

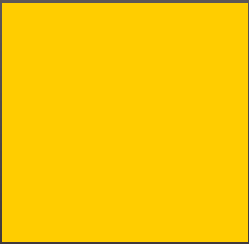
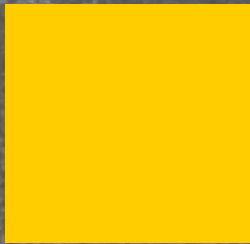


# WELCOME

To  
The Campbell Lab



# SURVIVAL GUIDEBOOK



**W**elcome 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. Recently, Iowa City was ranked the #3 best place to live in America by Outside Magazine, (August 2016). 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. Previous instructors include authors Kurt Vonnegut, Flannery O'Connor and John Irving.

# BE IN THE KNOW

The University of Iowa has had many notable alumni over the course of its history.

- ◆ ELIZABETH CATLETT  
ARTIST
- ◆ GENE WILDER  
ACTOR
- ◆ JAMES VAN ALLEN  
PHYSICIST
- ◆ JAMES ALLEN MCPHERSON  
WRITER

- ◆ SCHOOL COLORS  
BLACK AND GOLD
- ◆ NICKNAME  
HAWKEYES
- ◆ MASCOT  
HERKY THE HAWKEYE
- ◆ SCHOOL SONGS  
*ON IOWA*  
*IOWA FIGHT SONG*  
*ROLL ALONG IOWA*



**LIVE      WORK      PLAY**



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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 a few of the options that are available.

Start your search at the [UI Scholar housing](#), and a [UI international housing](#) website that offers many resources including information about utilities. One bedroom apartments that are located near campus can cost between \$550 and \$900 per month. The prices tend to drop the further the apartment is from campus. Two bedroom apartments are generally in the \$700-\$1200 per month range. Find the community information on the [Iowa City Area Online Resource](#) website for more information about the area, utilities, public transportation, financing, and more. Iowa city also has a [local realtor resource](#) if you're looking for more information about the area.

The University has a [housing guide](#) with links to off-campus housing resources. Here you will also find information about school districts and UI family services. University housing is generally for short term visiting professors or researchers. [Aspire](#) is a privately managed on-campus apartment complex that caters to faculty and graduate/professional students. [UI off-campus services](#) has listings for a variety of property types. It's easy to search by price, number of bedrooms, and see photos of the property online.

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

***“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

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're looking for more tips on how to be sure a lease is fair and safe the [Student Legal Services rental guide](#) has a more in-depth look at issues that might arise.

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.







## GROCERIES

Iowa City and Coralville have quite a large selection of grocery stores. The [New Pioneer Co-Op](#), [Trader Joe's](#) and [Lucky's](#) feature 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, and Aldi are some of the larger grocery stores in Iowa. Hy-Vee has numerous locations in Iowa City and one store in Coralville. Aldi is located on Highway 6 in Iowa City and on Heartland Drive in Coralville. Fareway has two locations in Iowa City, one on the east side and one on the west side. There is a Lucky's Market on Lower Muscatine Road. Other places for grocery shopping include Super Wal-Mart in Coralville and Iowa City, Target in the Coral Ridge Mall, and [The Bread Garden Market](#) and [John's Grocery](#), both located in downtown Iowa City. Chong's, a Korean grocery store, and East-West Oriental Foods are good places to find many Asian specialty foods. Tayeeb Afro-Oriental Foods on 2nd Avenue in Coralville offers groceries from the Middle East. There are also other Middle Eastern and Indian grocers in Coralville.

[Map of Grocers](#)





# TRANSPORTATION

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 buses.

There are three different buses 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 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. You can also check out the Bike Library if you would like to borrow a bike. Iowa City is a bike friendly place.

