

Student Life & Diversity Guide for the First Year

2014



www.med.upenn.edu/diversityume

2014 Contributors

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A very special thanks to all of the MS2s for their contributions!

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Message from MS2s to MS1s

Though entering medical school can be an intimidating experience, there are so many resources available at Penn that can help ease the transition; this handbook is an excellent example.

But a more tangible resource is the wealth of knowledge and experience of your peers here at Perelman. Here is a brief compilation of wisdom and advice gathered together by the class of 2016, this year's MS2s. But don't stop after reading this; you'll find Penn students are eager to help where they can, or even just lend an ear when needed.

- **YOU DO YOU!** Remind yourself that your path to medical school was, in fact, your path. So don't be afraid to strike out on your own and do things your way. From school to social life to extracurriculars, find what makes you tick and then pursue it. You'll find that a lot of the advice you hear in your first year can really boil down to YOU DO YOU.
- **Explore during Module 1, in every sense of the word.** Take time to wander Philadelphia, trying out restaurants and watering holes, shopping in different stores, immersing yourself in the cultural heritage of the city. But also, explore yourself. Push yourself beyond your comfort zone, re-learn what you think you know about yourself, remind yourself why you wanted to be a doctor. There will be plenty of time to stress about academics in medical school - Mod1 is not it though.
- **When considering options for the first summer, consider everything.** You really can do anything you want, especially with the resources by the administration and faculty here at Penn. If you want to travel and just see the world, do it. Global health, biomedical research, teaching, summer camp counseling, all of the above are exciting in their own right. And don't worry about the money - compared to your tuition, this is really a drop in the bucket. So follow your dreams!
- **Get involved in a student run clinic.** Your clinical exposure will be pretty limited for the first 18 months if you don't. It lets you get to know the people in Philadelphia, and overall remind you why you wanted to become a doctor. You don't want to over commit yourself, but this is something that everybody should have time for.
- **In terms of personal growth/development, take some time in the beginning to outline some personal goals for the year.** Whether that means improving on a particular shortcoming personality-wise you think you can improve, or learning a new skill, or accomplishing a task with your skillset. It will motivate you and help you maintain your sanity when things get stressful.

Again, take advantage of all the advice upper-classmen are eager to share. If you have a question, ask it, and you'll learn so much more than you expected. And good luck!

Message from the Program for Diversity and Inclusion

Without a doubt, *The Student Life and Diversity Guide to the First Year, 2013-2014* represents years of student planning, labor, and research. Its true value, however, is not to be based upon the amount of time and energy devoted to it, but rather what it reveals about the environment of the Perelman School of Medicine.

First, this Guide is a manifestation of purposeful student involvement in your success. Repeatedly you will observe and experience examples of the friendly and helpful spirits here at Perelman. This attitude is also characteristic of the School of Medicine administration. It, too, will help you succeed.

Second, the Guide is a good illustration of peer cooperation, a necessary ingredient inherent to the medical profession. Needless to say, you will keep this fact in mind throughout your training. Increasingly, you will realize that your attitude towards cooperation and involvement with others will most likely influence your success here at Perelman as well as your future as a physician.

Finally, the Guide represents a composite of knowledgeable and experienced student advice which encourages you to think critically and make appropriate and informed decisions. Critical thinking skills are mandatory in your medical education and practice. Therefore, after considering your own personality and academic background, we recommend implementing some of the suggestions pertaining to academic success found in the Guide.

Working with the offices of the Academic Programs Office along with our student partners, the faculty leadership of the Program for Diversity and Inclusion is committed to doing all we can to help you fulfill your career aspirations.

Program for Diversity and Inclusion

Academic Programs Office
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Program for Diversity and Inclusion

Program for Diversity and Inclusion Academic Programs Office Perelman School of Medicine

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Promote Medical Student
Diversity

Facilitate the Cohesion & Capacity
of the Cultural Affinity Groups

Enable Community Service,
Engagement and Outreach

Provide Emotional Support,
Mentoring and Advising

Program Staff

Staff Personnel

- (1) Coordinator for the PDI – Erika Dawson
- (2) Coordinator for diversity recruitment – Ipatia Bonifacio
- (3) Administrative support – Dorothy Harris

Diversity and Inclusion Student Advisory Committee

- (1) Communicating interests and concerns of students
- (2) Informing students of the initiatives and programs of the PDI
- (3) Participation in strategic planning
- (4) Participation in DISAC Working Groups

Coordination/Collaboration w/ Offices of Admissions & Student Affairs

Services

The faculty and staff of the Program for Diversity and Inclusion play active roles in student services and are also involved in activities supported by the medical school and university.

Advocacy

- ◆ Letters of recommendation for scholarship awards and prizes
- ◆ Reference letters

Wellness Initiatives

- ◆ Healer's Art
- ◆ Mindfulness Course
- ◆ Yoga training

Diversity Recruitment and Retention

- ◆ Recruitment visits to undergraduate schools, local and national meetings
- ◆ Summer programs for minority premed students
- ◆ "Meet and Greet" sessions for underrepresented in medicine (URM) applicants invited for admissions interviews
- ◆ Peer Mentoring Workshop for First Year URM Students
- ◆ Faculty – Housestaff Mentoring Sessions (Case Presentations)
- ◆ Academic Career Seminar Series

Support and Facilitation of Student Participation in Community Health Outreach and Engagement

- ◆ Student-run free clinics
- ◆ Educational Pipeline Program

Personal, Academic & Career Counseling

Administrative and Faculty Support of Cultural Affinity Groups

- ◆ Asian Pacific American Medical Student Association (APAMSA)
- ◆ Elizabeth Blackwell Society (EBS)
- ◆ LGBT People in Medicine + Allies (LGBTMP+)
- ◆ Latino Medical Student Association (LMSA)
- ◆ Maimonides Society
- ◆ Native American Health Professionals
- ◆ Penn Med Christian Fellowship
- ◆ Penn Med South Asia Society (SAMoSA)
- ◆ Penn Med Veterans Groups
- ◆ Student National Medical Association (SNMA)

Sponsorship and Support of Diversity Events and Activities

- ◆ Annual Nathan Francis Mossell Lecture
- ◆ Annual Helen O. Dickens Symposium
- ◆ Diversity & Inclusion Receptions and Networking events
- ◆ *Student Life & Diversity Guide to the First Year*
- ◆ Black History Month Commemoration events
- ◆ Latino Heritage Month Commemoration events

Academic Opportunities

There are many diverse academic opportunities available to medical students both within and outside of Penn. This is just a sample of some of the more well-known programs. Many other opportunities are available if you seek them out – through faculty, mentors, and upperclassmen. Make sure to take a look at the prizes and scholarships available to you as a medical student and the requirements to qualify. Be sure to attend the information sessions from the Combined Degree Office. Stay informed!

Research

Agnew Society First Year Fellowship Program

Penn Surgery has a summer fellowship program that can include research as a component of the experience. It is a six-week fellowship for med students during the summer following the first year of medical school. This unique program affords pre-clinical students the opportunity to interact one-on-one with a surgeon on the Penn Faculty, learning about his or her day-to-day activities and helping out in the operating room, office and laboratory. The specifics of the projects involved are left to the discretion of the surgeon and student, though the student must put together a presentation summarizing your experience at the Agnew meeting of the following school year is required.

The department provides a stipend (\$1,000) for the six-week period, and applications are judged on the strength of the proposed projects as well as the student's expressed interest in surgery. A \$500 stipend is available for travel if you will be presenting your work (receipts must be submitted). Applicants must be currently enrolled medical students and in good standing at the University of Pennsylvania Perelman School of Medicine at the time of application submission and award distribution. For questions, contact Dr. Rachel Kelz at rachel.kelz@uphs.upenn.edu. For more information and to apply, visit: http://www.uphs.upenn.edu/surgery/Education/medical_students/Agnew/first_year_fellowship.html.

National Heart, Lung and Blood Institute (NHLBI) Short-term Grant

This grant, funded by the NHLBI, provides short term funding for medical students and is specifically dedicated to underrepresented minority students. The grant is primarily intended for basic science research in areas related to heart, lung and blood, but the grant can also support a limited number of students doing clinical research.

The Program Director is Dr. Horace DeLisser, and interested students can contact Amy Nothelfer at nothelfe@mail.med.upenn.edu for more information. Applications are available in the Combined Degree and Physician Scholar Programs Office. The deadline for this grant is in April.

NIH Minority Research Supplements

The National Institute of Health offers “research supplements” specifically for minority students. If the faculty member you would like to work with is being funded by certain NIH grants, you can apply for a supplement. Start working on it early; it will probably take several weeks to write the proposal and several months for a response, but most requests are approved. For more information, please visit <http://grants.nih.gov/grants/guide/pa-files/PA-12-149.html>. Also, feel free to contact Amy Nothelfer at nothelfe@mail.med.upenn.edu to discuss your interests.

Other Research Programs

There are a number of opportunities available to medical students both here at Perelman and throughout the country. A comprehensive—though by no means complete—listing of projects and funding sources can be found on the Penn Med Student Portal. Click on the Educational Opportunities tab, then under Research select Short-Term Funding, or use this link: http://www.med.upenn.edu/mdresearchchopps/shortterm_opps.shtml. This is an extremely helpful resource. Make sure to check early; although most application deadlines are not until March, there are some that are due as early as December.

Year-Out Research Fellowships

For those interested in a more in-depth research experience, a year-out research fellowship may prove to be a rewarding experience. A research fellowship gives one insight into a particular field as well as the chance to explore research as a possible career path. Typically, the year out is taken after third year. There are numerous fellowship opportunities for both basic and clinical research opportunities at Penn, NIH, and other institutions. Most fellowship deadlines are in early January. Talk to Amy Nothelfer at nothelfe@mail.med.upenn.edu for a complete list and description of fellowships. For more information also refer to <http://www.med.upenn.edu/mdresearchchopps/yearout.shtml>.

Community Health and Global Health Programs

Bridging the Gaps*- <http://www.cceb.upenn.edu/btg/>

Bridging the Gaps (BTG) is dedicated to providing service to underserved populations while training community responsive health and social service professionals. BTG seeks to provide meaningful service in a system of care that is often unresponsive to the needs of vulnerable populations. It helps to provide care to those for whom healthcare services are often limited, difficult to access, or non-existent, as well as those for whom significant health disparities exist. At the same time, BTG teaches future health professionals about the reciprocal connections among a community's socio-economic circumstances, the health care system, and the health of the population. For more information, please refer to the website listed above.

Penn's Global Health Program* - http://www.med.upenn.edu/globalhealth/penn_students.shtml

The Perelman School of Medicine (PSOM) recognizes that many Perelman medical students are actively interested in global health and wish to incorporate international experiences into their curriculum. International experiences fall into several different categories. They may focus on research or on clinical activities, and they may be conducted in an industrialized country or in a developing country. In the past, students have had experiences in Ghana, Botswana, Guatemala, and many other areas. Perelman's medical school curriculum lends itself to international experiences at two junctures. During the summer between MS1 and MS2, students can pursue research experiences of 1-2 months; during the last 18 months of the curriculum, from January of the 3rd year to graduation, students can take either a research or a clinical rotation of 1-3 months. Responsibility for advising students regarding international experiences is shared between the Global Health Programs Office and the Office of the Registrar of the School of Medicine.

Guatemala Health Initiative* (GHI) - <http://www.med.upenn.edu/ghi/>

UPenn students work in partnerships with Guatemalan communities. Activities include educating the Penn community about health and human rights in Guatemala, organizing community health promotion projects in Santiago Atitlán, supporting medical and nursing student clinical rotations and raising funds, medical supplies and personnel support for local hospitals. Students organize and participate in spring break and summer trips and programs.

***available as a summer opportunity**

Student Run Free Clinics

Perelman med students run and volunteer at a number of free clinics for underserved or vulnerable populations throughout Philadelphia. These clinics offer a great way to provide and support communities that too often are left out of the health care system. They also serve as an opportunity for students to learn valuable skills while providing a needed service.

Clinic	Site	Hours	2014 Student Leader(s)
<i>Covenant House</i>	31 East Armat Street Philadelphia, PA 19144	Wednesday, 5:30-8pm	Ben Yu
<i>Heart Health Bridge to Care</i>	First African Presbyterian Church 4159 Girard Avenue Philadelphia, PA 19104	Monday, 6-9pm	Merritt Edlind
<i>Homeless Health Initiative</i>	Multiple sites	Tuesday, 6-8pm	Ariana Lott Ellora Berthet Enny Oyeniran
<i>Puentes de Salud</i>	Penn Med Center Rittenhouse 1840 South Street Philadelphia, PA 19146	Thursday, 6-10pm	Beatrice Razzo
<i>Refugee Women's Clinic</i>	Penn Center for Primary Care 51 N. 39 th Street Philadelphia, PA 19104	Monday, 1-5pm	Chiamaka Onwuzurike
<i>United Community Clinic</i>	First African Presbyterian Church 4159 Girard Avenue Philadelphia, PA 19104	Monday, 6-9pm	Hovik Ashchyan Melissa Frick
<i>Unity Clinic</i>	Health Center #1 Broad and Lombard Streets Philadelphia, PA 19146	Tuesday, 5-9pm	Cole Thompson
<i>University City Hospitality Coalition</i>	St. Agatha/St. James Church 38 th and Chestnut Streets Philadelphia, PA 19104	Wednesday, 5:30-7pm	Richard Maduka

University-wide Resource

Civic House

Civic House is the University of Pennsylvania's hub for student-led community service and social advocacy work. Civic House promotes mutually beneficial collaborations between the Penn and West Philadelphia communities, and beyond. Through education, community connections, and other resources, Civic House prepares students for responsible and effective civic engagement and leadership.

Merit Scholarships

Hispanic Scholarship Fund (HSF) <http://www.hsf.net/scholarships/programs/co-programs/College/>

HSF provides support for students confronting the challenges posed by a higher education. The Hispanic Scholarship Fund's (HSF) history is proof that, in spite of humble beginnings, a focused purpose produces lasting results. The guiding vision of the organization remains the same today as it was when we started: To strengthen America by advancing the higher education of Hispanics. In doing so, HSF brings hope and enhanced achievement to tens of thousands of Hispanics, now America's largest minority population. Today, HSF is the nation's leading organization supporting Hispanic higher education. For more information, check the website.

The Paul and Daisy Soros Fellowship for New Americans <http://www.pdsoros.org/forms/index.cfm>

Paul and Daisy Soros, Hungarian immigrants and American philanthropists, established their fellowship program for New Americans in December 1997 with a charitable trust of fifty million dollars. Their reasons for doing so were several. They wished to "give back" to the country that had afforded them and their children such great opportunities and felt a fellowship program was an appropriate vehicle. They also felt that assisting young New Americans at critical points in their educations was an unmet need. Finally, they wished to call attention of all Americans to the extensive and diverse contributions of New Americans to the quality of life in this country. For more information and to apply, please visit website.

The Aetna Foundation/NMF Healthcare Leadership Program

<http://www.nmfonline.org/programs/aetna-foundation>

The Aetna Foundation/NMF Healthcare Leadership Program addresses the severe national shortage of physician-leaders who are committed to the health of underserved communities. The overall goal is to recognize the promise of minority students who have demonstrated leadership in medicine at an early stage in their professional careers as identified by their medical schools. Scholarship recipients are acknowledged by Aetna Foundation through the awarding of these scholarship funds and showcased at NMF special events.

The Gates Millennium Scholars (GMS) <http://www.gmsp.org/>

This program, funded by a grant from the Bill & Melinda Gates Foundation, was established in 1999 to provide outstanding African American, American Indian/Alaska Native, Asian Pacific Islander American, and Hispanic American students with an opportunity to complete a graduate education for those students pursuing studies in mathematics, science, engineering, education, public health or library science. The goal of GMS is to promote academic excellence and to provide an opportunity for thousands of outstanding students with significant financial need to reach their fullest potential.

Herbert W. Nickens Medical Student Scholarships

<https://www.aamc.org/initiatives/awards/nickens-student/>

These awards consist of five scholarships given to outstanding students entering their third year of medical school who have shown leadership in efforts to eliminate inequities in medical education and health care and demonstrated leadership efforts in addressing educational, societal, and health care needs of minorities in the United States. Each recipient receives a \$5,000 scholarship in November of the year the scholarships are awarded.

Cultural Affinity Groups

In addition to academic life, an important aspect of your medical school experience should be participation in campus and/or medically related organizations. There are numerous activities here at Perelman for you—ranging from membership in the American Medical Student Association to participation in the annual medical school production, Spoof. Some of the graduate and medical school organizations and activities specifically geared toward women and racial, ethnic or sexual minority communities are listed below. For a complete list of all Perelman student activities, check out the Student Activities Directory at The Student Portal: www.med.upenn.edu/student/student.shtml

Asian Pacific American Medical Student Association (APAMSA)

APAMSA is a cultural, educational, service and social organization interested in issues related to medicine in the Asian-American community. Every Tuesday, medical students have the opportunity to volunteer at Unity Clinic, a free clinic serving an immigrant population in Philadelphia. As part of our service to the Asian-American community, we also partner with Hepatitis B Free Philly to educate the community about Hepatitis B and to organize a Hepatitis B screening and vaccination program.

Elizabeth Blackwell Society (EBS)

The vision of the Penn Medicine Elizabeth Blackwell Society is to inspire, empower, and connect women physicians and medical students and help them in finding their path to personal success. The goals of the Elizabeth Blackwell Society are (1) to promote the academic, personal, and professional growth of women in medicine; (2) to facilitate a cohesive, supportive network of Penn Medicine women by creating camaraderie between women during all stages of their medical career; (3) to encourage women as mentors by providing women students, residents, fellows, and faculty access to mentors and mentees; and (4) to enable women as both leaders of community outreach and promoters of women's health.

Latino Medical Student Association (LMSA)

LMSA, the local chapter of the National Latino Medical Student Association, was created to serve as an advocate for increased access to quality health care and education in the health profession for Latinos. In the spirit of these ideals, the Penn chapter of LMSA is committed to working with the Latino community in Philadelphia and is actively involved in enhancing the medical school commitment to Latinos as well as to mentorship programs for students of color. LMSA provides a network in which members are role models for Latino undergraduate and high school students interested in the health profession. In addition, our chapter organizes various projects for all students who want to develop skills in serving the large and rapidly growing Hispanic population. Finally, LMSA collaborates with the Student National Medical Association to foster a united and supportive environment for students of color at the school of medicine, as well as in the recruitment program.

LGBT People in Medicine and Allies (LGBTPM+)

The LGBTPM+ is Penn Med's lesbian, gay, bisexual, transgender, queer student and student allies organization. Our group of LGBTQ students and allies is committed to increasing visibility of LGBTQ people at Penn Med; educating the Penn Med community about LGBTQ health best practices through speaker series and curriculum development; promoting LGBT-health related community outreach; providing opportunities for professional development; and cultivating our vibrant community of LGBTQ students, faculty, staff and allies at Penn Med.

