

# Campbell Lab Survival Guidebook

## Welcome



Welcome to Iowa, the University of Iowa, and the Campbell Laboratory. Here 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 through many of the questions and concerns that you have about your recent move. Such as housing, transportation, and goods that are necessities. Entertainment and travel are some of what makes life more enjoyable. All of these topics, and more, are covered in this guide.

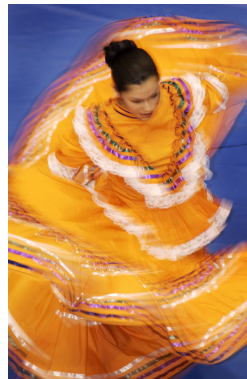
In Iowa you will be able to work and relax. The Iowa City community features free live music concerts in the summer, many cultural opportunities, and many athletic events. You can also enjoy relaxing outdoors in one of the many parks that Iowa has to offer. Iowa City is the sixth largest city in Iowa. Cedar Rapids, just 20 miles north of Iowa City, 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



Sailing on Lake MacBride.

placed on "best-place-to-live" listings in numerous national magazines. 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 aspiring writers compete to gain acceptance to. The University of Iowa also has



Dancer at the Cultural Diversity Festival 2003.

strong support for its research programs. "Our 1,713-member faculty includes three Pulitzer Prize winners, five former clerks to U.S. Supreme Court justices, and numerous members of the nation's most prestigious scholarly academies." - [University of Iowa Fact Book](#), Fall 2005.

The University of Iowa has had many



Riders in the annual Old Capitol Criterium bike race.

Notable Alumni over the course of its history in the fields of literature, psychiatry, theatre, physics, justice, and many more.

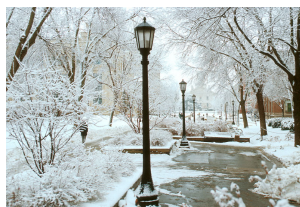
From everyone in the Campbell Lab, "Welcome! We hope that you enjoy your stay with us, and we are looking forward to knowing you better."



Playing chess in the Pedestrian Mall.

### Table of Contents

3 Housing



3 Groceries

4 Getting around town...

4 Why didn't they warn me?

5 Entertainment in Iowa City



6 Dining

7 Hidden Places & Things to do in Iowa City

8 Traveling in Iowa

10 Semi-professional sports in Iowa

10 Children

11 Health Care Services



11 What to like about Iowa City

12 Weather

13 Other places to see...



14 Taxes

14 The comforts that make it home

15 Religious Observances

15 English classes

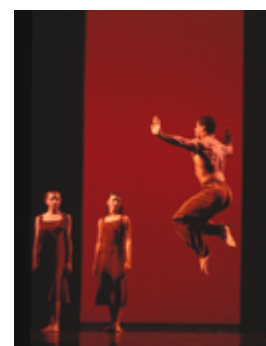
15 Dislikes about moving

15 Lab Parties

16 Recommended banking institutions

16 List of helpful websites

16 Agency contact information



If text is blue and underlined it is a link to a website.

## Housing

The Iowa City/ Coralville area has many options for places to live. Renting an apartment or house of your own, 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 search for housing.

One bedroom apartments that are located near campus will cost between \$400 and \$600 per month. The prices tend to drop the further the apartment is from campus. Two bedroom apartments are generally in the \$490-\$650 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 cheaper 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.

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. 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 having a two year lease you can have more of a fixed rental price.

Helpful websites:

[Living Off-Campus Guide](#)

[UI Tenant-Landlord Association](#)

[Campus Information Center](#)



The Brown Street Inn, where many Campbell Lab visitors spend a night or two.

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

*- Viviane Muniz, Co-Op Exchange Student, 2006.*

## Groceries Lebensmittelgeschäft Alimentation Shokuryohin-ten

Iowa City and Coralville have quite the selection of grocery stores. The [New Pioneer Co-Op](#) and Tait's features organically and locally grown foods. Another place to get locally grown food is at the [Iowa City Farmer's Market](#) that takes place from May through October at Chauncey Swan Park.