## For information concerning parking, bus passes, and the Cambus:

[transportation.uiowa.edu/parking](http://transportation.uiowa.edu/parking)

## For information on Iowa City Transit:

[icgov.org/transportation.htm](http://icgov.org/transportation.htm)

## For information about the Coralville transit system:

<http://www.coralville.org/80/Transit-Parking>

## Public Transportation Trip Planner

[bongo.org](http://bongo.org)

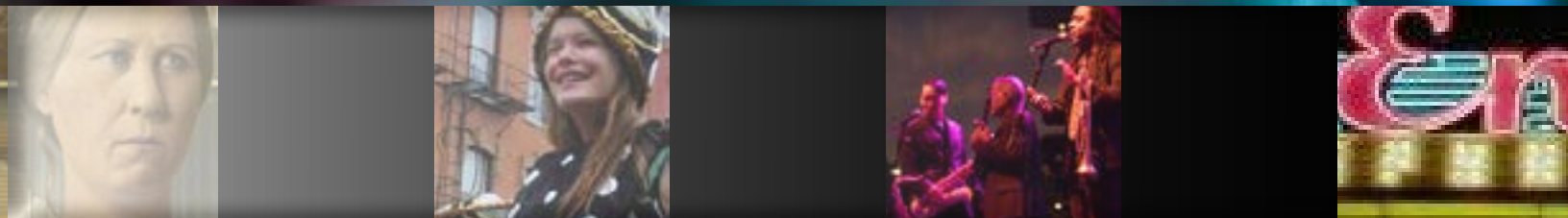
## Bike Library

[bikelibrary.org](http://bikelibrary.org)





# ENTERTAINMENT



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.

\*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.

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. 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!!!"



*“I like living in Iowa City because it has that small town feel but many big city things to do, like going to a Broadway show, eating at a nice restaurant, going to a museum or shopping.”*

**- Sally Prouty**

Research Assistant  
1999-present  
USA

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 Capitol Town Center](#) is also located in downtown Iowa City. The Iowa River Landing shopping area featuring a Von Maur is just off I-80 in Coralville. The Coral Ridge Mall is one exit past Iowa River Landing, also 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](#).

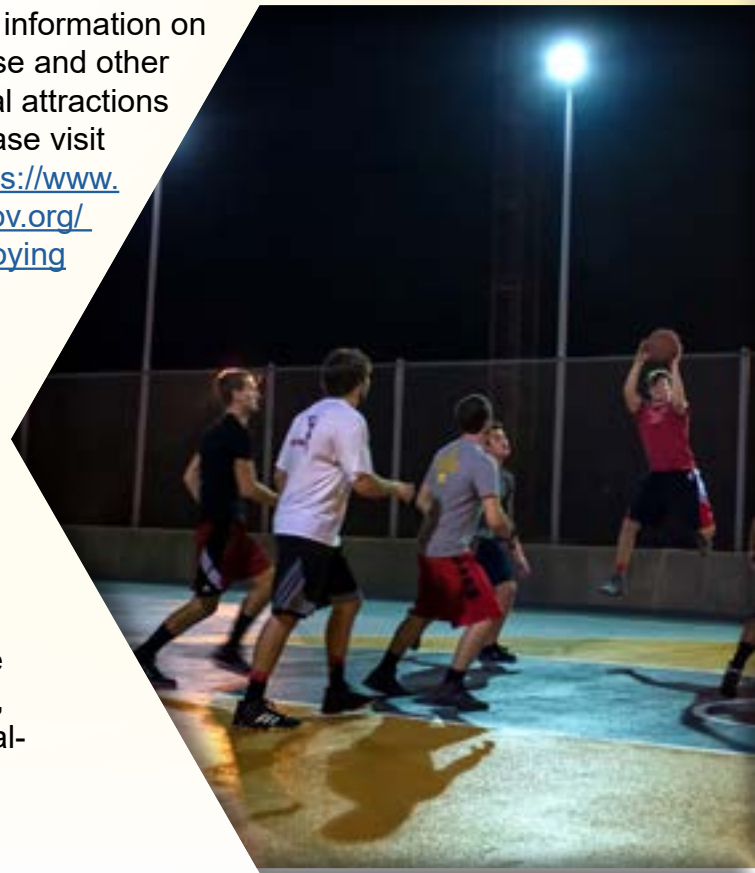
As a prominent literary city, Iowa City frequently hosts public readings. The Writers' Workshop has at least one reading a week, often at Prairie Lights Bookstore. View the schedule at [writer-workshop.uiowa.edu/news-events](http://writer-workshop.uiowa.edu/news-events).

There are movie theatres located in the Iowa City Marketplace and Coral Ridge Mall. [Film Scene](#) has a great selection of indie and foreign films. It's run by a former Campbell Lab undergraduate intern! If you like live theatre, Iowa City is home to the [Riverside Theatre](#), the [Iowa City Community Theatre](#); and there is almost al-

ways something on stage at [Hancher Auditorium](#), the [Englert Theatre](#) downtown, and the [University Mainstage](#).

Iowa City has many great restaurants and bars. Some, like The Mill or The Sanctuary, even feature live music. The Quad Cities, Waterloo, Ames, and Des Moines also often host large-venue 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 Eastern Iowa are home to collections featuring American Regionalism, among other things. [The University of Iowa Museum of Art](#) 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 Dali, and Pablo Picasso. [The Des Moines Art Center](#) is a modern museum that is housed by 3 architects. Iowa City also houses the University of [Iowa's Museum of Natural History](#), located in MacBride Hall downtown. 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 a few other local attractions.

For information on these and other local attractions please visit <https://www.icgov.org/enjoying>



# 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](#), the Peking Buffet, and Thai Spice offer a variety of options. 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. Masala and Exotic India are two of the best restaurants that serve Indian dishes.

Almost all of the restaurants in the Iowa City/ Coralville area serve vegetarian dishes. The [Trumpet Blossom Cafe](#) is one of Iowa City's most well-loved vegetarian restaurants. Other good choices for vegetarian meals are the [New Pioneer Co-Op](#), [Oasis Falafel](#) and [Z'Marik Noodle Café](#). Some of the best Mexican restaurants in

Image credit: Java House



the Iowa City area include [La Regia Taqueria](#), [El Ranchero](#), [El Banditos](#), [Mami's](#), Cactus, and [Mondo's Saloon](#). El Ranchero, Mami's, and El Banditos feature authentic Mexican dishes in an inviting atmosphere. Iowa City is also home to many Italian eateries. [Basta](#) and [Baroncini Ristorante Italiano](#) are located downtown. There is also a large selection of American restaurants.

In downtown Iowa City you can find [One Twenty Six](#), the [Hamburg Inn #2](#), Mickey's, [Atlas](#), [The Airliner](#), and [Pullman](#), are among the many great choices. Presidents Clinton and Obama have both stopped at the Hamburg Inn #2 for a bite to eat. Other American politicians often visit the Hamburg Inn 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 on the TV series "The West Wing."

[The Vine](#) has the best wings in the area. [The Iowa River Power Company](#), and [Joseph's Steakhouse](#), in downtown Iowa City, offer



fine dining experiences. If you just want to grab a quick bite to eat, there are also many fast food restaurants, many of which can be found on the Coralville strip.

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 four stores in Iowa City, plus two kiosks on the first floor of the hospital. Dr.

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. [Pagliai's Pizza](#) offers a more traditional thin-crust style pizza, while [Wig & Pen](#) offers Chicago-style deep dish pizza. At Old Chicago, Falbo's, Papa John's, Dominos, and Pizza Hut you can always find American standards like pepperoni, sausage, supreme, and cheese.

Image credit: Pullman's Bar and Grill



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 [Fairgrounds](#), 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.

For those with a sweet tooth, try Yotopia Frozen Yogurt or [Heyn's Ice Cream](#) when you're in the mood for good old-fashioned ice cream. The Bread Garden offers a little taste of Italy with their selection of gelato, a frozen dessert similar to ice cream. If you prefer pie, then try [Village Inn](#), because, according to their website, they serve "The Best Pies in America."

# HIDDEN IOWA GEMS

Iowa City is home to some little known treasures. [The Iowa City Public Library](#) 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 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. The ramp near the library provides 1 hour free parking. 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.

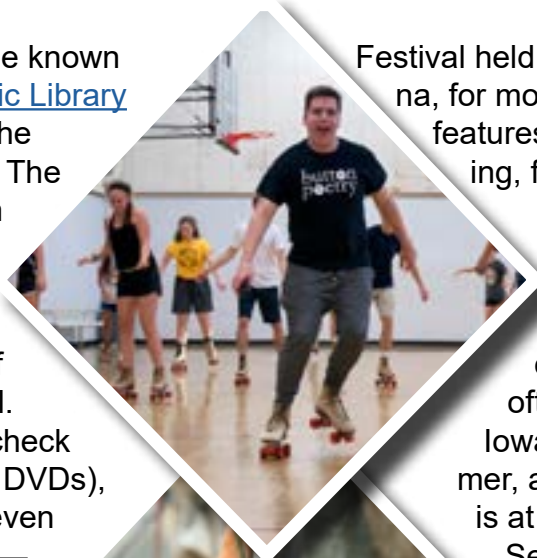
The American Indian Student Association has been running an annual [University of Iowa Powwow](#) and American Indian Arts and Crafts

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.

[Film Scene](#) is a movie theatre located downtown that shows independent, foreign, and classic films. It features films that often do not make it to the other Iowa City theatres. During the summer, another fun place to 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 downtown, and the Iowa Arts Festival.

[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 snowboarding are also popular in Iowa. There are 5 ski areas in the state of Iowa. [Sundown Mountain](#) is located in Dubuque, Iowa, about 2 hours north-east 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 about many fitness events. There are also many different fitness centers for those who enjoy working out. The University's newly remodeled [Recreation Center](#) houses excellent facilities and has plenty of options for all workout enthusiasts. The City of Iowa City has two recreation centers. The Robert E. Lee recreation center is located downtown, and Mercer Aquatic Park and Scanlon Gym is located on the east side of town.

*"Iowa City is a very easy living city. It is a college centered city and very multicultural."*

*~Daniel Beltran*

Former Campbell Lab  
Postdoctoral Fellow





# 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. Visit [iowadnr.gov](http://iowadnr.gov) for more information concerning hunting and fishing licenses.

Iowa is full of many natural resources and has more than 50 state parks. 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. [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 Coldwater Cave in north-eastern Iowa. It is the longest cave system in the state.

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. [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. If you’re a Star Trek fan you can visit [the future birthplace of Captain James T. Kirk](#).

[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. Bald eagles are often spotted in Iowa City along the river. [Click here](#) for ideas on where





else to view the bald eagle. The [Iowa Raptor Project](#) connects the community to raptor bird preservation and is a great way to see wild birds of prey up close. The [Devonion Fossil Gorge](#) is a dried riverbed that is filled with history. The [Indian Creek Nature Center](#) has public programs and activities for nature enthusiasts of all ages.

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 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 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, Des Moines Art Center, Blank Park Zoo, Living His-

tory 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*

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.



*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 prefecture 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 tournament often attracts

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 en-



joy 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.



Although Iowa does not have professional sports teams, 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 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 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. Recently, 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 three football teams in Iowa are the Iowa Barnstormers, the Sioux City Bandits, and the Cedar Rapids Titans. If you prefer soccer, then check out a Des Moines Menace game. The Des Moines Menace formed in 1994 and is part of the Premier Development League (PDL). The Menace are the 2009 Heartland Division Champions.

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

# 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 your family 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 through the Daily Iowan or online at Hire-a-Hawk.

When it comes to things to do with your children, two of the best local options are the Iowa Children's Museum in the 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 programs for kids. The

Science Station in Cedar Rapids is another hands-on



good time for kids.

They can play with bubbles, make tornados, and participate in many other science-related activities. The Science Station also has an IMAX theatre—the first in the state of Iowa. 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 children. Because Iowa City has numerous parks, it is a great place for kids. The City of Iowa City Parks & Recreation department has many activities for children 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 to pick out a pumpkin. It is an adventure the whole family is sure to enjoy.

Coralville's Community Aquatic Center is an outdoor aquatic center that is a fun playground for all ages. There are three water slides, diving boards, and a splash deck. It is a fun way to cool off during the hot summer months. The Ulowa Recreation Center also has an excellent indoor aquatic center with kid-friendly activities.







# 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 a 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, and 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: [www.iowafloodcenter.org](http://www.iowafloodcenter.org)

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

# WARNING

windows, and remember to protect your head with blankets, pillows, or even a mattress. Tornadoes are unpredictable and are very dangerous.

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, hat, 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 closed because of dangerous driving conditions.

# SIGNS

## TORNADO WARNING SIGNS

- ◆ **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**
- ◆ **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.**



# CREDIT & TAXES

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. 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 \$500, they will give you 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.

## [Secure Credit Card Application](#)

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 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 who 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.

Everyone who earns money in Iowa must also 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 determine 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.

*"When I first arrived, I couldn't get any kind of regular credit card. My recommendation is to get a 'secured' credit card."*

~Aaron Beedle

Ph.D., Lab Associate  
Canada

# HEALTH CARE

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.

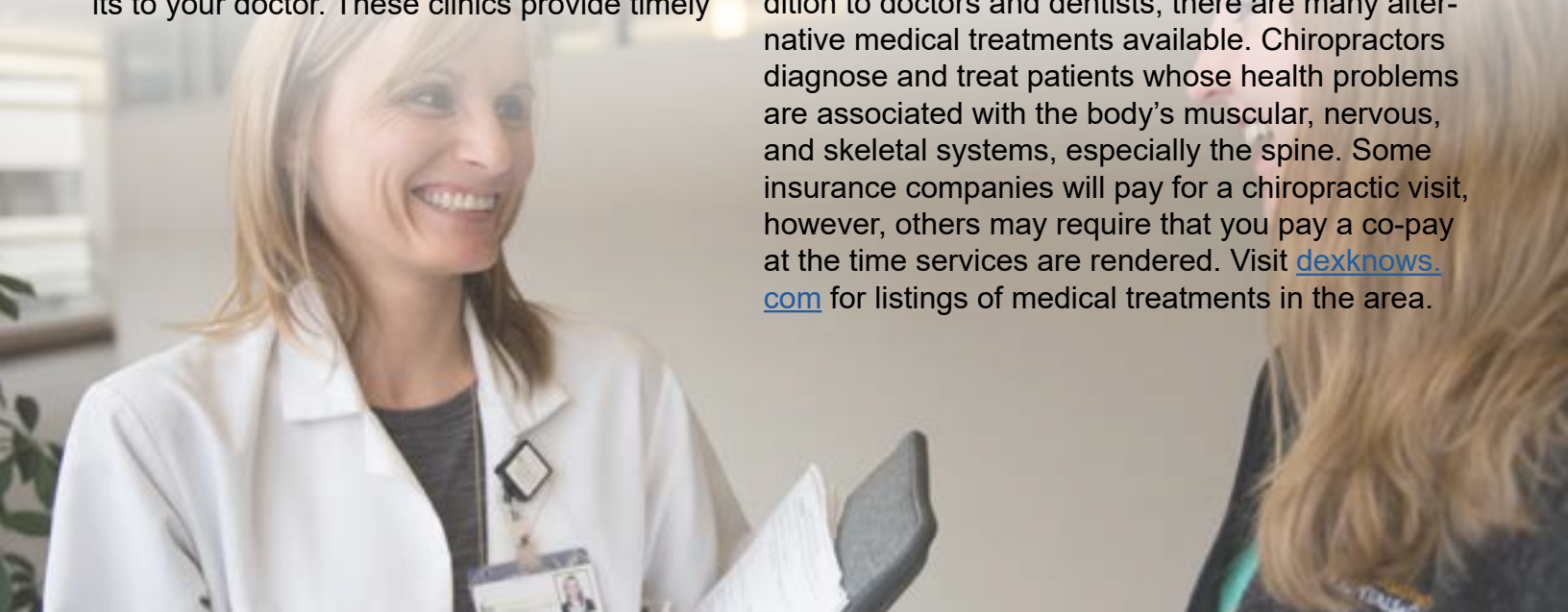
UIHC has several family practice clinics located in Iowa City, as well as specialized clinics for cancer, dermatology, endocrinology, among others. UIHC also offers interpreters for their patients. If you are having difficulty understanding your doctor, ask if they can get an interpreter to assist you.

There are also several UI QuickCare clinics in Iowa City. These are walk-in clinics where no appointments are necessary. They are geared toward common illnesses such as the flu and strep throat and should not replace regular visits to your doctor. These clinics provide timely

service when you need an appointment quickly, but do not need the emergency room. View QuickCare locations at <https://uihc.org/ui-quickcare>.

Mercy has personalized assistance to help you find a doctor and make an appointment. You can contact Mercy On Call at 312-358-2767 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 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 astigmatism, 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. Visit [dexknows.com](http://dexknows.com) for listings of medical treatments in the area.





# AMENITIES

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](#). 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.

Another option for cable television is to contact a cable satellite provider, such as DirecTV or Dish Network.

Iowa City and Coralville have religious facilities to fit the needs of many different people. Religious organizations with facilities in Iowa City include Baha'i Faith, Iowa City Zen Center, Parkview Evangelical Free Church, and Presbyterian of East Iowa. Mosques in Iowa City include: Islamic Society of Iowa City. Synagogues in Iowa City include: Agudas Achim Congregation



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 Century Link, 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 and provides cable internet services. They usually have promotional discounts for new customers.

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, Nazarean 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.

# LAB CULTURE

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 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.



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 IE Communication Skills for Professionals—this is an English class specifically designed for visiting scholars, post doctoral fellows, and researchers. Visit <https://clas.uiowa.edu/esl/> for a look at the complete upcoming class schedule. 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.



# REFERENCES

## List of helpful websites:

### After Class (culture, events and nightlife)

<https://afterclass.uiowa.edu/events/>

### CenturyLink Internet

[centurylink.com](http://centurylink.com)

### Campbell Lab

[www.physiology.uiowa.edu/campbell/](http://www.physiology.uiowa.edu/campbell/)

### Coralville

[www.coralville.org](http://www.coralville.org)

### Coralville Transit

<http://coralville.org/80/Transit-Parking>

### Coralville Utilities

[coralville.org/index.asp?nid=199](http://coralville.org/index.asp?nid=199)

### Cultural Corridor.org

<http://culturalcorridor.org/>

### Department of Molecular Physiology and Biophysics

<https://medicine.uiowa.edu/physiology/>

### Dexonline.com—online phone directory and maps

[www.dexknows.com](http://www.dexknows.com)

### Dining Out in Iowa City/Coralville

[littlevillagemag.com/restaurants/](http://littlevillagemag.com/restaurants/)

### DirecTV

[directv.com](http://directv.com)

### Google Maps— maps and directions

<https://maps.google.com/>

### HHMI

<http://www.hhmi.org/>

### Iowa City

[www.icgov.org](http://www.icgov.org)

### Iowa City Driver's Licenses

[www.iowadot.gov/mvd/ods/dlsites/iowacity.htm](http://www.iowadot.gov/mvd/ods/dlsites/iowacity.htm)

### Iowa City Public Library

[www.icpl.org](http://www.icpl.org)

### Iowa City Transit

[icgov.org/?id=1515](http://icgov.org/?id=1515)

### Iowa City Water

<https://goo.gl/5PzjL2>

### Iowa State

[www.iowa.gov](http://www.iowa.gov)

### Mediacom Cable

[mediacomcable.com](http://mediacomcable.com)

### MidAmerican Energy Electricity

<https://www.midamericanenergy.com/>

### National Weather Service

[www.weather.gov](http://www.weather.gov)

### Office of International Students & Scholars

[international.uiowa.edu/iss](http://international.uiowa.edu/iss)

### Opportunity at Iowa (the Diversity Center)

[diversity.uiowa.edu/cde](http://diversity.uiowa.edu/cde)

### Social Security Office

[ssa.gov](http://ssa.gov)

### University of Iowa

[www.uiowa.edu](http://www.uiowa.edu)

### Visitor's Bureau

[iowacitycoralville.org](http://iowacitycoralville.org)

*"Iowa City is a cozy and very safe place, which allows me to concentrate on my research."*

*~Kei-ichiro Inamori*

*"People are very friendly. There are great restaurants/bars downtown and there is plenty of space. And, of course, the Hawkeye spirit!"*

*~Jessica de Greef*

*"It is easy to get involved in local civic organizations. There are plenty of organizations that need volunteers."*

*~Severine Groh*



*"The city is bike-friendly and has a fantastic public library."*

*~Matt Goddeeris*

*"I like living in a small city that is within 4-5 hours from Chicago, Minneapolis, and St. Louis. We are also close to state and county parks with great trails for hiking and biking."*

*~Mary Anderson*