charles Street, 410-454-0157

Farmers' Market has great fresh fruits, veggies and food (apples, peaches, fresh made breads, homemade ice cream, cheese, etc.). It is open on Sundays from 8 a.m. - noon. You can walk to here from Reed but please do not do it alone. It is under Jones Falls Expressway on Saratoga Street between Holliday & Gay streets.

Fell's Point/Downtown

Whole Foods is Baltimore's grocery store with organic foods. 1001 Fleet St., 410-528-1640

Canton

Safeway has aisles wider than suburban markets and covered by near-monumental ceilings. The edges of the outside vestibule even feature those spindle needle-spikes to keep birds from landing and fouling the disconcerting shopper. But if you live in Canton, or even Reed, and you don't want to eat out every meal, you'd better learn where this store is. Grocery stores aren't too plentiful in this area. 2610 Boston St., Baltimore; (410) 675-3704

Federal Hill

Metro is the largest supermarket in Federal Hill. The following services are offered: Provident Bank, Western Union, Money Orders, Photo Processing, Pharmacy, Coinstar Machine, US Postage Stamps, Joss Sushi Bar.

Other Grocery Stores and Retailers

- BJ's Wholesale Club – 4201 Wholesale Club Dr., Baltimore, MD, 410-882-1100. M-Sat 9:00 a.m. - 9:30 p.m., Sun 9:00 a.m. – 9:00 p.m.
- Costco – 9919 Pulaski Highway, Baltimore, Maryland, 21220, 410-574-7563. Hours: M-F 11:00 a.m. - 8:30 p.m. Sat. 9:30 a.m. - 6:00 p.m. Sun. 10:00 a.m. - 6:00 p.m.
- Han Ah Reum – The go-to place for Asian groceries – 800 N. Rolling Road, Catonsville, (443) 612-9020
- Sam's Club 6650 – 8250 Eastern Ave., Baltimore, MD 21224, 410-284-2501.

Did you hear?

“The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease.”

Thomas A. Edison

- Sam's Club 6651 – 5702 Baltimore National Pike, Baltimore, MD 21207, 410-744-7174
- Trader Joe's – 1 E. Joppa Road, Towson, 410-296-9851. A reasonably-priced organic grocery store. Open from 9:00 a.m. to 9:00 p.m.
- Wal-Mart Store #3507 - 2701 Port Covington Drive, Baltimore/P. Coving, MD 21230, (410) 625-1971
- Wal-Mart Store #2248 – 6205 Baltimore National Pike, Catonsville, MD 21228, (410) 719-0600
- Wal-Mart Store #5344 – 1238 Putty Hill Ave Ste 5, Towson, MD 21286, (410) 494-4610
- Wal-Mart Store #3489 – 6420 Petrie Way, Baltimore, MD 21237, 410-687-4858
- Wegman's – A favorite among foodies. It offers both organic and non-organic food products, a hot food bar, and more. 122 Shawan Road, Hunt Valley, MD 21030, (410) 773-3900

Mail Services

United States Postal Service
Post Office
900 E Fayette Street
Baltimore, MD 21233-9715
800-ASK-USPS
www.usps.com
Hours: 8:30 a.m. to 9:00 p.m.
Monday-Friday, 8:30 a.m. to
5:00 p.m. Saturday, closed
Sunday

FedEx Kinkos
Downtown
11 S Charles Street
Baltimore, MD 21201
P: 410-625-5862
F: 410-685-1046

Charles Center
36 S Charles Street
Baltimore, MD 21201
P: 410-547-1350
F: 410-539-4198



Don't forget to get your haircut!

Hopkins Square
3003 N Charles Street
Baltimore, MD 21218
P: 410-467-2454
F: 410-467-4585

UPS
Downtown
211 E. Lombard Street
Baltimore, MD 21202
410-659-9360

Federal Hill
841 E Fort Ave.
Baltimore, MD 21230
410-625-0060

Movie Theaters

The Charles Theatre
1711 N. Charles St.
410-727-FILM
www.thecharles.com
Located in an intriguing historic building in Charles Village, this theater offers first-run specialty films in addition to Hollywood movies, foreign films and cinema classics.

The Senator Theatre
5904 York Road
410-435-8338
www.senator.com
The Senator is a historic, single-screen Art Deco movie theater that shows both first-run movies and classics.

IMAX at the Maryland Science Center
601 Light Street, Baltimore, MD 21230
410-685-5225

Rotunda Cinematheque
711 West 40th Street, Baltimore, MD 21211
410-235-4800

Regal Eastpoint Movies 10
7938 Eastern Boulevard, Baltimore, MD 21224
410-284-3100

AMC Owings Mills 17
10100 Mill Run Circle, Owings Mills, MD 21117
410-423-0520

Muvico Egyptian 24
7000 Arundel Mills Cir, Hanover, MD 21076
443-755-8992

Printing Services

FedEx/Kinkos
See “Mailing Services.”

Staples Downtown
1000 Russell Street
Baltimore, MD 21230
410-576-2192

Shopping Centers

Arundel Mills Mall
7000 Arundel Mills Circle, Hanover, MD 21076
410-540-5100
www.arundelmillsmall.com
The biggest outlet mall in the area.

Filene’s Basement
Lockwood Place
600 E. Pratt St.
410-685-2637
www.filenesbasement.com
Great discount shopping located in the Inner Harbor;
Accessible by Metro (Shot Tower/Market Place).

Hampden
www.hampdenmerchants.com
This quirky Baltimore neighborhood (home to Miracle on 34th Street at Christmastime) is well-known and well-liked for quaint boutique shopping and good eats.

Harborplace & The Gallery
200 E. Pratt St.
410-332-4191
www.harborplace.com
Also located in the Inner Harbor; Accessible by Metro (Shot Tower/Market Place). Has a good number of clothing stores including Gap, Banana Republic, and Express. Joseph Banks and Filene’s Basement are only a few blocks away, also on Pratt St.

Ikea
8352 Honeygo Blvd.
410-931-400
www.ikea.com
One-stop shopping for household needs (furniture, cookware, decorations, storage, textiles, etc.). A popular store among students moving into a new place.

Owning Mills Mall
10300 Mill Run Circle, Owings Mills, MD 21117
410-363-7000
www.owingsmillsmall.com

Towson Town Center
825 Dulaney Valley Road, Towson, Md, 21204
410-494-8800
www.towsontowncenter.com
Very large mall with easy access via I-83.

White Marsh Mall
8200 Perry Hall Blvd., Nottingham, MD 21236
410-931-7100
www.whitemarshmall.com
Great mall in the same area as Ikea.

Baltimore: Cool Attractions and Facts

What you'll find in this section is a short (and I mean short) list of cool places and faces that make Baltimore one of a kind. Baltimore really is a unique city that has a lot of great experiences that you won't find anywhere else. But don't take my word for it. Let this random collection be a guide for your own exploration of "The Greatest City in America."



First-years on their winter ski trip.

For starters, let's talk about visiting a national monument: The Washington Monument. Now you probably thought to yourself, "I thought the Washington monument was in DC?" Well yes, and no. The original, and some would say better, monument to our nation's first president is located in Mount Vernon square right here in Baltimore. It stands at 178 feet tall and for the price of (fittingly enough) a small, rectangular "George

Washington," you can walk around the museum located at its base, or climb the 228 steps for a great view of the Mount Vernon area. (1)

Another absolute must-see is the National Aquarium (www.aqua.org) in the Inner Harbor. "The Aquarium strives to blend naturalistic exhibit elements with the most modern interpretive techniques, engaging visitors by focusing on the beauty of the aquatic world and thereby eliciting an emotional response and awakening in visitors the desire to be environmentally responsible. Exhibits are designed to replicate natural environments and avoid the unnatural mixing of species. Specimens are chosen to give the best examples of biological concepts in an interesting and accurate way. The collections embrace diverse world-wide habitats. The ultimate goal

is for the exhibits and programs to spark responsible actions in visitors.” The aquarium is Maryland’s leading tourist attraction and it definitely has to be on your list of places to visit in Baltimore.

Know any architecture buffs? Want to win five dollars? Ask them, “What city is home to the tallest equilateral five-sided building?” If they know any five sided buildings, they’ll probably guess Houston (home to the JPMorgan Chase Tower). Well, they’re wrong! The correct answer is, of course, Baltimore! The World Trade Center building, located in the Inner Harbor, is the tallest of its kind. It has an observatory located at the top called the Top of the World that gives an awesome, panoramic view of the city (2).

“O say can you see, by the dawn’s early light, a large red, white and blue banner? ‘Whose broad stripes and bright stars . . . were so gallantly streaming!’ over the star-shaped Fort McHenry during the Battle of Baltimore, September 13-14, 1814. The valiant defense of the fort by 1,000 dedicated Americans inspired Francis Scott Key to write ‘The Star-Spangled Banner.’ ” (<http://www.nps.gov/fomc>) Fort McHenry is located on the southern tip of the South Baltimore peninsula, aptly situated to defend the city. It is a beautiful landmark worthy of exploration.

When you think of people immigrating to America, what pops into your head? Ellis Island, I’m sure. Well, wouldn’t you know, Charm City was second only to Ellis Island as a port of immigration. Even today, many waterfront neighborhoods retain their ethnic identities. Take a walking tour of the immigration sites given by the Baltimore Immigration Project and the Preservation Society. Visit <http://www.preservationsociety.com> and check out their walking tours.

Frederick Douglass, the famous abolitionist, spent part of his time as a slave in the city of Baltimore. It was here that Douglass learned how to read and later met his wife. You can take a tour of the places where he lived and escaped from with the Baltimore Black Heritage Tours. 410.783.5469

“The Sultan of Swat! The Colossus of Clout! The King of Crash! The Great Bambino!” Do you know who I’m talking about?!!! NO?!!! “You’re killing me, Smalls!” (And for those of you who don’t know where that quote came from I recommend watching *The Sandlot*). Why George Herman Ruth, of course. Or as he was more commonly known, Babe Ruth. That’s right: the man, the myth, and the legend got his humble beginnings just a couple blocks away from Camden Yards. The Babe got his start and his nickname when he

signed with his first major league team, the Orioles. His birth place, located at 216 Emory Street, is now home to a museum in the Bambino's honor (<http://www.BabeRuthMuseum.com>) (3).