Maimonides Society

The Maimonides Society provides a framework for Jewish life at Penn.

Native American Health Professionals (NAHP)

The goals of the Native American Health Professionals are to promote education and awareness on health topics related to Native Americans, and to provide a community for Native American students.

Penn Med Christian Fellowship (PMCF)

Penn Med Christian Fellowship holds a weekly student-run Bible study open to all members of the Penn campus. Our vision is to encourage fellowship and mentoring of medical students through Christ-centered community.

Student National Medical Association (SNMA)

The Student National Medical Association (SNMA) is a national student-run organization focusing on the needs of minority pre-med students, medical students, and health care consumers. The goals of the University of Pennsylvania chapter of SNMA are the following:

- To conduct health fairs and health screenings in underserved minority communities in Philadelphia and suburbs
- To sponsor informational programs which educate minority youth about the medical school application and admissions process
- To serve as mentors to younger students who aspire to go to medical school
- To participate in the recruitment of underrepresented minority applicants to the School of Medicine
- To serve as informal peer academic advisors to other enrolled Penn Med students
- To sponsor Black History Month activities and presentations for our medical school
- To promote residency training programs at the Hospital of the University of Pennsylvania and Children's Hospital of Philadelphia.

Penn South Asian Medical Students Association (SAMoSA)

Penn South Asian Medical Students Association strives to strengthen the South Asia community amongst medical students, undergraduates, residents, and physicians at Perelman, increase awareness of South Asian health issues in the Penn community and Philadelphia, and strengthen South Asian collaboration across multiple Penn graduate programs.

University-wide Organizations

Black and Latino Graduate and Professional Students Associations

<http://www.dolphin.upenn.edu/bgapsa/>

<http://www.dolphin.upenn.edu/lagapsa/index.htm>

The Black and Latino Graduate and Professional Students Associations seek to provide a centralized organizational structure that addresses academic, social, political needs and concerns of Black and Latino graduate students in order to improve quality of life at UPenn. Because the number of Black and Latino students in some schools is small, there can often be a feeling of isolation among them. For this reason, the BGAPSA and LAGAPSA help to acclimate graduate and professional students to the University and sponsor numerous interesting events throughout the year.

The Graduate and Professional Student Assembly

<http://gapsa.upenn.edu/>

The Graduate and Professional Student Assembly (GAPSA) is the official student government body for graduate and professional students at the University of Pennsylvania. The organization represents over 10,000 students across Penn's twelve graduate schools. GAPSA activities include funding for student groups and travel grants, school-wide events, like the annual Halloween Party, and discount tickets for performances and sports games.

LGBT Center

3907 Spruce Street

<http://www.vpul.upenn.edu/lgbtc/>

The Lesbian Gay Bisexual Transgender Center is a home away from home for sexual and gender minorities and their allies at the University of Pennsylvania. Whether you are questioning your identity, in the process of coming out, or proudly identify as LGBTQIA, the Center is your space. It offers peer mentorships, free printing (BYO Paper!), a jam-packed calendar of events, a social and political hub for the queer community on campus, and hosts over 20 undergraduate and graduate student groups.

Penn Women's Center

3643 Locust Walk

<http://www.vpul.upenn.edu/pwc/index.php>

The Penn Women's Center's mission is to understand and address the evolving needs of all women at the University of Pennsylvania, redress gender inequity and, in so doing, support and advance women's personal and professional development and empower them to reach their fullest potential. We sponsor programs on career development, stress management, parenting, sexual violence prevention, health and wellness alongside events highlighting women writers, activists, artists and political and professional leaders. We play an advocacy role regarding issues of gender equity, health, childcare, workplace discrimination, domestic and sexual violence, and mental health.

Other Organizations at Penn

www.vpul.upenn.edu/osl/orgmain.html

If you start to wonder who those people are on the other side of Spruce, you might want to get in contact with people in some of the other cultural affinity groups and organizations that Penn has to offer.

Advising and Mentoring

This section of the Guide features information on selected faculty from the various clinical departments in the School of Medical that students can contact to learn about a specialty and/or area practice, as well as obtain information on potential mentoring and/or research opportunities. Although have certainly heard this before, it cannot be overstated: good mentoring and timely advice are part what makes for professional success. More specifically, however, while some of you may have already “ruled out” or decided upon a certain specialty, many of you have not yet determined your future field. In order to make a more informed decision or explore a variety of careers, we encourage you to reach out to these and [other faculty] over the course of your first year.

So introduce yourself via email and arrange to meet them. Remember, it’s what and who you know that will help you realize your career aspirations. If, by chance, you are interested in a field or specialty for which faculty member are not listed, please email a faculty member of the Program for Diversity and Inclusion (see p. 5), for suggestions. Get the ball rolling early! Set a goal to make the acquaintance of at least three faculty members during each semester! The faculty are excited to mentor students and open to being contacted. They are just waiting for you to reach out.

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ANESTHESIOLOGY

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Undergraduate Education:
University of Pennsylvania

Medical School Education:
Columbia University College of
Physicians and Surgeons

**Academic/Clinical/Research
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survivorship, patient- and
family-centered care, ICU
staffing, patient safety
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BIOETHICS

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**Academic/Clinical/Research
Interests:** LGBT bioethics,
clinical ethics, mediation, moral
theory

BIOETHICS (CONT'D.)

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Academic/Clinical/Research

Interests: Pulmonary medicine,
critical care medicine, hospice
and palliative medicine, end-of-
life decision making,
communication, ethics

James N. Kirkpatrick, MD

Assistant Professor, Medicine

Interim Associate Director,
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Interim Physician Co-chair,
Ethics Committee, HUP

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Undergraduate Education:
Pomona College

Medical School Education:
Loma Linda University

Academic/Clinical/Research

Interests: Clinical medical
ethics, cardioethics,
echocardiography, reuse of
pacemakers and defibrillators,
conflicts of interest,
underserved healthcare

DERMATOLOGY

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bondie@uphs.upenn.edu

Undergraduate Education:
Bucknell University

Medical School Education:
Hahnemann University

Other Graduate Education:
University of Pennsylvania
(Residency)

Academic/Clinical/Research

Interests: Melanoma –
removal, pigmented lesion
removal, skin cancer

DERMATOLOGY (CONT'D.)

Aimee S. Payne, MD, PhD

Assistant Professor, Dermatology

Associate Director,
Penn Medical Scientist (MD-PhD) Training
Program

aimee.payne@uphs.upenn.edu

Undergraduate Education:
Stanford University

Medical School Education:
Washington University School
of Medicine

**Academic/Clinical/Research
Interests:** Autoimmunity and
cell adhesion, autoimmune
blistering diseases, MD-PhD
training

EMERGENCY MEDICINE

Roger A. Band, MD

Assistant Professor, Emergency Medicine

Clerkship Director, Emergency Medicine

Student Standards Committee

Medical Director, Developing World Travel,
William J. Clinton Foundation

National EMS Advisory Council (NEMSAC)

bandr@uphs.upenn.edu

Undergraduate Education:
University of Florida

Medical School Education:
Jefferson Medical College

Other Graduate Education:
University of Pennsylvania
(Emergency Medicine
Residency)

**Academic/Clinical/Research
Interests:** Resuscitation, out of
hospital cardiac arrest, pre-
hospital emergency care

Brendan G. Carr, MD, MS

Assistant Professor,
Emergency Medicine & Epidemiology

Director,
Emergency Care Coordination Center

Assistant Secretary,
Preparedness & Response, Department of
Health & Human Services

carrb@upenn.edu

Undergraduate Education:
Loyola University

Medical School Education:
Temple University

Other Graduate Education:
Clinical Psychology (MA)

Health Policy Research (MS)

**Academic/Clinical/Research
Interests:** Emergency care
system design, telemedicine

Steve Larson, MD

Assistant Dean, Global Health Programs

Associate Professor, Emergency Medicine

larsonst@mail.med.upenn.edu

Undergraduate Education:
Haverford College

Medical School Education:
University of Pennsylvania

**Academic/Clinical/Research
Interests:** Travel medicine,
international medicine, health
care issues for immigrant and
underserved populations

EMERGENCY MEDICINE (CONT'D.)

Raina Merchant, MD, MSHP

Assistant Professor, Emergency Medicine

Associate Faculty Program Director,
Robert Wood Johnson Clinical Scholars
Program

Director,
Penn Social Media & Health Innovation Lab

raina.merchant@uphs.upenn.edu

Undergraduate Education:
Yale University

Medical School Education:
University of Chicago

Other Graduate Education:
University of Pennsylvania (MS)

**Academic/Clinical/Research
Interests:** Social media, mobile
media, resuscitation science,
public health/public policy

Iris Reyes, MD

Associate Professor,
Clinical Emergency Medicine

Advisory Dean, Office of Student Affairs,
Perelman School of Medicine

Director,
Sub-internship in Emergency Medicine

Founder, Alliance of Minority Physicians

iris.reyes@uphs.upenn.edu

Undergraduate Education:
Manhattan College

Medical School Education:
Mt. Sinai School of Medicine

**Academic/Clinical/Research
Interests:** Medical education,
cultural competence and
diversity in medical education

EPIDEMIOLOGY / BIOSTATISTICS

Shiriki Kumanyika, PhD, MPH

Professor, Epidemiology

skumanyi@mail.med.upenn.edu

Undergraduate Education:
Syracuse University

Other Graduate Education:
Columbia University (MS, Social
Work)

Cornell University (PhD, Human
Nutrition)

Johns Hopkins University School
of Public Health (MPH)

**Academic/Clinical/Research
Interests:** Nutritional factors in
the primary and secondary
prevention of chronic diseases

FAMILY MEDICINE & COMMUNITY HEALTH

Rahul Kapur, MD, CAQSM

Assistant Professor,
Family Medicine & Sports Medicine

Assistant Director,
Primary Care Sports Medicine Fellowship

Chief Medical Physician, Penn Athletics and
Philadelphia 76ers

rahul.kapur@uphs.upenn.edu

Undergraduate Education:
George Mason University

Medical School Education:
University of Virginia

**Academic/Clinical/Research
Interests:** Sports medicine, non-
operative musculoskeletal
medicine

Katherine Margo, MD

Associate Professor

Director,
Student Programs, Family Medicine &
Community Health

margok@uphs.upenn.edu

Undergraduate Education:
Swarthmore College

Medical School Education:
SUNY Upstate Medical Center

**Academic/Clinical/Research
Interests:** Medical education,
LGBT health, primary care

Giang T. Nguyen, MD, MPH, MSCE

Assistant Professor,
Family Medicine and Community Health

Medical Director, Penn Family Care

Chair, MD-MPH Advisory Committee

Faculty Advisor, Asian Pacific American
Medical Student Association (APAMSA)

giang.nguyen@uphs.upenn.edu

Undergraduate Education:
Johns Hopkins University

Medical School Education:
University of Medicine and
Dentistry of New Jersey Robert
Wood Johnson Medical School

Other Graduate Education:
UMDNJ (MPH)

University of Pennsylvania
(MSCE)

**Academic/Clinical/Research
Interests:** Asian immigrant
health, LGBT health, patient-
centered medical homes,
quality improvement in primary
care

INTERNAL MEDICINE

Cardiovascular Medicine

John W. Hirshfeld, Jr., MD

Professor, Medicine

hirshfel@mail.med.upenn.edu

Undergraduate Education:
Cornell University

Medical School Education:
Cornell University Medical
College

**Academic/Clinical/Research
Interests:** Cardiovascular
disease, interventional
cardiology

INTERNAL MEDICINE (CONT'D.)

Cardiovascular Medicine

James N. Kirkpatrick, MD

Assistant Professor, Medicine

Interim Associate Director,
Echocardiography Laboratory, HUP

Interim Physician Co-chair,
Ethics Committee, HUP

james.kirkpatrick@uphs.upenn.edu

Undergraduate Education:

Pomona College

Medical School Education:

Loma Linda University

Academic/Clinical/Research

Interests: Clinical medical ethics, cardioethics, echocardiography, reuse of pacemakers and defibrillators, conflicts of interest, underserved healthcare

William H. Matthai, Jr., MD

Clinical Associate Professor, Medicine

Interventional Cardiologist,
Penn Presbyterian Medical Center

william.matthai@uphs.upenn.edu

Undergraduate Education:

Washington & Lee University

Medical School Education:

Vanderbilt University

Other Graduate Education:

Internal Medicine Residency
and Cardiology Fellowship, HUP

Academic/Clinical/Research

Interests: Interventional cardiology, new devices in interventional cardiology, hybrid cardiac procedures, antithrombotic therapy in cardiac disease, heparin-induced thrombocytopenia

General Internal Medicine

Nadia Bennett, MD

Assistant Professor, Clinical Medicine

Co-Director, Internal Medicine Clerkship

nadia.bennett@uphs.upenn.edu

Undergraduate Education:

Johns Hopkins University

Medical School Education:

University of Maryland

Other Graduate Education:

Residency, Duke University

Academic/Clinical/Research

Interests: Undergraduate and graduate medical education

Carmen E. Guerra, MD, MSCE, FACP

Associate Professor, Medicine

Associate Chief of Staff &
Associate Director, Diversity & Outreach,
Abramson Cancer Center

Associate Professor/CE track

carmen.guerra@uphs.upenn.edu

Undergraduate Education:

New York University

Medical School Education:

University of Rochester

Other Graduate Education:

University of Pennsylvania
(MSCE)

Academic/Clinical/Research

Interests: Disparities, cancer screening and prevention,

INTERNAL MEDICINE (CONT'D.)

General Internal Medicine

Jennifer Kogan, MD

Associate Professor, Medicine

Director, Undergraduate Education,
Department of Medicine

jennifer.kogan@uphs.upenn.edu

Undergraduate Education:
University of Michigan

Medical School Education:
University of Pennsylvania

Other Graduate Education:
University of Pennsylvania
(Internship and Residency in
Internal Medicine, Fellowship
in General Internal Medicine)

Academic/Clinical/Research

Interests: Internal medicine,
general internal medicine,
primary care, medical
education, research in medical
education

David J. Malebranche, MD, MPH

Primary Care Physician,
Student Health Services

dmale@upenn.edu

Undergraduate Education:
Princeton University

Medical School Education:
Emory University

Other Graduate Education:
Columbia University (MPH)

Academic/Clinical/Research

Interests: Black men's health,
men's health, sexually
transmitted infections, HIV
treatment and prevention,
LGBT health, racial disparities in
public health

Marisa Rogers, MD, MPH, FACP

Associate Professor, Clinical Medicine

Assistant Program Director,
Diversity Initiatives, Internal Medicine
Residency Program

marisa.rogers@uphs.upenn.edu

Undergraduate Education:
Emory University

Medical School Education:
Emory University

Other Graduate Education:
Emory University (MPH)

Academic/Clinical/Research

Interests: Community health,
patient centered medical home,
diversity in academic medicine

INTERNAL MEDICINE (CONT'D.)

Geriatrics

Amy M. Corcoran, MD

Assistant Professor, Clinical Medicine

Associate Medical Director and
Director of Medical Education,
Penn-Wissahickon Hospice

Fellow, Institute on Aging

Program Director,
Hospice & Palliative Medicine Fellowship

amym.corcoran@uphs.upenn.edu

Undergraduate Education:
University of Richmond

Medical School Education:
American University of the
Caribbean

Academic/Clinical/Research

Interests: Medical education,
geriatrics, hospice and palliative
medicine, long-term care

(leaving Penn as of May 31, 2014)

Jerry C. Johnson, MD

Chief, Division of Geriatric Medicine

Professor, Medicine

jcjohnso@mail.med.upenn.edu

Undergraduate Education:
Denver University

Medical School Education:
Case Western Reserve
University

Other Graduate Education:
Robert Wood Johnson Clinical
Scholar

Academic/Clinical/Research

Interests: Aging, behavioral
health research, palliative care
research, and health equity

Rachel K. Miller, MD

Assistant Professor, Clinical Medicine

rachel.miller@uphs.upenn.edu

Undergraduate Education:
Rutgers University

Medical School Education:
University of Medicine &
Dentistry of New Jersey

Academic/Clinical/Research

Interests: Care transitions,
medical education

INTERNAL MEDICINE (CONT'D.)

Hematology/Oncology

Kevin R. Fox, MD

Professor, Medicine

kevin.fox@uphs.upenn.edu

Undergraduate Education:
Princeton University

Medical School Education:
Johns Hopkins University

Academic/Clinical/Research Interests: Treatment of breast and other cancers

Sunita D. Nasta, MD

Assistant Professor, Clinical Medicine

Attending Physician,
Hospital of the University of Pennsylvania

sunita.nasta@uphs.upenn.edu

Undergraduate Education:
Stanford University

Medical School Education:
Medical College of Virginia

Other Graduate Education:
Baylor College of Medicine
(Intern & Resident)

The University of Texas MD
Anderson Cancer Center (Fellow
& Chief Fellow)

Academic/Clinical/Research Interests: Management of patients with aggressive non-Hodgkin's lymphoma, lymphoma in the elderly and lymphoma in the pregnant patient; special interest in the long-term follow-up of patients with Hodgkin's lymphoma and survivor issues

Infectious Diseases

Todd Barton, MD

Associate Professor, Clinical Medicine

Associate Program Director,
Internal Medicine Residency Program

todd.barton@uphs.upenn.edu

Undergraduate Education:
Swarthmore College

Medical School Education:
University of Rochester

Academic/Clinical/Research Interests:
Clinical infectious diseases, transplant-related infectious disease, medical education

Robert (Bob) Doms, MD, PhD

Pathologist-in-Chief,
The Children's Hospital of Philadelphia

Professor,
Pathology & Laboratory Medicine

domsr@email.chop.edu

Undergraduate Education:
Bucknell University

Medical School Education:
Yale University

Other Graduate Education:
Yale University (PhD)

Academic/Clinical/Research Interests: HIV, virus interactions with cells

INTERNAL MEDICINE (CONT'D.)

