Welcome to Iowa, the University of Iowa, and the Campbell Laboratory. This is a place where you can enjoy the company of people from 109 different countries! You will be working in one of the United States' top medical colleges.

This guidebook can help you answer many questions and alleviate any concerns that you may have about your recent move; including housing, transportation, dining, entertainment, and travel. All of these topics and more are covered in this guide.

In Iowa you will be able to work and relax. The Iowa City community offers free live concerts in the summer, cultural events, and collegiate athletics. You can also enjoy relaxing outdoors in one of the many parks in the Iowa City area. Iowa City is the sixth largest city in Iowa, and Cedar Rapids, just 20 miles to the north, is the second largest city in the state.

Iowa City has some of the best schools in the state; it is a safe community, and the population is well educated and friendly. As a result, Iowa City is often placed on “best-place-to-live” listings in numerous national magazines. In February 2010 Men’s Health magazine voted Iowa City the "Healthiest town in the United States." Iowa City prides itself on its diverse population and intellectual resources. The Writers’ Workshop at the University of Iowa is a world renowned writing program that produces many well-known writers, including Robert Penn Warren and Kurt Vonnegut.

The University of Iowa has many traditions that make it a unique place to study. Every University of Iowa student/faculty member should know:

- School colors: Black and Old Gold
- Nickname: Hawkeyes
- Mascot: Herky the Hawk
- School Songs: On Iowa; Iowa Fight Song; Roll Along, Iowa
- Annual Celebrations: Family Weekend, Riverfest, Homecoming, Cultural Diversity Festival, and Martin Luther King, Jr. Human Rights Week

From everyone in the Campbell Lab, “Welcome! We hope that you enjoy your stay with us, and we are looking forward to knowing you better.”
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If text is blue and underlined it is a link to a website.
Housing

The Iowa City/Coralville area has many housing options. Renting an apartment or house, living in University of Iowa housing, or purchasing your own home are just some of the options that are available.

The Daily Iowan, the Press Citizen, and the Cedar Rapids Gazette (all local newspapers) are some of the best places to start your housing search.

One bedroom apartments that are located near campus can cost between $500 and $700 per month. The prices tend to drop the further the apartment is from campus. Two bedroom apartments are generally in the $550-$800 per month range.

The University of Iowa has a Family Services Office Housing and Relocation department with many good resources for people who are just moving into the area. The Housing Clearinghouse is a free service for rental properties in the Iowa City/Coralville area. See also the housing information on the Iowa City/Coralville Area Online Resource website for more information about the area, local realtors, financing, and more.

The University has housing available for graduate students, generally at a decreased rate. University Housing: The Family Housing and University apartments are generally for graduate students and foreign scholars.

It is usually a good idea to compare several different apartments before settling on one. Landlords should not hesitate to schedule an appointment for you to tour the apartment you are interested in renting. Deposits on rental properties are often one month’s rent. The actual price depends on the property and the landlord. Your deposit ensures that when you move out your landlord will have some money to pay for any damages or cleaning that needs to be done before the next tenant moves in. The money that is left over from your deposit should be returned to you after your lease agreement has ended. Remember to ask the landlord what utilities are included in your rent, and what utilities you will be responsible for paying separately. Some apartments also have an extra fee for parking.

Subletting an apartment is allowed by most landlords in the Iowa City/Coralville area.

If you think that you might want to live in the same place for longer than a year, ask your landlord if having a two year lease would be possible. By signing a two year lease you may be able to set your rent so that it will not increase the following year.

Helpful websites:

- Living Off-Campus Guide
- Apartment Hunting Guide
- Campus Information Center

“Sublets are OK, I was kind of [unsure about] subletting an apartment when I got here, as we don’t do that in Brazil.”

- Viviane Muniz

Co-Op Exchange Student
2006
Brazil

Groceries Lebensmittelgeschäft Alimentation Shokuryohin-ten

Iowa City and Coralville have quite a large selection of grocery stores. The New Pioneer Co-Op features organically and locally grown foods. Another place to get locally grown food is at the Iowa City Farmer’s Market, which takes place from May through October at Chauncey Swan Parking Ramp.

Hy-Vee, Fareway, Cub Foods, and Aldi are some of the larger grocery stores in the Iowa. Hy-Vee has numerous locations in Iowa City and one store in Coralville. Cub Foods is located on Highway 6, as is Aldi. Fareway has two locations in Iowa City, one on the east side of Iowa City and one on the west side. Other places for grocery shopping include the Super Wal-Mart in Coralville and John’s Grocery in Iowa City. Chong’s, a Korean grocery store, and East-West Oriental Foods are good places to find many Asian specialty foods. Taye’s Afro-Oriental Foods on 2nd Avenue in Coralville offers groceries from the Middle East. There are also middle eastern and Indian grocers in Coralville.

Map of Grocers
Getting around town

Iowa City and its surrounding areas are easily accessible by foot, bike, bus, and car, so how to get to work in the morning is something to consider. If you ask around, you are sure to get many different answers. Some lab members choose to live close to the laboratory so that they can walk or ride their bikes to work each morning. Others will tell you that driving is the best way to get to work, though the parking may leave you a bit flustered. The rest of the people will tell you to ride one of the many busses.

There are three different busses that run in the Iowa City/Coralville area. The Cambus is operated by the University of Iowa and is available free of charge for everyone traveling around campus. The Iowa City transit and the Coralville transit systems cover much of the area that the Cambus does not, but for a small fee. City bus passes are available at a reduced rate for University and HHMI employees.

Some of the conveniences to walking, biking, or riding the bus are that you do not have to worry about paying for parking on campus, trying to find a parking spot, or dealing with the rush hour traffic. However, it can be very useful to have a car for going grocery shopping, going to see a movie, or so that you can leave town to visit some of the attractions that Iowa and its neighboring states have to offer. If you do choose to drive to work, parking is available in the Newton Road Parking Ramp (across the street from the Carver Biomedical Research Building) for a fee.