Once upon a midnight dreary, while I pondered, weak and weary,
Over many a quaint and curious volume of forgotten lore,
While I nodded, nearly napping, suddenly there came a tapping,
As of some one gently rapping, rapping at my chamber door.
"Tis some visiter," I muttered, "tapping at my chamber door --
Only this, and nothing more."

(<http://www.eapoe.org/works/poems/ravent.htm>)

Those are the opening lines to Edgar Allan Poe's most famous poem "The Raven." Poe spent part of his life and all of his death in Baltimore. He is buried at the Westminster Hall and Burying Ground. Every year on the night of Poe's birthday (January 19) a mysterious and anonymous figure known as the Poe Toaster, dressed completely in black, goes to the grave and offers a toast of Cognac to the late poet and then leaves three roses and a half bottle of Cognac to the American icon. You can watch the hallowed event take place from a distance if you dare (<http://www.eapoe.org/balt/poegrave.htm>) (4).

Speaking of "The Raven," the Super Bowl XXXV champion Baltimore Ravens garnered their mascot name from the famous poem. The Ravens came to Baltimore as a result of a franchise move of the Cleveland Browns. The Ravens' inaugural season was 1996. In 2000, the Ravens recorded their best season bringing home the coveted Lombardi Trophy. They play at M&T Bank Stadium and tickets will run you from \$50-340 depending on how close to the action you want to be. By the way, we hate the Colts. Back in the day, the Indianapolis Colts were the Baltimore Colts with Hall of Famers like Art Donovan, Don Shula, and Johnny Unitas. On March 29, 1984 the Colts literally packed up in the middle of the night and moved to Indianapolis. The getaway was caught on television and Indianapolis has been hated ever since. <http://www.baltimoreravens.com>

Name one famous player from the Orioles. Hands down that's got to be Cal Ripken, Jr., and to those in Baltimore, Cal Ripken, Sr. holds a special place as well. The Ripkens could probably be considered one of baseball's most recognized names. Cal Sr. spent 36 years in the Orioles organization as a player, manager, and scout. His two sons Cal Jr. and Billy both played for the O's while he was a manager of the Orioles. Cal Jr. is known best for The Streak. Ripken, played in 2,632 consecutive games over a

Baltimore Firsts

1848

First ice cream freezer—patented by W. G. Young

1869

First candy factory to produce licorice—J.S. Young Company

1876

Johns Hopkins University founded

1886

First public Library System with branches—Enoch Pratt Free Library

1900

First time duck bowling introduced—at Diamond Bowling Alleys

sixteen year period. Go check out the history of the Ripkens and the sports history of Baltimore at the Sports Legends at Camden Yards. It is located at the original Camden Yards Station of the Baltimore & Ohio Railroad. “Camden Station itself is an historic artifact, as the first blood of the Civil War was shed outside the station’s northern portals on Pratt Street. Union troops, on foot from the President Street station to Camden Station, clashed with angry southern sympathizers, leading to the first Civil War battle. Abraham Lincoln also passed through the building on several occasions, once on his way to Gettysburg.” (www.baberuthmuseum.com/museum/sports.cfm) You should also catch an Orioles game at Camden Yards. Tickets are really cheap, and even if you’re not an O’s fan, it’s a great time at a great park.

“Out in front is Catch me if you can! He’s neck and neck with Knock Your Socks Off, around the corner comes Pardon My Dust and pulling up the rear is Save the Best for Last!” No, I’m not crazy, those are actual horse names and that’s something you might hear at the Running of the Preakness Stakes. The middle race in thoroughbred racing’s Triple Crown, the Preakness Stakes are run every year at Pimlico Race Course in Baltimore. Tickets are reasonably priced, so grab your biggest hat, put on some big glasses and go bet it all (<http://www.pimlico.com>)!

Dr. Donna Magid, (Associate Professor, Radiology, Associate Professor, Orthopaedic Surgery, Director, Medical Student Elective, Co-Director, Radiology Residency Selection, Assistant Director, Radiology Residency Program) a name you will get to know and love during your medical school career, has this to say about the Maryland Zoo, “The newly-revamped Zoo has the nation’s best Children’s Zoo section, complete with giant faux turtle shells and birds’ nests just the right size to snuggle your kids (quick, photos for the grandparents!), a petting zoo, milkable mechanical cow, and perpetually hatching chickies. The Africa section boasts cheetah (new cubs just went on display), zebra (Blue was born here), warthogs (rude things), rhino, hippos, giraffe, lions, hoof stock and of course our favorite grand old ladies Molly and Anna, our two African elephants (yeah, and I’m supposed to radiograph their feet once a year....not so easy!). My own adopted ‘child’ Magnet (we helped with his orthopaedic surgery, a few years ago) and his rescued girlfriend Alaska (confiscated from the wild illegally, then confiscated from that circus by Federal Wildlife folks) are the rulers of the Polar Bear Watch and truly love company—they are performers at heart. Flamingoes, the largest black-footed penguin

colony in this hemisphere (the fluffy lil' baby chicks are to die for!), the world's most adorable prairie dog colony, a chimp community in a Trader's Vic setting, designed so they can watch us as easily as we watch them swing, slide, climb, groom, and posture. The Chief Vet is also Director of the Rwanda Mountain Gorilla Project, and helps supervise the genome for all the zoos in the country—I'll keep you aware of interesting conferences or lectures." If you would like to read more of what she has to say about life in Baltimore check out <http://www.rad.jhmi.edu/residents/baltimore.htm>. Also, check out the zoo's website: <http://www.marylandzoo.com>

"Gunpowder Falls State Park (nearly 18,000 acres in Harford and Baltimore Counties) was established to protect the stream valleys of the Big and Little



Escaping from class by sea.

Gunpowder Falls and the Gunpowder River, which begins at Days Cove where the Big and Little Gunpowders converge. A variety of topography exists in this long, narrow park, from tidal marshes and wetlands to steep, rugged slopes. There are more than 100 miles of trails, including the 21 mile Northern Central Railroad (NCR) Trail. The park features excellent

trout fishing opportunities, as well as other freshwater and tidal fishing areas. Park areas include Hereford Area, along York Rd. in Parkton; the NCR Trail which extends from Ashland to the Pennsylvania line; the Central Area which extends from Baldwin to Days Cove along both river valleys and includes the historic village of Jerusalem; the Hammerman Area which is located in Chase near the intersection of Eastern Avenue and Grace Quarters Road and offers a swimming beach on the Gunpowder River; and Dundee Creek Marina, also located in Chase which offers boat launching, rowboat rental, fuel and a marina store." (<http://www.dnr.state.md.us/publiclands/central/gunpowder.html>)

Need a cool date idea? How about going to an authentic drive-in movie? Bengies Drive-In Theatre has been operating since 1956 and it boasts the larg-

est movie screen in America. It is a unique experience that beats just going to the regular movies. It offers double and triple features that begin at sunset and technology that allows you to listen to the movie through your car's radio. <http://www.bengies.com>

Do you like the Food Network? Do you have a sweet tooth? How about a big wallet? Well if you answer yes to two out the three then you'll love Baltimore's own Charm City Cakes featured on the Food Network "By shaping cakes with drill saws and blow torches and staffing his bakery with fellow rock musicians, Duff Goldman is not your typical baker. Yet he's one of the most sought after cake makers in the country. From a tilted Dr. Seuss-like-seven-tiered-wedding cake to an almost perfect replica of Wrigley Field, he and his team of artists dish up sugar and spice in the most unexpected and entertaining ways." Charm City Cakes has gotten so popular that you can't actually go in to gawk at the magnificent creations being made. The store is open by appointment only and a cake from CCC will set you back a pretty penny. You might be like me and can't afford a Duff Goldman cake, but you can check out these websites to find out more: <http://www.foodnetwork.com>, <http://www.charmcitycakes.com>.

While we're on the topic of food, we must give a nod to Baltimore's historic Lexington Market. It has occupied it's original location on Lexington Street between Eutaw and Greene Streets since 1782, making it the world's largest continuously running market. The land was donated by General John Eager Howard, a hero of the American Revolution, and named after the Battle of Lexington. Merchants and farmers used to gather here to trade goods, but today the Market features local favorites like crabcakes, Pollock Johnny's Hot Dogs, and Berger's Cookies (shortbread cookies topped with fudge). Lexington Market also hosts annual events like a chocolate festival, the Preakness Crab Derby, a Black History Month Celebration, and a Health Fair. When the Ringling Brothers Barnum & Bailey Circus comes to town, even the elephants march here for lunch!

More Notable Baltimoreans

Did you know the famous West Coast rapper Tupac Shakur actually went to high school in Baltimore (the East Coast!)? That's right. Tupac moved to Baltimore in 1984. He attended Paul Lawrence Dunbar High School (2 blocks from the hospital campus) for his sophomore year and then enrolled in the Baltimore School for the Arts where he studied acting, poetry, and jazz. Shakur became close friends with another Baltimore celebrity at the Baltimore School for the Arts, Jada Pinkett Smith (5).

Did you know ...

"The art of medicine consists of amusing the patient while nature cures the disease."

Voltaire

The Denver Nuggets star, Carmelo Anthony, lived in the Druid Hill neighborhood of Baltimore and went to high school at Towson Catholic High School.

Michael Phelps, the world record setting swimmer, was born in Baltimore and graduated from nearby Towson High School.

Other famous names include Thurgood Marshall, Billie Holliday, Muggsy Bogues, Sisqo and the members of Dru Hill (from the Druid Hill neighborhood), Nancy Pelosi, and the list goes on.

1. http://en.wikipedia.org/wiki/Washington_Monument%28Baltimore%29

2. http://en.wikipedia.org/wiki/Baltimore_World_Trade_Center

3. http://en.wikipedia.org/wiki/Babe_Ruth

4. http://en.wikipedia.org/wiki/Death_of_Edgar_Allan_Poe

5. http://en.wikipedia.org/wiki/Tupac_Shakur

Culture

Wait, is there even anything to put in this section? This is Baltimore, after all? Of course there is! Because Baltimore is often not considered a major cultural center, many students are very pleasantly surprised at the wide variety of exciting (and affordable!) performances, museums, and other events here.

Art

Did you hear?

“It is only an auctioneer who can equally and impartially admire all schools of art.”