Integrative Medicine

Jun James Mao, MD

Associate Professor,
Family Medicine & Community Health

jun.mao@uphs.upenn.edu

Undergraduate Education:
University of Illinois at Urbana-
Champaign

Medical School Education:
University of Illinois at Chicago

Other Graduate Education:
University of Pennsylvania
(MSCE)

**Academic/Clinical/Research
Interests:** Epidemiology
research, cancer survivorship

Pulmonary, Allergy & Critical Care

Horace DeLisser, MD

Associate Dean, Diversity & Inclusion

Associate Professor, Medicine

delisser@mail.med.upenn.edu

Undergraduate Education:
Temple University

Medical School Education:
University of Pennsylvania

**Academic/Clinical/Research
Interests:** Leukocyte-
endothelial and endothelial-
endothelial cell interactions,
chronic pulmonary vascular
disease, ethics

K. Akaya Smith, MD

Assistant Professor, Clinical Medicine

akaya.smith@uphs.upenn.edu

Undergraduate Education:
University of Virginia

Medical School Education:
Harvard University

Other Graduate Education:
Massachusetts General Hospital
(Internship, Residency)

Massachusetts General
Hospital, Brigham and Women's
Hospital, and Beth Israel
Hospital (Fellowship)

**Academic/Clinical/Research
Interests:** Pulmonary
hypertension in sickle cell
disease, pulmonary
hypertension, pulmonary
vascular disease, diversity in
medical education

M E D I C A L G E N E T I C S

Ian Krantz, MD

Professor, Pediatrics

Director, Medical Genetics Training Program

ian2@mail.med.upenn.edu

Undergraduate Education:

Concordia University, Montreal,
Canada

Medical School Education: Tel
Aviv University, Tel Aviv, Israel

Academic/Clinical/Research

Interests: Molecular etiology of
human syndromic and isolated
structural birth defects and
intellectual disability

M I C R O B I O L O G Y

Erle Robertson, PhD

Professor and Director,
Tumor Virology, Microbiology

erle@mail.med.upenn.edu

Undergraduate Education:

Howard University

Other Graduate Education:

Wayne State University (PhD)

University of Pennsylvania
(Honorary Masters)

Academic/Clinical/Research

Interests: Virus-host
interactions and cancer

N E U R O L O G Y / N E U R O S C I E N C E

Diego Contreras, MD, PhD

Professor, Neuroscience

diegoc@mail.med.upenn.edu

Undergraduate Education:

University Autónoma of Madrid,
Spain

Medical School Education:

University Autónoma of Madrid,
Spain

Other Graduate Education:

Laval University, Quebec,
Canada

Academic/Clinical/Research

Interests: Electrophysiology of
neocortex, support of Spanish
speakers

Roy Hamilton, MD, MS

Assistant Professor, Neurology

Assistant Dean, Diversity & Inclusion

roy.hamilton@uphs.upenn.edu

Undergraduate Education:

Harvard University

Medical School Education:

Harvard Medical School

Other Graduate Education:

MIT (Master's in Health
Sciences & Technology)

Academic/Clinical/Research

Interests: Diversity in academic
medicine, cognitive neurology,
cognitive neuroscience,
neuroplasticity, noninvasive
brain stimulation

NEUROLOGY / NEUROSCIENCE (CONT'D.)

Sharon Lewis, MD

Assistant Professor, Clinical Neurology

sharon.lewis@uphs.upenn.edu

Undergraduate Education:
University of Miami

Medical School Education:
University of Miami Miller
School of Medicine

Other Graduate Education:
University of Pennsylvania
Neurology Residency and
Neuromuscular Fellowship

**Academic/Clinical/Research
Interests:** Neuromuscular
disease, medical student
education

Ana Lia Obaid, PhD

Associate Professor, Neuroscience

obaid@mail.med.upenn.edu

Undergraduate Education:
University of Rosario, Argentina

Other Graduate Education:
University of Buenos Aires,
Argentina

**Academic/Clinical/Research
Interests:** Optical recording of
electrical activity in the nervous
system

O B / G Y N

Samantha Butts, MD, MSCE

Assistant Professor,
Obstetrics & Gynecology

sbutts@obgyn.upenn.edu

Undergraduate Education:
Harvard University

Medical School Education:
Harvard University

Other Graduate Education:
University of Pennsylvania
(MSCE)

**Academic/Clinical/Research
Interests:** Environmental
reproductive toxicology,
reproductive health disparities;
in utero programming of
ovarian function and somatic
growth, reproductive surgery, in
vitro fertilization, early
menopause, diminished ovarian
reserve, ovulation induction

Clarisa Gracia, MD, MSCE

Associate Professor, Director of Fertility
Preservation and Third Party Reproduction,
Obstetrics & Gynecology

cgracia@obgyn.upenn.edu

Undergraduate Education:
Amherst College

Medical School Education:
State University of New York-
Buffalo

**Academic/Clinical/Research
Interests:** Menopause, ectopic
pregnancy, infertility

O B / G Y N (CONT'D.)

Abike James, MD, MPH

Assistant Professor,
Clinical Obstetrics & Gynecology

Lead Physician, Penn Ob/Gyn Associates

Clinical Director for Women's Health,
Philadelphia Health Department

ajames@obgyn.upenn.edu

Undergraduate Education:
Dartmouth College

Medical School Education: Yale
University School of Medicine

Other Graduate Education:
Harvard School of Public Health
(MPH)

**Academic/Clinical/Research
Interests:** Women's health –
from a public health
perspective

Jack Ludmir, MD

Professor and Chair,
Ob/Gyn at Pennsylvania Hospital

Vice Chair, Ob/Gyn,
Perelman School of Medicine

jaludm@pahosp.com

Undergraduate Education:
University of Pennsylvania

Medical School Education:
Temple University School of
Medicine

Other Graduate Education:
Hospital University of
Pennsylvania (Residency in
Ob/Gyn and Fellowship in
Maternal-Fetal-Medicine)

**Academic/Clinical/Research
Interests:** Cervical insufficiency,
preterm delivery, obstetric care
for vulnerable and under-
resourced populations

O C C U P A T I O N A L M E D I C I N E

Judith Green McKenzie, MD, MPH, FACP, FACOEM

Associate Professor, Lead Physician &
Residency Director, Occupational Medicine

judith.mckenzie@uphs.upenn.edu

Undergraduate Education:
Princeton University

Medical School Education:
Yale Medical School

Other Graduate Education:
Johns Hopkins School of
Hygiene and Public Health

**Academic/Clinical/Research
Interests:** Occupational
medicine outcomes, blood-
borne pathogen exposures,
workers' compensation costs

OPHTHALMOLOGY

Juan E. Grunwald, MD

Professor, Ophthalmology

Director,
Vivian S. Lasko Ocular Vascular Laboratory,
Scheie Eye Institute

juangrun@uphs.upenn.edu

Medical School Education:

University of Tel Aviv, Sackler
Medical School

Other Graduate Education:

Hasharon Hospital, Israel,
(Intern)

Beilinson Medical Center, Israel
(Resident)

University of Pennsylvania,
Scheie Eye Institute (Fellowship)

Academic/Clinical/Research

Interests: Retinal blood flow,
age-related macular
degeneration, diabetic
retinopathy and retinal vascular
diseases, Spanish and Hebrew
fluency

Eydie G. Miller-Ellis, MD

Professor, Clinical Ophthalmology

Director, Glaucoma Division,
Scheie Eye Institute

eydie.miller@uphs.upenn.edu

Undergraduate Education:

Duke University

Medical School Education:

University of Pittsburgh

Other Graduate Education:

Lankenau Hospital (Intern)

University of North Carolina,
Chapel Hill (Resident)

Yale University School of
Medicine (Fellowship)

Academic/Clinical/Research

Interests: Diagnosis and
medical/surgical management
of complex glaucoma,
medical/surgical interventions
for glaucoma, diagnostic
techniques for the evaluation of
glaucoma

Prithvi S. Sankar, MD

Associate Professor,
Clinical Ophthalmology

Director, Medical Student Education,
Ophthalmology

prithvi.sankar@uphs.upenn.edu

Undergraduate Education:

University of Virginia

Medical School Education:

University of Virginia

Other Graduate Education:

Transitional Residency, Lehigh
Valley Hospital, Allentown, PA
(Transitional Residency);
University of Pittsburgh
(Residency); Massachusetts Eye
and Ear Infirmary, Harvard
University (Fellowship)

Academic/Clinical/Research

Interests: Glaucoma

ORTHOPAEDIC SURGERY

Charles Nelson, MD

Associate Professor, Orthopaedic Surgery

Chief, Adult Reconstruction Division,
Department of Orthopaedic Surgery

charles.nelson@uphs.upenn.edu

Undergraduate Education:
Rensselaer Polytechnic Institute

Medical School Education:
University of Pennsylvania

Academic/Clinical/Research

Interests: Musculoskeletal Health Disparities - Role of expectations on outcomes following joint replacement surgery among different genders/ethnicities, management of periprosthetic infection and periprosthetic dislocation, management of bone loss during revision hip and knee replacement,

role of obesity in outcomes following knee and hip replacement, factors affecting clinical outcomes following hip and knee replacement, less invasive approaches to hip and knee replacement, factors associated with good outcome with hip arthroscopy and hip preservation surgery, biologic resurfacing, genetic susceptibility to infection, metal toxicity and bone loss following joint replacement surgery

Lawrence Wells, MD

Associate Professor, Orthopaedic Surgery

wellsl@email.chop.edu

Undergraduate Education:
Stanford University

Medical School Education:
University of California-San Francisco

Other Graduate Education:
University of California-San Francisco (Residency in Orthopaedic Surgery)

Children's Hospital Medical Center, Cincinnati, OH
(Fellowship in Pediatric Orthopaedic Surgery)

Academic/Clinical/Research Interests: Cartilage injury and repair, sports-related injury to shoulder and knee, osteonecrosis

PATHOLOGY & LABORATORY MEDICINE

Nicole Aqui, MD

Assistant Professor,
Pathology and Laboratory Medicine

aqui@mail.med.upenn.edu

Undergraduate Education:

University of Maryland –
College Park

Medical School Education:

University of Pennsylvania

Academic/Clinical/Research

Interests: Immune assessment,
immune recovery, adoptive T
cell immunotherapy, multiple
myelom, transfusion medicine,
multiple myeloma, stem cell
transplant, apheresis

Robert (Bob) Doms, MD, PhD

Pathologist-in-Chief, CHOP

Professor,
Pathology & Laboratory Medicine

domsr@email.chop.edu

Undergraduate Education:

Bucknell University

Medical School Education:

Yale University

Other Graduate Education:

Yale University (PhD)

Academic/Clinical/Research

Interests: Virus-host
interactions, HIV

Eileen McKay, MD

Assistant Professor,
Clinical Pathology & Laboratory Medicine

Course Director,
Mechanisms of Disease & Therapeutic
Interventions [CU2000, Module 2]

mckaye@email.chop.edu

Undergraduate Education:

University of Rochester

Medical School Education:

University of Rochester

Academic/Clinical/Research

Interests: General pediatric and
perinatal pathology, placental
causes of pregnancy loss,
medical education

P E D I A T R I C S

Phyllis Dennery, MD, FAAP

Chief, Division of Neonatology

Professor, Pediatrics

dennery@email.chop.edu

Undergraduate Education:
McGill University

Medical School Education:
Howard University

Academic/Clinical/Research Interests: Role and regulation of heme oxygenase in the neonatal lung, developmental differences in response to oxidative stress

Kristen Feemster, MD, MPH

Assistant Professor, Pediatrics

Research Director, Vaccine Education Center

feemster@email.chop.edu

Undergraduate Education:
Yale University

Medical School Education:
Columbia University

Other Graduate Education:
Columbia University (MPH)

University of Pennsylvania (MS)

Academic/Clinical/Research Interests: Pediatric infectious diseases, vaccines

James Guevara, MD, MPH

Associate Professor, Pediatrics

guevara@email.chop.edu

Undergraduate Education:
University of California, Davis

Medical School Education:
Northwestern University

Other Graduate Education:
University of Washington (MPH)

Academic/Clinical/Research Interests: Organization and financing of behavioral health services

Ian Krantz, MD

Professor, Pediatrics

Director, Medical Genetics Training Program

ian2@mail.med.upenn.edu

Undergraduate Education:
Concordia University, Montreal, Canada

Medical School Education:
Tel Aviv University, Tel Aviv, Israel

Academic/Clinical/Research Interests: Molecular etiology of human syndromic and isolated structural birth defects and intellectual disability

P E D I A T R I C S (CONT'D.)

Kwaku Ohene-Frempong, MD

Director Emeritus,
Comprehensive Sickle Cell Center

Emeritus Professor, Pediatrics

ohene-frempong@email.chop.edu

Undergraduate Education:
Yale University

Medical School Education:
Yale University

Academic/Clinical/Research Interests: Sickle cell disease, general hematology

Noel B. Rosales, MD

Clinical Assistant Professor, Pediatrics

Director, Cultural Effectiveness Initiative,
Children's Hospital of Philadelphia (2003-10)

rosales@email.chop.edu

Undergraduate Education:
Stanford University

Medical School Education:
University of California, Davis

Other Graduate Education:
Children's Hospital Oakland
(Resident & Chief Resident)

Stanford University Children's
Hospital (Fellow, General
Pediatrics)

Academic/Clinical/Research Interests: How language, culture and ethnicity impact medical care, both for patients and families but also for providers

P H Y S I C A L M E D I C I N E & R E H A B I L I T A T I O N

Richard Salcido, MD

Emeritus Professor CE,
Physical Medicine & Rehabilitation

salcidor@uphs.upenn.edu

Undergraduate Education:
Baylor University, Associate
(Science (Medicine))

Academy of Health Science,
Fort Sam, Houston, TX (US Army
Physician Assistant Program)

Medical School Education:
The University of the State of
New York, Regents College

Institute of Biomedical Sciences,
Autonomous University of
Juarez, Mexico

Other Graduate Education:
University of Southern
California (Health Care
Counseling & Administration)
European Branch)

Academic/Clinical/Research Interests: Chronic wounds, ischemia reperfusion

PSYCHIATRY

Henry Bleier, MD, MBA

Clinical Professor, Psychiatry

Chief Consultation Liaison, Psychiatry
Philadelphia Veterans Affairs Medical Center

bleierh@mail.med.upenn.edu

Undergraduate Education:
City College of New York

Medical School Education:
Cornell University

Other Graduate Education:
University of Pennsylvania
(MBA)

Academic/Clinical/Research Interests: Coping with serious illness, decision making capacity, the humanities in medicine

E. Cabrina Campbell, MD

Associate Professor, Psychiatry

Associate Chief,
Philadelphia Veterans Affairs Medical Center

cabrina.campbell@va.gov

Undergraduate Education:
Hendrix College

Medical School Education:
University of Arkansas

Other Graduate Education:
University of Pennsylvania
(Residency)

Academic/Clinical/Research Interests: Schizophrenia, treatment of schizophrenia comorbid with cocaine abuse, sleep and movement disorders

Scott Campbell, MD

Assistant Professor, Clinical Psychiatry

scott.campbell@uphs.upenn.edu

Undergraduate Education:
Dickinson College

Medical School Education:
University of Pennsylvania

Academic/Clinical/Research Interests: LGBT health, medical student and resident education

James W. Cornish, MD

Associate Professor, Psychiatry

Director, Pharmacotherapy Division

jcornish@mail.med.upenn.edu

Undergraduate Education:
St. Joseph's University

Medical School Education:
Thomas Jefferson University

Other Graduate Education:
Bryn Mawr Hospital, PA
(Intern/Resident Surgical (dual))

Norristown State Hospital, PA
(Resident Psychiatry; Fellow in
Administrative Psychiatry)

Academic/Clinical/Research Interests: Substance abuse

PSYCHIATRY (CONT'D.)

Benoit Dubé, MD

Assistant Dean, Diversity & Inclusion

Associate Professor, Clinical Psychiatry

Director,
Medical Student Education in Psychiatry

bedube@upenn.edu

Undergraduate Education:
Concordia University, Montreal

Medical School Education:
Université de Montréal,
Montreal

Academic/Clinical/Research Interests: HIV mental health

RADIATION ONCOLOGY

Neha Vapiwala, MD

Associate Professor, Radiation Oncology

Advisory Dean,
Perelman School of Medicine

Vice Chair, Education

Chief, Genitourinary Service

darlene.smith@uphs.upenn.edu (*Assistant*)

Undergraduate Education:
Johns Hopkins University

Medical School Education:
University of Pennsylvania

Academic/Clinical/Research Interests: Breast and prostate cancer, education, immunotherapy

RADIOLOGY

Beverly Coleman, MD, FACR

Professor, Radiology

coleman@rad.upenn.edu

Undergraduate Education:
Vassar College

Medical School Education:
Harvard University

Other Graduate Education:
University of Pennsylvania
(Radiology Residency,
Abdominal Imaging Fellowship)

Academic/Clinical/Research Interests: Obstetrical and gynecologic ultrasound with concentration in congenital anomalies

Marc S. Levine, MD

Professor, Radiology

Chief, Gastrointestinal Radiology

Advisory Dean,
Perelman School of Medicine

marc.levine@uphs.upenn.edu

Undergraduate Education:
University of Michigan

Medical School Education:
University of Michigan

Other Graduate Education:
Hospital of the University of Pennsylvania (Radiology Residency and GI Radiology Fellowship)

Academic/Clinical/Research Interest: GI radiology

S P O R T S M E D I C I N E

Rahul Kapur, MD, CAQSM

Assistant Professor,
Family Medicine & Sports Medicine

Assistant Director,
Primary Care Sports Medicine Fellowship

Chief Medical Physician, Penn Athletics

Chief Medical Physician, Philadelphia 76ers

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Undergraduate Education:
George Mason University

Medical School Education:
University of Virginia

Academic/Clinical/Research Interests: Sports medicine, non-operative musculoskeletal medicine

S U R G E R Y

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Undergraduate Education:
Harvard University

Medical School Education:
Columbia University

Other Graduate Education:
University of Pennsylvania
MSCE Program (ongoing)

Academic/Clinical/Research Interests: Ex vivo lung perfusion, clinical and translational human lung transplantation research

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Assistant Professor, Surgery

Attending Physician Associate Program
Director

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Undergraduate Education:
Union College

Medical School Education:
Yale University

Other Graduate Education:
University of Pennsylvania
(MSCE)

Academic/Clinical/Research Interests: Surgical education, health services research

S U R G E R Y (CONT'D.)

Niels D. Martin, MD, FACS

Assistant Professor, Surgery,
Division of Traumatology, Surgical Critical
Care, & Emergency Surgery

Surgical Medical Director,
Surgical Intensive Care Unit
Hospital of the University of Pennsylvania

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Undergraduate Education:
Rutgers University

Medical School Education:
Rutgers University Robert
Wood Johnson Medical School

Other Graduate Education:
Thomas Jefferson University –
General Surgery, University of
Pennsylvania – Traumatology &
Surgical Critical Care

Academic/Clinical/Research

Interests: Trauma surgery,
general surgery, surgical critical
care

Noel Williams, MD

Professor, Clinical Surgery

Director, UPHS Bariatric Surgery Program

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Medical School Education:
Royal College of Surgeons,
Ireland

Other Graduate Education:
Adelaide & Meath Hospital,
Ireland (Residency)

University of Pennsylvania
(Fellowship)

Academic/Clinical/Research

Interests: laparoscopic bariatric
surgical procedures including
Roux-en-Y gastric bypass,
adjustable gastric band, and
sleeve gastrectomy; diseases of
the esophagus, stomach, and
gallbladder

Taste of Diversity in Philadelphia

Getting to Know Philadelphia

“If you are losing your leisure, look out; you may be losing your soul”
- Logan P. Smith

In other words: make time for yourself and try to keep balanced. When you take your well-deserved break, try something refreshing and exhilarating: sunning in the French Riviera, trekking through the Amazon or cruising the Caribbean. If budget and time prohibit international travel, Philadelphia offers many exciting but thrifty attractions—an array of restaurants, night clubs and museums, for example.