Hy-Vee, Fareway, Cub Foods, and Aldi's are some of the larger grocery

stores in the state of Iowa. Hy-Vee has numerous locations in Iowa City and one store in Coralville. Cub Foods is located on Highway 6, as is Aldi's. 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 cooking materials. [Tayeeb Afro-Oriental Foods](#) on 2nd Avenue in Coralville offers groceries from the Middle East. There are also many middle eastern and Indian grocers located in Coralville.

[Map for 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 bike in 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 busses.

There are three different busses that run in the Iowa City/Coralville area. The Cambus is operated by the Uni-



A Cambus and some bicycles parked on the Pentacrest.

versity 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.

For information concerning parking, bus passes, and the Cambus:  
<http://www.uiowa.edu/~parking/>

For information on the Iowa City Transit:  
<http://www.icgov.org/transportation.htm>



The Pedestrian Mall in Downtown Iowa City. There are many shops and restaurants located in this area, as well as the Iowa City Public Library (on the far right).

For information about the Coralville transit system:  
<http://www.coralville.org/mod.php?mod=department&did=29>

## 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 Post-doctoral fellow 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.

Having good credit can help you to get financing to make larger purchases such as a car

or a home. Good credit even helps with smaller needs such as cell phone contracts.





## Entertainment in Iowa City

No matter what you like to do for fun, there is always a selection of things 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 United States. The Hawkeyes play a variety of popular sports including, gymnastics, soccer, tennis, basketball, and American football. The [IceHawks](#) are a club hockey team affiliated with the University that compete during the fall and winter. In 2005 they were their 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 are having 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 Iowans 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.



**Herky, the Iowa Hawkeyes mascot, takes the field at Kinnick Stadium.**

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 Iowans 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!!!"

*"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."*

Motoi Kanagawa, Ph.D.

There are many places to go shopping. The Pedestrian Mall in downtown Iowa City features many unique, 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. [Coral Ridge Mall](#) is just off of I-80 in Coralville and the [Tanger Outlet center](#) that 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 shopping venues 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 other [University Mainstage](#) locations. Marion, located just north of Cedar Rapids, also has the [Liars Holographic Radio](#). For a map of local theatres 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 Museum of Natural History in MacBride Hall.**

The art museums located in Iowa City, Cedar Rapids, and Davenport have some famous collections. The [University of Iowa Museum of Art](#) is home to the most notable painting by Jackson Pollack. The [Cedar Rapids Museum of Art](#) contains many works by Grant Wood, a world renowned artist who grew up in Iowa. The [Figge Art Museum](#) in Davenport features works by Grant Wood, Antonio Boselli, Salvador Dali, and Pablo Picasso.

Iowa City is also home to historical museums. The University of Iowa [Museum of Natural History](#) is 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 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

There are times when you really do not feel like making dinner. When you are in Iowa City and Coralville this is not a problem. There are [numerous restaurants](#) where you can purchase a delicious meal.

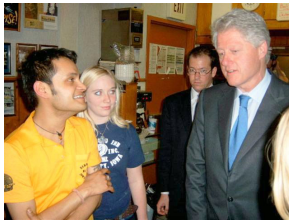
If you are in the mood for Asian cuisine there places like [Takanami](#), Oyama, Sushi Popo, the Peking Buffet, and Thai Spice.

Takanami and Sushi Popo specialize in making sushi for the Iowa City community. Hunan 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. Indian dishes are served at Masala and the India Café.

Almost all of the restaurants in the Iowa City/Coralville area serve dishes that do not contain meat. 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'Marik Noodle Café](#).

Some of the best Mexican restaurants in the Iowa City area include, El Rancharo, Pancheros, El Dorado, [Carlos O'Kelleys](#), and Los Portales. El Rancharo, Los Portales, and El Dorado

**Favorite Spots  
for  
Dr. Campbell:  
Sushi Popo  
&  
The  
Java House**



While in office, former President Bill Clinton made a stop to eat at Iowa City's Hamburg Inn #2 restaurant.

the dishes than the authentic Mexican. The Campbell Lab especially likes the chili con queso from Carlos O'Kelleys.

Italian restaurants are also well represented in Iowa City. The [Brown Bottle](#) and Givanni's are located downtown, and [Mondo's](#) is located on the Coralville strip.