Oscar Wilde

American Visionary Art Museum
800 Key Hwy.
Hours: Tues-Sun 10-6
Admission: \$11
<http://www.avam.org/>

Walters Art Museum
600 N. Charles St.
Hours: Wed-Sun, 10-5, Fri -8
Admission: Free
<http://www.thewalters.org/>

Conveniently located right on Mount Vernon square, across from the JHMI shuttle stop, the Walters is something everyone must visit at least once while living in Baltimore—especially since it is currently free! But do go soon, admission fees will only be waved through the end of September 2007. The museum is open from 11:00 a.m. to 5:00 p.m. on Wednesday to Sunday, but they extend their hours to 8:00 p.m. on Friday, so you can get some culture after going to Liver Rounds

or before having dinner on Charles. St. The museum has a strong collection of European Art, starting with a beautiful collection of Medieval paintings, sculpture and stained-glass, and continuing chronologically with works by Raphael, Vasari, El Greco, Ingres, Gericault, Delacroix, Manet, Monet, Sisley, Cassatt, Pissaro. More impressive, however, is the collection of non-European art. This includes a well-reputed collection of Ancient Egyptian, Greek and Roman art, a section of Byzantine and Islamic art that must not be missed, a strong collection of Mesoamerican art, and a diverse Asian art section, covering India, Southeast Asia, China, Korea and Japan.

Baltimore Museum of Art
10 Art Museum Dr.
Hours: Wed-Fri, 11-5, Sat-Sun
11-6
Admission: Free
<http://www.artbma.org/>

Located just south of the Homewood campus, the BMA is easily accessible by the JHMI shuttle and is also currently free. The BMA is open between 11:00 a.m. to 5:00 p.m. on Wednesday to Friday and from 11:00 a.m. to 6:00 p.m. on Saturday and Sunday. The museum is best known for the Cone collection, which includes a fantastic collection of paintings by Matisse, as well as works by Monet, Renoir, Degas, Van Gogh, Gauguin, and Picasso. The museum also has an interesting collection of Modern and Contemporary art, Renaissance and Baroque art, as well as Roman Mosaics. While the non-European art is not as strong, the BMA also attracts a number of large traveling exhibitions. The BMA is also the site of Gertrude's, a wonderful dining destination (see Restaurants).



First years making their own music.

Music

Peabody Conservatory
<http://www.peabody.jhu.edu/>

One of the best conservatories in America, Peabody is a part of Johns Hopkins, giving medical students the option of taking courses or being involved in music groups. Moreover, the conservatory also has a multitude of concerts, recitals, operas and dance performances, many of which are free, but will cost at most \$8 with

a student ID. The performances are often of very high quality and rarely sell out ahead of time (except for the operas). For more information, check the events calendar of the Peabody website.

Baltimore Symphony Orchestra
<http://www.baltimoresymphony.org>
410-783-8000

The Baltimore Symphony Orchestra has a wide variety of performances over the year, with a different program almost every week. The cheapest tickets are generally \$25 or less, student rush tickets can also be bought on the night of some performances for \$10. Groups can get rates as low as \$10 a person. But its best to call ahead to see if its likely that they'll have student rush tickets before you head out to the symphony hall because popular concerts are quick to sell out. Meyerhoff Symphony hall is a very interesting and beautiful building that is accessible by Metro (State Center/Cultural Center stop).

Baltimore Opera
<http://www.baltimoreopera.com>

The Baltimore Opera gives four performances each year, and the 2007-2008 season features Verdi's *La Forza del Destino*, Donozetti's *Maria Stuarda*, Gonoud's *Romeo and Juliet* and Puccini's *Madama Butterfly*. Tickets range from \$45-\$122, and a program called *Extreme Opera* allows anyone 25 and under to buy a ticket to two different operas an hour before the performance (at a discounted price). The Baltimore Opera does not have any student rush tickets or programs for people over the age of 25. Performances are at the Lyric Opera House, located near the symphony hall.

Theatre

Center Stage
<http://www.centerstage.org/index.php>

Center Stage is the main theatre company in Baltimore, putting on seven productions each year. Located in Mount Vernon only a few blocks from the JHMI Peabody stop, student rush tickets are available on the day of the performance—but do call in advance to check on the availability of tickets.

Miscellaneous

Great Blacks in Wax Museum
1601 E. North Ave
Hours: Vary, Check Online
Admission: \$6
<http://www.ngbiwm.com/>

Public Transportation

Car/Parking

Parking website: <http://www.hopkinsmedicine.org/som/offices/finaffairs/parking/>

One of the first questions that an incoming medical student asks is if a car will be necessary in Baltimore. During the first two years, students may want a car for a variety of reasons. Some enjoy the convenience of being able to go anywhere, anytime. Those who live off-campus may find it's the easiest way for them to get to campus. Keep in mind that in preclinical years, we do not get free on-site parking. But, we do get free satellite parking (with free shuttle service to campus) on weekdays and free on-campus parking between 4:00 p.m. and 8:00 a.m. and on weekends. Students may choose to pay \$115 per month for on-campus parking at any time. When rotations start, students get free parking on-site, and most students will end up getting a car. Overall, students who have cars enjoy them, and those who do not find it easy to catch rides with their fellow classmates.

Metro

<http://www.mtmaryland.com/services/subway/>

It's certainly convenient that there is a Metro stop right on campus, with one entrance right across from Reed on Broadway and another at the corner of Broadway and Monument. Furthermore, students can purchase a monthly Metro pass at the School of Medicine's Business Office for just \$20 a month. Unfortunately, much of the originally envisioned Metro was never built, so today we have just a single line running from Hopkins, through downtown, and into the north-west suburbs. A few students commute to and from class using the Metro, which is quite reliable during the day. The schedule is published online, and the trains leaving Hopkins follow it pretty closely. However, after rush hour, the subway runs less frequently (once every 20-30 minutes rather than once every 8-10 minutes). The Metro runs from 5:00 a.m. to midnight on weekdays and 6:00 a.m. to midnight on weekends.

The Metro is also convenient for getting downtown, to the harbor, to the cultural center, to Bolton Hill, and to the northwest suburbs. The Metro ends at Owings Mills, right near the mall, and can be useful if you need to go shopping. For those living in Reed without a car, there is a Superfresh three blocks north of the Charles Center stop which is probably the easiest way to get groceries on

public transportation. The Shot Tower/Marketplace stop gives easy access to most of the harbor, while the Ravens and O's stadiums are about a ten to fifteen minute walk from the Charles Center stop. The Symphony and Opera halls are walking distance from the State Center/Cultural Center stop.

Light Rail

<http://www.mtmaryland.com/services/lightrail/>

The light rail is an easy and affordable way to get to and from the airport. The light rail and Metro both stop at Lexington Market, so an easy way to get from campus to BWI is to change there. Do check the schedule in advance and leave with ample time: the light rail does not come that often and may be delayed.

JHMI Shuttle

http://www.parking.jhu.edu/shuttles_jhmi-homewood.html

The JHMI shuttles (there is a local and an express) stop at the corner of Monument and Wolfe Streets, right across from the Pre-Clinical Teaching Building (PCTB). The local shuttle then stops at Mount Vernon Square (Mount Vernon drop off is at Charles and Mount Vernon, while pick up is at St. Paul and Centre Streets), Penn Station, and then continues to Homewood (stopping at a few points along the way). The express shuttle goes directly to Homewood. The schedule is printed online and is followed pretty closely. Service is pretty good on the weekdays (although it depends a lot on traffic), but on the weekends the shuttles only come once an hour and end at 6:00 p.m.

Cabs

Cabs are fairly easy to find in most major areas (Fells Point, Canton, Downtown etc) and are just a telephone call away in others, but they can get expensive. Splitting a cab with classmates after a night out on the town should be very reasonable. Also, most cab companies have a flat rat of \$35 to get you to or from the airport from most of Baltimore city.

Regional Travel

MARC

<http://www.mtmaryland.com/services/marc/>

The MARC commuter trains are an easy way to get to and from DC, as they leave from Penn Station and

Check It Out!

Want to save your money? Try out the following:

\$13 for all-you-can-eat Italian dessert at Vaccaro's on Monday nights

Half-price Cuban sandwiches at Little Havana on Mondays

Half-price burgers at Kooper's Tavern on Tuesdays

Weekday happy hour at McCormick and Schmick's with \$2-4 seafood, burgers, and more

Camden Yards Station (right near the stadium), and a one-way ticket is just \$7. The service from Penn Station is faster and the trains are a little nicer. Tickets can be bought at Amtrak electronic kiosks or on board (Tip: buy tickets before you get on the train because some conductors will charge extra fees on board). The trains follow precisely the schedule online, but unfortunately, there is no service on weekends or holidays. Most of the trains that leave from Penn station stop at the BWI rail station, so an alternative way of getting to the airport is to take the JHMI shuttle to Penn Station and then take the MARC train to BWI.

Amtrak

<http://www.amtrak.com>

Fortunately, almost all Amtrak trains going through the northeast corridor stop at Penn Station, providing easy access to DC, Philadelphia, New York etc. The trains are pretty nice and are generally reliable. However, tickets can get quite expensive, with one way tickets to DC running \$20 and to NYC \$90.

Chinatown Bus

<http://www.staticleap.com/chinatownbus/>

A much cheaper alternative to Amtrak that will get you to NYC is the Chinatown bus, which is \$20 for a one way ticket and \$35 for a round trip ticket.

Food

“mmm... Food.” – Homer Simpson, one of our many role models.

In the pages that follow you'll find a lot of restaurants that we've checked out over our collective time in “the City that reads” (note: from an old street side bench). Just remember that this is by no means a comprehensive list, and if you discover something new and enjoyable, please jot it down for future editions of Meducation.



Ain't nothin' like a spicy chicken wing!

Afghan

Afghan Kabob House
37 S. Charles St.
410-727-5511

Location: Downtown/Inner Harbor

Price: Less than \$10

Comments: This hole in the wall just a few blocks from the harbor offers great kabobs with fantastic rice at a very good price.

Helmand
806 N. Charles St.
410-752-03111

www.helmand.com

Location: Mount Vernon

Price: \$10-25/entrée

Comments: One of the best restaurants in Baltimore! This Zagat-rated restaurant is owned by one of Hamid Karzai's relatives, this restaurant provides excellent food and a good selection of wines for a range of occasions, from a simple get together with classmates to a romantic date.