Make sure, though, that you take advantage of these opportunities not only while on break, but throughout the year. This guide provides suggestions of places to go and things to do. It also provides information about getting around, and living your everyday life in Philadelphia. For your more regular needs, it gives information on public transportation (SEPTA), places of worship, hair care establishments and other everyday places.

Other information about Philadelphia clubs, restaurants, etc. can be found on the University of Pennsylvania web site as well as various Philadelphia newspapers. *The Philadelphia Weekly*, the *City Paper*, and the Friday edition of the *Philadelphia Inquirer* are excellent sources of information on upcoming events in Philadelphia and the surrounding areas, as well as <http://www.uwishunu.com/> for upcoming events and restaurant recommendations.

It is our hope that you'll come to see and experience Philadelphia as a city where you can learn medicine and have fun too!

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Night Life

The nightlife in Philly is a pleasant mixture of big city excitement and the quaintness of a small town. Many establishments close at 2 AM, unless otherwise noted.

COMEDY

Helium Comedy Club

2031 Sansom Street

215-496-9001

heliumcomedy.com

Helium has a lot of front liners who secretly pass by to make people crack a smile. Be sure to check their website before you go, because Helium likes to throw out a last-minute discount from time to time. Oh, and you MUST check out open mike nights every Tuesday; you won't be disappointed.

CLUB AND MUSIC SCENE

Drinker's

1903 Chestnut Street (Center City) and 3900

Chestnut Street (University City)

drinkersphilly.com

You may remember the University City edition from Preview, but Drinker's also has a 2nd location that is known and loved for being a no-nonsense bar with fair prices.

Silk City Lounge

435 Spring Garden Street

215-592-8838

silkcityphilly.com

This little club attached to the American Diner is a great place to let loose and hang. Dress, along with clientele, is random. Includes DJ nights, reggaeton, new wave, live music, hip-hop acts, and karaoke nights.

Morgan's Pier

221 N. Columbus Boulevard

215-279-7134

morganspier.com

Philadelphia waterfront's newest addition. This seasonal venue is located just steps from the Ben Franklin Bridge. Our backyard beer garden boasts a foodie picnic menu, an assortment of American craft beer and an array of live entertainment.

Blurr

29 S. Bank Street

215-922-3020

blurrphilly.com

Open Friday-Sunday from 9 pm to 2 am. Blurr features a variety of music formats during its four weekly nights, and offers VIP tables, private skyboxes, five full-service bars on three floors and a lavish main dance floor.

Warmdaddy's

1400 S. Columbus Boulevard

215-462 2000

warmdaddys.com

Warmdaddy's celebrates the food, culture, and music that encompass the real southern rhythm & blues experience. Located along the Delaware River on Christopher Columbus Blvd., Warmdaddy's has become one of Philadelphia's premier dining and nightlife landmarks. Experience the spirit of true southern hospitality in a warm and relaxed atmosphere that speaks through contemporary southern decor.

Time Whiskey Bar & Taproom

1315 Sansom Street

215-985-4800

timerestaurant.net

Both a restaurant and a "going out" location, this place seems to have it all. The restaurant dining room features live jazz, the next room over is a sports bar where you can watch the latest game, and an upstairs room with dance music.

Ortlieb's Lounge

847 N. 3rd Street

267-324-3348

ortliebsphilly.com

Celebrating 25 years, Ortlieb's Lounge, located just off the beaten path in Northern Liberties. They bring you everything from live rock, to indie, funk, and more, presented by some of Philly's finest talents.

CLUB AND MUSIC SCENE (CONT'D.)

Chris' Jazz Cafe

1421 Sansom Street

215-568-3131

chrisjazzcafe.com

Philadelphia Magazine's Best of Philly: Best Jazz Club, Best Wings and Best Casual Venue

World Cafe Live

3025 Walnut Street

215-222-1400

worldcafelive.com

Just as the name implies, this place is dedicated to inviting artists, both up-and-coming and unknown to their live stages.

Union Transfer

1026 Spring Garden Street

215-232-2100

utphilly.com

Philly's newest concert hall; the city's best intimate venue to hear live bands.

CLUBS CATERING TO SALSA LOVERS

Brasil's

112 Chestnut Street

215-413-1700

brasilsnightclub-philly.com

Brasil's features reggae/Caribbean music on Thursdays, Latin music on Fridays, and Brazilian music on Sundays. There's no cover and free Salsa lessons on Wednesdays. During the winter, the club features a range of live artists Voted Best Latin Club in Philadelphia Magazine.

Cuba Libre

10 S. 2nd Street

215-627-0666

cubalibrerestaurant.com/i/philadelphia

Cuba Libre Restaurant & Rum Bar is dedicated to continued explorations of Cuban heritage, art, music, flavors, and traditions. The open-air setting, tropical ambiance, and vintage décor, upbeat Latin music, exciting specials events and especially Concept Chef Guillermo Pernot's delectable menu of traditional and updated Cuban cuisine, make Cuba Libre a must-see, must-experience destination.

Tierra Colombiana

4535 N. 5th Street

215-324-0303

tierracolombianarestaurant.com

Once inside, pass the bar with the Spanish-style overhang, through horseshoe-shaped doorways, into rooms with gentle lighting and tables for two or ten. The jukebox offers today's Latin hits. The all-day menu is split into Colombian and Cuban selections. Chicken, pork, beef and seafood entrees are served with rice, beans, sweet or green plantains, cassava or potatoes. Don't leave without a piece of the sweet las tres leches (three-milk cake) or flan de leche. The upstairs nightclub is open 8pm-2am, Thursday through Saturday. Caliente!

BREWERY/PUBS

Philly offers a wide selection of brewery and pubs, here are just a few of them.

Dock Street Brewing, Co.

701 S. 50th Street (50th and Baltimore)

215-726-2337

dockstreetbeer.com

This expansive restaurant adjacent to a working brewery serves a number of different and interesting pizzas. Beer brewed-on-the-premises is featured. Dress is casual.

Fergie's Pub

1214 Sansom Street

215-928-8118

fergies.com

Quieter alternative to McGillin's; muted but eccentric decor, bands play upstairs.

Irish Pub

1123 Walnut Street and 2007 Walnut Street

215-925-3311, 215-568-5603

irishpubphilly.com

A Philadelphia institution, the Irish Pub is a combination Dublin saloon and American neighborhood bar. These lively places feature turn-of-the-century hand-carved cherry wood bars surrounded by period tile. Booths line the walls, which are adorned with sports, theater and political memorabilia. Private dining rooms are available. Open 11am-2am daily.

BREWERY/PUBS (CONT'D.)

The Local 44

4333 Spruce Street
215-222-2337
local44beerbar.com

Serves the West Philly area, and lots of grad students, with a nice selection of microbrews on tap, many of which you won't be able to find elsewhere in the city.

McGillin's Old Ale House

1310 Drury Street
215-735-5562
mcgillins.com

Huge, loud, wood-paneled downtown bar, located on a decrepit alley (off 13th St. or Juniper and between Chestnut and Sansom), serving cheap pitchers to hordes of 20-somethings. Upstairs room is quieter. On Wednesday and Friday nights, there is karaoke, which is always a blast.

Monk's Cafe

264 S. 16th Street (at Spruce Street)
215-545-7005
monkscafe.com

Monk's Café prides itself on an astonishing selection of fine beers culled from breweries large and small throughout the world. One of the finest selections of Belgian beers on draught in America can be found at our Back Bar and an additional selection up front.

New Deck Tavern

3408 Sansom Street
215-386-4600
newdecktavern.com

Open every day from 11am til 2am. Known for great burgers, cheesesteaks, delicious fresh salads & tasty sandwiches, the menu is promised to please all! Happy hour at the New Deck is the best around. The New Deck offers a vast array of draft beers from around the world and is located in the heart of University City.

Grace Tavern

2229 Grays Ferry Avenue
215-893-9580
gracetavern.com

Right off of the South Street Bridge, Grace Tavern is conveniently located in the Graduate Hospital area and has a chill vibe. Be sure to stop in for dinner one day.

They have great burgers and famous seasoned green beans with Cajun flavor.

Sidecar Bar & Grille

2201 Christian Street
215-732-3429
thesidecarbar.com

A great place to hang out, no matter what time of day. Stop in at night for dinner and drinks (their Clam Chowder made with Potato Gnocchi was featured on Diners, Drive-Ins, and Dives on the Food Network) or come for brunch on the weekends.

OLD CITY BARS

Old City is packed with bars and clubs and heading over there can make for a great night out.

Continental Restaurant and Martini Bar

138 Market Street
215-923-6069
continentalmartinibar.com

Tapas-style dining and martini bar. The trendy and hip Continental attracts patrons of a wide range of ages. In fact, it used to be a diner; now, giant martini-olive lamps hang over the booths, while Latin and lounge music plays softly. The restaurant's contemporary cuisine includes outstanding sushi-grade pan-seared tuna and miso-glazed Chilean sea bass. Follow dinner with a martini, including such exotic variations as chocolate and the Hawaii 5-O.

Panorama

14 N. Front Street
215-922-7800
Panoramaristorante.com

Ristorante Panorama features authentic contemporary Italian cuisine in a dramatic setting of hand painted murals, marble floors & torch lighting. The wine bar offers over 120 wines by the glass & in tasting flights daily & has been awarded Wine Spectator's "Best of Award of Excellence. At Panorama, every day is an opportunity for an individualized wine tasting to accompany homemade pastas, tender veal & seafood specialties. Panorama is located in the heart of Old City Philadelphia.

OLD CITY BARS (CONT'D.)

Barra

239 Chestnut Street
215-238-6900
barraphilly.com

Barra's upbeat modern style and cuisine will always keep you coming back for more. Perfect for a quick lunch, dinner with friends, or our amazing weekend brunch. When you start with the fresh, innovative and handmade food, along with our commitment to local craft beer, fine wine and delicious cocktails, you won't miss a beat. Barra provides the full experience.

Eulogy Belgian Tavern

136 Chestnut Street
215-413-1918
eulogybar.com

Eulogy provides a wide selection of beers and Belgian food. Try the frites.

ENTERTAINMENT

Dave + Buster's

325 N. Columbus Boulevard, Pier 19 North
215-413-1951
daveandbusters.com

A 70,000 square foot "Chuck E. Cheese for adults" located on a huge pier just north of the Ben Franklin Bridge on Delaware Ave. Features billiards, shuffleboard, a ride simulator theater, a giant arcade with every imaginable video game (esp. sports), and a bar and restaurant overlooking the bridge.

GAY-FRIENDLY SPOTS

Bob and Barbara's

1509 South Street
215-545-4511
bobandbarbaras.com

A neighborhood bar with a drag show every Thursday night beginning at 11pm. Though small, the club attracts a young college crowd, usually mixed gay and straight. The show is done on a postage stamp sized stage, and all over the bar, when the performers leave the stage to lip sync in your face. It's funky, it's fun, and the special is a shot and a beer for \$3.50. Thursdays feature the city's longest-running drag show, while the rest of the week is rounded out by singer-songwriters, bands and DJs.

Bike Stop

206 S. Quince Street
215-627-1662
thebikestop.com

The Bike Stop has been serving the Philadelphia gay and lesbian community for over 28 years. With four floors to choose from, they've got all of your needs covered.

Tavern on Camac

243 S. Camac Street
215-545-0900
tavernoncamac.com

T.O.C is the perfect night spot for fantastic upbeat music, great conversation and meeting people. T.O.C's live music and colorful patrons offer a true portrayal of Philadelphia's diversity and appreciation for music and fun amongst friends. It is one of the oldest gay and lesbian bars in the country. They feature a superb restaurant, a lively piano bar and an exciting new dance bar.

Woody's

202 S. 13th Street
215-545-1893
woodysbar.com

Flagship of Philly's Gayborhood, with 3 Bars, a huge dance floor, and grill that serves coffee and light fare. Woody's is the "Cheers" Bar of the LGBT Community, with College Night Wednesdays, Latin Night Thursdays, and always packed Saturday Nights.

Tabu Lounge and Sports Bar

200 S. 12th Street
215-964-9675
tabuphilly.com

The concept of Tabu was created out of a need to have a true sports bar that caters to the diverse and dynamic crowd that makes up the Gayborhood as part of Washington Square West.

Voyeur

1221 Saint James Street
215-735-5772
voyeurnightclub.com

15,000 square feet of nightlife entertainment spanning 3 floors of dancing, including a VIP mezzanine level that gives sweeping views of Voyeur's unique light/video installations and the dance floor below.

Where to Eat

AROUND CAMPUS

FOOD TRUCKS

pennfoodtrucks.com

Spruce Street, Walnut Street by Pottruck Gym, next to Franklin Field at 34th and Spruce...

The food trucks are lunch and on-call faves. Cheap and quick and you can take your Styrofoam to-go box to the Green. Maqic Carpet on 34th & Walnut has great falafel, Hemo's on 37th & Spruce makes good sandwiches with its special Hemo sauce. The darlings of Spruce Street are The Real Le Anh and The Original Le Anh which are fierce competitors (we are serious). They're hard to tell apart, and have good Chinese food. Finally, look for the Fruit Trucks every season except winter. Excellent sliced fruit - great for a snack in class.

CAFETERIAS

Abramson Cafeteria

Ground floor of Abramson Building (next to BRB)

Great selection, decent prices. Eat healthy or greasy in the glass-enclosed dining area, but come early to beat the crowds at lunchtime.

CHOP Main Cafeteria

CHOP Main Building, Ground Floor

Recently remodeled and offers a wide selection at great prices.

HUP Cafeteria

The Spruce St. Café

2 Founders (second floor of Founders)

An all new bistro! This exciting new café will feature a variety of themed menus that rotate on a weekly basis. Every day, the Spruce Street Café will offer a choice of marinated seafood, chicken, or steak cooked to order from the grill, as well as traditional favorites such as a Philadelphia cheesesteak and a larger burger.

Au Bon Pain (ABP)

Ground floor of BRB and

2 Founders, next to Spruce Street Café

Good sandwiches and salads, but a bit pricey. Good place to study with a cup of coffee in the afternoons when it's less hectic. Both locations have outdoor seating, but the BRB one lets you picnic on the lovely patch of grass outside.

Houston Market

Houston Hall, 3417 Spruce Street

www.vpul.upenn.edu/perelmanquad/houston-market.php

The Houston Market, located on the ground floor of the building, has become a Penn favorite. The food is freshly prepared to order, reasonably priced, and sure to satisfy a wide range of tastes. The service is quick and friendly. The original and now exposed stone walls naturally divide the large seating area into smaller sections. So, while you'll always be able to find a table, you'll never feel lost in the crowd.

The Nursing School Café

School of Nursing Building, First Floor

Cheaper coffee than ABP and cheap day old baked goods.

RESTAURANTS (NEAR CAMPUS, EAST OF 38TH STREET)

Baby Blues BBQ

3404 Sansom Street

215-222-4444

babybluesphilly.com

Finally! A late dining option in University City. Ribs done right! Regional BBQ from the best parts of this great nation. Serving Award Winning baby back ribs, Memphis dry rub ribs, Carolina pulled pork and beef brisket

Così

36th and Walnut Streets and throughout the city

getcosi.com/upenn

From the hand-tossed Signature Salad to the Tomato, Basil, and Mozzarella Sandwich served on delicious warm flatbread, to the comfortable, urbane and contemporary atmosphere, Così is more than a restaurant, it is a place where people gather to relax and dine.

AROUND CAMPUS (CONT'D.)

RESTAURANTS (NEAR CAMPUS, EAST OF 38TH STREET)

Han Dynasty

3711 Market Street

215-222-3711

handynasty.net

Absolutely delicious, very authentic, high-quality Chinese food with classy presentation and great variety. Great for sharing multiple dishes with friends.

Lemon Grass Thai

3620 Lancaster Avenue

215-222-8042

lemongrassphila.com

Enjoy a wide variety of authentic Thai specialties, take out or dine-in. Lemon Grass also has a filling 3-course lunch special for \$9.95.

Mad Mex

3401 Walnut Street (behind the Gap)

215-382-2221

madmex.com

Mad 4 Mex is a good place for students on a limited budget to refuel, or for couples or groups of friends who want to eat and unwind in a casual atmosphere. Publicists for the eatery like to emphasize the booze. They brag of drinks that are "stiff and on the large side" and of serving the "newest and finest microbrews from around the country" to help patrons wash down the nachos, enchiladas, burritos and other menu items.

New Deck Tavern

3408 Sansom Street

215-386-4600

newdecktavern.com

Open every day from 11am till 1am. Known for great burgers, cheese steaks, delicious fresh salads & tasty sandwiches. Happy hour at the New Deck is the best around. The New Deck offers a vast array of draft beers from around the world and is located in the heart of University City.

Sitar India Restaurant

60 S. 38th Street

215-662-0818

sitarindiapa.com

Authentic Indian cuisine! The lunch buffet is fantastic. The buffet items change each day, so often there is a nice surprise.

The White Dog

3420 Sansom Street

215-386-9224

whitedog.com

One of Philadelphia's best-loved restaurants. Definitely a parents-taker, and quite worth the trip any time. The atmosphere is excellent - lots of small, ornately decorated rooms. For Sunday brunch, head for the room with the piano. The food is also one-of-a-kind, designed by an excellent head chef, and eclectic in style. If you want an up-scale bar for some hob-nobbing with law students (fresh from their school across the street) or just want to go out for a nice dessert, this is also the place. You'll undoubtedly note the political overtones of activist/owner Judy Wicks on the menu, at the bathrooms, and in the speakers' series calendar near the door. Entrees between \$18 and \$25.

RESTAURANTS (NEAR CAMPUS, WEST OF 38TH STREET)

Allegro's Pizza and Grill

3942 Spruce Street

215-382-8158

allegropizza.com

Serving University City since 1982! Pizza and steaks are tasty; the lasagna and chicken parm are delicious; portions are huge (great for leftovers); and the delivery service is quick. Plus they have a really nice beer selection that's reasonably priced.

Bobby's Burger Palace

3925 Walnut Street

215-387-0378

bobbysburgerpalace.com

Famous chef Bobby Flay's classic burger joint!

AROUND CAMPUS (CONT'D.)

RESTAURANTS (NEAR CAMPUS, WEST OF 38TH STREET)

Capogiro

3925 Walnut Street
(also: 13th & Sansom; 20th & Sansom)
215-222-0252
capogirogelato.com

For an alternative to the standard ice cream, Capogiro offers a wide selection of gelato and sorbetto flavors. They are also happy to pass out free samples, so why not try something interesting like cilantro or coconut flavored gelato.

Chipotle

3925 Walnut Street
(also: 1512 Walnut Street and 1200 Walnut Street)
chipotle.com

Whether you're a die-hard fan of the burrito, bowl, or salad, it is comforting to know that Chipotle is nearby for when your craving kicks.

City Tap House

39th & Walnut Streets (2nd floor of Radian Building)
215-662-0105
citytaphouse.com

City Tap House boasts one of Philadelphia's most extensive draft beer lists paired with a menu of Elevated American Pub Fare. Dining room and outdoor seating. Voted Best Bar to Watch a Game by Philly Bar Scene.