Why didn’t they warn me?

For people joining the Campbell Laboratory from outside of the United States, it might be convenient to have cash available for the first month that you are here.

It is also good idea to try to build a credit history as soon as you are able. “When I first arrived, I couldn’t get any kind of regular credit card. My recommendation is to get a ‘secured’ credit card,” says Aaron Beedle, Ph.D., a lab associate from Canada. The typical procedure is to fill out an application and send the company a check. They will deposit your money in an account and send you a credit card with the credit limit set at the amount you sent (e.g. if you send them $500, they will give you a card with a $500 limit). They keep your money in an account. After a year (or maybe sooner), you can call and ask them to convert your secured card to a regular credit card. If you’ve been paying all your bills on time, you should get approved. Then they will send you a regular card and will send back your “secured” money (e.g. the $500). You are then on your way to building credit in the U.S.

Simply having a credit card will not guarantee good credit, and you should be careful not to abuse it. It is important to make your credit card payments on time, so that you can build good credit. Having good credit can help you to get financing to make large purchases like a car or a home. Good credit even helps with smaller needs like cell phone contracts.
Entertainment in Iowa City

No matter what you like to do for fun, there is always something to do in Iowa City and its surrounding area. Although Iowa does not have a professional sports team, Iowa City is home to the University of Iowa Hawkeyes. The Hawkeyes are part of the Big 10 conference, which is one of the premier collegiate sports conferences in the U.S. The Hawkeyes play a variety of popular sports including, gymnastics, soccer, tennis, basketball, and American football. The Ice Hawks are a club hockey team affiliated with the University that compete during the fall and winter. In 2008 they were conference champions. Home games are played at the Coral Ridge Mall ice rink and admission is free.

During the fall, many people enjoy (American) football games, and not just for the action on the field. Tailgating is as much an activity in Iowa City as the game itself. When the Hawkeyes have a home football game you will find many parties going on and a lot of people dressed in black and gold, the school’s colors. Motoi Kanagawa, a Postdoctoral Fellow (2001-2005) from Japan had this to say about the Hawkeye-sports experience: “You may not understand why lowans get so excited about college sports until you go to the arena or stadium—then you will know. Sports are one of the easiest ways to participate in local and national customs. You can talk about the game with people in the lab, even people who come from all over the US. When you have run out of topics on science, you can simply ask, ‘How is your team doing?’ This could lead to a 1 hour conversation.” Motoi expresses what many Iowaans feel, that sports are more than just enjoying a game, but also how students, players, and fans grow to become a tight, spirit-filled community. If you have hit a block in your research, Motoi suggests going to a game with Kevin. “…sometimes you will get your secret or a great project idea from going to a game with [Kevin]. If you get season tickets, that is even better. You will find uncle Hawkeye comes down to you with Ann’s [Kevin’s wife] popcorn, which I miss a lot…Go Hawkeyes!!!”

There are many places to go shopping in Iowa City and Coralville. The Pedestrian Mall in downtown Iowa City features many one-of-a-kind stores, from jewelry to home décor. The Old Capital Town Center is also located in downtown Iowa City. Sycamore Mall is on the east side of Iowa City on Highway 6, the Coral Ridge Mall is just off of I-80 in Coralville, and the Tanger Outlet center is located about 25 miles west of Iowa City on I-80. There are also many shopping opportunities in Chicago, Illinois. Click here to see more about places to shop in Chicago and its suburbs.

There are movie theatres located in Old Capital Town Center, Sycamore Mall, and Coral Ridge Mall. If you like live theatre, Iowa City is home to the Riverside Theatre, the Iowa City Community Theatre; and there is almost always something on stage at Hancher Auditorium, the Englert Theatre downtown, and the University Mainstage. Marion, located just north of Cedar Rapids, is home to the Liars Holographic Radio Theatre. For a map of local theaters click here.

Iowa City has many great restaurants and bars, some, like The Mill or The Sanctuary, even feature live music. If you like large music venues, then the Quad cities, Waterloo, Ames, and Des Moines often host concerts. A good place to look for upcoming concerts is Ticketmaster. The box office in the IMU also sells tickets for Ticketmaster events. The art museums located in Iowa City, Cedar Rapids, and Davenport are home to collections featuring American Regionalism, among other things. The University of Iowa Museum of Art is hosts one of the most notable paintings by Jackson Pollack. The Cedar Rapids Museum of Art contains many works by Grant Wood, a local artist and prominent figure in American Regionalism. The Figge Art Museum in Davenport features works by Grant Wood, Antonio Boselli, Salvador Dalí, and Pablo Picasso.

Iowa City is also home to the University of Iowa’s Museum of Natural History, located on the Pentacrest downtown in MacBride Hall. One of the main attractions is Rusty, the giant sloth. Plum Grove, The Herbert Hoover National Historic site, the Amana Colonies, and the Old Capital are just some of the local attractions. For information on these and other local museums please click here.

*Tailgating refers to the practice of eating and socializing while perched on the open tailgate of a vehicle, though many people participate even if their vehicles don’t have tailgates. This may include barbecuing and is usually related to sports fans preparing for games.
Dining

When you are not up to the task of cooking dinner, you can take advantage of the many local eateries around town. Iowa City offers a wide variety of cuisines, from local fare to Asian fusion to pizza.

If you are in the mood for Asian cuisine, restaurants like Takanami, Oyama, Formosa, Sushi Popo, the Peking Buffet, and Thai Spice offer a variety of options. Takanami, Formosa, and Sushi Popo specialize in sushi. Human and the Peking Buffet serve mainly Mandarin dishes. Thai Spice and Thai Flavors prepare some of the best Thai food in Iowa City. The Three Samurai is a Japanese restaurant that combines a spectacle for the eyes and a feast for the palate. Masala and the India Cafe serve Indian dishes.