American/Seafood/Miscellaneous

Abacrombie
58 W. Biddle St.
410-837-3630
www.abacrombie.net

Location: Mount Vernon

'B'
1501 Bolton St.
410-383-8600
Location: Bolton Hill

Baltimore Cupcake Company
1433 E. Fort Ave
410-783-1600
<http://www.baltimorecupcakecompany.com/>

Comments: Happy hour here is \$1 cupcakes and occurs on Monday through Thursday, 5:30 p.m. to 6:00 p.m.

Bertha's
734 S. Broadway
410-327-5795
www.berthas.com

Blue Moon Café
1621 Aliceanna St.
410-522-3940
Price: \$5-15/entrée

Comments: Although the lines can be long for brunch, this is a great place to end a night in Canton or Fells Point as it is open very late. The biscuits are superb, as are the pancakes.

Brass Elephant
924 N. Charles St.
410-547-8480
www.brass elephant.com
Location: Mount Vernon

Brewer's Art
1106 N. Charles St.
410-547-6925
Comments: This is a popular hangout, but it's also a decidedly upscale restaurant, serving primarily European-style country fare and maintaining a fairly intriguing wine list. The place can get a bit noisy, so if you are trying to impress, ask for the back room.

Capital Grille
500 E. Pratt St.
443-703-4064
www.thecapitalgrille.com
Location: Downtown/Inner Harbor

Cheesecake Factory
201 E. Pratt St.
410-234-3990
www.thecheesecakefactory.com
Location: Downtown/Inner Harbor

Corks
1026 S. Charles St.
410-752-3810
www.corksrestaurant.com
Location: Federal Hill

Costas Inn Crab House
4100 N. Point Blvd., Dundalk
410-477-1975
www.costasinn.com
Location: Dundalk

Faidley's Seafood
Lexington Market, 203 N. Paca St.
410-727-4898
www.faidleyscrabcakes.com
Location: Lexington Market

Five Guys
Harborplace, Pratt St. Pavilion, 201 E. Pratt St.
410-244-7175
www.fiveguys.com
Location: Downtown/Inner Harbor
Price: \$5/burger

3600 Boston St.
410-522-1580
Location: Canton

111 W. Centre St.

410-244-5234

Location: Mt. Vernon

Comments: This DC-based chain has some of the best burgers around! They have tons of condiments you can add to your burger, and the burgers are very juicy and filling.

Gertrude's

BMA, 10 Art Museum Drive

410-889-3399

www.gertrudesbaltimore.com

Location: Homewood

Comments: This restaurant serves classic Chesapeake fare made with local and organic ingredients whenever possible. It is most popular with medical students on Tuesday night, when the entrees drop to half-price. There is also beautiful outdoor dining overlooking the BMA sculpture garden – this can be a great place for brunch when the folks are in town!

Hampton's

550 Light St.

410-347-9744

www.harborcourt.com

Location: Downtown/Inner Harbor

Henninger's Tavern

1812 Bank St.

410-342-2172

www.henningerstavern.com

Location: Fells Point

Kali's Court

1606 Thames St.

410-276-4700

www.kaliscourt.com

Location: Fells Point

Kooper's Tavern

1702 Thames St.

410-563-5423

Location: Fells Point

Comments: This tavern is especially popular for happy hour on Tuesday, when burgers are half price.

Legal Sea Foods

100 E. Pratt St.

410-332-7360

www.legalseafoods.com

Location: Inner Harbor/Downtown

Lexington Market

400 W. Lexington Street

410-685-6169

<http://www.lexingtonmarket.com/index.html>

Location: Downtown

Comments: The Market features a range of food stalls as well as a serving of Baltimore history!

Martick's

214 W. Mulberry St.

410-752-5155

Location: Downtown/Inner Harbor

McCormick and Schmick's

Pier 5 Inner Harbor, 711 Eastern Avenue

Baltimore, Maryland 21202

(410) 234-1300

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

Comments: During happy hour on weekdays (including Fridays!) from 3:30 to 6:30 p.m. and 9:30 p.m. to 1 a.m., McCormick and Schmick's serves up great food – cheese quesadillas, mussels, burgers, fish tacos, and more – for just \$1.95 or \$3.95 a plate! A great way to unwind and enjoy the company of friends with a gorgeous view of the Inner Harbor.

Morton's Steakhouse

300 S. Charles St., Sheraton inner Harbor Hotel

410-547-8255

Location: Downtown/Inner Harbor

Never on Sunday

829 N. Charles St.

410 727-7191

Location: Mount Vernon

Comments: Great little diner to grab a quite bite or some late-night munchies. They serve all the usual diner fare as well as some Greek food. The people-watching as people are heading home from the bars is tons of fun. Their waffle fries are fantastic!

Obrycki's Crab House

1727 E. Pratt St.

410-732-6399

www.obryckis.com

Location: Fells Point

Oceanaire Seafood Room

801 Aliceanna St.

443-872-0000

Location: Fells Point

Owl Bar

1 E. Chase Street

Phone: (410) 347-0888

<http://www.truffles catering.com/owlbar/index.html>

Location: Mount Vernon

Comments: Located right on the first floor of the

Belvedere, this place makes one of the best burgers in Baltimore! The rest of their menu is an intriguing mix of fine dining and munchies-satisfying victuals.

Baltimore Firsts

1904

Downtown Baltimore destroyed by fire—The Great Baltimore Fire

1916

First municipal orchestra supported by public funds—Baltimore Symphony Orchestra

1946

First photograph of earth from space—produced at Johns Hopkins Applied Physics Laboratory

1966

First baseball player to be named MVP in both leagues—Frank Robinson

1967

First African-American to serve on the US supreme Court—Baltimorean Thurgood Marshall

1995

First American city to win championship in the Canadian Football League—Baltimore Stallions

Papermoon Diner

227 W. 29th St.

410-889-4444

www.papermoondiner24.com

Location: Homewood

Peter's Inn

504 S. Ann St.

410-675-7313

www.petersinn.com

Location: Fells Point

Petit Louis Bistro

4800 Roland Park

410-366-9393

www.petitlouis.com

Location: Roland Park

Phillips

Harborplace Light St. Pavillion, 301 Light St.

410-685-6600

www.phillipsseafood.com

Price: \$15-\$30

Comments: Great seafood, beautiful views of the harbor, and friendly service. The Chesapeake crab cakes here are excellent. The proximity of the restaurant to the harbor as well as the good quality of its seafood make it a top choice for entertaining visiting family members. Also check out the nearby Phillips Express for a less expensive, take-out version of their food if you happen to be near the harbor but low on time.

Prime Rib

1101 N. Charles St.

410-539-1804

www.theprimerib.com

Location: Mount Vernon

Red Maple

930 N. Charles St.

410-547-0149

www.930redmaple.com

Location: Mount Vernon

Roy's

720B Aliceanna St.

410-659-0099

www.roysrestaurant.com

Location: Fells Point

Rusty Scupper
402 Key West Highway, Inner Harbor
410-727-3678

Location: Inner Harbor/Downtown

Price: \$28-40/entrée

Comments: This restaurant has a fantastic location, just at the end of the harbor right on the water. Make reservations in advance to get a table with a fantastic view of the water or downtown—or both! The food is quite good, and this is another reliable restaurant to bring visitors to after seeing the harbor or aquarium.

Salt

2127 E. Pratt St.

410-276-5480

www.salttavern.com

Location: Canton

Sascha's

527 N. Charles St.

410-539-8880

Location: Mount Vernon

SoBo Café

6 W. Cross St.

410-752-1518

Location: Federal Hill

Sip & Bite Diner

2200 Boston St.

410-675-7077

Location: Canton

Comments: A great little diner in Canton. This is a popular place to head after a night out in either area. For a truly interesting experience—try the scrapple (and don't ask what it is, just know that's it's a beef product)!

Zodiac

1724 N. Charles St.

410-727-8815

Price: \$8-25/entrée

Location: Mount Vernon

Comments: This cute little restaurant serves creative mixes of food, often arranged in an aesthetically pleasing manner. The food is good, but the wait can be long, so allot plenty of time.

XS

1307 N. Charles St.

410-468-0002

www.xsbaltimore.com

Location: Mount Vernon

Comments: This über chic converted warehouse restaurant in trendy Mount Vernon attracts a hip crowd with its unexpected menu of breakfast foods, salads,

sandwiches, and sushi! The desserts are also good and generally under \$5, making this a good intermediate point between a nice dinner and going out later in the evening. They also have a great, \$1 sushi special from 4:00 p.m. to 7:00 p.m. every weekday.

Chinese

Chinatown Café
323 Park Ave.
410-727-5599
Location: Downtown/Inner Harbor

P.F. Chang's
Lockwood Place
600 E. Pratt Street
(410) 649-2750
<http://www.pfchangs.com>
Location: Downtown/Inner Harbor

Sonny Lee's Hunan Taste
750 Main St., Reisterstown
410-833-7288
Location: Reisterstown

Cuban

Little Havana
1325 Key Highway,
410-837-9903
<http://www.littlehavas.com/>
Location: Federal Hill
Comments: This restaurant has a number of weekly specials that are worth checking out. One favorite is the half-priced sandwiches on Mondays.

Ethiopian

Dukem
1100 Maryland Ave
410-385-0318
www.dukemrestaurant.com
Location: Mount Vernon/Cultural Center
Price: \$8-20/entrée
Comments: Those with an adventurous culinary side will be rewarded by a trip to an Ethiopian restaurant! Sitting on stools and eating only with your hands is always a fun experience, augmented at Dukem by the excellent food and large portions. Also try the interesting honey wine, if you have a chance!

Greek

Black Olive
814 S. Bond St.

410-278-7141
Location: Fells Point

Ikaros
4805 Eastern Ave.
410-633-3750
Location: Greek Town
Comments: This is a great restaurant. The waitstaff will be sure to make you feel at home while you try pound down the generous helpings of food they have to offer.

Samos
600 S. Oldham St.
410-675-5292
www.samosrestaurant.com
Location: Greek Town
Comments: Incredible Greek restaurant. They don't take reservations, but the wait isn't too long. The scents wafting from the open kitchen as you wait will be enticing enough to keep you from leaving.

Zorba's Bar and Grill
4710 Eastern Ave.
410-276-4484
Location: Greek Town

Indian

Akbar
823 N. Charles St.
410-539-0944
www.akbar-restaurant.com
Location: Mount
Vernon

Price: \$8-18/entrée
Comments: Another
excellent restaurant,

Akbar has awesome all-you-can-eat lunch buffets for less than ten bucks. The ambiance for dinner is also quite pleasant and the staff is quite accommodating of large groups of medical students. The food is generally very good, especially the Chicken Korma.