Copabanana

4000 Spruce Street (also: 344 South Street)
215-382-1330
copabanana.com/uni.php

Latin-inspired dishes, good burgers, and Spanish fries (covered in jalapenos and onions). They also have a chocolate molten lava cake that is a thing of dreams.

The Greek Lady

222 S. 40th Street
215-382-2600
greeklady.com

Large portions, great prices. In addition to Greek food, it also has an extensive breakfast menu and makes deliveries to the University City area. One last thing: they put fries in their falafels! How cool is that?

Hummus Grill

3931 Walnut Street (also: 212 S. 11th Street)
215-222-5300
hummusrestaurant.com

The falafels are a favorite among the free student group lunch circuit and it has other delicious Middle Eastern eats.

MIZU Sushi

111 S. 40th Street
215-382-1745
mizusushibar.com

MIZU prides itself on making the best tasting sushi in town. Well-trained sushi chefs only use the freshest and highest quality ingredients from fish to vegetables along with great service you expect. They offer high quality sushi at an affordable price.

Nara Japanese

4002 Spruce Street (under the Hair Studio)
215-387-1583

Decent Japanese close to school. It looks questionable from the outside, but the inside has class. Wide variety of Japanese food at a reasonable price.

Pattaya Grill

4006 Chestnut Street
215-387-8533
pattayarestaurant.com

The expansive restaurant stretches backward from a colorful bar area to an enclosed sunroom with indoor trees strung with lights. Pattaya fills up with U Penn students sipping brightly colored spiced iced tea and house cocktails. Authentic Thai dishes; clay pot stews, mix and match curries and noodles, with a nod both to continental (chicken marsala and goat cheese salad) and eclectic (alligator stir-fry).

Qdoba

230 S. 40th Street (40th & Locust Street)
(also: 1528 Walnut Street)
qdoba.com

For you Qdoba lovers out there, it's nearby campus and also in Center City. If you've never heard of it, think of it as an alternative to Chipotle with more variety, and arguably bigger portions.

AROUND CAMPUS (CONT'D.)

RESTAURANTS (NEAR CAMPUS, WEST OF 38TH STREET)

The Restaurant School

4207 Walnut Street

215-222-4200

walnuthillcollege.edu

Gourmet food at affordable prices, the highest being about \$21/entrée. Service is excellent. Students prepare and serve food under the supervision of an instructor. Reservations are required, and dress is casual.

Sweet Green

3925 Walnut Street

215-386-1365

sweetgreen.com

A delicious make-your-own salad place with very high-quality, fresh ingredients. It is a great place for a healthy meal!

Tandoor India

106 S. 40th Street (btw Walnut & Chestnut Streets)

215-222-7122

tandoorindiarestaurant.com

Tandoor India Restaurant designs and delivers fantastic Indian cuisine for dining in or delivery. Tandoor India Restaurant offers fine dining. Delicious menu items are presented with style and consistent quality.

Thai Singha House

3939 Chestnut Street

215-382-8001

thaisinghaiwestphilly.com

Thai Singha House, in Philly's University City section, serves up both hot and mild dishes, and the menu provides fair warning of what's hot and what's not. You'll probably want to sample everything, including the wide variety of curry sauces. Most entrees are in the \$8-\$12 range and the ambiance is warm and relaxing. Each of the tables is centered with fresh flowers and a candle.

BYOs

Due to restrictive liquor laws, Philadelphia hosts an amazing number of restaurants that let you Bring Your Own – wine, beer, tequila, whatever your choice is for the night. In general, these restaurants serve great food and can help keep costs down.

gophila.com/byobmap can serve as a starting point for locating some, but they can be found on almost any block throughout the city.

DINING THROUGHOUT PHILLY

Philadelphia offers a wide variety of restaurants and has great options in any price range. Check out philly.com, yelp.com, chowhound.com, philadelphia.com, gophila.com for more information.

The aim of this section is not to present the finest Philly has to offer, but rather, delicious food at reasonable prices.

AFRICAN

Abyssinia

229 S. 45th Street

215-387-2424

abyssiniarestaurantpa.com

Don't be put off by the appearance outside, this family-run favorite is clean and pretty inside. A true Ethiopian feast awaits - you'll eat with your hands and share a plate with the other folks at the table, having a great time. Dinner entrees range from \$8-12. There's also a fun dive bar upstairs that has live music almost every night.

Almaz Cafe

140 S. 20th Street

215-557-0108

almazcafe.com

A Center City Ethiopian restaurant with family-style eating. Bring a group of friends and share a couple platters.

Dahlak

4708 Baltimore Avenue

215-726-6464

dahlakrestaurant.com

A favorite of Penn students, this authentic Ethiopian features flavorful fun food that's eaten with fingers in a friendly communal style. The service can be slow, so don't go in a rush; the experience is worth it. Definitely have some mango juice while you wait.

AMERICAN

Audrey Claire Restaurant

276 S. 20th St. (20th & Spruce Streets)

215-731-1222

audreyclaire.com

This is the less-is-more bistro of a more-is-more neighborhood. Dishes here match the decor: classic seafood and meats with singular flourishes. Start with pear, Gorgonzola and walnut flat bread--a visually plain, but pleasantly savory combination of sweet, sharp and rich. Mussels--best in a lightly spicy garlic and chorizo broth--are fit for two. Hearty entrees include roasted half-chicken updated with tangy, sweet pomegranate molasses or tender, garlic-crusted rack of lamb. The menu changes frequently and uses ingredients that reflect the season.

Fork

306 Market Street

215-625-9425

forkrestaurant.com

Open 7 days a week in Philadelphia's Old City, Fork is a nationally acclaimed New American bistro offering delicious food that is seasonal, fresh and inventive. The menu is printed daily and reflects international influences from around the world. Part of Fork's allure is its hip, stylish, sophisticated interior, where the dining experience is anything but stuffy and uncomfortable. Reservations are highly recommended for both lunch and dinner and for large parties.

DINING THROUGHOUT PHILLY (CONT'D.)

AMERICAN

Last Drop Coffeehouse

1300 Pine Street

215-893-9626

thelastdropcoffeehouse.com

A favorite of artists, writers and students since it opened in 1992, the Last Drop proudly holds its own as an independent coffeehouse against the chain competitors that have started creeping into the neighborhood. It's not hard to see why: Rotating works by local artists line the walls; home-baked goodies and all kinds of coffee drinks beckon from behind the counter; great music is always laying. Last Drop also stays open late and maintains a basement space that's used for meetings of local arts and activist groups, as well as for occasional performances.

Marathon Grill

16th & Sansom Streets, 19th & Market Streets, and

19th & Spruce Streets

marathongrill.com

More upscale version of your local diner. Burgers, sandwiches and salads with an interesting twist. The brunch is also really good.

More Than Just Ice Cream

1119 Locust Street

215-574-0586

morethanjusticecream.com

A café/restaurant with a home-made ice cream parlor. Mountain-sized apple pie slices are a real treat. Known for its tasty, yet affordable burgers as well as healthy chicken salads.

Rose Tattoo Cafe

1847 Callowhill Street

215-569-8939

rosetattoocafe.com

Originally a New-Orleans-inspired establishment, the Rose Tattoo has retained the look of the French Quarter with copious wrought iron railings, lush plants, strands of white lights and deep-hued carpets and walls. There are plenty of appetizers, but save room for the delectable entrees.

Village Whiskey

118 S. 20th Street

215-665-1088

www.villagewhiskey.com

Iron Chef Jose Garces' own! A small restaurant, but it is often recognized for having some of the best burgers in the city.

CARIBBEAN

Jamaican Jerk Hut

1436 South Street

215-545-8644

<http://jajerkhut.com/>

Featured in Guy Fieri's Diners, Drive-Ins and Dives! If you are looking for Island classics, this is the place for you. Dishes include jerk shrimp, conch salad, and roasted red snapper. Specialty drinks include sorrel and Irish moss. Live jazz and reggae on the weekends

CHINESE

Sang Kee Noodle House

3549 Chestnut Street (also located in Chinatown)

215-387-8808

sangkeenoodlehouse.com

The newest addition to the Sang Kee Restaurant Group family, they feature a modern Chinese menu with an authentic taste of Asian cuisine.

Chinatown

The section of Center City between 8th and 12th and Arch and Vine constitutes Philadelphia's Chinatown. Asian restaurants abound, so exploring can be fun. They are many affordable options. Here are a few favorites:

North Sea

153 N. 10th Street

215-925-1906

Frequented by locals, this Cantonese place is great. Steamed fish dishes are recommended. You can choose your fish yourself from the tanks near the door. They'll scoop it out and have it on your plate in 15 minutes. Nothing's fresher for seafood. This restaurant also does tofu very well and has great soups.

DINING THROUGHOUT PHILLY (CONT'D.)

CHINESE

Penang

117 N. 10th Street

215-413-2531

This trendy restaurant did so well in a couple of Manhattan locations that the owners opened new branches in Philly and D.C. It serves Malaysian food, a blend of Indian, Thai, and Chinese styles. Food is good, and the prices are excellent. Ask your waiter for help ordering; expect lines out the door on weekends.

Banana Leaf

1009 Arch Street

215-592-4737/215-592-8288

bananaleafphilly.com

Huge selection of Malaysian, Indian and Thai foods at very affordable prices.

Joy Tsin Lau

1026 Race Street

215-592-7227

joytsinlauchineserestaurant.com

Classic Chinese restaurant and dim sum house.

Nan Zhou Hand Drawn Noodle House

1022 Race Street

215-923-1550

nanzhounoodlehouse.com

Great noodle house! The noodles are perfect and unique. It really doesn't get more authentic than this in terms of hand-drawn/hand-shaved noodle soups. A bowl here is cheap, filled to the brim, and absolutely delicious!

ECLECTIC

Gallery at Market East

9th & Market Streets

215-925-7162

galleryatmarketeast.com

There are 20 international restaurants in Market Fair on the lower level of the shopping mall, as well as six restaurants in Gallery II and 10 eateries at The Market on the mall level (no credit cards).

Reading Terminal Market

51 N. 12th Street (Arch Street)

215-922-2317

readingterminalmarket.org

If you like food, you'll love this place. Basically a farmer's market - 80 merchants under one roof -with lunch dishes of every imaginable variety. There are tables set up in the center to re-group and eat. Lots of variety (Pennsylvania Dutch breakfasts, Southern soul food, and American down-home cooking) and everything is super-fresh. On any day except Sunday, you'll also catch Amish vendors.

FRENCH

Bistro St. Tropez

2400 Market Street, 4th Floor

215-569-9269

bistrosttropez.com

Bistro St. Tropez offers the illusion of Provence atop the Marketplace Design Center in Philadelphia. Chef/Owner Patrice Rames signatures simple, classic cuisine prepared with fresh seasonal ingredients and presented with style.

Caribou Café

1126 Walnut Street

215-625-9535

cariboucafe.com

Highly recommended and very popular with Center City professionals, the Caribou balances medium-priced French bistro fare with a fine selection of beer, wine and music. Noted for its food, the Caribou offers a mixture of appetizers, salads and entrees. Portions are generous but with an emphasis on deliciously prepared veggies, so you never walk away feeling overstuffed. Most entrees come in under \$20, and are well worth it.

GREEK

Effie's

1127 Pine Street

215-592-8333

effiesrestaurant.com

Good food, drink, and conversation are the essence of Greek hospitality and Effie's offers the gathering spot to experience this social ritual and bring family and friends together. A favorite for relatively inexpensive, delicious food, Effie's delivers fresh, home style flavor consistently. Save room for the baklava. Be prepared to wait for a table during prime hours.

DINING THROUGHOUT PHILLY (CONT'D.)

INDIAN

Desi Chaat House

501 S. 42nd Street

215-386-1999

desichaathouse.com

Chaats, drinks, Biryani, sweets, wraps, soups, shakes, ice cream and more!

Desi Village

4527 Baltimore Avenue

215-382-6000

desivillagerestaurant.com

Desi Village – Bringing food from the villages of India!

Kabobeesh

4201 Chestnut Street (also 4th & South Streets)

215-386-8081

kabobeesh.com

This Pakistani/Afghani/Indian restaurant located in an old diner just blocks from campus is home to some amazing grilled meats, exotic vegetable dishes, and truly friendly staff.

Lovash Restaurant

236 South Street

215-925-3881

lovashrestaurant.com

Very good food & service was great. Food truck is located at 37th and Spruce.

Tashan

777 S. Broad Street

267-687-2170

mytashan.com

TASHAN is the Hindi word for “style” and “attitude” and this restaurant has plenty of both! TASHAN reflects the global cultural wellspring in a dining and lounge destination that is the first of its kind in Philadelphia, the US and possibly the World.

Tiffin

710 W. Girard Avenue

215-922-1297

tiffin.com

This is some of the best casual Indian food out there. The food is made with high quality ingredients and it's perfectly spiced.

ITALIAN

Bistro La Baia

1700 Lombard Street

215-546-0496

bistolabaia.com

Happily ensconced on the corner of 17th and Lombard streets, La Baia has been cooking up tasty Italian dishes for years, heartily serving diners who crowd into its tiny storefront (in the summer, try to snag one of the outdoor tables). You might get somewhat intimate with your neighbors during dinner, but you probably won't notice when you taste starters which come perfectly cooked. There are always several specials. For dessert, sample one of the traditional specialties like tiramisu and panna cotta -- if you've got room.

Melograno

2201 Spruce Street

215-875-8116

www.melogranorestaurant.com

This BYOB has simple elegance with its lime-colored dining room, hardwood floors, high ceiling just blocks from Rittenhouse Square, Melograno is a convivial trattoria and BYOB where guests can enjoy authentic Italian fare, artfully prepared by Roman-born Chef Gianluca Demontis. Melograno was recognized with three bells by noted Philadelphia Inquirer food critic Craig Laban, and has been featured in The New York Times and Bon Appetit Top Tables.

Mercato

1216 Spruce Street

215-985-2962

mercatoobyob.com

Mercato infuses slow cooking traditions of Old World Italy with an experimental style and bold take on new Italian American cuisine, placing primary importance on using ingredients that are at their peak that day.

DINING THROUGHOUT PHILLY (CONT'D.)

ITALIAN

Porcini

2048 Sansom Street

215-751-1175

porcinirestaurant.com

White tablecloths, off-white walls with original art and subtle opera fills the space. The hospitable owner spends most of his time patrolling the dining room and kissing regular customers on their way in and out. The chef occasionally peeks his head out of the closet-size kitchen to see who the owner is schmoozing.

Roberto Café

2108 South Street

215-525-0793

robertocafe.com

If you are looking for an authentic Italian meal in a cozy little BYOB this is a great place to try. Amazing sauces and specials, you will not be disappointed.

Tria Wine Cheese Beer Café

123 S. 18th Street

215-972-8742

triacafe.com

A wine bar with a complementary menu of upscale Italian dishes. Tria has received six Best of Philly® awards from Philadelphia magazine and has been called one of the nation's best places to enjoy beer by Imbibe and Draft magazines.

Italian Market

italianmarketphilly.org, phillyitalianmarket.com

South Philly (especially the region south of South and between 8th and Broad) is "Little Sicily", Philly's historically Italian section. It remains the place to go for Italian groceries, the old-world style outdoor "Italian Market" on 9th Street, and authentic restaurants. South Philly is no yuppie tourist mecca, rather it's the real thing for the people who live there. There are loads of neighborhood restaurants, some without signs. The streets are generally safe at night; hearsay has it that this is because they are controlled by the mob. I've found this to be true (the safe part, anyway). In recent years, the Italian Market has also become the center of the Mexican community in Philadelphia. Restaurants abound in the area, and they offer authentic food at a great price. Here are a few starters in this region:

Mr. Martino's Trattoria

1646 E. Passyunk Avenue

215-755-0663

One of those well-kept dining secrets that regional foodies know and appreciate is a local establishment that's still going strong thanks to the loving consistency of its two-person, husband-and-wife staff. The BYOB, cash-only restaurant resides in a storefront in deep South Philly and comfortably seats about 40. It's a cozy place with a dark wood bar and stairs, rustic and romantic at the same time: You won't find an ounce of pretension in the place. As such, they like to keep the Italian menu simple.

Paesano's

1017 S. 9th Street

215-440-0371

paesanospillystyle.com

Sandwiches with Italian inspiration – as seen on Throwdown with Bobby Flay and The Layover with Anthony Bourdain.

Taqueria La Veracruzana

908 Washington Avenue

215-465-1440

Great, authentic Mexican food at an extremely affordable price. The famous al pastor tacos (roasted pork with pineapple) are worth the trip.

Victor Café

1303 Dickinson Street (near Broad Street)

215-468-3040

victorcafe.com

The Opera-lover's dream. For several generations this place has been famous for its virtuoso waitstaff. Most of these folks are members of the Philadelphia Opera Company, and every 15 minutes or so one of them puts down their tray to sing an aria. Amazing! The walls are adorned with decades of opera star photos and memorabilia. The food is worth it, but come especially for the entertainment.

DINING THROUGHOUT PHILLY (CONT'D.)

JAPANESE

Fat Salmon

719 Walnut Street

215-928-8881

fatsalmonsushi.com

Fat Salmon serves a large selection of fusion sushi rolls as well as traditional sushi in a contemporary ambience. Sushi is phenomenal.

Sagami Japanese Restaurant

37 W. Crescent Boulevard

Collingswood, NJ

856-854-9773

Claimed by one student to be "the best sushi from here to California" this popular restaurant requires a short drive over the Ben Franklin Bridge or a train ride on PATCO (15th and Locust) to the Westmont station. Sushi dinner options cost about \$25, but include lots of side dishes, salad, miso soup, and dessert. Weekend nights tend to bring long lines, so call in advance to make a reservation.

Shiroi Hana Restaurant

222 S. 15th Street (between Walnut & Locust)

215-735-4444

shiroihana.com

This Center City outpost has a loyal following of locally employed business people who seek out its extensive menu of authentic Japanese seafood, meat, and a few vegetarian dishes, both at lunch and dinner. Decor is typically Japanese, with subtle coloring in various shades of beige and brown with a few pictures of the mother country. There is a separate sushi bar. Visit Shiroi Hana Japanese and you'll get an eatery that dishes up Japanese cooking. Expect to pay between \$12 and \$20 per person.

Vic Sushi

2035 Sansom Street

215-564-4339

vic-sushi.com

Vic Sushi has won the Smashingest Specialty Rolls by City Paper Choice Awards

ISRAELI

Zahav

237 St. James Place

215-625-8800

zahavrestaurant.com

An upscale meal with multiple courses and some hummus that is "to die for" according to fans on Yelp.

LATIN

Don't forget, the Italian Market area is home to some of the most affordable and authentic Mexican Restaurants in the city.

Berlenga's Islands

4926 N. 5th Street

215-324-3240

This place has been selected as one of the "50 best Hispanic restaurants" in this country by the magazine Hispanic. The seafood offerings -- paella and langosta recheada are recommended.

Distrito

3945 Chestnut Street

215-222-1657

philadelphia.districtorestaurant.com

Delicious food, but it can get pricey because the plates are tapas style and tend to run small. You can't miss the funky decor with pink walls and old school cars.

El Azteca

714 Chestnut Street

215-733-0895

Your classic cheap, hearty portions of authentic Mexican. A good place for a rowdy group. They don't have a liquor license so bring your own bottle of tequila. Hand it to the waiter and they'll add everything else to make pitchers of margaritas for you.

El Rey

2013 Chestnut Street

215-563-3330

elreyrestaurant.com

Great Mexican food (you've got to try the nachos). Plus, they have a happy hour every weekday with discounted prices on margaritas and \$1 tacos.

DINING THROUGHOUT PHILLY (CONT'D.)

LATIN

El Vez

121 S. 13th Street

215-928-9800

elvezrestaurant.com

Inspired Mexican fare and flowing cocktails bring to life the authenticity of Tijuana, with a hot and flashy Vegas twist.

Honest Tom's Taco Shop

261 S. 44th Street

215-620-1851

A little trek from school, but known for its for burritos and...of course...tacos.

Lolita's

106 S. 13th Street

215-546-7100

lolitabyob.com

Named one of America's best BYO restaurants! Look here for a more upscale version of the traditional Mexican fare. Bring your own tequila for some great margaritas at a reasonable price. No reservations are accepted, but it's well worth the wait.

Mixto

1141 Pine Street

215-592-0363

mixtorestaurante.com

Mixto serves up a fusion of South American and Caribbean food in a beautiful building of natural wood and exposed brick right in the heart of downtown and offers outdoor dining with a South Beach Miami ambiance during the spring, summer & fall when the weather permits.

(Los Catrines) Tequila's

1602 Locust Street

215-546-0181

tequilasphilly.com

An upscale, cozy restaurant with great Mexican food and ambiance.

Tierra Colombiana

4535 N. 5th Street

(3 blocks from Roosevelt Boulevard)

215-324-6086

tierracolombianarestaurant.com

A place known for its friendly welcome and a taste to satisfy everyone. With a very large menu consisting of traditional "home-style" Cuban and Colombian food, the choices seem endless; you'll never have to eat the same thing twice! The relaxed atmosphere and casual dress will make you feel right at home. Tierra Colombiana offers breakfast, lunch and dinner 7 days a week.

12th Street Cantina

Reading Terminal Market

1136 Arch Street

215-625-0321

If you want fast food without the fast-food taste, this is the place. The food is authentically Mexican and inexpensive. You can also buy imported Mexican grocery items to make it yourself.

LEBANESE, MEDITERRANEAN & MIDDLE EASTERN

Aksum

4630 Baltimore Avenue

267-275-8195

aksumcafe.com

Monday: 10% off for students and teachers with ID

Tuesday: Order an entrée and receive half price hookah

Wednesday: International Music Night

Thursday: "Cupid Thursday"/ Singles Night Out

Sunday: Family Night

Barbuzzo

110 S. 13th Street

215-546-9300

barbuzzo.com

Delicious tapa-style Mediterranean fare in a very cool atmosphere. Definitely worth trying, but get there early, as the restaurant is small or better yet make reservations. Walk-ins can be seated at the bar or chef's counter on a first-come, first-served basis.

DINING THROUGHOUT PHILLY (CONT'D.)

LEBANESE, MEDITERRANEAN & MIDDLE EASTERN

Cedar's Restaurant

616 S. 2nd Street
215-925-4950

cedarsrestaurant.com

One of several great restaurants in the downtown South St. area, it serves delicious Middle Eastern food complete with tasty desserts. Relatively small, intimate setting makes it an ideal place for a romantic date. The staff is friendly and fast, and the food is not too pricey.

Manakeesh Cafe & Bakery

4420 Walnut Street
215-921-2135

manakeeshcafebakery.net

Whether you are seeking a sandwich made in the oven in front of you, a velvety espresso, a bite of baklava, or just the aroma of fresh baked bread, you will be sure to leave with your own little slice of Lebanon.

Sahara Grill

1334 Walnut Street
215-985-4155

A relatively new restaurant, they serve good Middle Eastern food at a good price (main entrees run \$8-15), and cater to both vegetarians and non-vegetarians. The Arabic bread, which is homemade, is particularly good. Reservations are recommended on the weekends.

MOROCCAN

Marrakesh

517 S. Leithgow Street
(South Street between 4th & 5th)
215-925-5929

marrakesheastcoast.com

An exotic dining experience that transcends mere dining and brings you into another world where you are greeted by smiling faces in Moroccan garb, taking you out of your daily routine for several wonderful hours. Course after course of Moroccan cuisine served against the backdrop of Middle Eastern music. Entertainment is provided nightly in the lovely form of a talented professional belly dancer.

SEAFOOD

Baltimore Crab and Seafood

4800 Spruce Street
215-472-7040

baltimorecrabto.go.com

Just blocks away from campus featuring fresh seafood with a soul food flavor. Delivery and takeout available.

Catahoula

775 S. Front Street
215-271-9300

catahoulaphilly.com

"We serve the type of food that just makes you feel good. From classic New Orleans flavors to top notch bar food, we've got those taste buds covered. Food and drink specials during Phillies, Eagles, Flyers and 76ers games, and there's not a bad seat in the house with 5 TVs, 2 located outside on our covered patio."

Dmitri's

795 S. 3rd Street: 215-625-0556

944 N. 2nd Street: 215-592-4550

Some claim it's the best seafood in the city. Fan favorites are the grilled octopus, grilled veggies, spanakopita, and the baba ghanoush. Consistently fresh, Mediterranean-styled seafood, not over-priced. Very trendy and very good.

Doc Magrogan's Oyster House

3432 Sansom Street
215-382-3474

docmagrogans.com

Dave Magrogan developed this classic 1900's Oyster House as a way to pay tribute and homage to the great tradition of enjoying oysters, the ocean's little aphrodisiacs. No expense was spared to create an Oyster House that transforms you back to a simpler time of food, fun & merriment in a local watering hole.

Luke's Lobster

130 S. 17th Street
215-564-1415

lukeslobster.com

Luke's, which has spots in New York, DC, and Maryland, bills itself as the East Coast's most affordable lobster roll, "straight from the docks of Maine." Also serves delicious shrimp rolls and New England clam chowder.

DINING THROUGHOUT PHILLY (CONT'D.)

SEAFOOD

Oyster House

1516 Sansom Street

215-567-7683

oysterhousephilly.com

Established in 1976, Oyster House is a seafood restaurant and raw bar, serving Philadelphia's freshest fish and shellfish. The restaurant is designed around a central marble raw bar where they serve the city's most extensive selection of oysters on the half shell. The ever-changing list is focused on local varieties from the mid-Atlantic up to New England and Canada.

THAI

Erawan

123 S. 23rd Street

215-567-2542

erawanphilly.com

Erawan serves up delicious Thai food and is located just across the bridge.

Lemon Grass Thai Restaurant

3630 Lancaster Avenue

215-222-8042

lemongrassphila.com

Located just north of campus, Lemon Grass offers a good take on classics like Pad Thai and some interesting specials like the Evil Jungle Princess.

My Thai

2200 South Street

215-985-1878

My Thai's inauspicious surroundings belie the intimate atmosphere of what has consistently been one of the city's best Thai restaurants. The place attracts a mix of Penn grad students and neighborhood couples, and with its exposed brick walls, tapestries and candles on the tables, the romantic vibe only gets hotter with some of the restaurant's famous curry dishes.

Thai Singha House To Go

106 S. 20th Street

215-568-2390

Delicious Thai food that you will probably get at many school events, but it is worth stopping by in person as well.

Smile Café

104 S. 22nd Street

215-564-2502

thai-smilecafe.com

Located beneath an art gallery, the friendly staff serves up delicious Thai meals. Rated best Thai in Philly. Smile Café is the perfect choice for lovers of genuine Thai food in a charming art-filled setting.

Vientiane Café

4728 Baltimore Avenue

215-726-1095

The hot-climate cuisines of Thailand and Vietnam rely on kaffir lime leaves, lemongrass, ginger, and sweat-inducing chili paste to chase torpor from the table. The adorable Vientiane Café, a 25-seat BYOB with jade-green walls and homey cabbage-rose tablecloths, does it well, and inexpensively.

VIETNAMESE

Vietnam Café

816 S. 47th Street: 215-729-0260

221 N. 11th Street: 215-592-1163

eatatvietnam.com

Another BYOB, there are two convenient Vietnam Café locations – West Philly and Chinatown.

Vietnam Cafés offers all the flavor of your favorite Vietnamese cuisine with attentive and friendly service. If you have at least four people, order the barbeque appetizer, and ask your waiter to teach you how to make Vietnamese style tortillas. Definitely try a soup, vermicelli, and the grape leaves. The mixed drinks here are a hoot. They come out in classic ceramic glasses with umbrellas or flames.

Nam Phuong Restaurant

1100 Washington Avenue

215-468-0410

namphuongphilly.com

Located south of Philadelphia, Nam Phuong is famous for Vietnamese delicacies and authentic cuisine. Whether it is appetizer, meat, sea food, or vegetarian, the recipes always contain the best quality and healthiest ingredients that are carefully selected from the best sources on the market.

DINING THROUGHOUT PHILLY (CONT'D.)

VIETNAMESE

Pho Ha

610 Washington Avenue

215-599-0264

phohaonline.com

This is a staple eatery for many of the Vietnamese locals; what does that tell you? This is not a fancy place but the food speaks for itself.

QT Vietnamese Sandwich Shop

48 N. 10th Street

267-639-4520

Great banh mi! Authentic, fresh, tasty, and cheap!

Pho Xe Lua Viet Thai

907 Race Street

215-627-8883

phillychinatown.com/vietthai.htm

Viet Thai is an excellent dining experience with a quaint atmosphere and an extensive menu. The rice paper/bamboo burrito is exquisite.

Nam Son Restaurant

1601 Washington Avenue

215-545-4067

This is a great little hole in the wall! The Vietnamese hoagies are awesome. Nicest decor of all the pho places in the neighborhood.

Pho 75

1122 Washington Avenue

215-271-5866

The best pho place in Philly. Great pho with a very delicious broth, and tons of side stuff to put in (thai basil, beansprouts, limes etc). The coffee with condensed milk is excellent - strong and sweet. Service is fast and the place is cheap!

Pho & Cafe Viet Huong

1110 Washington Avenue

215-336-5030

Try the banh mi and try the summer rolls, banh uot (rice noodle sheets with minced pork, bean sprouts, and cucumbers).

Vietnam Palace

222 N. 11th Street

215-592-9596

vietnampalace.net

At Vietnam Palace, the cuisine is simply not limited to traditional Vietnamese menu. The menu includes many other Southeast Asian flavors. The most popular dishes include the Pad Thai, chicken, beef and seafood curry and the Phnom Penh style soup.

Le Viet Restaurant

1019 S. 11th Street

215-463-1570

levietrestaurant.com

Philadelphia Magazine named Le Viet "Best Vietnamese Restaurant" of 2013.

DESSERTS

Looking for something sweet? Check out these places:

Max Brenner

1500 Walnut Street

215-344-8150

www.maxbrenner.com

It is a chocolate restaurant. You heard me right. They serve dinner, but this place is understandably best known for its desserts. If you go to dinner there or somewhere nearby, be sure to save room for chocolatey goodness.

Kiwi Frozen Yogurt

3606 Chestnut Street

215-387-1222

kiwifrozenyogurt.com

Choose from 16 flavors of premium, authentic yogurt and over 40 fresh, flavorful toppings to create your own delicious cup of Kiwi!

Igloo Frozen Yogurt

2223 Grays Ferry (in Graduate Hospital)

267-858-4290

igloodesserts.com

Guilt-free organic frozen yogurt. They also have ice cream, gelato, sorbet, and water ice.

DINING THROUGHOUT PHILLY (CONT'D.)

DESSERTS

Sweet Ending Frozen Yogurt

1800 Chestnut Street: 215-568-0089

1300 Walnut Street: 215-772-1210

sweetendingyogurt.com

Frozen yogurts, smoothies, shaved ice, bubble tea and espresso.

Yogorino Frozen Yogurt

233 S. 20th Street

267-639-5287

yogorino.com

Frozen yogurt, ice cream, café latte and chocolate.

Federal Donuts

1219 S. 2nd Street

1632 Sansom Street

federaldonuts.com

Their menu only has three things: donuts, coffee, and fried chicken. With donut flavors as unique as milk chocolate-peanut butter and banana cream pie, it's worth checking out. Just make sure you get there before lunchtime, when they typically sell out.

ICE CREAM (THAT'S WORTH THE TRIP)

The Franklin Fountain

116 Market Street

215-627-1899

franklinfountain.com

An old-time ice cream shop, where the staff is decked out in early 1900s attire and offer a variety of rich flavors, as well as monstrous sundaes and sodas in 25 flavors.

Bassett's Ice Cream

45 N. 12th Street (in Reading Terminal Market)

bassettsicecream.com

In existence since 1861, it's America's oldest ice cream company. The ice cream is made locally.

BRUNCH

The perfect meal after a day sleeping in or celebrating the completion of an exam. Check out these Penn Med favorites.

Day By Day

2101 Sansom Street

215-564-5540

daybydayinc.com

With dishes like Potato Pancakes Benedict and Baked Apple Pancakes, no wonder the weekend brunch has become so popular. They serve specialties like Huevos Rancheros and indulgent Challah French Toast every Saturday and Sunday between 10am and 3pm.

Green Eggs Cafe

1306 Dickinson Street: 215-226-EGGS

719 N. 2nd Street: 215-922-EGGS

212 S. 13th Street (@ Locust): 267-861-0314

greeneggscfe.com

Come enjoy the brunch style restaurant/cafe that takes pride in serving the highest quality fare while maintaining an eco-conscious philosophy. The famous Red Velvet Pancakes are one of their many signature dishes.

Honey's Sit 'N Eat

2101 South Street: 215-732-5130

800 N. 4th Street: 215-925-1150

honeyssitneat.com

Home cooking, locally grown, farm fresh specials. Serving breakfast, lunch and dinner, they are committed to using only the finest ingredients.

Sabrina's Cafe

227 N. 34th Street (at Powelton): 215-222-1022

910 Christian Street: 215-574-1599

1804 Callowhill Street: 215-636-9061

sabrinascfe.com

The comfort food you crave in the heart of University City, the Italian Market, and the Art Museum Area. Enjoy their famous brunch any time of the night or day.

DINING THROUGHOUT PHILLY (CONT'D.)

GROCERY STORES

Pathmark

3021 Grays Ferry Avenue

215-521-7275

Typical grocery store with good prices that is pretty conveniently located for the Grad Hospital crowd. Might not have certain special ingredients, but it is a good go-to store.

Trader Joe's

2121 Market Street

215-569-9282

traderjoes.com

The TJs you know and love with decent prices and always some new item to try. Pretty good deal all around.

Fresh Grocer

4001 Walnut Street

215-222-9200

thefreshgrocer.com

Described as "overpriced for what it is", it's still a solid grocery store with good selection for those living in West Philly near campus.

South Square Market

2221 South Street

215-545-4349

Seriously overpriced, but its convenience factor sometimes wins out for classmates living near South Street.

Whole Foods

929 South Street: 215-733-9788

2001 Pennsylvania Avenue: 215-557-0015

wholefoodsmarket.com

Good for those special ingredients you just can't live without, but don't forget there is a reason it's nicknamed "Whole Paycheck."

Rittenhouse Market

1733 Spruce Street

215-985-5930

rittenhousemarkets.com

Another pricey option, but convenient for people who live in the area.

Dollar General

520 S. 23rd Street

215-732-3079

dollargeneral.com

Crazy cheap, but very limited selection. Good if you want to get the basics super cheap and maybe pick up some cleaning supplies and picture frames at the same time. Dollar General has it all!

Old Nelson's

2000 Chestnut Street: 215-496-9777

(several other locations in the city)

oldnelsonfood.com

Good place for deli meats. Also sells sandwiches in-store.

Sue's Produce Market

114 S. 18th Street

215-241-0102

Another good spot for produce that is close to Rittenhouse.

Quetta Halal Market

500 S. 23rd Street

215-735-8185

Supposedly has the finest meats in Philadelphia at very reasonable prices. Closed on Mondays.

FARMERS' MARKETS

Whether you are a diehard when it comes to "buying local" or you just get weak in the knees when you see a homemade Pennsylvania Dutch Whoopie pie, these Farmers' Markets have something for everyone!

Clark Park Farmers' Market

43rd Street and Baltimore Avenue

Saturday, 10am-2pm (year round)

Thursday, 3pm-7pm (June-October)

Clark Park is home to one of the largest and most well-populated farmers' market in Philadelphia, and boasts over a dozen vendors manning tables piled high with organic fruits, heirloom vegetables, milk, eggs, cheeses, meats and more. Sweet pastries and breads fresh from Amish ovens line the walkways, and the smells of honey, cut flowers, dried herbs, and chocolates perfume the park.

DINING THROUGHOUT PHILLY (CONT'D.)

FARMERS' MARKETS

Fitler Square Farmers' Market

23rd and Pine Streets

Saturday 10 am–2 pm, open all year

Relatively small and expensive, but it's a good location and you can enjoy a loaf of homemade bread from an Amish baker.

Headhouse Farmers' Market

2nd and Lombard Streets

<http://thefoodtrust.org/farmers-markets/market/headhouse>

Check website for hours of availability.

Reading Terminal Market: Iovine Brothers

Produce

1136 Arch Street

215-928-4366

iovine.com

Iovine Brothers Produce is conveniently located inside Reading Terminal Market. They are very reasonably priced (usually better than most grocery stores), and very high quality.

Italian Market

9th Street and Washington Avenue

phillyitalianmarket.com, italianmarketphilly.org

Not exactly a typical farmers' market, but they have many produce vendors who sell fruit and veggies for CHEAP! (Like, two bags of spinach for \$1 cheap. Seriously.)

PHAIR

2nd and Lombard Streets

phillyphair.com

April 5th-November 22nd, 2014

Saturdays, 10am-5pm

PHAIR, a European-style, open-air market spans past typical farmers' market offerings with handmade items, photography, vintage items, art, in addition to local food offerings from vendors and food trucks. More than 100 vendors set up shop at PHAIR every Saturday in the summer and fall.

Rittenhouse Farmers' Market

18th and Walnut Streets

Year-round, visit their Facebook page for updates

Bigger selection than Fitler Square, but still pretty pricey. High quality foods but they are catering to the Rittenhouse locals, so expect to pay more!

Festivals and Parades

Every year the diverse communities of Philadelphia come out to celebrate their culture and important holidays. Here are just a few days of what the city has to offer. Go to visitphilly.com for more!

Caribbean Festival

Penn's Landing
215-879-9352
phillycaribbeanfestival.com

The Caribbean Festival seeks to expose the greater Delaware Valley area to the beauty and culture of the islands. It creates an awareness of the contributions Caribbean peoples have made to not only the local Philadelphia community, but also the country and the world. This is a family-friendly event with, as you might expect, great food and music.

Odunde

23rd and South Streets
215-732-8510
odundefestival.org

The annual Odunde Street Festival, held every second Sunday in June, brings a genuine taste of Africa to South Street and one of Philadelphia's oldest, historically African-American neighborhoods.

Mexican Independence Day Festival

Penn's Landing
mexicanculturalcenter.org

With live music, Aztec, folkloric and other dance, and great Mexican food and drink, this event rings in the Independence Day for Philadelphia's burgeoning Mexican Community.

New Year's Day Mummers Parade

Up and Down Broad Street
New Year's Day
mummers.com

See a little bit of local culture as Philadelphia's Mummers come out in their bands and brigades to dazzle and entertain with music and comedy as they've been doing for over 100 years. What is a Mummer? A Mummer is a costumed entertainer – and their costumes can be extremely interesting – who rings in the New Year. In Philadelphia, most of the brigades are from South Philadelphia, with membership passing through generations within the same family. The parade is a great time and a great way to see a bit of what Philly has to offer.

Bastille Day Festival

Eastern State Penitentiary
2124 Fairmount Avenue
easternstate.org/bastille-day

The annual celebration has become one of Philadelphia's most popular summertime events, attracting thousands of visitors each year into the massive shadow of the penitentiary's main wall to commemorate the storming of the Bastille by French revolutionaries. A reenactment of the French Revolution takes place, and when Marie Antoinette shouts, "Let them eat Tastykake!" 2000 Tastykakes are flung from the walls of the old prison. Random but awesome.

Wawa Welcome America! Festival

Independence Day and the days before & after
welcomeamerica.com

Philadelphia, the city where America's independence was born, is the best place to celebrate Independence Day. There are many great events leading up to the 4th, including the Taste of Philadelphia, Independence Day Parade, and the Wawa Hoagie Day (free hoagies!). It all culminates in the 4th of July Jam and Grand Finale Fireworks, including some big music names and an awesome fireworks display behind the art museum.

OutFest

phillypride.org/outfest.php

Be sure to check out Philly's OutFest, a National Coming Out Day Celebration that brings over 20,000 people to the region. This annual block party embraces the LGBT lifestyle and freedom.

Philly Beer Week

Locations across the city
phillybeerweek.org

Philly Beer Week invites beer lovers to try special dinners and tastings, go on tours of Philadelphia's best pubs and breweries, watch home-brewing technique demos, catch a cask ale festival and more. This year, the week includes five major festivals and more than 600 events. The events provide great opportunities to sample local brews like Yards, Victory, Triumph and Sly Fox while experiencing Philly's great neighborhood.

The Arts

If you are an art enthusiast and/or a history buff, you will soon find that Philadelphia offers a wide variety of museums and galleries with something of interest for everyone.

For a listing of all that Philadelphia has to offer check the Friday "Weekend" of *The Philadelphia Inquirer* or call the Tourist Center, 16th and J.F. Kennedy Boulevard at 215-568-6599 for a *Philadelphia Official Visitor's Guide*.

MUSIC

The Philadelphia Orchestra

300 S. Broad Street

215-893-1999

philorch.org/college-students

(EZSeatU - College Ticket Program)

Concert season: late September till late May. EZSeatU membership for students (med students count!) w/ Penn ID is \$25 for access to unlimited concerts - you simply reserve and print your ticket the Tuesday before each concert and sign in at a designated table on concert day. Seating is general admission (you fill in empty seats in the orchestra level shortly before the concert). Concerts take place at the Kimmel Center, Verizon Hall. Also, be sure to check out their Free Neighborhood Concert at Penn's Landing around the 4th of July each year.

Made in America Music Festival

madeinamericafest.com

The Budweiser Made In America Festival takes over the Benjamin Franklin Parkway each Labor Day weekend. With nearly 30 acts performing across three stages on the Benjamin Franklin Parkway, the two-day music festival is one of the City's can't-miss music events.

The Roots Picnic

Penn's Landing

rootspicnic.com

Before there was Made in America, there was the Roots Picnic. This Philadelphia staple features acts from multiple genres, handpicked by The Roots themselves.

The Mann Center

52nd and Parkside Avenue, Fairmount Park

215.878.0400

manncenter.org

Situated in historic Fairmount Park, the Mann Center is known for its outdoor summer concerts and wide spectrum of artists and performances.

THEATRES

The Arden Theatre

40 N. 2nd Street

215-922-1122

ardentheatre.org

Intimate, modern Old City theatre which features world-premieres as well as classics such as Into the Woods. Modest student discounts.

The Forrest Theatre

1114 Walnut Street

215-923-1515

forrest-theatre.com

Large, beautifully-preserved theatre that tends to draw Broadway productions like Les Miserables, Beauty and the Beast, and Phantom of the Opera. No real student discounts but balcony seats can be as low as \$25.

The Freedom Repertory Theatre

1346 N. Broad Street

215-765-2793

freedomtheatre.org

The oldest African-American theatre in Philly often has performances by actors and actresses who have trained through the Freedom's classes. Reasonable prices.

The Merriam Theater

250 S. Broad Street

215-732-5446

kimmelcenter.org

Like the Forrest in size, beauty, and grand productions, it tends to draw Broadway shows more frequently but for shorter runs. Has recently shown Rent, Titanic, Stomp, Sunset Boulevard, Chicago, Jekyll and Hyde, Fame, and Ragtime. Owned by the University of the Arts, it has prices comparable to the Forrest.

THEATRES

The Painted Bride Art Center

230 Vine Street
215-925-9914
paintedbride.org

Tiny and funky, with theatre, dance, jazz, poetry, and performance art, this avant-garde establishment caters to a socially-conscious young crowd with periodically off-the-wall performances. The prices are cheap, and the love is thick.

The Philadelphia Live Arts and Fringe Festival

livearts-fringe.org

Every year in September, the Live Arts and Fringe Festival descends on Philadelphia to provide two weeks of dozens of shows. Modeled after the fringe festival of Edinburgh, a celebration of theater, dance, performance art, music, poetry, puppetry and visual arts. Several experimental theater productions are performed at a number of locations. The shows can be thought-provoking, challenging and even down-right bizarre. Prices range from free to quite expensive, but there is really something for everyone. Check it out.

The Philadelphia Shakespeare Festival

2111 Sansom Street
215-496-9722
phillyshakespeare.org

A theatre dedicated to Shakespeare conveniently located in Center City. Check out the web age for more info. Student tickets and season ticket discounts are available.

The Plays and Players Theatre (Philadelphia Theatre Co.)

1714 Delancey Street
215-735-0630
playsandplayers.org

A small, aging theater embedded in the Rittenhouse Square neighborhood. Has slight student discounts. At the box-office you can only buy tickets in advance before 6pm.

The Prince Music Theater

1412 Chestnut Street (Broad & Chestnut Streets)
215-569-9700
princemusictheater.org

Affiliated with the Academy of the Arts, the Prince Music Theatre features works of American Musical Theatre. About two-thirds of the shows are world or American premieres, many of which go on to win awards and make it to Broadway.

The Walnut Street Theatre

825 Walnut Street
215-574-3550

walnutstreettheatre.org

The oldest continuously running theater in the United States recently designated the "State Theatre of Pennsylvania" by the PA state government. Recent productions include mainstream productions such as La Cage aux Folles and A Chorus Line as well as world premieres.

The Wilma Theater

265 South Broad Street
215 893 9456
wilmatheater.org

The Wilma Theater exists to present theater as an art form, engaging audiences and artists alike. The Wilma has good student discounts, including a season ticket package of Sunday matinees at a reduced rate. You can also usher for a night and see a show for free!

Please tell us about it. . .

Sansom Street between 20th and 21st Streets has several small theatres. These small, independent theatres mostly host a young avant-garde crowd and often feature alternative and experimental works. We'd love to tell you more about them, except that we haven't been there yet. So if you do go, drop us a line and let us know what you think!

MUSEUMS

The African-American Museum in Philadelphia

701 Arch Street

215-574-0380

aampmuseum.org

Founded in 1976, this museum is the first African-American museum to be officially endorsed by the Mayor and City Council of a major city in the US. This museum features exhibits that deal with the history and heritage of African-Americans.

Franklin Institute

20th and Ben Franklin Parkway

215-448-1200

fi.edu

Besides housing a host of dedicated research scientists, the Franklin Institute also features a planetarium, IMAX theatre, and engaging science exhibits, many of them hands-on. If you like dinosaurs, birds, stars, nature, technology, and more, you're in for a treat. If you decide to go to the IMAX movie, go early if you're with a group, and late if you're alone and want a free ticket.

The Mütter Museum

19 S. 22nd Street

215-563-3737

muttermuseum.org

When you wake up in the morning just longing to see a REALLY big colon...check out the Mütter Museum located within the College of Physicians. For those fascinated with grossosities, human bones, severed limbs, and pickled organs, all displaying ghastly pathologies, you are in for a fine treat. For the faint at heart, there's a medical herbal garden open for free to the public right out front.

Penn Museum—University of Pennsylvania

3620 Spruce Street

215-898-4000

museum.upenn.edu

Yes, Penn even has its own museum! Founded in 1887, this museum houses one of the largest archaeological and ethnographic collections in the US.

Philadelphia Museum of Art

26th and Ben Franklin Parkway

215-684-7965

philamuseum.org

You've seen this museum before, even if you've never been to Philadelphia...Sylvester Stallone getting ready for

the fight of his life...yes, the steps in front of the museum was the backdrop for that inspirational Rocky scene. Besides that, this museum is the largest in Philadelphia, our version of the Met or the Louvre! A very nice collection of just about every type of art with impressive special exhibitions.

Rodin Museum

22nd and Ben Franklin Parkway

rodinmuseum.org

215-763-8100

With over 140 bronzes (including the ubiquitous "Thinker"), marbles, and plasters, the distinguished collection housed in the Rodin Museum represents every phase of Auguste Rodin's career. Located on the Parkway—which was intended to evoke the Avenue des Champs-Élysées in Paris—the elegant Beaux-Arts-style building and garden offer an absorbing indoor and outdoor experience.

GALLERIES

Philadelphia's largest concentration of art galleries is located on 2nd and 3rd Streets just North and South of Market. Considered as a group these galleries cover a lot of styles, and their holdings usually change once a month. To make a night of it, these galleries collectively throw an open house called First Fridays.

First Fridays

2nd and 3rd Streets, north and south of Market St.

visitphilly.com/events/philadelphia/first-friday/

The First Friday evening of each month, rain or shine, year-round. Want proof of Philadelphia's happening art scene? On the first Friday evening of every month the streets fill with art lovers of all kinds who wander among the neighborhood's 40-plus galleries, most of them open from 5 until 9 p.m.

Taller Puertorriqueno Inc.

2721 N. 5th Street

215-426-3311

tallerpr.org

The Taller Puertorriqueno, Inc. is the only Hispanic cultural center in the city of Philadelphia. It has books, music, literature and handicrafts. The second floor contains a gallery of art exhibits of local Hispanic and Puerto Rican artists. There are times when they are closed for special exhibits – call the Taller for more information.

GALLERIES

Fabric Workshop & Museum

1214 Arch Street

215-568-8888

fabricworkshopandmuseum.org

The Fabric Workshop and Museum (FWM) is the only non-profit arts organization in the United States devoted to creating new work in new materials and new media in collaboration with emerging, nationally, and internationally recognized artists.

OTHER FUN THINGS TO DO...

Not that festivals, parades, concerts, restaurants, bars, and museums aren't fun, but here are some more exciting things to do in the City of Brotherly Love that don't quite fit these categories.

Philadelphia Zoo

34th Street and Girard Avenue

215-243-1100

philadelphiazoo.org

America's first zoo with over 1300 animals. See exotic and local animals; learn about worldwide efforts in animal conservation and more.

The Night Market

thefoodtrust.org/night-market

Night Market Philadelphia is the city's premier street food festival, a roving food event spotlighting Philly's best ethnic and regional restaurants and food trucks. Inspired by Asia's lively outdoor markets, the events celebrate up-and-coming neighborhoods and showcase Philadelphia's diverse food and drinks and vibrant arts and culture scene. It rotates to different areas around the city, including South Street, Fairmount Ave, and Chinatown. It is a great way to enjoy some great food with friends, but get there early to avoid long lines!

The Baltimore Avenue Dollar Stroll

Baltimore Avenue between 42nd and 50th Streets

universitycity.org/baltimore-ave-dollar-stroll

The Dollar Stroll is an annual summer series that sees dozens of West Philly businesses setting up shop on the sidewalk and offering their wares for just \$1! The cheap thrills are accompanied by live music and street performances. Come hungry because there are lots of delicious treats to try, and a few bucks goes a long way!

Linvilla Orchards

598 Linvill Road, Media PA 19063

linvilla.com

A 300-acre family farm, Linvilla Orchards is great year-round for picking your own fruit and fresh vegetables. But it's most exciting in the fall when it transforms into Pumpkinland. Massive scarecrows and fall figures mark the beginning of the harvest season as over 100 tons of pumpkins sprout up in piles around the landscape. The celebration continues through September and October with live music and entertainment, corn and straw mazes, train rides, petting zoos, pony rides, face painting and more. The apple picking and scenic hayrides are not to be missed! Plus, their hot-n-fresh Apple Cider Donuts topped with cinnamon sugar are LEGEN...wait for it...DARY!

Yards Brewery Tour

901 N. Delaware Avenue

215-634-2600

yardsbrewing.com

Yards is a cool craft brewery in Northern Liberties that has some great beers, including ones based on original recipes of the Founding Fathers (try the George Washington Tavern Porter). On Saturdays and Sundays between noon and 4pm, they have free brewery tours with lots of free samples! After the tour, hang out in the Tasting Room for more good drinks and foods.

Summer Outdoor Movie Screenings

There are several free outdoor movie screenings you can enjoy throughout the summer. Grab some friends and bring a blanket and some food to make it a picnic under the stars, while enjoying the free movie of your choice!

Screenings Under the Stars

Penn's Landing

delawareriverwaterfront.com

A free movie series at Penn's Landing in July and August.

The Awesome Fest

theawesomefest.com

Cutting edge and just plain awesome titles from the independent festival circuit and Hollywood's finest.

Schuylkill Banks Movie Night

Walnut Street Bridge

schuylkillbanks.org

Fitness: Gyms and Other Places to Workout!

Besides studying and exploring all the great things that Philadelphia has to offer, be sure to make time to take care of yourself! This list of gyms and other workout options is a good place to start.

Pottruck Health and Fitness Center (Penn's Rec Center)

3701 Walnut Street

215-573-2102

upenn.edu/recreation/facilities/pottruck.html

This all-inclusive fitness center includes a pool, climbing wall, weight rooms, basketball court, and 3 or more cardio rooms. For an extra fee, you can also take part in the many classes offered. Note that you have to "opt in" for Penn's rec center, running at about \$320/year. This seems annoying, but it is really just giving you the freedom of choosing your own gym instead of bundling the fee into your tuition. Pottruck is pretty nice, especially if you want the extra bells and whistles of a pool, indoor basketball court, and climbing wall.

Fox Fitness Center

33rd Street, between Walnut and Spruce

215-573-9027

upenn.edu/recreation/facilities/fox_fitness.html

Fox is Penn's "best kept secret" when it comes to on-campus fitness center. For a fraction of the price of Pottruck (about \$130) you get the cardio and weight equipment only. It is definitely the cheapest gym option if you don't need anything besides cardio and weights!

Dyana Yoga

3945 Chestnut Street, 1611 Walnut Street

dhyana-yoga.com

Check it out for all your Yoga needs!

City Fitness

2102 South Street

215-545-4114

cityfitnessphilly.com

A convenient option for the South Street crew, this is a pretty nice gym with lots of cardio and weight equipment. You can pay extra for a wide variety of classes. Price is around \$35-\$45/month.

Sweat Fitness

200 S. 24th Street, and other locations

215-351-0100

sweatfitness.com

This gym is another convenient option for those crossing the Walnut Street Bridge to class. Classes are available as well.

Weston Fitness

1835 Market Street

westonfit.com

Another standard gym in Center City with cardio, weights, and classes

Schuylkill River Trail/Park

schuylkillrivertrail.com

A great place for biking, running, or rollerblading, the Schuylkill River Trail will be about 130 miles long when totally completed! For now, it gets you as far as you could ever want to go, starting at 25th and Locust and extending past Boathouse Row to Manayunk, Valley Forge, and beyond! It is a beautiful run, especially when you make it farther out of the city. The adjacent Schuylkill River Park at the start of the trail also has two public tennis courts and two basketball courts. For those basketball players out there who don't want to pay to play in an indoor gym, the River Park is the place to go. The courts can be crowded in nice weather, but there are usually people looking to get a game together.

Penn Park

upenn.edu/recreation/facilities/pennpark.html

Located right behind Franklin Field, Penn's historic stadium that hosts Penn Relays every year (the nation's oldest and biggest collegiate track meet...you should check it out in April!!), Penn Park is a huge outdoor facility with 8 tennis courts, two recreational turf fields, a softball field, and some trails for running. Perfect place to make friends with your new classmates while playing a game of soccer or ultimate frisbee.

Places of Worship

One's relationship with God is so very personal that it is a problematic assignment to make suggestions to you regarding places to worship. The task becomes even more difficult here in Philadelphia where there are so many representing a diversity of faiths. Actually one of the best ways to find one is to attend one recommended by a friend. The following are places of worship highly recommended by Penn Med students. We're sorry since it leaves out some faiths, but the list was compiled through students' recommendations of their own places of worship. Times of services, when provided, may not be complete. Call ahead for more information. Also try the Chaplain's Office

WORSHIP AT PENN

Office of the Chaplain

3643 Locust Walk

215-898-8456

upenn.edu/chaplain

The Office of the Chaplain is responsible for coordination of religious activities at Penn. It offers regular on-campus worship for all.

SYNAGOGUES

Congregation Beth Ahavah

8 Letitia Street (in Old City between Front and Second, Market and Chestnut)

215-923-3003

Service: Friday 8PM

bethahavah.org

B.A. is a gay and lesbian synagogue that holds services in the Reform tradition (but congregants come from all backgrounds, and there is actually a fair amount of Hebrew liturgy used). It is small and has a very "haimish" feel to it. There are about 150 members total, including a number of physicians and medical students. Events, classes, panels, and workshops are offered throughout the year.

Hillel

215 S. 39th Street (Steinhardt Hall)

215-898-7391

pennhillel.org

Penn Hillel offers a variety of services throughout the year, including Conservative, Reform, Orthodox and Sephardic services every weekend. Themed services (Carlebach, Women's, Interdenominational, etc.) also occur occasionally.

Lubavitch House (Orthodox)

4037 Pine Street

215-222-3130

lubavitchhouse.com

Services are held daily in the morning during the year and on weekends during the summer. Sabbath meals year round for \$5 donation. There is also a study hall with study sessions.

Temple Beth Zion/Beth Israel

18th and Spruce Streets

215-735-5148

bzbi.org

Daily services, Shabbat, holiday services, and classes are offered. A core group of members are young and include professionals and students alike. One student who attends also volunteers and has formed close relationships with a number of families.

MOSQUES

Masjid al-Jamia

4228 Walnut Street

215-386-3770

Daily prayers. Friday prayer at 1PM

Muslim Students Association

Religious Activities Common, 3615 Locust Walk

upennmsa.org

The MSA Prayer Room is open from 9:00 am-7:30 pm so that Penn's Muslims may perform their daily prayers. Additionally, during the month of Ramadan, the MSA holds daily iftaars and Maghrib prayers in this room. Jummah (Friday) prayers held every Friday at 1 pm in the Arch Building at 36th and Locust.

MOSQUES (CONT'D.)

The Association of Islamic Charitable Projects (AICP)

45th and Walnut Streets

215-387-8888

aicp.org

Friday service, daily Islamic classes, special events.

TEMPLES

Chenrezig Tibetan Buddhist Center

915 N. Spring Garden Street, #115

215-701-7018

tibetanbuddhist.org

Tibetan Buddhist Center

548 S. Melville Street

215-222-1641

Sunday morning meditation and evening meditation sessions.

KINGDOM HALLS OF JEHOVAH'S

WITNESSES

5619 Walnut Street: 215-471-9896

607 N. 43rd Street: 215-222-0360

1237 Federal Street: 215-334-4980

2033 Ellsworth Street: 215-732-6919

jw.org

Jehovah's Witnesses hold meetings for worship twice each week. At these meetings, which are open to the public, there is an examination of what the Bible says and how its teachings can be applied in life. Most of the services include audience participation, much like a classroom discussion. Meetings begin and end with song and prayer. You don't have to be one of Jehovah's Witnesses to attend the meetings. Everyone is warmly welcomed. Seats are free. No collections are ever taken. Please call for meeting times.

CHURCHES

AFRICAN METHODIST EPISCOPAL

Mother Bethel African Methodist Episcopal Church

419 S. 6th Street

215- 925-0616

motherbethel.org

Mother Bethel AME Church is the founding church for its denomination established in 1794 by Richard Allen, a former slave. It was also an important Underground Railroad Station and has a museum of its history. In addition to preaching the gospel, it strives to preserve the famous history of Mother Bethel and of African American culture.

BAPTIST

Beulah Baptist Church

50th and Spruce Streets

215-747-4544

beulahbc.org

Beulah fellowship groups include the Gospel Choirs, Bible Study, Prayer Services, Men's and Women's Fellowship, and a Young Adult Christian Fellowship.

Bright Hope Baptist Church

12th Street and Cecil B. Moore Avenue

215-232-6004

brighthopebaptist.org

With one of the largest African-American Baptist churches in the Philadelphia area, Reverend William H. Gray, former pastor, former Congressman, Chairman of the US House of Representatives Budget Committee, and President of the United Negro College Fund, was probably the most influential minister in the US.

Enon Tabernacle Baptist Church

Enon West: 230 W. Coulter Street

Enon East: 2800 W. Cheltenham Avenue

215-276-7200

enontab.org

Enon has one of the largest, if not the largest congregation in Philadelphia with over 11,000 members. Its mission is to offer "families a Christ-centered, biblically-based ministry that is educational, evangelical, inspirational and combative of the negative forces in our community."

CHURCHES (CONT'D.)

BAPTIST

Mount Carmel Baptist Church

58th and Race Streets

215-476-5320

mtcarmel-bc.org

Mount Carmel offers activities such as Sunday Church School, Young Adult Fellowship. Occasionally, the church invites guest preachers who represent special interests. "Visitors and new members are welcome!"

Sharon Baptist Church

3955 Conshohocken Avenue

215-473-3000

thesbc.org

Sharon welcomes young adults of all denominations. The pastor is a down-to-earth preacher and church leader, and the church offers a progressive, uplifting worship service that remains rooted in the Word. The congregation is made up of all ages, but is largely young (under 50). Sharon features three choirs, Bible study classes, Single's Ministry, Financial Freedom classes, as well as many other church and community activities. Get there early to get a seat, as the congregation has outgrown the church building!

White Rock Baptist Church

53rd and Chestnut Streets

215-474-1738

Services: Sunday 7:45AM, 11:00AM

White Rock offers a church school, as well as progressive Bible, College and Career classes. A variety of other activities include one of four church choirs, the Helping Hands Circle, and the Teen Youth Group. University of Pennsylvania medical students are especially welcome.

CATHOLIC

Newman Center at University of Pennsylvania

3720 Chestnut Street

215-898-7575

www.newman.upenn.edu

Catholic Campus Ministry at the University of Pennsylvania since 1893.

St. Agatha/St. James Roman Catholic Church

3728 Chestnut Street

215-386-9732

saintsaj.org

The official site for Penn and Drexel, this large church is attended by many Penn Med students. One student reports that she likes the friendly atmosphere; another raved and said, "I really love it." The church is beautiful, traditional, and the priests there are very in touch with younger people. The Penn Newman Center, located next to the church, is "a great place to meet others and do volunteer work for the community." Drexel's Newman Center is at 33rd and Chestnut, and has daily and Holy Day Masses.

St. Patrick's Roman Catholic Church

20th and Locust Streets

215-735-9900

archphila.org/parishes/8305.php

Convenient for those who live in Center City, "popular with students", "the priest is a very nice man who usually gives a good sermon". The music has improved dramatically in the last few years thanks to the leadership of Sabine Kintzele, and a few Penn Med students sing in the choir.

EPISCOPAL

Church of St. Andrew and St. Monica

3600 Baring Street

215-222-7606

standrewandmonicachurch.org

This is a small, warm church in Powelton Village with a large Caribbean and African congregation.

Church of the Holy Trinity

1904 Walnut Street

215-567-1267

htrit.org

One of the nation's first Episcopal churches, this church is known for being very liberal and is the church home of many graduate students in the area. There are biweekly activities geared towards the LGBT community and young adults.

CHURCHES (CONT'D.)

EPISCOPAL

St. Mark's Church

1625 Locust Street

215-735-1416

www.saintmarksphiladelphia.org

Saint Mark's is an Episcopal Church that values its catholic heritage. You will find rich worship, sacramental spirituality, and a strong commitment to the care of those who are in need.

PENTECOSTAL

Deliverance Evangelistic Church

2001 W. Lehigh Avenue

215-226-7600

decministry.org

Congregation has 5,000 members. Come early to park.

Mt. Airy Church of God in Christ

6401 Ogontz Avenue

215-276-2960

mtairycogic.com

A large congregation of about 3,000 members, they are active in their community.

PRESBYTERIAN

Emmanuel Church in Philadelphia

4723-41 Spruce Street

215-476-0330

iemmanuel.org

At Emmanuel, you'll meet lots of students and working young adults. The congregation is largely Asian-American but absolutely open to all. Services are geared towards young adults and students. A free shuttle service is available to students on campus.

First African Presbyterian Church

42nd Street and Girard Avenue

215-477-3100

The pastor extends a warm welcome to all Penn students on behalf of the congregation at First African. This church has built a relationship with Penn students through serving as the site for United Community Clinics. The church has a number of other services for its members and has made a strong commitment to community service.

Tenth Presbyterian Church PCA

17th and Spruce Streets

215-735-7688

tenth.org

The large congregation offers several fellowship groups and participates in a variety of ministries, including work with AIDS patients, the homeless, and prison workers. There is also a city-wide medical group called Medical Campus Outreach.

Woodland Presbyterian Church

42nd and Pine Streets

215-386-1724

woodlandpres.net

Woodland is a community church with a diverse congregation. The Sunday morning worship service includes preaching from the Word of God, congregational prayer and praise, and the music ministry of the Praise Band.

SEVENTH-DAY ADVENTIST

West Philadelphia Location

4527 Haverford Avenue

215-222-5707

adventist.org

A Christian faith community preparing the world for the return of Jesus Christ.

OTHER FAITHS

Chinese Christian Church and Center (CCCnC)

1101 Vine Street

215-627-2360

esm.cccnc.org

CCCnC is a non-denominational Christian church in the Philadelphia Chinatown neighborhood made up of people of all ages from all over the region.

First Unitarian Church of Philadelphia

2125 Chestnut Street

215-563-3890

firstuu-philly.org

It's a friendly, liberal congregation of Center City students and professionals, as well as friendly folks from across the city. It's particularly welcoming to gays, lesbians, and unbelievers, and those who find mainline churches too restrictive in their dogma or resistant to reason.

CHURCHES (CONT'D.)

OTHER FAITHS

Grace Covenant Church

34th and Walnut Streets, Meyerson Hall

uc.gracecovenant.net

The doors are wide open to people from all backgrounds. Whether you are a spiritual seeker just beginning to ask questions about God or a committed Christian wanting to deepen your faith, Grace Covenant Church is a place you can call home and find spiritual help, hope, and encouragement.

University Lutheran Church of the Incarnation (UniLu)

3637 Chestnut Street

215-387-2885

uniluphila.org

Services: Sunday 10:30AM, Tuesday 5:30PM

A small, welcoming and friendly church made up of community members and students from Penn, Drexel, Temple, University of the Sciences and other schools.

RELIGIOUS SERVICES IN SPANISH

BAPTIST

First Spanish Baptist Church

2344 North Hancock Street

215-634-5310

Second Spanish Baptist Church

4917 Frankford Avenue

215-537-9505

CATHOLIC

Iglesia Asuncion De La Virgen Maria

174 Diamond Street

215-765-4052

Iglesia San Bonifacio

Diamond and Hancock Streets

215-739-6376

Capilla La Milagrosa

1903 Spring Garden Street

215-972-8116

Iglesia San Pedro El Aposto

15th Street and Girard Avenue

215-627-2386

Iglesia Santa Veronica

533 W. Tioga Street

215-228-4878, 215-225-5677

EPISCOPAL

St. George/St. Barnabas Episcopal Church

61st Street and Hazel Avenue

215-747-2605

INDEPENDENT

Living Word Community

142 N. 17th Street

215-563-1322

lwcphilly.org

Living Word Community in Center City Philadelphia is a bilingual, dynamic, diverse, and loving family who believes in God, the Bible, and acknowledges salvation through Jesus Christ.

METHODIST

Iglesia Metodista de Resurrección

142 N. 17th Street

215-563-1322

Sunday worship service at 2:30pm is held in Spanish.

News and Media

NEWSPAPERS

The following is a listing of newspapers that focus on ethnic societies and culture:

La Actualidad

la-actualidad.com

Weekly Spanish newspaper. You can find La Actualidad at any “Barrio” newsstand or store.

The Philadelphia Tribune

phillytrib.com

The voice of the African-American community since 1884! A tri-weekly newspaper with distribution on Tuesday, Friday and Sunday. You can find The Philadelphia Tribune at many area newsstands; it also comes with TV Guide insert.

The Sun

Comes out on Sunday only at 7-Eleven and some newsstands, also comes with TV Guide insert.

The Philadelphia Gay News

epgn.com

Philly's largest and oldest publication targeted to the lesbian, gay, bisexual and transgender (LGBT) community.

RADIO

Listening to the radio can be a rather enjoyable way to spend a study break or just relax. Whatever your preference is – from adult and urban mix to jazz to gospel to alternative to rock - you’re sure to find a station to suit your tastes.

Radiolocator.com has a listing of Philadelphia area radio stations and their formats.

Hair Care

One person that you've probably regretfully left behind upon coming to Penn is your friendly, trustworthy neighborhood hairdresser or barber. Realizing that for many people it takes months to find what they consider a good beautician or barber, we thought it might prove helpful to hear about those places that are frequented by other medical students. Call before you go!

HAIR STYLISTS

Admirations Hair It Iz

2033 Chestnut Street, #1

215-564-2929

admirationshairitiz.com

Admirations is the Center City salon that caters to the professional person who wants that special look!

Cynthia's Salon

4532 Baltimore Avenue

215-386-6907

Cynthia's specializes in corrective work. Appointments preferred, but walk-ins are welcome.

Duafé Holistic Hair Care

3502 Scotts Lane

267-297-7636

dua-fe.com

Expertise in natural hairstyles and locs with their own hair care line. The salon offers consultations. Prices are on the higher end.

Empire Beauty School

1522 Chestnut Street

215-253-4621

empire.edu

Results here can range from excellent to so-so but prices are VERY affordable. This place is particularly good in the summer when the students are about to graduate because they are all salon-quality stylists. If you go once and work with someone you like, you can also request them for future appointments.

The Gallery Shopping Mall

9th and Market Streets

galleryatmarketeast.com

Command Performance, Andre Rossi, and Talent Hair Beauty Salon sit among the 125 shops here.

Jus roZ

130 S. 45th Street

215-796-4143

"Women need a place they can call home for their Beauty needs. I offer Vitamin paks for immediate energy the healthy way. There is Organo Gold, vitamin infused coffee, teas & cocoa to entertain your palate & energize. I'm a Lashologist & I shape Brows by waxing, plucking & razor. Come get whipped into beautiful shape... Mind body & soul".

La Pearl

3857 Lancaster Avenue

215-387-8232

lapearlbeauty.com

Where they "love your hair to health".

Ryan Foster Inc

1517 W. Girard Avenue

215-769-0118

althaircare.com/ryan-foster

Voted the best salon on the 2010 Philly Hot List, also recently feature in Essence magazine. This salon is particularly known for skill with versatile hair types, providing chemical free styling options.

Selah Sanctuary Spa

2116 Walnut Street

215-792-6220

selahtheartofbeauty.com

Modern hair, waxing, and skin care.

Tina's African Braiding Shop

5129 Walnut Street

215-472-3605

Tina's can be a little pricey, but they will do an excellent job. The stylists are highly skilled professionals and can do just about any style you need.

HAIR STYLISTS (CONT'D.)

Total Serenity INC

2108 Walnut Street

215-557-0678

totalserenitydayspa.com

Relax and enjoy unmatched pampering and luxury with a full complement of spa services any time of the year. Features massages, manicures, pedicures, facials, body waxing, body wrapping, and reflexology. Student discounts available.

Vibes Hair Studio

3631 Lancaster Avenue

215-222-6531

Prices are very reasonable. The salon also has a barber.

BARBERS

First Decision Unisex Hair Salon

113 S. 40th Street, between Chestnut and Walnut Streets

215-222-6366

This is one barber who is good and takes his time especially when he gets to know you as one of his regulars. It may be hard get a haircut around lunch time. Also, precision cuts for women.

Philly Cuts

4409 Chestnut Street

215-387-2808

@phillycuts

One of Philly's finest barbers. Appointments suggested but walk-ins are welcome.

THREADING AND WAXING

Thread Beauty Bar

1903 Chestnut Street, Loft Level

215-557-1953

If you are looking for a great place to thread (ancient Indian eyebrow shaping technique) eyebrows, this place is fairly cheap and they do an amazing job. Featured in Philadelphia Magazine.

Anthony's Skin Care Lounge (at Jason Matthew Salon)

1735 Chestnut Street, 2nd Floor

215-665-8030

skincarelounge.com

"This lounge is the perfect location to rest, relax and rejuvenate. We offer the highest level of skin care services including waxing, medical peels, microdermabrasion, vitamin C-enriched facials, expert brow styling and professional make-up services."

Car Maintenance

A parking space can be hard enough to find for car owners in Philly, let alone locating a trustworthy mechanic! Those of you who can't live without your wheels know that routine maintenance is important and unexpected breakdowns can leave you in a bind. Here are some people and places that can help!

SERVICE CENTERS

Lei's Auto & Collision Service Center

4200 Ludlow Street (42nd between Chestnut and Market Streets)

215-386-5565

leisauto.com

Known for pleasant, helpful service and reasonable prices. As Lei's does both auto body and under-the-hood work, it's a good place to keep in mind for all-around car care. They also perform Pennsylvania state inspection and emissions.

Pep Boys

4101-19 Market Street (42nd and Market Streets)

215-222-1563

pepboys.com

Better for the do-it-yourselfer. Pep Boys carries tons of auto supplies and accessories. The staff is relatively knowledgeable in helping you find the right part. There is also a garage at this location where you can have inspections and minor repairs completed.

Midas

4138-52 Market Street (42nd and Market Streets)

215-382-3298

midas.com

Great for preventative maintenance; not as good if something actually breaks.

Ed & Geo Auto Body and Inspections

1418 Bainbridge Street (Graduate Hospital Area, Broad and Bainbridge Streets)

215-735-2338

Recommended for those more serious scrapes and crunches.

Transportation

SEPTA

Getting around Philadelphia without a car can be very easy. Walking is always a great option, but when your feet are tired, SEPTA can take you most places. A few selected routes are presented below. To find information on schedules and routes, go to septa.com.

Bus lines: The bus numbers 21, 40 and 42 run between Center City and West Philadelphia making stops throughout campus.

Subways: The Green line *Trolleys* run from City Hall to West Philly and can provide access to school and a number of neighborhoods in West and Southwest Philly. (Note: The Trolleys run underground between 40th and 15th, but above ground from 40th west...don't be alarmed.)

The *Market Frankford ("Blue") Line*, better known as the *EL* (elevated train), runs east and west along Market Street for the length of the city and can get you around extremely quickly.

The *Broad Street ("Orange") Line*, runs straight north and south along Broad Street and is the easiest way to get to the Sports Stadiums and Arenas.

Regional Rail Lines: The Regional Rail can take you to some of the harder to get to Philadelphia neighborhoods and suburbs. All of the lines make stops at 30th St. Station. Of note, the *R1* runs to the airport and only takes about 10 minutes. The *R7* runs to Trenton where NJ Transit trains can connect you to New York.

Paying For SEPTA: Rides on SEPTA will cost you either \$2.25 or a token. Tokens cost \$1.80 each, so they can save you money. They are sold at any EL Stop, at 30th Street Station, Suburban Station (16th and JFK) and the Fresh Grocer on 40th and Walnut.

Weekly and monthly unlimited ride passes are also available.

Penn Transit Services also offer a semester-long pass for \$327.60 (minimum) that will get you anywhere within the city. Unfortunately, our semesters are longer than those for the rest of the University, so it won't cover you for the entire year. For more information and an application go to:

<http://cms.business-services.upenn.edu/transportation/>

CAR SHARES

PhillyCarShare (now Enterprise Car Share)

701 S. 50th Street

215-730-0988

phillycarshare.org

No car? Need a way to get around for those occasional road trips or shopping excursions? PhillyCarShare may be right for you! PhillyCarShare is a non-profit organization which makes cars available on a per-use basis. You pay a membership fee, an hourly rate and a cheap per-mile rate; they take care of maintenance, insurance, and even gas!

ZipCar

zipcar.com

Need a car for a few hours near Philadelphia? Zipcar is an alternative to car rental and car ownership. It's a car, but only when you need one.

NOTES