There is also a large selection of American restaurants. In downtown Iowa City you can find 126, The Motley Cow Cafe, the [Hamburg Inn #2](#), Mickey's, Atlas, Buffalo Wild Wings Grill & Bar, and many more. Presidents Reagan and Clinton have both stopped at the Hamburg Inn #2 for a bite to eat. Other American politicians often visit the Hamburg when they are campaigning in Iowa City. The restaurant even features a "Coffee Bean" caucus each year during elections. Because of Hamburg's reputation, it was featured



The Java House kiosk on the first floor of the University of Iowa Hospitals and Clinics.

[Company](#) and Joseph's Steakhouse, in downtown Iowa City, offer a fine dining experience. The [Vine](#), has the best barbecue wings in the area. There are also many fast food places.

Iowa City and Coralville also have a large selection of coffee houses. The Java

House 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 they also have a



A pleasant view of the Iowa River as seen from inside the Iowa River Power Company restaurant.

[kiosk](#) located 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 Iowa City.

There are numerous coffee houses in the downtown Iowa City area. Terrapin, House of Aromas, T Spoons (in the Old Capital Town Center), and Starbucks are all in the Ped-Mall area. 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. At Papa John's, A & A Pagliai's Pizza, Dominos, and Pizza Hut the American standards of pizza, pepperoni, sausage, supreme, and cheese, are always available.

Overall, there are plenty of establishments to dine at in, and around, Iowa City.



The Toottie-Fruitee pizza from "The Wedge"

**"The  
Campbell Lab  
especially  
likes the chili  
con queso  
from Carlos  
O'Kelleys."**

on the TV series "West Wing."

Elsewhere in the Iowa City area there is the Village Inn, which has really good pies. The [Iowa River Power](#)

## 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 the downtown Pedestrian Mall. The library allows patrons to check out books, movies (video and DVDs), music CDs, magazines, and even



Native American dancing at the University of Iowa Powwow.

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.

“Live from Prairie Lights” reading series is also something fun that involves books. [Prairie Lights bookstore](#), in downtown Iowa City, hosts live readings by authors. 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 Pow-Wow 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. The Bijou Theater shows independent, foreign, and classic movies. The Bijou is student run and all proceeds go to the University of Iowa Student Government.

Another fun place watch movies is at the [Saturday Night Free Movie](#), run by The [Summer of the Arts](#) organization. They also run the local [Iowa City Jazz Festival](#), Friday Night Concert Series in downtown, and the [Iowa Arts Festival](#). The Saturday Night Free Movie takes place during the summer months. 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.

The [Cultural Diversity Festival](#) takes place in the University of Iowa Field House. The Festival celebrates the many cultures that you can find in Iowa City. The event is free to attend. There is music, arts and crafts, a fashion show, and much more. There are even food vendors there if you would like to try some dishes from around the world. Click [here](#) to see the University's Multi-cultural 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 (August-May).

The [School of Music](#) also has several other performing ensembles. Choirs, bands, faculty ensembles, and more are all represented. There are over thirty music ensembles that perform throughout the school year. See the School of Music's [Performing Ensembles](#) webpage.



Dancers from Thailand perform at the Cultural Diversity Festival

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 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 outdoors and set against a bluff.

The Iowa City area offers numerous [golf courses](#). Many of the local golf courses are open to the public. Snow skiing and snow boarding are also popular sports in Iowa. There are eight [ski areas](#) in the state of Iowa. [Fun Valley](#) is located in [Montezuma, Iowa](#), just about 1 hour west of Iowa City. Lessons and equipment rental are available at Fun Valley. If you enjoy competing in fitness events such as triathlons and foot races you can [Fitness Sports](#) has information available to the public for many of Iowa's fitness events. The Iowa City area also features many different [fitness centers](#). The City of Iowa City has [two recreation centers](#).

The Robert E. Lee recreation center is located in downtown Iowa City, and Mercer Aquatic Park and Scanlon Gym are located on the east side of town.



Riverside Theatre's outdoor stage at Lower City Park.

*“Working in the Campbell lab was a very good experience for my life as I recall. I am starting to miss the day that I lived in Iowa.”*

Hajime Kusano

Ph.D.—Postdoctoral

Fellow (2000-2005)

from Japan.



## 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 (caverns) complete with stalactites and stalagmites. [Maquoketa 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 Cold-



**Crystal Lake Cave in Dubuque, Iowa.** A living cave where there are guided tours.

water 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 to the 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 host many different stores, and they welcome visitors. To the southwest of Iowa City is the town of Kalona. In Kalona you can learn more about the Amish community that has settled in that area and their way of life. There are shops in Kalona that feature handmade furniture, handmade quilts, 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 can also be a good place to go for a drive in the fall. You are able to see many of the leaves on the trees changing colors, and you are often able to spot [bald eagles](#), the 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](#)



**Dunning Springs Park, in Decorah, Iowa.**

[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 RAGBRAI changes each year, that way all parts of the state get to host the riders. RAGBRAI 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



**The Butter Cow, one of the best known annual features at the Iowa State fair.**

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 River.

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 activities is the [Iowa State fair](#) that 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. The Iowa State fair 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 persons living abroad. Some of the most advertised sights at the fair are the "Largest Hog" contest, the Butter Cow, and the Ugliest Cake con-

test. Each year the Iowa State fair has entertainment from some of the best musical artists of the present and past. There are numerous free live shows available to people inside the park. There are also many freebies\* given out at booths. 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, holds many fun and



**The Iowa State capital building in Des Moines, Iowa.**



exciting places to visit. The [Science Center of Iowa](#) has interactive displays in life and physical sciences. The Science Center of Iowa also has an IMAX theatre, traveling exhibits, and a planetarium. The Science Center also has a gift shop and a café. Visitors are encouraged to explore the human body, the solar system, caves and more.



The Science Center of Iowa, located in Des Moines, Iowa.

While in [Des Moines](#), pronounced *di moin*, you might want to make a 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, rollercoasters, 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



The water is often over the roads at the Ledges State Park. It is fun to play in and drive through.

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."

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

The [bridges of Madison County](#) have been the source 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 occur, 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



The steam engine at the Boone & Scenic Valley Railroad pulling passengers across the mile high bridge.

running water. The Ledges has many hiking and walking trails. It 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 has hiking trails. [Wildcat Den State Park](#) also has trails and historic buildings located on the park property.

The [Iowa Arboretum](#) is near the Ledges State Park. The Iowa Arboretum is open and free to the public. The gardens contain many species of trees, shrubs, and flowers. If you like arboretums, the city of Dubuque also has one. [Dubuque Arboretum](#) features an English garden and Japanese garden, 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. 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 waterpark 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 can't afford the airfare, visit [Pella, Iowa](#). Pella was originally settled by the Dutch. In early May each year the city has a Tulip Festival. The city also has a historic village that is open 10 months of



Tulip Festival in Pella, Iowa

the year. The village boasts the tallest working windmill in the United States.

Come and discover that Iowa is more than corn fields.

For more information on places to go and things to see in Iowa visit [www.traveliowa.com](http://www.traveliowa.com). You can find information on places to stay, things to do, and even request travel materials such as maps and guides.

\*Freebies are items that vendors hand out to people who stop at their booth.

## Semi-pro sports in Iowa

Although the state of Iowa does not have a professional sports team, it does have four United States Hockey League teams, six league baseball teams, one amateur league soccer (football) team, and one arena football (American football) team.

The [Quad City Steamwheelers](#) are



Fans watching a [Kernels](#) baseball game.

part of the Arena Football League. Arena football differs from regular American football in that it is played indoors. Also, the field is only 50 yards long, whereas American football is played on a 100 yard field.

Five Minor League Baseball teams reside in Iowa: The [Burlington Bees](#), the [Clinton Lumberkings](#), the [Swing of the Quad City](#), the [Cedar Rapids Kernels](#), and the [Iowa Cubs](#). Minor League Baseball games can be just as exciting as watching Major League Baseball games. Many of the players in the Major League played on Minor League teams prior to becoming professional baseball players. The [Sioux City Explorers](#) are part of the amateur Northern League.

The [Des Moines Buccaneers](#), [Cedar Rapids RoughRiders](#), the [Sioux City Musketeers](#), and the [Waterloo Blackhawks](#) are all part of the United States Hockey League (USHL). The USHL is also an amateur league and their games can be very exciting to watch.

The [Des Moines Menace](#) soccer team was formed in 1994 and is part of the Premier Development League (PDL). The Menace are the 2005 PDL champions.



[Cedar Rapids RoughRiders](#) celebrating their 2005 Clark Cup win

## 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 day-care 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. There is also the option of hiring your own nanny to look after your

children. Some nannies are college students that watch children before and/or after school. If you want to hire a nanny, a good way to advertise is to put an ad in the [Daily Iowan](#) or online at [Job-Net](#).

Finding something fun to do with your children can sometimes be difficult. Two of the best local options are the [Iowa Children's Museum](#) in Coral Ridge Mall and the [Science Station](#) in Cedar Rapids. The Iowa Children's Museum is a hands on good time for kids and parents alike. Kids get to explore many different activities in the museum. The museum also offers many different pro-



[Iowa Children's Museum](#), located in Coral Ridge Mall.



The [Science Station](#) and Iowa's first IMAX theater in Cedar Rapids.

grams for kids. The Science Station in Cedar Rapids is another hands on good time for kids. They can play with bubbles, make tornadoes, and participate in many other science related activities. The Science Station is also where the first IMAX theatre in Iowa is located.

The [Iowa City Public Library](#) also has programs and activities for children. Visit their Children's Library to speak with one of the librarians and to gain more information on activities and events that they will be hosting

for kids.

Iowa City also has numerous parks. The City of [Iowa City Parks & Recreation](#) department has many activities that it puts together for kids of all ages. They organize events in swimming, arts and crafts, sports, and much more.

[Wilson's Apple Orchard](#) is fun to visit in the fall whether you go there to pick apples, or pick out a pumpkin. It is an adventure the whole family will enjoy.



[Coralville Community Aquatic Center](#).

In the summer of 2004 Coralville opened the [Coralville Community Aquatic Center](#). This outdoor aquatic center is a fun play ground for all ages. There are two water slides, diving boards, and a splash deck. It is a fun way to enjoy the summer heat.

## 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 many different problems. 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.

*“[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 opportunities here.” - Misa Nakato.*

Misa grew up in Iowa City, went to school at the University of Iowa. Research Assistant 2004-2006

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 clinics for cancer, dermatology, endocrinology, and many more. UIHC also offers interpret-

ers to 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 800-358-2767. They employ registered nurses who will help you locate the services appropriate to your situation.

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 ensure that the doctor you see will accept your health insurance so that you will not be required to pay a large medical 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.

[Dentists](#) and [Optometrists](#) can also be an important part of staying healthy. Most dentists are able to treat children, adults, and geriatric patients. 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. Most insurance companies will pay for a chiropractic visit, leaving you with only a small fee to pay when services are rendered. Click [here](#) for a listing of chiropractors in the Iowa City area.

Here is a list of some more alternative medical treatments available in the area.

- [Acupuncturists](#)
- [Holistic Practitioners](#)
- [Hypnotherapists](#)
- [Therapeutic Massage](#)



University of Iowa Hospitals and Clinics

## 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 TRAF-FIC. Great schools. -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. -Renzi Han
- Being a small city, it’s easy to move around and get to know the city. -Hollie Harper



Fountain in the PedMall downtown Iowa City.



## Weather



Iowa City during the floods of 1993.

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 (March-May) Iowa has many rainstorms, and it is not uncommon to have 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, sometimes hot. Because of this, there are increased chances for severe weather.

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 your power goes out. Radio station 600AM has continuous storm coverage during severe



A foggy morning at FW Kent State Park.

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.



Tornado rolling through an Iowa cornfield.

### Signs to watch for:

- \* A sickly greenish or greenish black color to the sky.
  - \* If there is a watch or warning posted, then the fall of hail should be considered as a real danger sign.
  - \* A strange quiet that occurs within or shortly after the thunderstorm.
  - \* Clouds moving by very fast, especially in a rotating pattern or converging toward one area of the sky.
  - \* A sound a little like a waterfall or rushing air at first, but turning into a roar as it comes closer. The sound of a tornado has been likened to that of both railroad trains and jets.
  - \* Debris dropping from the sky.
  - \* An obvious "funnel-shaped" cloud that is rotating, or debris such as branches or leaves being pulled upwards, even if no funnel cloud is visible.
- 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



Convoy of plows trying to keep up with the falling snow.

colder than the actual temperature. Having a good warm coat, gloves, and boots are essential for Iowa winters. At times the weather during the winter makes traveling inadvisable. Local television and radio stations will announce school and business closings due to the inclement weather. They will also announce if roads are being closed because of dangerous driving conditions.



Mild days during fall are common in Iowa.

All year round you must watch the weather in Iowa. The [National Weather Service](#) has a [weather safety preparedness guide](#), it is advisable to read through it.

## Other places to see...

Something that many Campbell Lab members enjoy doing is going to see parts of the United States 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. This includes the [Art Institute of Chicago](#), the [Shedd Aquarium](#), the [Field Museum](#), [Navy Pier](#), and much more. 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 major names such as Gucci, Barney's, Louis Vuitton, Lord & Taylor, Saks, and many many more. Most

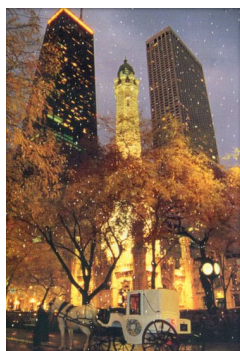
of these stores are located right on North Michigan Avenue, also known as the [Magnificent Mile](#).

Gurnee, Illinois, just north of Chicago is home to Six Flags amusement park. [Six Flags Great Escape](#) and [Six Flags Hurricane Harbor](#) are full of rollercoasters, thrill rides, water rides, and many of the diversions that are expected at a large amusement park. Six Flags Great Escape also boasts a double-decker carousel. To find out what else Chicago and the Chicago area have to offer go to [www.chicagotraveler.com](http://www.chicagotraveler.com).

Illinois was also the home of American Civil War President Abraham Lincoln. Lincoln was from [Springfield, Illinois](#), the capital of Illinois. 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. 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.



Michigan Avenue skyline at night. Horse drawn carriage rides are also available on Michigan Avenue.

[Minneapolis](#) 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), and American football. Just south of Minneapolis is the largest mall in America. The [Mall of America](#) has three main levels of shopping, an indoor amusement park, an aquarium, and much more. 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. [South Dakota](#) is 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 Ave-

nue of Flags. Nearby artists are now working on a new sculpture. The [Crazy Horse Memorial](#) is to be a monument for all Native American Indians, 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, dizzying peaks, and more. [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 many more features that are unique to this park.

[Missouri](#) makes up Iowa's southern border. Missouri has many larger cities such as, 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 make a stop at 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

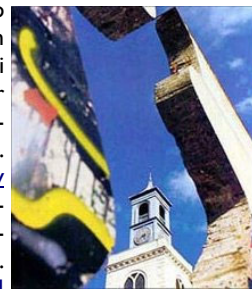
the reconstruction of the bombed out [Church of St. Mary Aldermanbury](#). It was removed from the city of London as a gift from the British Parliament. It was reconstructed and now looks much as it did before the bombings of World War II. On the lawn outside of the church is a sculpture made from a portion of the Berlin Wall, called "[Breakthrough](#)."

The [St. Louis Zoo](#), [St. Louis Union Station](#), [St. Louis Sci-](#)

[ence Center](#), and a [sculpture park](#) are just a few of the amenities that [St. Louis](#) has to offer its guests. The [Gateway Arch](#), in St. Louis, was built to commemorate the westward expansion that the US experienced during the eighteen hundreds.

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.

***"The Black Hills National Forest is full of caves, canyons, dizzying peaks, and more."***



The Church of St. Mary Aldermanbury as seen through "Breakthrough," in Fulton, Missouri.

## Taxes

When you start a job in the United States you are required to fill out certain tax forms such as a W-4. The person who gives you these forms, whether from the University of HHMI, 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.

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.



...Sorry, but praying now can only be applied toward next year's taxes...

All persons who earn 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.

The local public library will have tax forms and instructions available for free.

## The comforts that make it home

Cell phones are very popular in Iowa. There are a few different cell phone companies in Iowa City. Cingular, 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.

There are two phone companies that provide telephone service to the houses in Iowa City and Coralville, Qwest and McLeod USA. Both 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 phone calling, internet connection, etc.)

Mediacom is the local provider for cable television connection. 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](#). One thing that can be very useful in the

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

Severine Groh,

Ph.D.—

Postdoctoral Fellow

from France.

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 the basic utilities to think about, if they are not included in your rent. Water, garbage, and sewage are all run by the local city governments. Electricity and gas are provided by Mid-American Energy. Here is a good basic [website](#) for a guide to these services in Iowa City.

Owning pets can be a great 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, ask lab personnel who they prefer.





## Religious Observances

Iowa City and Coralville have many religious facilities.

Religious Organizations with facilities in Iowa City: Baha'i Faith, Iowa City Zen Center, Parkview Evangelical Free Church, and Presbytery of East Iowa.

Muslim facilities: the Islamic Society of Iowa City.

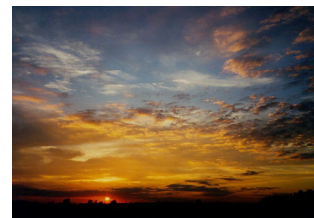
Synagogues: Agudas Achim Congregation and B'Nai B'Rith Hillel Foundation.

The following Christian denominations have churches in

the area: Anglican Catholic, Apostolic, Assemblies of God, Baptist, Bible, Catholic, Charismatic, Christian, Christian (Disciples of Christ), Christian Reformed, Christian Science, Church of Christ, Church of Jesus Christ of Latter-day Saints, Episcopal, Evangelical Free, Foursquare Gospel, Jehovah's Witnesses, Lutheran, Lutheran Evangelical Synod, Mennonite, Methodist African Episcopal, Methodist Free, Methodist United, Missionary,

Nazarene, Non-Denominational, Presbyterian Church in America, Presbyterian (USA), Quaker, Community of Christ, Salvation Army, Seventh-Day Adventist, Unitarian Universalist, and United Church of Christ.

The United Campus Ministries serves various denominations. Click [here](#) for more information regarding the religious facilities mentioned.



The Iowa sky ablaze in sunset.

## 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. However, 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.

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.

## Things that are disliked 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 many people from different backgrounds that live in Iowa City, so you can end up making friends with people who have lived all over the world.

## Lab Parties



Lab members at the lab Winter party.

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

barbeques,

bowling parties, even lunches when the Hawk-eye Men's basketball team goes to a really big tournament. All of these opportunities are a good way to get to know the people that you are working with and for them to get to know you a bit better. This helps keep the atmosphere at the laboratory friendly and inviting.



Kevin, Rita Barresi, Motoi Kanagawa, and Yvonne Kobayashi celebrate LARGE over sushi.

CAMPBELL LAB  
HOWARD HUGHES  
MEDICAL INSTITUTE  
UNIVERSITY OF IOWA  
4283 CBRB  
285 NEWTON RD.  
IOWA CITY, IA 52242

Phone: 319-335-8655  
Fax: 319-335-6957

*Iowa, Fields of Opportunities.*

### **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 ATMs inside the hospital)

US Bank

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.

### **Coffee Houses recommended by Dr. Campbell: Java House**

### **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

[UI Dance Gala](#)

## **Agencies 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

314 3rd 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 Stu- dents 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

### Utilities

#### **Cable:** MediaCom

Phone: 1-800-332-0245

#### **DirecTV:** Best Buy Coral Ridge Mall

Phone: (319) 625-2800

#### **Electric:** MidAmerican Energy

Phone: 1-888-427-5632

#### **Telephone Companies:**

McLeod USA: 1-800-909-  
3012

Qwest: 1-800-244-1111

#### **Iowa City Water:** 356-5066

#### **Coralville Water:** 248-1715



Author, Gwenda Skarbek, Project Assistant  
Editor, Kristin Gilchrist, Administrative Assistant

Campbell Lab publications, July, 2006