*He just got accepted
to Hopkins.*

Ambassador Dining Room
3811 Canterbury Rd.
410-366-1484
www.ambassadordiningroom.com
Location: Homewood

Banjara
1017 S. charles St.
410-962-1554
Location: Federal Hill

Mughal Garden
920 N. Charles St.
410-547-0001
Location: Mount Vernon
Price: \$8-18/entreee
Comments: Like Akbar, this restaurant also has an excellent all-you-can-eat lunch buffet for less than ten bucks. The restaurant is quite large and can very easily seat large parties for lunch or dinner, and the food is also quite good.

Italian

Aldo's
306 S. High St
410-727-0700
www.aldositaly.com
Location: Little Italy

Boccacio
925 Eastern Ave.
410-234-1322
www.boccaccio-restaurant.com
Location: Little Italy

Chiappareli's
237 S. High St.
410-837-0309
www.chiapparelis.com
Location: Little Italy

La Tavola
248 Albemarle St.
410-685-1859
www.la-tavola.com
Location: Little Italy

Sotto Sopra
405 N. Charles St.
410-625-0534
www.sottosoprainc.com
Location: Mount Vernon
Price: Special Occasions Only

Trattoria Alberto
1660 Crain Highway S., Glen Burnie
410-761-0922
www.trattoriaalberto.com
Location: Glen Burnie

Vaccaro's Italian Pastries
222 Albermarle St.
410-685-4905
Location: Little Italy
Comments: With branches throughout the Baltimore

area, this store has excellent pastries and gelato. This is a great place to go after a dinner in Little Italy, and the place is so crowded that the people-watching is at least half the fun. Also, on Monday night from 6:00 p.m. to 9:00 p.m. they have an all you can eat special for \$12.

Vespa
1117 S. Charles St.
410-385-0355
Location: Federal Hill

Japanese/Sushi

Edo Sushi
201 E. Pratt St., Harborplace Pratt St. Pavilion
410-843-9804
www.edosushi.com
Location: Downtown/Inner Harbor

Kawasaki Café
907 S. Ann St.
410-327-9400
www.kawasaki-associates.com
Location: Fells Point

Matsuri
1105 S. Charles St.
410-752-8561
www.matsuri.us
Location: Federal Hill

Minato
800 N. Charles St.
410-332-0332
www.minatorestaurant.com
Location: Mount Vernon

Sushi-San/Thai Jai Dee
2748 Lighthouse Pt E.
410-534-8888
www.eatsushi.com

Mexican/Tex-Mex/Latino

Austin Grill
2400 Boston St.
420-534-0606
www.austingrill.com
Location: Canton

Blue Agave Restaurante y Tequileria
1032 Light St.
410-576-3938
www.blueagaverestaurant.com
Location: Federal Hill

Here's an idea ...

Want to conserve your energy? Do what doctors do, and make acronyms for everything. Call the Preclinical Teaching Building “pick-tib” instead of “PCTB” – you save two syllables! Call Patient, Physician and Society “pih-pis” instead of “PPS” – you save one syllable! Call the Johns Hopkins Outpatient Center “jay-hoc” – you save six syllables! Make up some of your own!

Price: \$10-20/entree

Comments: This is one of the best restaurants in Baltimore, with a fun, lively atmosphere, excellent margaritas and plentiful portions. However, the wait can be long on weekends, so reservations are recommended.

Chipotle

621 E. Pratt St.

410-837-8353

Location: Downtown/Inner Harbor

3201 St. Paul St.

410-662-1701

Location: Homewood

Little Havana Restaurante y Cantina Cubana

1325 Key Hwy

410-837-9903

www.littlehavas.com

Location: Federal Hill

Comments: Fantastic half-priced sandwiches on Monday nights! Check the website for other weekly specials.

Mari Luna Mexican Grill

102 Reisterstown Rd., Pikesville

410-486-9910

www.mariluna.com

Location: Pikesville

Nacho Mama's

2907 O'Donnell St.

410-675-0898

<http://nachomamascanton.com/>

Location: Canton

El Trovador

318 S. Broadway

410-727-4898

Location: Upper Fells Point

Spanish/Tapas

Pazo

1425 Aliceanna Street

410-534-7296

www.pazorestaurant.com

Location: Fell's Point

Tapas Teatro

1711 N. Charles St.

410-332-0110

www.tapasteatro.net

Location: Mount Vernon

Tio Pepe
 10. E Franklin St.
 410-539-4675
 Location: Mount Vernon
 Price: Special occasion only.

Thai

Thai Arroy
 1019 S. Light St.
 410-385-8587
 www.thaiarroy.com
 Location: Federal Hill
 Price: \$8-18/entrée

Thai Jai Dee/Sushi-San
 2748 Lighthouse Pt E.
 410-534-8888
 www.eatsushi.com
 Location: Canton

Thai Landing
 1207 N. Charles St.
 410-727-1234
 Location: Mount Vernon
 Price: \$7-18/entrée
 Comments: This is probably the best Thai restaurant in Baltimore, although reactions in the class of 2010 have ranged from “it’s delicious” to disappointment. The curries are generally better than the noodles, and make sure to leave room for the mango with sticky rice.



What are they so happy about?

Thai Restaurant
 3316 Greenmount Ave.
 410-889-6002
 Location: Odd
 Comments: This is a small, aptly named, family restaurant—the kind where the owner knows your name—and your penchant for his coconut-pumpkin soup. They maintain an ever-changing list of specials, offering only the freshest seafood at any given time. If the front entrance is blocked for some reason, there’s always parking in the rear.

Nightlife: Baltimore Style

If you’re looking to live la vida loca, you’ve come to the right place. This guide will set you off on the right

direction. Don't be afraid to explore and see what this city has to offer. We assure you – you will NOT be disappointed.

Mount Vernon Area

Red Maple

Website: <http://www.930redmaple.com>

Address: 930 N. Charles St., Baltimore, MD 21201

Tel: (410) 547-0149

Description: This is definitely one of the trendiest lounges in Baltimore. Asian-inspired tapas and unique cocktails are only a small part of its charm. Dance the night away with flamenco on Tuesday, belly dancing on Wednesday, and Latin-inspired music Thursday through Saturday.

Brewer's Art

Website: www.belgianbeer.com

Address: 1106 N. Charles St., Baltimore, MD 21201

Tel: 410-547-6925

Description: They brew several fine beers on site and offer a diverse selection from around the world as well. It's a popular post-test or weekend hangout because of its relaxed and friendly bar atmosphere. Be sure to try their wildly popular rosemary garlic fries!

Spy Club

Address: 15 E Centre St, Baltimore, MD 21202

Tel: (410) 685-ISPY

Description: It's somewhat of an adventure to get into this club, 007. Your mission, if you wish to accept it, is to enter through a secret, swinging bookcase at the Midtown Yacht club to gain access to one of the most interesting clubs in Baltimore. The DJ plays an interesting mix of trance, dance, and house music and there are quite a few plush couches tucked away for more clandestine conversation.

13th Floor at the Belvedere

Address: One E. Chase St., Baltimore, MD 21202

Tel: (410) 347-0888

Description: This hip little spot at, literally, the thirteenth floor of the swank Belvedere hotel offers some spectacular views of Baltimore along with some upscale drinks. There are a plethora of bands/DJs that come in but be warned: the dance floor and bar itself are a bit small and with the addition of a live band, it can be hard to carry on a conversation.

Club One

Website: <http://www.onebaltimore.com/>

Address: 300 E. Saratoga St., Baltimore, MD 21202

Tel: (410) 230-0049

Description: You don't want to pass up this place. If

you're looking for a traditional clubbing experience, make sure and hit up Club One. It's got 4 levels of lounging, dancing, and general carousing.

Gardel's

Website: <http://www.gardels.com/>

Address: 29 S. Front St., Baltimore, MD 21202

Tel: (410) 837-3737

Description: This unique, multi-level club offers up some incredible dancing opportunities. This was a popular spot for medical students in our class looking to take salsa, tango, or ballroom dance lessons. Also, Gardel's hosted our Masquerade Ball, which was a blast!

Inner Harbor Area

Powerplant Live!

Website: <http://www.powerplantlive.com/>

Address: 34 Market Place, Baltimore, MD 21202

Tel: (410) 727-5483

Description: Powerplant Live! is a collection of bars and clubs in the Inner Harbor such as Bar Baltimore, Baja Beach Club (sketchy person central), Have a Nice Day Café, and Iguana Cantina. Don't let the plethora of bars fool you: they are all unoriginal and you will end up paying eight bucks for a Bud. Check out a bar or club that has a little more Baltimore personality instead!

Hammerjacks

Website: <http://www.hammerjacks.com/>

Address: 316 Guilford Ave., Baltimore, MD 21202

Tel: (410) 234-0044

Description: This place is big, loud, and can be a bit obnoxious. With enough of the right people though, it can be quite fun.

ESPN Zone

Website: <http://www.espnzone.com/baltimore/>

Address: 601 E Pratt, Baltimore, MD 21202

Tel: (410) 685-3776

Description: The food and drinks are a tad overpriced (just like everything else in the Inner Harbor), but it can be a fun place to take some buddies to watch a game. There are better sports bars around Baltimore, but ESPN Zone has some fun arcade games upstairs.

Fells Point Area

The Greene Turtle

Website: <http://www.greeneturtle.com/>

Address: 722 S Broadway, Baltimore, MD 21231

Tel: (410) 342-4222

Description: This is a fun and popular sports bar and grill. Located in the heart of Fells Point, it's a good starting place to go bar hopping for the night.

Fletcher's

Website: <http://www.fletchersbar.com/>

Address: 701 S Bond St., Baltimore, MD 21231

Tel: (410) 558-1889

Description: This is a fun bar that offers up a good deal of live bands that rock. If live music isn't your thing, you can mellow out and enjoy the foosball, drink specials, and pool tables.



Elegant.

Latin Palace

Website: <http://latinpalace.com/>

Address: 509 S Broadway, Baltimore, MD 21231

Tel: (410) 522-6700

Description: This is a hip little place that offers up a range of Latin dancing such as salsa, meringue, or cha-cha.