Almost all of the restaurants in the Iowa City/Coralville area serve vegetarian dishes. The Red Avocado and Lou Henri are two of Iowa City's vegetarian restaurants. Other good choices for vegetarian meals are Oasis Falafel and Z’Mark Noodle Cafe.

Some of the best Mexican restaurants in the Iowa City area include El Ranchero, Pancheros, El Dorado, Carlos O’Kelleys, and Los Portales. El Ranchero, Los Portales, and El Dorado feature authentic Mexican dishes in an inviting atmosphere. Pancheros and Carlos O’Kelleys serve Mexican-American dishes. The Tootie Fruitie pizza from “The Wedge” is a favorite of Dr. Campbell’s, and their coffee is featured in the Campbell Lab tea room. The Java House has three stores in Iowa City, plus a kiosk on the first floor of the hospital. Dr. Campbell is a Java House enthusiast. The owner of the Java House has even presented him with his own chair. If you would like to visit Dr. Campbell’s Java House chair, it is currently on display at the 1st Avenue location in downtown Iowa City.

Aside from The Java House, Iowa City also offers places like Terrapin, House of Aromas, T Spoons (in the Old Capital Town Center), and Starbucks for those who need to get their caffeine fix. Most of these cafes also serve tea, chai, hot chocolate, and assorted pastries.

Pizzerias are also in abundance in the Iowa City area. The Wedge serves gourmet pizzas. You can order a pizza with meatballs or one with pineapple and pistachios—at The Wedge there is no pizza too strange. Paglia’s Pizza offers a more traditional thin-crust style pizza, while Wig & Pen serves Chicago-style deep dish pizza. At Papa John’s, Godfather’s Pizza, Dominos, and Pizza Hut you can always find American standards like pepperoni, sausage, supreme, and cheese.

For those with a sweet-tooth, try Whitey’s or Heyn’s when you’re in the mood for good old-fashioned ice cream. Capanna offers a little taste of Italy with their selection of gelato, a frozen dessert similar to ice cream. If you prefer pie, then try the Village Inn, because, according to their website, they serve “The Best Pies in America.”

Favorite spots for
Dr. Campbell:
Sushi Popo &
The Java House
Hidden Places & Things to do in Iowa City

Iowa City is home to some little known treasures. The Iowa City Public Library (ICPL) opened their new building to the public in the summer of 2004. The new building has a lot of room for the library to grow with the changing needs of the city. The ICPL is located along Linn Street on the east side of downtown Pedestrian Mall.

The library allows patrons to check out books, movies (video and DVDs), music CDs, magazines, and even art work with your library card—all for free. The library also has an entire area of computers that are available for use by the public, also free of charge. The ICPL has an online catalog and also participates in the Park & Read program. If you park in a local parking ramp, you can bring your ticket in to the library and they will stamp it for you, giving you an hour of free time in the ramp. To get a library card visit the front desk at the ICPL.

The internationally renowned “Live from Prairie Lights” reading series features writers from all over the world. Prairie Lights bookstore, an Iowa City landmark, hosts these live readings. If you are unable to attend a reading you can also listen to it on KSUI, the local public radio station.

The American Indian Student Association has been running an annual University of Iowa Powwow and American Indian Arts and Crafts Festival held in April, at Carver-Hawkeye Arena, for more than ten years. The Powwow features Native American music, dancing, food, and arts and crafts.

The Bijou Theater is a movie theatre located in the Iowa Memorial Union on Market Street that shows independent, foreign, and classic films. The Bijou is student run and all proceeds go to the University of Iowa Student Government.

During the summer, another fun place watch movies is at the Saturday Night Free Movie Series, run by the Summer of the Arts organization. Movies are shown on a large screen on the Pentacrest lawn in front of McBride Hall. Everyone is welcome to attend, just don’t forget to bring your popcorn and a blanket to sit on. They also run the local Iowa City Jazz Festival, Friday Night Concert Series in downtown, and the Iowa Arts Festival.

The Cultural Diversity Festival takes place in the University of Iowa Field House. The Festival celebrates the many cultures represented in Iowa City. The event is free to attend. There is music, arts and crafts, a fashion show, and much more. The festival even hosts vendors from different cultures who offer dishes from around the world. Click here to see the University’s Multicultural calendar.

The University of Iowa School of Music Orchestra Department has a Symphonic Orchestra, a Chamber Orchestra, a Philharmonic, and an All-University String Orchestra. The four different orchestras put on several performances throughout the school year.

The School of Music also has several other performing ensembles, including choirs, bands, faculty, and percussion groups. Over thirty music ensembles perform throughout the school year at more than 100 different events. Visit the School of Music’s Performing Ensembles webpage for more information.

The University of Iowa Department of Dance also provides entertainment throughout the year. Their largest production is the Dance Gala.

The Riverside Theatre Company puts on a special festival each summer in Iowa City’s Lower City Park. The company also produces two of Shakespeare’s plays each summer. Riverside Theatre’s summer facility was inspired by the Globe Theatre in London, where Shakespeare’s plays were originally performed. The theatre is set against a bluff outdoors.

The Iowa City area has many golf courses that are open to the public. Winter sports like skiing and snow boarding are also popular in Iowa. There are 5 ski areas in the state of Iowa. Sun-down Mountain is located in Dubuque, Iowa, about 2 hours northeast of Iowa City (lessons and equipment rental are available). If you enjoy competing in events such as triathlons and foot races, Fitness Sports has information available to the public about many of Iowa’s fitness events. There are also many different fitness centers in the area for those who enjoy working out. The City of Iowa City has two recreation centers.

Riverside Theatre’s outdoor stage at Lower City Park
Traveling in Iowa

When people first think of Iowa most often they picture fields of corn; however, Iowa has much more to offer than corn.

Coralville Lake and Lake McBride State Park are both excellent places to go fishing, hiking, and boating - just make sure to stop and get your fishing license first. There are many state parks and lakes in Iowa where the fishing is superb. Iowa also allows some types of hunting; you will want to make sure to get a hunting license first. Click here for more information concerning hunting and fishing licenses.

Iowa is full of many natural resources. There are over 50 state parks (for a complete list click here). Many of the state parks allow fishing, camping, swimming, boating, and they often have hiking trails. Some of the parks even have caves, complete with stalactites and stalagmites. Macquoketa caves, north of Davenport, has trails that lead you through many different caves. Crystal Lake Cave, south of Dubuque, is a living cave that currently gives tours. There is also Coldwater Cave in northeastern Iowa. It is the longest cave system in the state. For more information on the Coldwater Cave Project click here.

If you like life above ground, you might like to pick up a map of Iowa, jump in the car, and start driving. Just northwest of Iowa City there are a group of towns known as the Amana colonies. The Amanas were started by German settlers. Today the towns have many German-influenced stores and restaurants, and they welcome tourists. To the southwest of Iowa City is the town of Kalona. In Kalona you can learn about the Amish community and their way of life. There are shops in Kalona that feature handmade furniture, handmade quilts, cheese, and various other goodies. About two hours north of Iowa City, is the town of Dyersville (map). Dyersville was the film location for the movie “Field of Dreams.” The film site is still open to the public, and there are often baseball games played on the field.

The Mississippi River is the longest river in the United States, and it makes up the entire eastern border of Iowa. The Mississippi River road is a nice place to drive in the fall. You are able to see many of the leaves on the trees changing colors, and you can often spot bald eagles, the U.S. national bird. Click here for ideas on where to view the bald eagle.

Another good way to see the state of Iowa is to ride on the Register’s Annual Great Bicycle Ride Across Iowa (RAGBRAI). RAGBRAI was started in 1973 as a challenge between two of the Des Moines Register’s reporters. Since then, RAGBRAI has grown in size and scope. People from across the globe come each year to join in the annual bike ride across the state. The course for R A G B R A I changes each year, that way all parts of the state get to host the riders. R A G B R A I takes place each summer, and the course always starts on the western border of Iowa at the Missouri River. The journey is completed a week later on the eastern border at the Mississippi River. Many RAGBRAI enthusiasts dip their rear tire into the Missouri River before starting off and then end the trek by dipping their front tire in the Mississippi.

There are also many opportunities to rent a canoe along many of Iowa’s rivers. Other outdoor activities include water skiing in the summer and cross country skiing in the winter. Some people have even found opportunities to go diving in some of the quarries.

One of Iowa’s largest events is the Iowa State Fair, which takes place in Des Moines every August for two weeks. The Iowa State fair is a showcase of livestock, food, crafts, games, shows, and many other treats. It boasts an attendance of over one million people each year and is nationally acclaimed. It attracts people from all over the Midwest, the nation, and abroad. Some of the most advertised sights at the fair are the “Largest Hog” contest, the Butter Cow, and the Ugliest Cake contest. Each year the Iowa State fair has entertainment from some of the best musical artists. There are numerous free live shows available to people inside the park. Many of the booths at the State Fair give out free samples of their products, and sometimes you even get to taste some of Blue Bunny’s new ice cream flavors (Blue Bunny is made in Le Mars, Iowa). There is something for everyone to enjoy at the Iowa State fair.

Des Moines, the capital of Iowa, has many fun and
exciting places to visit. The Science Center of Iowa has interactive displays in life and physical sciences. The Science Center also has an IMAX theatre, traveling exhibits, and a planetarium. Visitors are encouraged to explore the human body, the solar system, and caves, and when they are finished they can stop off at the gift shop for a souvenir or the café for a snack.

While in Des Moines, pronounced Dih-MOYN, you might want to stop at the state capital building, the Historical Museum, Blank Park Zoo, Living History Farms, or many of the other attractions that Des Moines has to offer. Just to the east of Des Moines is Adventureland Park. Adventureland is Iowa’s very own theme park. It is full of thrill rides, roller coasters, live shows, water rides, and more.

The grounds where the Iowa State Capital building is located also features numerous statues and gifts from around the world. “After typhoons in 1959 severely damaged crops, homes, and farmlands of the Yamanashi prefecture in Japan, citizens of Iowa generously sent breeding hogs and feed corn to aid that district. This program began a friendship culminating in a sister-state relationship, the first of its kind between the United States and Japan. As a sign of their appreciation, the citizens of the Yamanashi presented a monument to Iowa in 1962. The 2,000-pound temple bell of peace and friendship, as well as the structure that houses it, were made in Japan.” - The Iowa Legislature website.

Des Moines also boasts numerous golfing facilities and even hosts a Professional Golfers’ Association (PGA) tournament. The Allianz Championship often attracts well known professional golfers from across the nation.

The bridges of Madison County have been the inspiration of a novel and a movie. These covered bridges are historic to Iowa and are currently being preserved. Madison County is not the only place in Iowa that these bridges exist, but they happen to be the best protected bridges in Iowa.

The Ledges State Park, located 4 miles south of Boone, Iowa, is a park that has been carved out of limestone deposits by running water. The park has many hiking and walking trails, and also features numerous picnicking spots, fishing, and camping. As you drive up to the Ledges there is a lot of flat farmland, then, almost out of nowhere you come to a grove of trees. Hiding behind these trees is a roadway with many twists and steep drops that leads you down into the bottom of the Ledges. When you reach the bottom and step out of your vehicle, it is hard to imagine that this place really exists in Iowa. These cliffs are truly a wondrous sight, made even more special by being right in the heart of the state. If you enjoy going to parks like this, then Palisades Kepler State Park near Cedar Rapids is a closer option that also has hiking trails. Wildcat Den State Park offers winding trails that lead to picturesque areas with names like “Devil’s Punch Bowl” and “Fat Man’s Squeeze.”

The Iowa Arboretum is near the Ledges State Park and is free to the public. The gardens contain many varieties of trees, shrubs, and flowers. If you like arboretums, the city of Dubuque is home to the Dubuque Arboretum, which features English and Japanese gardens, as well as a children’s garden.

If you enjoy trains, the Boone & Scenic Valley Railroad Museum is a good place to visit. You can take a ride on three different types of trains: diesel, electric, and coal powered. Thomas the Tank Engine, from the famous English storybook series, even makes a stop at the train station once a year, and he often brings some of his friends with him.

Lost Island Adventure Park in Waterloo is a growing water playground for people of all ages. The park features numerous water slides, a lazy river, a lagoon, and even a wave pool. Just outside of the water park grounds there is an arcade, a miniature golf course, and a go-kart speedway.

If you feel like taking a small trip to Holland, but cannot afford the airfare, visit Pella, Iowa. Pella was originally settled by the Dutch, and in early May each year the city has a Tulip Festival. The city also has a historic village that is open 10 months of the year. The village boasts the tallest working windmill in the United States.

Come and discover Iowa – a state with more to offer than just corn fields.

For more information on places to go and things to see in Iowa visit www.traveliowa.com. You can find information on places to stay, things to do, and even request travel materials, including maps and guides.
Semi-professional sports in Iowa

Although the state of Iowa does not have a professional sports team, it does have semi-professional teams in hockey, baseball, football, and soccer.

The six Minor League Baseball teams in Iowa are: The Burlington Bees, the Clinton LumberKings, the Quad Cities River Bandits, the Cedar Rapids Kernels, the Sioux City Explorers, and the Iowa Cubs. Minor League Baseball games can be just as exciting as watching Major League Baseball. Many of the players in the Major League played on Minor League teams prior to becoming professional baseball players.

The Des Moines Buccaneers, the Cedar Rapids RoughRiders, the Sioux City Musketeers, and the Waterloo Black Hawks are all part of the United States Hockey League (USHL). The USHL is an amateur league that consists of fourteen teams from cities all around the Midwest. In recent years all four teams have been winners of the coveted Clark Cup (2007-Sioux City, 2006-Des Moines, 2005-Cedar Rapids, and 2004-Waterloo).

Whether you like American football, or prefer soccer, Iowa has semi-professional teams in both types of football. The two football teams in Iowa are the Iowa Barnstormers and the Iowa Blackhaws. If you prefer soccer, then check out a Des Moines Menace game. The Des Moines Menace soccer team was formed in 1994 and is part of the Premier Development League (PDL). The Menace are the 2009 Heartland Division Champions.

Children

Iowa City is full of some of the best educational facilities in the state. For children that are not quite ready to go to kindergarten there are numerous daycare centers, preschools, and there is the option of employing a private nanny. Choosing a daycare or preschool can be a bit difficult as the choices in how to structure early childhood education vary greatly. These differences can be seen in many of the area childcare centers. Many of the childcare centers that are close to the University of Iowa are located on Melrose Avenue. A good way to find a childcare center that will suit you and your child is to contact 4Cs. 4Cs Community Coordinated Child Care Resource & Referral is located next to the Sycamore Mall on the east side of Iowa City.

Iowa Children’s Museum, located in Coral Ridge Mall

They can play with bubbles, make tornados, and participate in many other science-related activities. The Science Station is also has an IMAX theatre—the first in the state of Iowa.

The Coralville Community Aquatic Center opened in the summer of 2004. The Coralville Community Aquatic Center is a fun way to cool off during the hot summer months. They also have a Party Deck for special events.

Wilson’s Apple Orchard is fun to visit in the fall, whether you go there to pick apples, or to pick out a pumpkin. It is an adventure the whole family is sure to enjoy.

Cedar Rapids RoughRiders celebrating their 2005 Clark Cup win

JobNet is an online job search website that it puts together for children of all ages. They organize events in swimming, arts and crafts, sports, and much more.
Health Care services

Iowa City and Coralville offer a multitude of health care services, from family care doctors to acupuncturists.

In the United States most people see a family practice physician for regular medical treatments. A family practice physician is a medical doctor trained to treat patients at any age, with any type of problem. A family practice physician can prescribe medicine for many illnesses, and they will refer you to a specialist if they feel that you need to be treated by a doctor that is trained in one specific field. Modern medical facilities are available at the University of Iowa Hospitals and Clinics (UIHC) and Mercy Hospital. Both have a wide variety of services for their patients.

UIHC has two family practice clinics located in Iowa City, as well as specialized clinics for cancer, dermatology, endocrinology, among others. UIHC also offers interpreters for their patients. If you are having difficulty understanding your doctor, ask if they can get an interpreter to assist you.

Mercy has personalized assistance to help you find a doctor and make an appointment. You can contact Mercy On Call at 358-2767 or toll free at 800-358-2767. They have registered nurses who can help you find the right health care option for you.

There are also family practice doctors that are in the Iowa City area that are not part of the University. It is important that you make sure that the doctor you see accepts your health insurance so that your visit is covered and you do not have to pay a large bill. If you are a University employee this usually means that it is best for you to see a doctor at one of the University clinics. If you are an HHMI employee, it might be a good idea to ask another HHMI lab member where they go to the doctor, as some HHMI employees use Mercy services instead of UIHC.

Dentists and Optometrists can also be an important part of staying healthy. Your dental insurance often helps you to pay for your dental expenses. Make sure that the dentist you visit accepts your dental insurance. Opticians are able to diagnose astigmatisms, cataracts, and other eye related problems. If you have vision insurance it will typically help cover the costs of eye exams and corrective lenses.

In addition to doctors and dentists, there are many alternative medical treatments available. Chiropractors diagnose and treat patients whose health problems are associated with the body’s muscular, nervous, and skeletal systems, especially the spine. Some insurance companies will pay for a chiropractic visit, however, others may require that you pay a co-pay at the time services are rendered. Click here for a listing of chiropractors in the Iowa City area.

Below is a list of alternative medical treatments available in the area:
- Acupuncturists
- Holistic Medicine
- Hypnotherapists
- Therapeutic Massage

What to like about living and working in Iowa City

- The best thing here is that it is quiet and very international.
  -Daniel Beltran
- I like the size and spirit of Iowa City – very small but nice and alive.
  -Elena Gertsen
- It is easy to get involved in local civic organizations. There are plenty of organizations that need volunteers.
  -Severine Groh
- Friendly, helpful people. NO TRAFFIC.
  -Michael Henry
- It is quiet and has lots of natural beauty.
  -Hajime Kusano
- This is a big lab and there are many talented persons from whom I can learn.
  -Renzhi Han
- Being a small city, it’s easy to move around and get to know the city.
  -Hollie Harper
- [Iowa City] is a great college town where you can meet many people, yet it is full of culture. People from all over the world come here for both school and work. There are always events, whether it is in the arts or athletics. There are many op-

Fountain on the Ped Mall in downtown Iowa City

Stones for a hot stone massage
Weather

Iowa weather tends to be a little unpredictable. It is not uncommon to have a day where it is 65°F (18°C) and sunny, and then the next morning wake up to find that it will only be 40°F (4°C) and raining. Weather can also change dramatically throughout the day during any season. In the summers it can get very hot and humid. During the winters there is often snow and ice, as well as very cold temperatures to endure.

During the spring Iowa has many rainstorms, and it is not uncommon to have heavy fog on some mornings. The spring months also mark the beginning of severe weather. The temperatures often fluctuate greatly during these months. Mornings are often cool, afternoons can be warm, and sometimes even hot. Because of this, there are increased chances for severe weather.

Flooding is natural and common occurrence in Iowa during the spring and summer. When the temperatures begin to rise in the spring, the snow from the winter begins to melt, the water level in the river rises. When this melting is combined with heavy rain, flooding can occur. In the summer of 2008 many rivers throughout the state of Iowa flooded, including the Iowa River in Iowa City. Many homes, businesses, and University buildings were affected, but the Arts Campus was hit particularly hard. The University of Iowa is still in the process of repairing and rebuilding from the 2008 flood. Information about floods in Iowa City and the surrounding area can be found at the Iowa Flood website.

The spring and summer months are often marked with periods of thunderstorms. Sometimes these storms will have hail, or even tornados. Severe weather warnings are announced on the local television and radio stations. If there is a tornado warning issued, the tornado sirens will sound, that means to take cover as a tornado is possible. It is a good idea to have a radio that will run on batteries in case you lose the power in your house or apartment. Radio station 600AM has continuous storm coverage during severe storms. Iowa City will sound two different sirens at the same time if a tornado is imminent. Taking shelter in the lowest spot available is highly advised. Stay away from windows, and remember to protect your head with blankets, pillows, or even a mattress. Tornados are unpredictable and are very dangerous.

Signs to watch for:

- A sickly greenish or greenish black color to the sky.
- If there is a watch or warning posted and you see hail, be prepared to take cover, as a tornado is likely.
- A strange quiet that occurs within or shortly after the thunderstorm.
- Clouds moving very quickly, especially in a rotating pattern or converging toward one area of the sky.
- A sound similar to that of a waterfall or rushing air at first, that later turns into a roar as it comes closer. The sound of a tornado has been likened to that of both railroad trains and jets.

Iowa winters can be just as unpredictable as the Iowa spring and summer. Winter in Iowa is often marked with heavy snow falls and ice. There are times when conditions are just right, and an ice storm will occur. The temperatures can also drop well below freezing. During the winter it is important to remember that because of the wind, it often is colder than the actual temperature. Having a good warm coat, a hat, gloves, and boots are essential for Iowa winters. At times the weather during the winter makes traveling unadvisable. Local television and radio stations will announce school and business closings due to the inclement weather. They will also announce if roads are closed because of dangerous driving conditions.
Other places to see

Many Campbell Lab members enjoy traveling to other parts of the country that are outside of Iowa. Chicago, Illinois is the closest metropolitan city to Iowa City. It is only a 4 hour drive by car. Chicago is home to many sights and sounds including the Art Institute of Chicago, the Shedd Aquarium, the Field Museum, Navy Pier, and some great shopping. Chicago is home to the Chicago Cubs and the Chicago White Sox, two major league baseball teams. The Chicago Bears, a professional American football team, and the Chicago Bulls, a professional basketball team, also call Chicago their home.

Chicago has some of the best shopping in the Midwest. Downtown is host to many designer shops like Gucci, Barney’s, Louis Vuitton, Lord & Taylor, Saks, just to name a few. Most of these stores are located right on North Michigan Avenue, which is also known as the Magnificent Mile.

Gurnee, Illinois, just north of Chicago is home to Six Flags amusement park. Six Flags Great America and Hurricane Harbor are full of rollercoasters, thrill rides, water rides, and the American amusement park food staple—funnel cake. Six Flags Great America also boasts a double-decker carousel. To find out what else Chicago and the Chicago area have to offer go to www.chicagotraveler.com.

Illinois was also the home of the 16th American President, Abraham Lincoln. Lincoln was from Springfield, Illinois, the state’s capital. The Abraham Lincoln Presidential Library and Museum is located in Springfield. There are many historic Lincoln-related sites in and around Springfield. In Utica, Illinois is the beautiful Starved Rock State Park which is listed as one of the top 10 places to see the leaves change color. It is only about 2 hours away from Iowa City. It has many hiking trails, and offers horseback riding, hunting, fishing, and boating. The scenic state park is complete with caverns, waterfalls, and cliffs.

Minneapolis, Minnesota is another large metropolitan city. It is located just over 300 miles north of Iowa City, in Minnesota. Like Chicago, Minneapolis also has professional sports teams in baseball, basketball (men’s and women’s), ice hockey, and American football. Just south of Minneapolis is the largest mall in the United States. The Mall of America has three main levels of shopping, an indoor amusement park, and an aquarium—it would take days to shop at every store, go on all the rides, and visit the aquarium. Minneapolis has over 50 museums that feature art, history, and science. The Museum of Russian Art is the only one of its kind in North America.

To Iowa’s northwest lies the state of South Dakota, where the sculptor Gutzon Borglum carved into a granite cliff the faces of four of America’s leading presidents, George Washington, Thomas Jefferson, Abraham Lincoln, and Theodore Roosevelt. Mount Rushmore stands proudly overlooking The Avenue of Flags. Nearby artists are now working on a new sculpture. The Crazy Horse Memorial is to be a monument for all Native Americans, and their great leaders. South Dakota is also known for the Black Hills and the Badlands. The Black Hills National Forest is full of caves, canyons, and dizzying peaks. Badlands National Park has much to offer in the way of history and outdoor activities.

The state of Nebraska borders Iowa on it’s west. Just across the Missouri River lies the city of Omaha, Nebraska. The Henry Doorly Zoo in Omaha is a world-class animal menagerie. The Omaha Zoo has an indoor jungle, a desert dome, the Hubbard Gorilla Valley and Hubbard Orangutan Forest, and a petting zoo for kids.

Missouri makes up Iowa’s southern border and is home to Kansas City and St. Louis. Kansas City has many attractions to keep almost anyone busy. Worlds of Fun and Oceans of Fun are two theme parks that have made their home in Kansas City. While visiting the Crown Center, in downtown Kansas City, you can stop at the Crayola Café have some lunch, and then go to the Crayola store next door and watch crayons being made.

Moving further eastward into Missouri there is a small city that carries with it a lot of history. Fulton, Missouri is where Westminster College is located. What makes this college and the city of Fulton important are their historical ties to Europe. In 1946 Sir Winston Churchill made a speech at this school, about an “Iron Curtain” that had descended in Europe. The historical speech has been memorialized by the reconstruction of the bombed out Church of St. Mary Aldermanbury. It was removed from the city of London as a gift from the British Parliament. It was reconstructed and now looks much as it did before the World War II bombings. On the lawn outside of the church is a sculpture made from a portion of the Berlin Wall, called “Breakthrough.”

The St. Louis Zoo, St. Louis Union Station, St. Louis Science Center, and a sculpture park are just a few of the amenities that St. Louis has to offer visitors. The Gateway Arch, in St. Louis, was built to commemorate the westward expansion of the United States during the 1800s.

There are many places to visit in the continental United States, the places featured here are just the beginning of what surrounds Iowa. So take a trip and enjoy your stay here.

For information on other major cities in the United States click on the links below.
- New York City
- Washington, DC
- Los Angeles
- Boston
- San Francisco
- Philadelphia
- Miami
- Denver
- Houston
- Phoenix
- Dallas
- Nashville
- Seattle
The comforts that make it home

As you start a job in the United States, you are required to fill out certain tax forms such as a W-4 form. The person who gives you these forms, whether the University of Iowa or Howard Hughes Medical Institute, should be able to help you with any questions you have concerning them.

At the beginning of each year, people in America start preparing to file their state and federal taxes. The U.S. government requires that all persons living inside the United States pay taxes on their income. The Internal Revenue Service (IRS) handles the tax returns that are filed. Federal tax returns are due on April 15 every year (your taxes must be postmarked by April 15, otherwise you may be subject to late fees).

There are special rules for foreign students and scholars that are filing tax returns. The Office of International Students & Scholars (OISS) provides tax assistance beginning in February each year. Check their website for more information about taxation. For detailed information concerning forms, exemptions, and income reporting the IRS has a website that provides much of this information.

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Everyone who earns money in Iowa must file a State of Iowa income tax return. There is a line on the tax return that allows for non-resident credit. There is an additional form that must be filled out in order to figure the amount of credit you will receive. The State of Iowa has all of the forms and instructions available on their website.

If you want help filing your tax returns there are services available. While some tax preparation services are free, many of them charge fees. The Iowa Department of Revenue has links to some online tax preparation services, and the OISS offers tax-filing software and classes in the spring to help with tax filing. You can also take your taxes to local specialists, like H&R Block.

The local public library will also have tax forms and instructions available for free. For more information about the tax services that the Iowa City Public Libraries offers, click here.

The comforts that make it home

These days it seems like everyone has a cell phone. There are a few different cell phone companies in Iowa City. AT&T, Verizon, and U.S. Cellular are the most widely used among lab members because they have good local coverage, as well as good coverage when traveling to other places.

Three companies that provide telephone service to the houses in Iowa City and Coralville are Qwest, MediaCom, and McLeod USA. All three companies offer more than just typical phone service, ask their company representatives for more information about their products and what might suit your needs (i.e. international calling, internet connection, etc.)

MediaCom is also the local provider for cable television. MediaCom also provides cable internet services. They usually have promotional discounts for new customers. Another option for cable television is to contact a cable satellite provider, such as DirecTV or Dish Network.

One thing that can be very useful in the United States is a government issued photo ID. A driver’s license issued by the state that you are living in can serve as this photo ID. If you do not want to get a driver’s license, it is also possible to get a photo ID from the driver’s license station.

When you live in off-campus housing there are also basic utilities to think about. If they are not included in your rent, water, trash removal, and sewage are all run by the local city governments. Electricity and gas are provided by MidAmerican Energy. Here is a good basic website for a guide to these services in Iowa City.

Owning pets can be a good stress relief, and they make great companions. There are several places in Iowa City and Coralville to get a new pet. One of the best places to start looking is at the Iowa City Animal Shelter. You can also locate pets online at petfinder.com. Something to keep in mind when thinking about getting a pet is if the place where you are living allows pets. Many apartment buildings in Iowa City do not allow pets. If they do, it usually includes a monthly fee and a non-refundable deposit. There are many good veterinarians in Iowa City and Coralville—ask lab personnel who they prefer.

“I definitely got addicted to having a cell phone... as well as an internet cable connection!”

Severine Groh, Ph.D.
Postdoctoral Fellow
2001-2007
France

“...Sorry, but praying now can only be applied toward next year’s taxes...”
Religious Observances

Iowa City and Coralville have religious facilities to fit the needs of many different people. Religious organizations with facilities in Iowa City include Bahá’í Faith, Iowa City Zen Center, Parkview Evangelical Free Church, and Presbytery of East Iowa.

Mosques in Iowa City: the Islamic Society of Iowa City.

Synagogues in Iowa City: Agudas Achim Congregation and B’Nai B’Rith Hillel Foundation.


The United Campus Ministries serves various denominations. Click here for more information regarding the religious facilities mentioned.

English classes

It is Campbell Lab policy that English be spoken inside of the lab at all times. We understand that this is not always an easy task, and because of that the University of Iowa does offer IIE Communication Skills for Professionals—this is an English class specifically designed for visiting scholars, post doctoral fellows, and researchers. To see what former students of the IIE Communications skills for Professionals courses thought of the program, click here. If you prefer to have private lessons a tutor might be a good choice for you. Because the University of Iowa attracts many international scholars, the community, as a whole, understands that many people may not be comfortable with speaking English. Religious centers will sometimes offer free English classes to members of the community. These classes are not religious in nature, instead they are sponsored by the facility so that participants do not need to pay a fee.

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Difficult things about moving

It can be difficult to move to a new place. Moving to a new country can be even more daunting. In the United States the first couple of weeks can be a little rough for foreigners, because when they first arrive there are some things that can’t be set up without a social security number.

Non-US citizens often have to pay an extra fee when setting up accounts with utility or phone companies because of the lack of any credit history in the United States. The companies will hold the money and return it to you after a year if all of your bills are paid on time.

It can also be difficult to leave your family and your friends back home. However, because of the size of the University there are people from all over the world that live in Iowa City, so you can end up making friends with a very diverse and worldly group of people.

Lab Parties

The sun setting over Iowa

The Campbell Lab is more than just a place to work, it is a place where you can make friends and have a good time. The Campbell Lab often has lab parties, one at Halloween and one in the winter. There are also other times when people in the lab decide to get together. Sometimes a trip to a restaurant is organized among the lab members for dinner one night, just so that everyone has a chance to interact with each other on a more personal level. In the past there have been barbecues, bowling parties, even lunches when the Hawkeye Men’s basketball team goes to a really big tournament. All of these gatherings are a good way to get to know the people with whom you work and for them to get to know you a bit better. Parties, dinners, and other friendly gatherings make the laboratory atmosphere more inviting.

Kevin, Rita Barresi, Motoi Kanagawa, and Yvonne Kobayashi celebrate LARGE over sushi
Banks that lab members recommend:

- Hills Bank & Trust Company (small and locally owned, very friendly & helpful staff)
- University of Iowa Community Credit Union (they have an ATM in the lobby of MERF and inside the hospital)
- US Bank (a larger bank with offices and ATMS around the country)

It is also suggested that when a bank offers you an ATM card to make sure that it is a VISA or MasterCard check card. This can be used like a credit card to make purchases, but the money will come out of your bank account.

Many banks also offer online bill paying. Ask a bank employee about details.

List of helpful websites:

Official State of Iowa website
City of Iowa City website
City of Coralville website
National Weather Service
Dexonline.com—online phone directory, also has links to maps
Google Maps — free online maps and directions
Cultural Corridor.org
Office of International Students & Scholars
Opportunity at Iowa (the Diversity Center at the University of Iowa) list of student organizations
University of Iowa
UI Building Abbreviations -- CBRB = Carver Biomedical Research Building

Important contact information

Social Security office
Social Security Administration
400 S. Clinton Street
Room 206
Iowa City, IA 52240
Phone: (319) 338-9461 or 1-800-772-1213

Iowa City Transit
1200 South Riverside Drive
Iowa City, IA 52240
Phone: (319) 356-5151

Coralville Transit
708 E. 2nd Avenue
Coralville, IA 52241
Phone: (319) 248-1790

Iowa City/Coralville Visitor’s Bureau
900 First Avenue
Coralville, Iowa 52241
Phone: (319) 337-6592 or 1-800-283-6592

UI Office of International Students and Scholars
1111 University Capitol Centre
University of Iowa
Iowa City IA 52242
Phone: (319) 335-0335

Motor Vehicle Department
Iowa City Driver’s License Station
Eastdale Mall
1700 South First Avenue
Iowa City, IA 52240
Phone: (319) 338-5294

Iowa City Public Library
123 South Linn Street
Iowa City, IA 52240
Phone: (319) 356-5200

UTILITIES
Cable: Mediacom
Phone: (888) 847-6228
Satellite: DirecTV
Phone: (888) 777-2454
Electric: MidAmerican Energy
Phone: (888) 427-5632

Telephone Companies:
McLeod USA:
(800) 500-3453
Qwest:
(800) 475-7526

Water:
Iowa City: (319) 356-5066
Coralville: (319) 248-1715