Cat's Eye Pub

Website: <http://www.catseyepub.com/>

Address: 1730 Thames St, Baltimore, MD, 21231

Tel: (410) 276-9866

Description: You'll definitely have to check this Baltimore tradition out if you're into jazz or the blues.

Red Star

Website: <http://www.redstarrestaurant.net/>

Address: 906 S. Wolfe St, Baltimore, MD 21231

Tel: (410) 675-0212

Description: A quiet, spacious and relatively classy bar in Fells. This is a good place if you're looking for a fun but somewhat subdued night.

Federal Hill Area

Thirsty Dog Tavern

Address: 20 E Cross St # 1, Baltimore, MD 21230

Tel: (410) 727-6077

Description: Don't miss out on this charming Baltimore establishment. For you dog lovers out there, yes, you CAN bring your dogs here. That's not the only reason to check out the Thirsty Dog. Enjoy their wide selection of tasty brews on tap for very reasonable prices any day of the week. Also, don't leave without having at least a slice of their delicious thin

crust pizza!

Sky Lounge Tango Tapas

Address: 1041 Marshall St, Baltimore, MD 21230

Tel: (410) 962-5050

Description: Check out some eclectic dishes and an equally unique dancing experience on the upper level. The translucent dance floor adds something special to the hip atmosphere. This isn't any ordinary Federal Hill bar!

MaGerk's Pub

Website: <http://www.magerks.com/>

Address: 1061 S Charles St, Baltimore, MD 21230

Tel: (410) 576-9230

Description: Check out this place if you're out in Federal Hill and you're looking for a fun and relatively inexpensive bar to go to.

Canton

Gin Mill

Address: 2300 Boston St., Baltimore MD 21224

Tel: (410) 327-6455

Description: A fun bar with a room that can be used for events (such as class events). The good specials attract a large crowd, and upstairs can get crowded on weekends.

Claddagh Pub

Address: 2918 O'Donnel St., Baltimore MD 21224

Tel: (410) 522-4220

Description: A two-story bar right in Canton Square, this is a good place to go on weeknights after exams, as the prices are low and the class can take over the pool tables etc. On the weekend, upstairs turns into a hot, crowded, and amusing dance floor.

Charles Village Area

The Ottobar

Address: 2549 N. Howard St., Baltimore, MD

Tel: 410-662-0069

Website: www.theottobar.com

Description: This bar attracts an interesting mix locals, hipsters, internationals, and the enlightened college crowd.

Charles Village Pub

Address: 3107 Saint Paul St, Baltimore, MD 21218

Tel: (410) 243-1611

Description: A popular spot among Hopkins undergrads because of the relatively cheap drinks and food.

The Den

Address: 3327 St. Paul St. (above Tamber's restaurant),
Baltimore, MD 21218

Tel: (410) 243-7077

Description: At first glance, this appears to be a trendy spot. It has a posh look, a nice bar with good deals, and beds that can be reserved if you buy a bottle of wine or champagne (quite similar to Bed in New York City). However, you quickly realize that you are near the undergrad campus and that most of the people on the bed are obnoxious sorority girls (don't get us wrong, we have nothing against sorority girls, but these are the obnoxious ones). Give it a try, though, if you're interested; it has potential.

Dizzy Issie's

Address: 300 W. 30th St., Baltimore, MD

Tel: 410-235-0171

Description: A local's bar with unique decorations and tremendous potato skins. It's the kind of dive that might lose its charm once the smoking ban goes into effect.

PJ's

Address: 3333 N. Charles St., Baltimore, MD 21218

Tel: (410) 243-8844

Description: This is your prototypic dive, another favorite among undergrads at Hopkins. If you want cheap bar food and beer, this is the place for you.

Rocky Run

Address: 3105 St. Paul St., Baltimore, MD

Tel: 410-235-2501

Website: www.rockyrun.com

Description: The first sense that's engaged when you enter this bar is somesthesia—you walk right onto a pile of peanut shells. Yes, they're old school at this bar; you get peanuts with your drinks, and you're expected to toss them onto the ground. Let go of your modern day civilities!

GLBT Nightlife

Grand Central

Website: www.centralstationpub.com

Address: 1001 N. Charles St. (Mt. Vernon)

Tel: (410) 752-7133

The Hippo

Website: www.clubhippo.com

Address: 1 W. Eager St. (Mt. Vernon)

Tel: (410) 576-0018

Club 1722

Website: www.club1722.com

Address: 1722 N. Charles St. (Mt. Vernon)
Tel: (410) 727-7431

Gallagher's

Address: 940 S. Conkling St. (Canton)

Tel: (410) 327-3966

Description: The most popular Lesbian bar in Baltimore, with the bars and clubs in Mt. Vernon being predominately male oriented.

Other Bars/Clubs

- Bertha's, 734 S. Broadway (Fell's Pt.), 410-327-5795
- Club Charles, 1724 N. Charles St. (Charles North), 410-727-8815
- Club Choices, 1815 N. Charles St. (Charles North), 410-752-4602
- Club Orpheus, 1003 E. Pratt St., 410-276-5599
- Club Phoenix, 1101 Cathedral St., 410-727-9099, www.baltimorephoenix.com
- Depot, 1728 N. Charles St. (Charles North), 410-528-0174, www.thedepot.us
- Frazier's on the Avenue, 919 W. 36th St. (Hampden), 410-662-4914
- Full Moon Saloon, 1710 Aliceanna St. (Fell's Pt.), 410-276-6388, www.fullmoon-saloon.com
- Gordon's, 1818 Maryland Ave. (Charles North), 410-659-0412, www.gordonbar.com
- Hardrock Café, 601 E Pratt St. (Inner Harbor), 410-347-7625, www.hardrock.com
- The Havana Club, 600 Water St. (Downtown), 410-468-0022, www.havanaclub-baltimore.com
- Hon Bar, 1002 West 36th St. (Hampden), 410-243-1230, www.cafehon.com
- Kaos, 8850 Orchard Tree Lane (Towson), 410-339-7880, www.kaosgrill.com
- Kobe Teppan and Sushi 1 E. Chase St. (Downtown), 410-685-0780
- Little Havana Restaurante y Cantina Cubana, 1325 Key Hwy (Federal Hill), 410-837-9903, www.littlehavas.com

- Mick O'Sheas, 328 N. Charles St. (Downtown), 410-539-7504, www.mickosheas.com
- New Haven Lounge, 1552 Havenwood Rd. (NE Baltimore), 410-366-7416
- The New 5 Seasons Restaurant, 830 Guilford Ave. (Mount Vernon), 410-625-9787, www.the5seasons.com
- Ottobar, 2549 N. Howard St. (Remmington), 410-662-0069, www.theottobar.com
- Paradox, 1310 Russell St. (near M&T Bank Stadium), 410-837-9110, www.thedox.com
- Sascha's 527, 527 N. Charles St. (Mount Vernon), 410-539-8880, www.saschas.com
- Sonar, 407 East Saratoga St. (Downtown), 410-327-8333, www.sonarlounge.com
- Zodiac, 1724 N. Charles St. (Charles North), 410-727-8815

Baltimore Festivals

Baltimore also has many other festivals, ranging from cultural and heritage celebrations (African American History, Native American Pow-wow, etc.) and to the Arts (Baltimore Shakespeare Festival, Baltimore Book Festival, ARTSCAPE, etc.) to just fun community gatherings (lighting of the Washington Monument, neighborhood festivals, etc.). There is ALWAYS something fun going on!!!

African American Heritage Festival – July – This three-day festival attracts hundreds of thousands of visitors in a family celebration of the history, culture, heritage and arts of African Americans. The festival showcases art, vendors, entertainment, and community organization with special educational programming and activities for children (<http://www.aahf.net>)

Baltimore Carnival – July – A three-day, music-filled festival organized by the Caribbean-American Carnival Association of Baltimore, a group that promotes the cultural ideals of all Caribbean nations within the state of Maryland.

Cinema Sundays at The Charles – April to June – Voted “Baltimore’s Best Film Series” by Baltimore magazine.

City Paper’s Annual Brew Festival – April – Sample 30+ beers from local and regional microbreweries. www.citypaper.com

Fell's Point Festival- Early October- An estimated 700,000 people make their way through the historic Maritime district of Fell's Point in Baltimore, filled with live music, arts, crafts, food and fun.

Flower Mart – May – Come buy exotic flowers, arts and crafts, and enjoy live music at Mount Vernon Place. www.flowermart.org

Freefall Baltimore – October to November – An annual autumnal celebration with lots of free and public cultural events all over the city (<http://www.freefallbaltimore.com/>)

Highlandtown Wine Festival – April – Celebrate home wine-making at this annual wine tasting event in the Highlandtown neighborhood (<http://www.highlandtown.com>)

Johns Hopkins University Spring Fair – April - Started in 1971, JHU Spring Fair is an annual event in April that attracts people of all ages from Hopkins and its neighboring communities.

Throughout the weekend, the main attractions at Spring Fair include its multitude of food vendors, bands, carnival rides, and beer garden. It is sure not to be missed and it is a great excuse to not study over a glorious spring weekend (<http://www.jhuspringfair.com/>)



Full of cholecystokinin and oxytocin.

Latinofest Patterson Park – June – LatinoFest celebrates Hispanic culture with live Latin music, dancing, ethnic cuisine, public service information booths, children's activities and more. All proceeds support Education Based Latino Outreach, a community-based non-profit organization dedicated to improving the lives of Maryland's Hispanic youth and families through educational and cultural programs.

Little Italy Open-Air Film Festival – July to August – Free outdoor screenings of various films every Friday at 7:00 p.m. on High and Stiles Streets in Little Italy (<http://little-italyrestaurants.com>)

Load of Fun – April to December – A flea market, art exhibits, photography, theater, poetry, and more. A several month-long series of events based in the Station North Arts and Entertainment District (<http://www.loadoffun.net>)

Miracle on 34th Street– late November to December – Residents of 34th Street in the Hampden neighborhood of Baltimore take pride in making their's the most decorated street in the city. The site hasn't been updated in awhile, but the pictures will give you a feel for the spirit. (<http://www.christmasstreet.com/> or <http://imageevent.com/ralf/maryland/hampdenlights>)

MLK Jr. Birthday Parade- MLK Day- One of the largest celebrations in the U.S. of the great civil rights leader, with the parade going right through downtown Baltimore.

Maryland Film Festival – May – The largest gathering of filmmakers on the East Coast! See over 100 movies before they hit the theaters and get to know the people who made them (<http://www.md-filmfest.com>)

Preakness Stakes- May – Pimlico Track- One of the three races in the Historic Triple Crown of Horse Racing. A Baltimore tradition!!!

St. Patrick's Day Celebration- A large parade through the Inner Harbor and a running race, followed by festivities in many of the local Irish Districts.

A Taste of Little Italy – September – In the heart of Little Italy, experience Italian music, dancing, a pageant, and of course, beer, wine, and fantastic food (<http://littleitalyrestaurants.com>)

Virgin Music Festival- Aug 4-5, 2007- A huge weekend of music at Pimlico Track in Baltimore, featuring such artists as The Police, The Smashing Pumpkins, and the Beastie Boys. For more information, visit these websites:

<http://features.cityguide.aol.com/baltimore/annualcalendar/>

<http://www.baltimorefunguide.com/calendar/paaHome.do>

Other Activities in or near Baltimore

Whitewater Rafting

ACE Adventure Center
PO Box 1168, Oak Hill, WV 25901
Call 1-888-ACE-RAFT & Local: 304-469-2651
Ace Adventure Center is a 1,400-acre whitewater rafting resort. You can participate in many other activities such as mountain climbing, fishing, kayaking, paintball and horse-back riding.
Website: <http://www.aceraft.com>

Skiing

Liberty Resort & Conference Center

Liberty Resort hosts College nights where for only \$25, you can get 5pm-10pm lift ticket, FREE rental equipment, or \$25 Learn to Ski or Snowboard Package (includes beginner area lift ticket, rentals and a beginner lesson). College night is ever Wednesday starting mid-January.

Website: <http://www.skiliberty.com/college.htm>

Directions from Baltimore, MD - approx. 60 minutes
From I-695 take I-795 north to Route 140 West. Follow Route 140 to PA line, it becomes Route 16. Turn right on Route 116. Liberty Mountain Resort is 3 miles on the right.

Whitetail Resorts

1305 Blairs Valley Road, Mercersburg, Pennsylvania 17236
(717) 328-9400

Website: <http://www.skiwhitetail.com/rates.htm>

7 Springs Resorts

777 Waterwheel Dr, Seven Springs PA 15622

The first-year ski trip was held at 7 Springs Resorts. In addition, you can participate in paintball, hiking & biking, and fly fishing.

Website: <http://www.7springs.com/>

Golf

Driving Ranges

Bayview Golf Driving Range

6501 E Lombard St, Baltimore, MD 21224
(410) 631-9933

Mt. Washington Driving Range

2101 W Rogers Ave, Baltimore, MD 21209
(410) 664-2824

Golf Courses

Diamond Ridge Golf Course

309 Ridge Rd, Baltimore, MD 21244
(410) 887-1349

Country Club of Maryland

1101 Stevenson Ln, Baltimore, MD 21286
(410) 823-3869

Local Places of Worship and Religious Organizations

Campus Ministries

Bunting-Meyerhoff Interfaith and Community Center
3509 N. Charles St., 410-261-1880

www.jhu.edu/~chaplain

Academic Year Hours:

Mon 8:30 a.m. to 5:00 p.m.,

Tue to Fr 8:30 a.m. to 9:00 p.m.,

Sat 9:30 a.m. to 4:00 p.m.,

Sun 9:30 a.m. to 9:00 p.m.

Summer hours:

M-F 9:00 a.m. to 5:00 p.m. (no regular worship services)

University chaplain: Sharon M. K. Kugler
(chaplain@jhu.edu)

Campus Ministries promotes and supports spiritual development, theological reflection, multi-religious understanding, and social awareness among students, faculty, and staff. The ministry offers opportunities for worship, fellowship, educational experiences, pastoral support, and retreats. It serves people from many faiths, including the Buddhist, Christian, Hindu, Jewish, and Muslim traditions. The chaplain and the campus ministers also work with the Interfaith Council, group of student representatives from over 20 religious traditions. The Interfaith Council works to foster interfaith awareness and understanding, and to create a cooperative sense of community spirit among the diverse religious groups on campus.

What follow are some other local places of worship and religious organizations in and around Baltimore. This list should be considered a sampling, not a comprehensive list, of what is available as many students find it valuable to explore places of worship on their own to find what is most personally suitable.

African Methodist Episcopalian

Agape Fellowship AME Church
4650 Reisterstown Rd., 410-466-4545

Allen AME Church
1130 W. Lexington St., 410-728-0283

Bethel Book Ministry, AME
1300 Druid Hill Ave., 410-523-4273

Ebenezer AME Zion Church
2500 Frederick Ave., 410-233-5788

Did you hear?

Anonymous quotes
from first-years:

“I don’t wanna study.”

“Yo, I just had Popeye’s
for lunch!”

“I love procrastination.”

Evergreen AME Church
3342 Old Frederick Rd., 410-945-0130

Oak Street AME Church
123 W. 24th St., 410-235-6908

Apostolic

Apostolic Bible Study Church
2504 Garrison Blvd, 410-542-3010

Apostolic Church Baltimore Assembly
4437 Belair Rd., 410-488-2881

Apostolic Faith Prayer Band
1717 E. Lombard St., 410-342-3859

Believers Walk Apostolic Church
776 Washington Blvd., 410-752-6796

Christ Apostolic Church
2226 Park Ave., 410-462-2368

First Emmanuel Church Apostolic
4534 Reisterstown Rd., 410-664-2664

Baha'i

Baha'i Faith
Towson, 410-832-2440

Baha'i Faith-Baltimore County
W. Saratoga and N. Eutaw, 410-832-7046

Baptist

Ark Missionary Baptist Church
1263 E. North Ave., 410-539-1591

Baltimore Chinese Baptist Church
4014 W. Overlea Ave., 410-254-1726

Central Baptist Church
2035 W. Baltimore St., 410-947-9420

Community Baptist Church
2311 Garrison Blvd., 410-947-402

Community Baptist Church
5912 Belle Grove Rd., 410-636-1970

Ebenezer Baptist Church
306 E. 23rd St., 410-235-7255

First Baptist Church
823 Cherry Hill Rd., 410-583-9483

Foundations For the Christian Faith, Baptist
500 E. 39th St., 410-435-4041

Jerusalem Baptist Church
2401 Loch Raven Rd., 410-243-3060

Koinonia Baptist Church
2406 Greenmount Ave., 410-235-1037

New Antioch Baptist Church
2401 St. Paul St., 410-889-7040



Post-exam Indian buffet.

St. John Baptist
Church
2223 Jefferson St.,
410-327-3577

Union Baptist Church
1219 Druid Hill Ave.,
410-523-6880

United Baptist
Church
938 N. Broadway,
410-342-0119

University Baptist
Church
3501 N. Charles St.,
410-467-2343, www.ubcbaltimore.org

Services at University Baptist Church start at 11:00 a.m. every Sunday (10:30 a.m. mid-June through the Labor Day weekend). Communion is offered on the first Sunday of each month. Information about other activities (Christian education, choir rehearsals, sports) is available on the website.

Buddhist

Baltimore Dharma Group (Soto Zen)
220 Wendover Rd., 410-243-6743

Baltimore Shambhala Meditation Center (Tibetan)
11 E Mount Royal Ave., 410-727-2422

Burning House Zendo (Rinzai Zen)
3504 Harford Rd., 410-296-6108

Vikatadamshtri Buddhist Center (Kadampa)
2937 N. Charles St., 410-243-3837

Worst Horse Sangha (Soto Zen) Bunting/Myerhoff
Interfaith Center,
410-662-1745

Catholic

All Saints Catholic Church
4406 Liberty Heights Ave., 410-747-4104

JHU Interfaith Center (academic year)
3509 N. Charles St., 410-261-1880

Sacred Heart of Jesus Catholic
600 S. Conklin St., 410-342-4336

St. Ann's Catholic Church
582 E. 22nd St., 410-235-8169

Sts. Phillip & James (Rev. William A. Au)
2801 N. Charles St., 410-235-2294

Christian

Chariot of Fire Community Church of Christ
424 E. 30th St., 410-235-4446

Chinese Christian Church of Baltimore
(Rev. Paul T. Shen)
1800 Cromwell Bridge Rd.,
410-337-5456, users.erols.com/cccb2200.
The Chinese Christian Church of Baltimore has an
English service from 9:45 a.m. to 11:15 a.m. in the
Sanctuary; a children's service from 9:45 a.m. to 11:15
a.m. in Room 119. Mandarin service is from 11:15 a.m.
to 12:30 p.m. in the Sanctuary.

Christian Fellowship Bible Church
2007 E. 32nd St., 410-563-2513

Christian Life Church
6605 Liberty Rd., 410-298-5433

Christian Life Fellowship
5621 Baltimore National Pike, 410-747-9307

Faith Christian Fellowship
505 E. 42nd St., 410-323-0202, www.fcfchurch.org.
The Faith Christian Fellowship meets at 10:40 a.m. in
front of Wolman Hall. Sunday services are at 8:00 a.m.
and 11:00 a.m. during the school year, at 9:30 a.m.
during the summer. Prayers take place every Sunday
evening at 8:30 p.m. in the church parlor.

Grace Fellowship Church
9505 Deereco Rd., Timonium,
410-561-8424, www.gfc.org.
The Grace Fellowship Church is non-denominational
and holds services Saturday night at 6 p.m., Sunday
morning at 9:30 a.m., 11:00 a.m., and 12:30 p.m. Other
information is available on the website.

Grace Life Church
410-963-3606, www.gracelifechurch.com.
Grace Life Church likewise has a non-denominational
congregation. Service is at 1:00 p.m. in Shaffer 3 on
Homewood campus.

Hopkins Christian Fellowship
www.jhu.edu/~gcf.
The Hopkins Christian Fellowship is part of the
InterVarsity Christian Fellowship.
www.ivcf.org

Christian Science

First Church of Christ, Scientist
1 Maryland Ave., Towson, 410-823-5534

First Church of Christ, Scientist
102 W. University Pkwy., 410-467-4858

Church of Christ

Celestial Church of Christ
7112 Darlington Dr., 410-661-7101

Central Church of Christ
3121 Lohrs Ln., 410-947-0270

Church of Christ
1810 E. Lombard St., 410-522-3661

Community Church of Christ
1002 Somerset St., 410-276-0032

University Church of Christ (Rick Adsit)
530 W. University Pkwy., 410-467-7371

Corpus Christi Church

Corpus Christi Church (Father Rich Bozelli)
110 W. Lafayette Ave., 410-523-4161

Eastern Orthodox

Greek Orthodox Cathedral of the Annunciation (Rev.
Dean Moralis)
25 W. Preston St., 410-727-1831

Episcopal

All Saint's Episcopal Church
203 E. Chatsworth Ave., 410-833-0700

Cathedral Church of the Incarnation (The Very Rev.
Van Gardner)
4 E. University Pkwy., 410-467-3750

Emmanuel Episcopal Church
811 Cathedral St., 410-685-1130

Episcopal Church of the Holy Covenant
5857 The Alameda, 410-435-3707

Old St. Paul's
233 N. Charles St.,
Located downtown, the church has a medium-sized congregation with very traditional Episcopal services. Main service is at 11:00 am, evensong at 5:30 pm.

St. Andrews Episcopal Church
6515 Loch Raven Blvd., 410-825-8155

St. Matthias' Episcopal Church
6400 Belair Rd., 410-426-1002

Friends (Quaker)

Friends Meetings Homewood
3107 N. Charles St., 410-235-4438

Friends Meetings Stony Run
5116 N. Charles St., 410-435-3773

Hindu

Golden Lotus Temple
4748 Western Ave., Bethesda, 301-229-3871

JHU Interfaith Center (academic year)
3509 N. Charles St., 410-261-1880

Islam

Baltimore Masjid
514 Islamic Way, 410-728-1363

Islamic Society of Baltimore
6631 Johnnycake Rd., 410-747-4869.
The Islamic Society of Baltimore offers daily prayer services, funeral services, and educational and support classes in addition to sports and recreation. A detailed list of addresses and contact details of all mosques in Columbia, Maryland, and Virginia is available at www.isb.org.

JHU Interfaith Center (academic year)
3509 N. Charles St., 410-261-1880

Masjid-Al Inshirah
1808 Woodlawn Dr., Gwynn Oak, 410-298-2977

Jehovah's Witnesses

Central Congregation of Jehovah's Witnesses
1115 N. Fremont Ave., 410-728-7677

Homewood Congregation of Jehovah's Witnesses
4643 Bowleys Lane, 410-485-1086

Jehovah's Witness Kingdom Hall
2400 Giles Rd., 410-354-1825

Jehovah's Witness Kingdom Hall
400 Reedbird Ave., 410-355-0638

Kingdom Hall of Jehovah's Witnesses
3627 Greenmount Ave., 410-366-1858

Lafayette Park Congregation of Jehovah's Witnesses
903 W Mulberry St., 410-532-5182

Jewish - Conservative

Associated Jewish Community Federation of
Baltimore
101 W. Mount Royal Ave., 410-578-6943, www.associated.org.

The Associated Jewish Community Federation of Baltimore is a voluntary Jewish community that provides religious, charitable, educational, humanitarian, and health services in addition to recreation activities.

Beth Israel Congregation
(Rabbi Jay R. Goldstein)
3706 Crondall Lane, Owings Mills, 410-654-0800,
www.uscj.org/seabd/owingsbi.

The Beth Israel Congregation has daily services every morning and evening, and Shabbat on Friday evenings and Saturday mornings; dates and times of other activities are available online.

Beth Shalom Congregation
(Rabbi Susan Grossman)
8070 Harriet Tubman Lane, Columbia, 410-531-5115,
www.uscj.org/seabd/columbia.

The Beth Shalom Congregation holds daily minyan at 7:30 p.m. Monday through Thursday and Sunday morning at 9:00 a.m. Shabbat services are held every Friday evening at 8:00 p.m. and every Saturday morning at 9:30 a.m. There is a Torah reading every Saturday morning following the triennial cycle of the Conservative Movement.

Chizuk Amuno Congregation
8100 Stevenson Road, Pikesville, 410-486-6400

Jewish - Orthodox

Tiferes Yisroel Congregation
(Rabbi Menachem Goldberger)
6201 Park Heights Ave., 410-764-1971,
www.tiferesyisroel.org.
Tiferes Yisroel Congregation provides weekly and daily
prayer services; the schedule and details are updated regularly
on their website.

Yeshivat Rambam (Rabbi David Fohrman)
6300 Park Heights Ave., 410-358-6091,
www.yrambam.org.
In addition to provid-
ing daily prayer services
(candle lighting and
havdalah), Yeshivat
Rambam arranges and
sponsors a host of other
events.

Jewish - Reform

Baltimore Hebrew
Congregation
(Rabbi Rex D.
Perlmeter)
7401 Park Heights
Ave., 410-764-1587
Details about services
and other activities
at Baltimore Hebrew
Congregation are avail-
able at www.bhcong.org.



*Tickling the ivories
in Hurd Hall.*

Har Sinai Congregation
(President Marshall J. Salsbury)
2905 Walnut Ave., Owings Mills, 410-363-8488
Information about the Shabbat services, weekly study of
Bible and Torah, and other educational programs run by the
Har Sinai Congregation is available at www.harsinai-md.org.

Temple Oheb Shalom
(Rabbi Steven M. Fink)
7310 Park Heights Ave., 410-358-0108, www.templeoheb-shalom.org

Jewish - Messianic

Ahavat Yeshua Messianic Jewish Congregation
(Pastor and Elder Michael Rudolph)
4521 Bennion Rd., Silver Spring, 860-537-0572, www.ahavat.org

Beth Messiah Congregation
7714 Heritage Fram Dr., Montgomery, 301-977-9633.
The Beth Messiah Congregation holds Shabbat service every Friday at 10:00 a.m. Other activities include weekly cell groups, which meet in Washington, D.C. on Wednesday evenings. Affiliates of this congregation include the Ets Chaayim School (301-424-0721) and the Messiah Biblical Institute & Joseph Rabbinowitz Graduate School. Local, e-mail and correspondence courses are also offered. Call 301-330-6006 for more information.

Rosh Pina Congregation
(Co-Rabbi David A. Finkelstein & H Irvin Horseman)
3408 Walnut Ave., Owings Mills, 410-358-4346, www.rosh-pina.org. The Rosh Pina Congregation has Shabbat every Friday at 10:30 a.m. and offers weekly home groups, Hebrew classes, and prayer meetings.

Lutheran

All Saints Evangelical Lutheran Church
4215 Loch Raven Blvd., 410-889-8458

Ascension Evangelical Lutheran
7601 York Rd., 410-825-1725

Christ Lutheran Church
701 S. Charles St., 410-385-1437

Christ Lutheran Church
7041 Sollers Point Rd., Dundalk, 410-284-2850

First English Lutheran Church
(Rev. Donald L. Burggraf)
3807 N. Charles St., 410-235-2356

First Lutheran Church
212 Oakwood Rd., Dundalk, 410-284-6657

First Lutheran Church of Towson
40 E. Burke Ave., 410-825-8770

Mennonite

First Mennonite Church
5022 Avoca Ave., Ellicott City, 410-465-0206

North Baltimore Mennonite Church
(Pastor Frank E. Nice)
4615 Roland Ave., 410-467-8947

Metropolitan Community Church

Metropolitan Church of God
4815 Eastern Ave., 410-633-5516

Metropolitan Community Church of Baltimore
(Rev. Dave Smith)
405 W. Monument St., 410-669-6222

Metropolitan Community Church
(Rev. Darlene Garner)
2640 St. Paul St., 410-889-6363

Mormon

Service times may vary; updated information is available at www.mormon.org or from the Church of Jesus Christ of Latter Day Saints, Baltimore Stake Office
120 Stemmers Run Rd., Essex, 410-686-6680.

Baltimore University Ward
120 Stemmers Run Road, Essex, 410-238-6550

Highland Branch—Spanish
417 S. Highland Ave., 410-327-3882\

Inner Harbor Branch
9 W. Mulberry St., 410-625-2318

Presbyterian

Central Presbyterian Church
7308 York Road, 410-823-6145, www.centralpc.org

Faith Presbyterian Church
5400 Loch Raven Blvd., 410-435-4330

First and Franklin Presbyterian Church
210 W. Madison St., 410-728-5545

Finding a more progressive (and GLBT-friendly) church would be a challenge. The congregation is not particularly large, but there are a lot of young people who attend, and the church is dedicated to service of the community. They also have a very moving World AIDS Day Service annually. Services are at 10:30 a.m.

Roland Park Presbyterian Church
4801 Roland Ave., 410-889-2000

Second Presbyterian Church
4200 St. Paul St., 410-467-4210

Timonium Presbyterian Church PCA
303 W. Timonium Rd., Towson, 410-252-5663

Seventh Day Adventist

Berea Temple of Seventh Day
(Dr. Johnson Thompson)
1901 Madison Ave., 410-728-9499

Bethel Church of God Seventh Day, Inc.
301 W. 28th St., 410-235-0160

First Marantha Seventh-Day
3401 Old York Rd., 410-622-9240

Spanish Seventh Day Adventist
829 W. Baltimore St. 410-230-0481

Sikh

Ahimsa Yoga Center
3000 Chestnut Ave., Suite 15, 410-662-8626

Kundalini Yoga Center
(Daya Singh Khalsa)

United Methodist

Altersgate United Methodist Church
Falls Rd. and W. 42nd St., 410-235-0041

Christ United Methodist Church
2833 Florida Ave., 410-789-9058

Christ United Methodist Church of the Deaf
410-455-9118

Good Shepherd United Methodist
3800 Roland Ave., 410-243-1129

Grace United Methodist Church
5407 N. Charles St., 410-433-6650

Mount Vernon Place Church
Charles and Mount Vernon Place
This church is one of the most beautiful buildings of
worship in the city. The congregation is small and pre-
dominantly older. Services are at 11:00 a.m.

Waverly United Methodist Church
644 E. 33rd St., 410-243-2481

Unitarian

First Unitarian Church of Baltimore
Charles and Franklin Sts., 410-685-2330

Unitarian Universalist Church of Towson
1710 Dulaney Valley Rd., 410-825-6045

Unitarian Universalist Congregation
7246 Cradle Rock Way, Columbia, 410-381-0097

United Church of Christ

Christ United Church of Christ
1308 Beason St., 410-685-7968

Messiah United Church of Christ
5615 The Alameda, 410-435-5556

Unity Center of Christianity
2901 N. Charles St., 410-243-2542

Notes:

