

M1 Survival Guide & Introduction to Omaha



Creighton
UNIVERSITY

School of Medicine

Class of 2017

Written by M1 students, for M1 students

From the Class of 2017 to the Class of 2018

M1 SURVIVAL GUIDE & INTRODUCTION TO OMAHA

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WELCOME!

Welcome to the Creighton University School of Medicine!

On behalf of the M2 class, we want to congratulate you on successfully navigating and completing the MCAT, application process, your undergraduate or post-graduate education, volunteering, traveling abroad, and a number of other hobbies and interests you may have.

As you prepare to begin your first year of medical school, you surely have many questions regarding the Omaha area, what exactly goes down during the first year at Creighton, what you need to get, and what will be fun to do in your free time. In typical Creighton Medicine fashion, we present to you this student-prepared guide to the M1 year and to Omaha in hopes it answers some of your questions and provides you with important information and input from current students.

While this guide is intended to alleviate some of the stress and anxiety with moving to a new location and beginning a new life stage, PLEASE PLEASE PLEASE do not get worked up this summer about things like books, what classes are like, etc. Take it from people who have been where you are now, ENJOY YOUR SUMMER AND HAVE FUN! Don't worry about school too much. Everything you'll need to know you'll either learn during orientation or will have answered by your M2 buddy (details on page 5) or many of the other wonderfully helpful students, faculty, and staff at CUSOM. In addition to this guide, here are a few helpful websites to become familiar with:

CUSOM Homepage: <http://medschool.creighton.edu/index/php>

SOM M1 Page: <http://medschool.creighton.edu/medicine/curstudents/m1/index.php>

Orientation: <http://medschool.creighton.edu/medicine/curstudents/m1orientation/index.php>

So again, please use this guide to answer some of your questions and/or calm some of your nerves but DO enjoy your free time over these last weeks before August 1st.

Please do not hesitate to contact any of us at any time with any questions, comments, or concerns. We all look forward to meeting you (if we haven't already) and helping to make your transition to medical school and to Omaha as minimally stressful as possible.

Sincerely,

Russell Goldstein	M2 Class President
Megan Barlow	M2 Class Vice President
Gabby Welch	M2 Class Vice President
Holly Bacon	CMSG Vice President

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INTRODUCTION TO CUSOM

FACULTY AND STAFF

Dr. Kavan, Associate Dean for Student Affairs

You'll first be introduced to Dean Kavan at orientation where you will spend a large portion of time listening to the soothing sound of his voice, just try to stay awake because what he says is very important...and laugh at his jokes, he is a little sensitive when people don't find him funny ☺. He is a great resource for students and is very approachable. He has an open door policy on Thursday afternoons, so stop in and introduce yourself. This is the guy that will be helping you through the residency process and writing your recommendations.

Marcia Shadle-Cusic, School of Medicine Chaplain

Marcia is awesome! Her office is located on the 3rd floor of Criss III (right down the hallway from the M2 lecture hall upper-level doors), which is one floor directly below the M1 lecture hall. She has a steady supply of coffee, tea, animal crackers, and candy to wake you up and keep you going through the day. She is also a great person to talk to and really cares about all of us. Get to know her, it will be time well spent! Plus, many of your classmates and M2s will hang out there between and after classes, so it's a nice place to meet new people and get to know some M2s ☺

Dr. Floyd Knoop, M1 Curriculum Director

Dr. Knoop is the man! He will proctor your quizzes and exams. His pre-exam jokes are a sure-fire way to get you relaxed for your test. If you're the type of person who likes to get down to business on exam day, enjoy Dr. Knoop while you can because you will miss him in subsequent years! Most importantly, if you're ever struggling in a class or have any other issues, make an appointment to see Dr. Knoop. Should you ever have to miss a mandatory event, quiz, or exam for an emergency or because of family or personal matters, you will need to get his permission if it's something foreseeable (obviously a traffic accident or the need to go to the ER is not something you can plan), and to reschedule these activities regardless of why you're missing them. He is incredibly approachable and extremely understanding as long as you just go in and talk with him.

Cate Pogge, M1 Curriculum Coordinator

Cate is Dr. Knoop's righthand woman and the one to visit when you have issues with handouts, grades, or BlueLine (CU's online system for downloading lecture slides, posting class notes, and announcements). Like Marcia, she is also amazing and generous beyond your imagination. Unfortunately, Cate often bears the brunt of angry, scorned M1s when a test question is funky, something isn't posted on BlueLine in time, you got jipped 4 points on your OSCE, or PanOpto (our podcasting system) malfunctions. Please keep this in mind and always be nice to Cate. As long as you're polite and don't take out your frustration on her, she will go above and beyond to help you

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Linda Pappas and Dr. Michelle Millard, Academic Success

If you are struggling in a course or want to try and honor one, see Linda and/or Michelle. They have excellent study advice, additional resources, arrange for individual tutors, and will help you in later years to study for the boards and other standardized exams. Linda also spearheads the Supplemental Instruction (SI) sessions in Anatomy (taught by your classmates who have completed the Masters of Clinical Anatomy program and have been through the course at least twice) and in Neuro (taught by classmates who have previously done extraordinarily well in a graduate level Neuro science course and by some M2s). SI usually occurs over the lunch hour (noon to 1 PM).

Karen Malloy, Financial Aid

Karen is the person to see if you have any questions about your loans. Remember, while in medical school you are not a doctor yet, so don't try to live like one. Create a budget and try to save money where and when you can.

VITAL SIGNS MENTORING PROGRAM

Michelle Millard is also in charge of the Vital Signs Mentoring Program. Each year, every M1 is paired with an M2 buddy, and you should receive an email from your M2 buddy a couple weeks before school starts. Each M1/M2 buddy pair is grouped with a few other M1/M2 buddy pairs, along with some M3 and M4 students and a faculty mentor (your "Vital Signs Group"). You will be required to meet with your Vital Signs group a few times a semester, and really this is just an informal opportunity for you to discuss how you are doing with school, how to get involved, and get advice from the upperclassmen about whatever you'd like. These meetings are what you make of them, and while you may not become BFFs with these people, the point is to just establish connections with people. They have all been where you are right now and their advice is invaluable. If you don't click, don't sweat it! There will be plenty of opportunities to meet upperclassmen and find the kind of mentor you need.

Bottom line: take advantage of this opportunity to get lots of useful pointers and ways to get extra-curricular involvement that not only looks good on a resume, but also helps you see what interests you in medicine.

CLASS OFFICERS & VOTING

Within the first few weeks of school you will receive an email from the M2 Class President about running for an M1 class officer position. This is a great way to get involved, get to know your classmates and faculty, and usually isn't a huge time commitment. There are several positions

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available and their responsibilities are outlined below. Don't worry if you don't get a position this year as you will have elections each year. Also, the newly-elected M1 officers will receive a handbook written by the previous year's M1 officers with more detailed advice, tips, ideas, and information for how to effectively and efficiently carry out their respective duties.

If you're interested in any of these positions, PLEASE feel free to contact the person(s) who held the position(s) last year – their names are listed below each description.

President (1)

Obviously the class President represents the class and works with the faculty of the med school on various projects. Some examples include the Anatomical Donor Memorial Service, Golden Apple (the med school's end-of-the-year formal banquet), the Dean's Lunches (scheduled lunches with the Dean of the School of Medicine, Dr. Bo Dunlay), and other projects that arise. The President also attends monthly meetings of the Creighton Medical Student Government (CMSG) and is a voting member. Also, the President schedules meetings of the entire M1 student government to share updates and plan events and activities.

M2 student holding this position: Russell Goldstein

Vice-President (2)

The Vice-Presidents have a primary role in organizing the Anatomical Donor Memorial Service that occurs in the spring. Last year, the Vice-Presidents also coordinated the sign-ups for the Dean's lunches. Specific projects and activities the Vice-Presidents work on will be coordinated with the President, so close communication and delegation among these three individuals is crucial to having a successful year for your class.

M2 students holding this position: Megan Barlow and Gabby Welch

Treasurer (1)

The Treasurer maintains the class bank account and is a critical part of helping decide what activities to put on based on class funds. The Treasurer will be in charge of knowing the balance after fundraising events, socials, etc.

M2 student holding this position: Troy Kurz

Secretary (1)

The Secretary mainly takes the officer meeting minutes and sends them out to the class so everyone knows what's going on.

M2 student holding this position last year: Lindsay Robinson

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Unit Chairs (2)

Unit Chairs have an important job as liaisons between the class and the professors. After exams, all students are allowed a certain amount of time to view the exam and the answers, and to write comments about questions. The goal is to review the questions and make sure they were all fair and possibly award points back for unclear questions etc. The Unit Chairs must review the comments and do some additional research to bring the best cases in front of the professors and Dr. Knoop, who receives the comments as well. Comments should be professional; do NOT bash professors on the comment sessions, this is about the questions! Plus, they may be less willing to award points back if their character, rather than their questions, are questioned and attacked. There have been problems with this in the past, so please be professional.

M2 students holding this position: Victoria Darling and Marie Tran-McCaslin

Curriculum Chair (1)

Throughout the year there are meetings focused on improving the curriculum and the curriculum chair is invited to attend those meetings with faculty. Any suggestions from the class are represented through the curriculum chair. There are also monthly “Student Concern Luncheons” with faculty and the curriculum chair must RSVP via email to get a seat. Here you can chat with a few of the Office of Medical Education faculty about your concerns with the curriculum or the SOM in general.

M2 student holding this position: Dan McEntire

Advancement Chair (1)

The advancement chair attends the monthly Advancement Committee meetings. The committee is responsible for voting on disciplinary action against students (up to and including dismissal from the SOM), as well as advancing the classes to the next year (i.e. M1s becoming M2s, etc.). The Advancement Committee is chaired by Dr. Kavan and a representative from each class sits on the committee, in addition to some faculty. The representative must keep all proceedings confidential and is the class voice on issues of student discipline. However, the Advancement Chair is allowed to make general comments in reporting to the M1 student government at meetings (e.g. “our class is doing well” or “there are two people who need to retake an exam”).

M2 student holding this position: Julie Windholz

CMSG Representative (1)

Creighton Medical Student Government is a great way to get involved and help plan events. Any med student can go to the meetings (usually the first Tuesday of the month around 7 PM), but the CMSG rep is responsible for relaying important information to the class and is a voting member of the CMSG. You are also responsible for emailing your classmates updates of what is

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discussed at each meeting so they can stay informed of school-wide activities and events, in addition to crucial information that may be debated.

M2 student holding this position: Nick Peters

Social Chairs

The social chairs plan post-quiz/exam festivities by finding local bars/clubs and arranging deals for the class. The events planned by social chairs can also include alcohol-free events as well.

M2 students holding this position: Justin Fazio and Michael Leshen

Community Service Chairs

The community service chairs set up volunteer opportunities for the class. Some ideas are canned food/clothing drives or organizing a class Habitat for Humanity project.

M2 student holding this position: Lauren Kurtz

Fundraising Chairs (2)

The fundraising chairs are closely involved with the fundraising chairs from other classes when it comes to CUSOM merchandise. You will need to coordinate your ideas with these people since there is a hierarchy (M4s get first-dibs, then M3s, M2s, and finally M1s). This is because a majority of class funds eventually go to pay for the senior banquet held the day before graduation, so if M4s need to raise more money, then they get preference. It sucks now, but will be worthwhile later. However, fundraising chairs in other classes will also share great advice for companies to order through, items to sell, etc. You are always free to come up with your own ideas and novel merchandise.

M2 students holding this position: Erica Lanser and Rachel Nordstrom

Wellness Chair

The wellness chairs mainly plan alcohol-free events throughout the year, in addition to coordinating and scheduling monthly cleaning of the interactive and wellness lounge areas. Most of the events are study break-type events – a trip to the zoo, Joslyn art museum, rock-climbing, hiking, etc. – as well as other activities like moustache day, favorite sports team dress day, etc.

M2 students holding this position: Bryn Wilson

Intramural Chairs (2)

The intramural chairs let the class know about sign-ups and which sports are coming up. They will also have information on the different leagues within each sport, requirements, etc.

M2 students holding this position: Mitch Kerfeld and Zak Hambsch

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Historian (1)

The historians are responsible for taking class pictures throughout the year at various events and volunteer activities. In the past, historians have set up a website to download photos and have a little running yearbook so families can see what you've been up to in Omaha (keep these photos professional and leave the blackmail ones on Facebook). Also, your senior year you will be able to put together a slideshow or video to play at Golden Apple and during the senior banquet. It's helpful to have photos from M1 year to help make this a nice presentation for each other and for your families!

Please, please, please email one of these officers from last year if you're interested in the position they held last year for more information and what to expect. They can also tell you how easy or difficult it may have been for them to balance their responsibilities with academics.

VOTING: The M2 President and Vice Presidents will email you specific instructions during the first couple weeks of class. They will ask for those interested in class President and Vice President to submit their names and prepare a short speech. The class will vote for one candidate. The candidate with the most votes will be the class President, and the two people with the second- and third-most votes will be the class Vice Presidents. The M2 President will work with the newly elected M1 President and Vice Presidents to conduct elections for the rest of the M1 officer positions shortly after the President/Vice President elections. Any candidate not elected to President or Vice President may run for other officer positions in the subsequent election.

For your convenience, below is a list of the Class of 2015 Class Officers for the 2012-2013 year, in addition to the CMSG Officers for the 2012-2013 year.

Class of 2017 Class Officers for the 2014-2015 Year:

President	Russell Goldstein
Vice Presidents	Megan Barlow and Gabby Welch
Treasurer	Troy Kurz
Secretary	Lindsay Robinson
Unit Chairs	Victoria Darling and Marie Tran-McCaslin
Curriculum Chair	Dan McEntire
Advancement Chair	Julie Windholz
CMSG Representative	Nick Peters
Social Chairs	Justin Fazio and Michael Leshen
Community Service Chair	Lauren Kurtz
Fundraising Chairs	Erica Lanser and Rachel Nordstrom
Wellness Chairs	Bryn Wilson
Intramural Chairs	Mitch Kerfeld and Zak Hambsch
Historian	Michelle La Franchi
*Phoenix Representatives	Ashley Weeratunga and Wendy Atkinson

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*NOTE: Phoenix reps are positions only available during the M2 year. However, they are great resources for any M1s on or interested in the Phoenix track, so do not hesitate to contact them!

2014-2015 CMSG Officers:

President	Chris DeZorzi
Vice President	Holly Bacon
Treasurer	Maureen McElligott
Secretary	Sarah Mott

2014-2015 Class Presidents:

M4	Claire Zach
M3	Sarah Waterman
M2	Russell Goldstein
M1	TBD

USING CU LIST-SERVES AND EMAIL TIPS

There are two types of list-serves students at Creighton use:

- Formal List-Serve
 - These are used by students, faculty and staff and are the “official communication” addresses used to send emails to entire classes
 - ANY EMAIL SENT TO THESE LIST-SERVES ARE RECEIVED AND READ BY FACULTY AND STAFF, SO BE PROFESSIONAL (also, **do not send** out study materials over these!)
 - Any informal emails, or communication about socials and parties should, be sent out over the informal list-serves
 - Class Formal List-Serve Addresses
 - med-2018@lists.creighton.edu
 - med-2017@lists.creighton.edu
 - med-2016@lists.creighton.edu
 - med-2015@lists.creighton.edu
- Informal List-Serve
 - These are used exclusively by students and only students on the list (i.e. in that class) will receive the messages
 - These addresses should be used when communicating informal messages, such as parties, socials, advertisements for selling things, study materials, etc.
 - NOTE: someone in your class must set-up and maintain the list-serve for your class. Anyone can do this, but your class officers might elect to have the list-serve managed by the class webmaster/PR officer after that person is elected
 - Class Informal List-Serve Addresses
 - eighteen@lists.creighton.edu
 - If you have **not** received any emails where the subject begins with [Sixteen] by July 31st, please email Cate Pogge to be added. It’s your responsibility to make sure you are on this!
 - seventeen@lists.creighton.edu
 - sixteen@lists.creighton.edu
 - fifteen@lists.creighton.edu

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Using Outlook Web App

- Then new CU mail can be accessed from the Creighton Homepage Creighton.edu
- Click on the Link at the top that says New CU
- Log-in using your NetID and Password
- For most people, their email address is just FirstnameLastname@creighton.edu
- HOWEVER, some people have letters at the end of their name if someone else has (or had) the same name, so please do not assume the First Name + Last Name formula works for everyone
- Easy Way to Look-Up Emails
 - Account Management Interface
 - Go to <https://ami.creighton.edu/> and log in using your Net ID and password
 - Type a person's name in the "Find Someone" search field
 - Copy their email or Net ID (need to add @creighton.edu after the Net ID) into the email you wish to send
 - Using Outlook Web App
 - In the Outlook Web App, click on "New" to open a new email message
 - Click on the "To..." or "Cc..." icons to open the Address Book
 - In the search box at the top of the pop-up page, type in a person's name (or part of it if you don't know the whole thing) and search
 - A list of matches for your search will appear. Use the school/college and class year to help determine which email address to use.
 - For med students, "Class of 20__ , School of Medicine" will appear below their names, so it helps to see if it's the right person you're trying to get in touch with
 - If you find a person who you want to email in the Address book, make sure their name is highlighted in green and then click the "To->" "Cc->" or "Bcc->" icons to put their address into the appropriate field
 - You may look up additional people to add to the same email if you wish by repeating the same steps above
 - To add email addresses to your mail, make sure to press the OK button on the lower right part of the Address Book pop-up. All the addresses you added will now appear on the new message in the field you placed them in using the pop-up interface

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I'M IN! NOW WHAT?

CURRICULUM OVERVIEW/COURSES AND COURSE DIRECTORS

You'll get a nice overview during orientation of all four years, but below is the list of courses you need to tackle in the M1 year. Once you get through this, then start thinking about M2 year. Just take it one year at a time! However, for those wanting a more comprehensive list, please visit the Office of Medical Education's website here (but no worrying about classes till you have to take 'em):

<http://medschool.creighton.edu/fileadmin/user/medicine/Administration/docs/CUMedicalCurri.pdf>

Fall Semester

Molecular and Cellular Biology (MCB)	Joseph Knezetic, Ph.D.
Human Gross Anatomy	Diane Cullen, Ph.D.
Ethics and Legal Topics	Eugene Barone, M.D.
Interview and Physical Exam (IPE)	Anna Maio, M.D. (physical exam portions) Robert Coleman, Ph.D. (interview portions)

Spring Semester

Interview and Physical Exam (IPE)	Same as above
Microbiology	Richard Goering, Ph.D.
Host Defense / Immunology (HD)	Kristen Drescher, Ph.D.
Behavioral Medicine I	Robert Coleman, Ph.D. Terence Zach, M.D.
Evidence-Based Medicine (EBM)	Bruce Houghton, M.D.
Principles of Pharmacology	Janee Gelineau-van Waes, D.V.M, Ph.D.
Healer's Art Elective	Mark Goodman, M.D.
Neuroscience (system-based)	Laura Bruce, Ph.D.

POLICY ON ACADEMIC HONESTY

In keeping with its mission, Creighton University seeks to prepare its students to be knowledgeable, forthright, and honest. It expects and requires academic honesty from all members of the university community. Academic honesty includes adherence to guides established by the university, its colleges and schools and their faculties, its libraries, and the computer center.

Academic or academic-related misconduct includes, but is not limited to, unauthorized collaboration or use of external information during examinations; plagiarizing or representing another's ideas as one's own; furnishing false academic information to the university; falsely obtaining, distributing, using or receiving test materials; developing or using study guides for course examinations or National Board of Medical Examiners' examinations that are known to be based on memorized examination questions; altering or falsifying academic records; falsifying clinical reports or otherwise endangering the well-being of patients involved in the teaching process; misusing

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academic resources; defacing or tampering with library materials; obtaining or gaining unauthorized access to examinations or academic research material; soliciting or offering unauthorized academic information or materials; improperly altering or inducing another to improperly alter any academic record; or engaging in any conduct that is intended or reasonably likely to confer upon one's self or another an unfair advantage or unfair benefit respecting an academic matter. Students alleged to have engaged in the above behaviors will be subject to reporting to the Associate Dean for Student Affairs who will examine the allegations and documentation to support such allegations. At that time, the Associate Dean for Student Affairs and will be subject to the policies and procedures designated for allegations of unprofessional behavior.

Further information regarding academic or academic-related misconduct, and disciplinary procedures and sanctions regarding such misconduct, may be obtained by consulting the current edition of the Creighton University Student Handbook and the School of Medicine Student Handbook. Students are advised that expulsion from the University is one of the sanctions that may be imposed for academic or academic-related misconduct.

The University reserves the right to modify, deviate from, or make exceptions to the School of Medicine Student Handbook at any time, and to apply any such modification, or make any such deviation or exception applicable to any student without regard to date of admission application or enrollment.

BOOKS/M1 BOOK RECOMMENDATIONS

CU Bookstore

The CU Bookstore is located in the Harper Center, second floor, just inside the main entrance at the southwest corner of the building. It will stock all required and optional books listed on the book list, in addition to other references. Not unlike other campus bookstores, there are often cheaper options for buying books. It will be there if you want to pay full price for brand new books or when you're in a crunch and need a book immediately. Keep this option in mind, but do yourself a favor and become familiar with other options around campus and on the net.

The Medical School Book Room

This is located on the 5th floor of Criss III in the Wellness Lounge (it's the door just to the left of the entrance of the lounge as you walk in, by the white board). This student-run used book stores is run by the M3 class and you'll get emails regarding dates/times when it's open. Here you will find almost every book you need, in addition to other books and materials that students have found helpful over the years. When it's open, show up early so you make sure to get what you need. Last year, the room was not open that frequently and it seemed most M1s got in touch directly with older students looking to sell their books. Sometimes messages are sent out on the INFORMAL list-serves, on Facebook class pages, or on announcements posted around the interactive area and/or wellness area. It's up to the new M3 class to manage the bookroom, so we will all see if it's open more often than it was last year.

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M1 Book Recommendations

First, know that books are used as references. If you are not getting something out of the lecture notes, having a good book can really help clarify. Also, many of the figures in the PowerPoints come from these texts, so it may be nice to read around an important figure to get the gist of what is important to know. Do not try to read all of the “required reading” because that’s all you will be doing for the rest of your life. There’s way too much information in the book and you don’t need to know every detail. Start with the lecture/PowerPoint notes and go from there. It’s important to learn how to triage information, much like you did while deciding what to study for the MCAT – and it will be a good skill your M2 year when you start studying for boards!

Second, some people can and do study without books. If you think that will work for you, then go for it. It will save you some money. If you find you are struggling in a class, try to get a hold of a book ASAP (book room, online, bookstore) for extra explanations and details to try helping. If you ever need to get a hold of books quickly, consider signing up for an Amazon Prime membership. Check the website for details, but generally students signing up for the first time get a free 6 months including free 2-day shipping when shipments are fulfilled by Amazon or certain vendors. While it is an efficient way to get books fast and free of shipping, please note that outside of the first 6 months the service costs an annual membership fee.

Lastly, make sure to ASK YOUR M2 BUDDY what books they have, what worked for them, and if they are willing to sell any of them to you. Chances are they are looking to get rid of a few books and will sell them to you for a very cheap price!

Molecular and Cell Biology (MCB)

1. Biochemistry, Stryer and Berg

Many of the figures are used in the lectures and sometimes it’s helpful to have the captions and also read around an important figure. This is especially true for the Metabolism section of the course because Dr. Mackin and Dr. Smith use the figures in this book. Another useful but similar book is **Legninger’s Biochemistry, Nelson and Cox** that Dr. Mackin uses a lot of figures from in the biochemistry section.

2. The Cell: A Molecular Approach, Cooper

This is a great book to have for the DNA section with Dr. Knezetic. He uses the figures and it’s nice to read around them because there are a lot of steps to know. Additionally, Dr. Hansen uses this book for her section on the Biochemistry of Cancer and the Cell Cycle. Her section can be challenging for some people so it’s helpful to actually take the time to read the chapters she covers.

3. Histology: A Text and Atlas, Ross and Paulina

This is a great book if you are a visual person. This will help with histology slides that will appear a decent amount throughout the year, and it seems to be helpful

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during the M2 year as well (so it's not a one-time use book necessarily). **Basic Histology, Jungeria** is available on the Health Sciences website for free and is another good resource for histology.

4. Pathologic Basis of Disease, Robbins and Cotran

You need to buy this book because it is heavily used first and second year. This book is the main resource for MCB small group discussions and you will find pretty much everything you need to prepare for small group in it. While this is a great reference, there is also a “**Neonatal Robbins**” that is a pocket version of the book, and a “**Baby Robbins**” that is a smaller basic pathology text.

5. ABC's of Interpretive Laboratory Data, Bakerman

This book fits great in your white coat pocket and is helpful because there is a lot of values and tests you can look up for small group. This book has them all. Plus, it will be very helpful to have when you're doing rotations your 3rd and 4th year.

6. Genetics in Medicine, Thompson & Thompson

All you would need this book for are the genetics cases at the end of MCB (given right after Thanksgiving break and the final exam). Every year students do PowerPoint presentations on the cases from the book and the diseases are broken down into 2-page spreads for a quick read and review. The class will be split up into groups of 4 students per group, and each group will research and present their case. Your M2 buddy may have it and be willing to give it to you (or at least copy your case out of), so make sure to ask. This book is also great for boards because it gives clinical presentations of diseases likely to show up on the USMLE Step 1.

Anatomy

1. Human Embryology, Larsen

Awesome book! It has everything you would ever want to know about Human Embryology and then some. Plus, there is a website for the book that will give you access to an extended glossary, quizzes, and animations. Keep these animations in mind when studying the embryo portion of anatomy!

2. Human Embryology Ultimate USMLE Step 1 Review, Brauer

You will probably want to get this optional book. Dr. Brauer teaches part of the Embryology section, and since he wrote this book it's probably a good idea to have it. Plus it's got comprehensive yet concise review questions with full explanations (which will be similar to questions on quizzes and exams). —Sadly I don't think they sell this one anymore cause I couldn't find it anywhere when we were first years

3. Clinically Oriented Anatomy, Moore and Dalley

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This book is ESSENTIAL! There are Blue Boxes in each chapter with clinical scenarios and these will be on quizzes and exams.

IMPORTANT: there is a **Board Review Series (BRS) Gross Anatomy by Chung** that may save your life. Like other BRS books you'll become familiar with, this is a great resource with concise chapters, clinical correlations, and a good amount of questions to determine your strengths and weaknesses prior to MDQ's and exams. However, the book also assumes you have covered things you won't learn until Neuro or your M2 year, so be mindful of that if you go through questions since some of the material you might just not be familiar with yet.

4. Medical Dictionary with PDA Software, Dorland

This is not critical. Don't bother getting it.

5. Grant's Dissector, Tank

While recommended for the lab, it is not critical. It does describe how to do the dissections, but the anatomy TA's are very helpful and faculty is available to help with the dissections as well. Plus, the anatomy grad students (i.e. the TA's) will do a prelab before you start the dissections to show you what to do. Talk with your dissecting table about getting one copy as a group to keep in lab. Even those who get all of the books find this one a little unnecessary. Also consider renting it for a cheaper price from the bookstore.

6. Atlas of Human Anatomy, Netter

An ESSENTIAL must-have for anatomy, end of story (along with Moore and Dalley and the Chung BRS). If you're a flashcard type of person, consider the Netter flashcards (www.netteranatomy.com). Keep this site in mind, as when you purchase your Netter it will contain an activation code giving you access to additional study guides and quizzes (may not work for "used" books). Also, some lab groups have members chip in to buy a paper-cover Netter to have in the lab to use as a reference rather than Grant's Dissector (it WILL get nasty and covered in cadaver parts which is why you don't want to bring your "study Netter" to lab). Most groups end up referencing Netter in lab, so it helps to have although you can probably find a group willing to let you borrow theirs for a short period of time.

Ethics and Legal Topics

1. Cases in Bioethics, Crigger

These cases will be discussed during some of your lectures and tested on exams. Another good one to get from your M2 buddy or the bookroom when it's open.

Interview and Physical Exam (IPE)

1. Textbook and Physical Diagnosis History and Physical Exam, Swartz & Saunders

This isn't critical to own during the first year. It would be better for 3rd and 4th year when you have a stronger background in physical exams. If you want to get it now,

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go ahead, but you won't really use it until 3rd year. It is also available on www.studentconsult.com

2. **A Pocket Guide to Physical Examination and History Taking, Bates**

This book is broken down into the various exams (Abdominal, Breast, Cardiovascular, etc.) and lists things to look for – basically how to do the exam. It's great to review before the clinical assessment evaluations (OSCE's) that take place at the end of each semester. It also has pictures that are helpful.

3. **The Medical Interview: Three Function Approach, Cole and Bird**

This isn't necessary as long as you go to class and participate in small group discussions. Dr. Coleman does pull some exam questions from this book so it can be helpful, but there will also be supplemental handouts and lecture PowerPoints that they will test more from than from this book.

Host Defense (HD)

1. **Immunology for Medical Students, Nairn**

GET THIS BOOK!! Dr. Drescher and Dr. Swanson teach most of HD and they wrote part of the book. Enough said, really. But honestly, this book is incredibly helpful by being concise and simple, and it is possible to read it before lecture because the chapters are short. This is also available online at www.studentconsult.com

2. **Cellular and Molecular Immunology, Abbas**

This book is helpful as an additional resource. Sometimes Dr. Agrawal will put figures from this book in his PowerPoints. It's also on www.studentconsult.com

3. **Immunobiology, Janeway**

Helpful resource. More detailed and much longer chapters than Nairn, but can be helpful in clarifying confusing topics or if you are the type of person who wants to know underlying details in addition to the larger concepts. The figures are pretty simple and good to glance at before coming to lecture if you preview lectures. Agrawal also likes this book.

4. **Lange Medical Microbiology and Immunology, Levinson**

Another helpful resource, but not many people used it. Might be more helpful during Infectious Disease M2 year.

5. **BRS Microbiology and Immunology** (one book) and **High-Yield Immunology** (one book)

We advocate for the questions found in both BRS and High-Yield. They are helpful in getting the basics down, which is the key to the HD course anyways. Similar questions may appear on exams, but no guarantees.

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Principles of Microbiology

1. Medical Microbiology, Murray

This book is not critical for M1 year. It is also available as an e-textbook at www.studentconsult.com but there are several Micro resources on the Health Sciences M1 resource page: <http://hslguides.creighton.edu/M1curriculum>

2. Clinical Microbiology Made Ridiculously Simple

GET THIS BOOK! Sooooo helpful we can't even tell you. Use it M1 and M2 years.

Behavioral Medicine (BEMED) I

You don't need any books for this class. Just go to lecture and read the handouts Dr. Coleman tells you to on BlueLine and you will be fine!

Principles of Pharmacology

1. Basic and Clinical Pharmacology, Katzung

2. The Pharmacological Basis of Therapeutics, Goodman

DO NOT BUY THESE BOOKS! THEY ARE ON THE HEALTH SCIENCES M1 PAGE

<http://hslguides.creighton.edu/M1curriculum>

Also, you probably will only use them as resources because the lectures are all you really need to study anyways

3. BRS Pharmacology

Get it because it is very helpful and you will use it M2 year as well.

Evidence Based Medicine (EBM)

1. Statistical Questions in Evidence-Based Medicine, Bland

No need to buy this book. All the info is provided in lecture (so take good notes!) and the final is open note.

Neuroscience

1. Neuroanatomy Through Clinical Cases, Blumenfeld

ESSENTIAL BOOK! It's the main book for the course (much like how Moore and Dalley is essential for the Anatomy course). It contains many clinical correlations that are helpful, and also some of them are used as the basis for small group cases.

2. Human Brain in Photographs and Diagrams, Nolte

You NEED this book too. There will be practical exams, and the images come from this book. The images are also used in lecture as well, but many of them are annotated and the practical exams will not be labeled for you.

3. BRS Neuroanatomy

The questions and organized list format are so helpful. It's a lot like Chung's BRS for Anatomy (and after taking Neuro, many of the previously unfamiliar Chung questions might not seem so bad 😊). Best used as a review book, especially for the

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Shelf exam and final exam, but not necessarily when you're looking at the information for the first time.

4. Roadmap Neuroscience

This is a USMLE Review Book and has great questions and figures, plus things are well organized for quick review.

5. High-Yield Neuroanatomy, Fix

Similar to the BRS, but there aren't any questions. It's concise and a good review, especially for the Shelf exam at the end of the course.

6. Pre-Test Neuroscience

Another good review that is all questions. This is really helpful for the Neuro Shelf exam too. It can also be used throughout the Neuro course as a self-test study aid for quizzes and exams.

Basic Cardiac Life Support (BCLS)

The American Heart Association updated many important procedures and concepts as of the 2011 version (e.g. instead of "ABC" it is now "CBA" as far as compressions, breathing, and airway are concerned). However, these are explained and summarized well by the instructors, so it is probably not a big deal if you have or use an older version. This class takes place shortly after Winter Break at the start of the second semester. You will be assigned to a date and time in the evening to attend. The course is taught in Creighton offices located in the "strip mall" across Cumming Street from the large parking lot (the same complex as Sam and Louie's pizza and the Chinese restaurant by McDonald's).

First Aid Books

These books are the things of legends. Step 1 happens at the end of M2 year. However, future you will be down on your hands and knees after the USMLE Step 1 exam thanking past you for purchasing and **using** these books for the duration of both your M1/M2 years. These should be supplements to what you learn in class. Taking notes in them throughout your courses will be mighty helpful when it comes time to study for Step 1.

1. First Aid for the USMLE Step 1

This is the classic Cliff Notes version of high yield material you will need to know. Those who do well on Step 1 swear by this book. It is highly recommended that you take notes alongside your classes in this book for the pure sake of familiarizing yourself with the book before you begin to study for the boards. The Cliff Note layout also allows for easy access to essential concepts. Due to the shift in Step 1 questions from factoid-based to clinical vignettes, it's suggested to get more recent version (2011 or later). This book

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alone will not be sufficient for first-time studying of new material. The expanded versions of First Aid that follow would be more appropriate, but still not a substitute.

2. First Aid for the Basic Sciences: Organ Systems

This book is the expanded version of the one listed above in #1. The book focuses on extensive discussions of organ systems (e.g. 41 pages of neurology in First Aid for the USMLE Step 1 but 128 pages in this book on neurology). It's very helpful for the Neuro Shelf, and it will be valuable come M2 year. BUY THE BOOK!

3. First Aid for the Basic Sciences: General Principles

Like **Organ Systems**, this is another great book to take notes in during your classes. Although a good deal of the concepts in this book you will not learn until M2 year, it can be VERY helpful for MCB, HD, Micro, Pharm, and BMed.

4. First Aid Cases for the USMLE Step 1

This book is extremely helpful for Neuro, especially the Shelf. It has 42 neurology cases with images and explanations for diagnosis and treatment. You'll also use this extensively M2 year.

WHERE TO STUDY

On Campus

Undergraduate Library ("Reinert-Alumni Memorial Library)

This library is located directly across from the Skutt Student Center on the campus mall. You can also get to the library without going outside from Criss III 4th floor, by walking through the Hixson-Lied building and the College of Business. The basement of the undergrad library is probably the best quiet place to study on campus, and is also a great place to take naps!

URL: <http://www.creighton.edu/reinert/>

Hours: <http://typo3.creighton.edu/reinert/aboutus/hours/index.php>

Health Sciences Library

Located on Burt Street, this library is about a 2-minute walk from the west side of the Criss III building (towards the hospital). The small group rooms are awesome to study in (they include 4 chairs, a table to spread out all your notes and books, a dry erase board, and markers). You need your student ID to check out a room, and you have a maximum of 2 hours in the room (if no one else is waiting for a room, feel free to extend your time at the information desk).

URL: <http://www.creighton.edu/health/library/>

Hours: <http://www.creighton.edu/health/library/aboutus/libraryhours/index.php>

Klutznick Law Library

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Kind of a far trek from the medical school, but this has really nice tables and great lighting for late night studying. It's located on the 2nd floor of the law school, which is just off 24th and Cass St. You can walk down the mall towards Deglman Circle (next to Deglman Hall just off 24th and Cass St.), pass 24th street and down the hill, on your right. NOTE: sometimes non-law students are not allowed to study here, so please be prepared to go elsewhere.

URL: <http://www.creighton.edu/law/library/>

Hours: <http://www.creighton.edu/law/library/informationsservices/libraryhours/index.php>

Computer Lab

This is a very convenient study location with plenty of computers to choose from. This room can be a great place to pull up the PowerPoints, podcast and print what you need. Beware though, a lot of people (depending on the time of day) are walking in and out of the room, and it gets kind of loud at certain times so if you need a quiet space, this may not be the place for you. Also the computer lab is accessed by all 4 classes, so it may be occupied for labs, quizzes, exams, etc. and thus unavailable. Another plus to this is that you can access it 24/7.

Small Group Room

Another convenient place to study, plenty of table space, with a computer, dry erase board, and a projector in every room. These rooms are meant for multiple people to study quietly, or for group study. This is very important to remember: please avoid having a single room all to yourself! Be welcoming and allow others to study in your room (even if they're not studying the same things) so that the maximal number of students can use the facilities. Also, keep in mind that these rooms are used by all the classes as well, so there will be times when they are unavailable (mostly during small group for M1s and M2s).

Interactive Area/Wellness Area

A great place to meet classmates, but also an area of high traffic and noise. Beware if you plan to study at the tables or on the couches and you need peace and quiet or minimal distractions! Also, after late-April when M2s begin studying for boards, please make a conscious effort to keep the interactive area and study group room areas quiet – you will appreciate this when you are an M2 studying for boards!

Anatomy Computer Lab

A tucked away computer lab located in the basement across from the anatomy lab. It may be kind of creepy down there all by yourself, but you may run into some of the anatomy grad students studying there as well (can be very helpful fall semester!).

Bone Room

Some will say this is a must for anatomy studying, as this room will have models, X-ray films and bones for studying the gross anatomy. Each section of the course will have the appropriate models and bones in the Bone Room with color coded questions and answers.

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This is great to quiz yourself and important to note that ~10 questions on the anatomy lab practicals come directly from Bone Room questions! Easy points! But, this room gets very cold, and can get crowded at certain times of the day, so make sure you plan your studying accordingly. As a side note for the Anatomy course, be aware that the amount of models and information can seem overwhelming and like you don't have enough time to learn it all. Most students feel the same way, and it's important to learn to triage information. Always feel free to ask M2s, anatomy TA's, and your classmates for help with the bone room.

Lecture Rooms

When not in use, these can be used for quiet or group study. You can use the computer and projector to study as well. Sometimes students from other professional schools and undergrads pop in to study as well.

Classrooms

There are some classrooms throughout the Hixson-Lied buildings that are open later at night, usually. If you find one that is not locked, it can be a great place to study quietly. Also check in the basement, L60 and L61 may be open a lot of the time and are good places to study.

Skutt Student Center

If you need a little noise to study, this may be a great place. There are plenty of tables in the cafeteria area and even a nice couch near the fireplace in the middle.

Hours:

<http://www.creighton.edu/studentlife/skuttstudentcenter/hourofoperation/index.php>

Pharmacy Student Lounge

In the basement of Criss III, near the anatomy labs. It's hardly ever busy so it can be a great quiet place to study!

Outdoors

Don't forget that Creighton has WiFi all over campus. There are some great spots on campus to study to just hang out while the weather is nice.

Off Campus

University of Nebraska Omaha (UNO) Library

Check out the Cr. CC and Mabel L. Criss Library. It's a huge library, lots of study areas to choose from, and a nice break from being around the same people, in the same building, all the time. Parking is free on weekends, and there is a pay-lot during the week.

Address: 6001 Dodge Street, Omaha, NE 68132

URL: <http://www.library.unomaha.edu>

Hours: <http://www.library.unomaha.edu/information/hours.php>

Panera Bread

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A great place to study, with free WiFi and great foot. There are two near-ish to campus:

344 North Saddlecreek Road Omaha, NE 68131

- Located just off Saddlecreek. You can see it from Dodge Street. To get there from Dodge, you need to take a right and head down a little hill and then cross Saddlecreek (the intersection can be a little hard to cross so be careful).

7825 Dodge Street Omaha, NE 68114

- Located just south of Dodge Street next to Methodist and Children's hospitals.

Store Locator URL: <http://www.panerabread.com/find.php>

Starbucks

There are a few near campus and throughout the city:

222 South 15th Street Omaha, NE 68102

219 South 72nd Street Omaha, NE 68132

Store Locator/Hours URL: <http://www.starbucks.com/store-locator>

Bruegger's Bagels

There's free WiFi and delicious bagels and snacks

Address: 4015 Dodge Street Omaha, NE 68131

Store Locator/Hours URL: <http://www.brueggers.com/about-us/bakery-locations/#NE>

13th Street Coffee Company

Located in Old Market and makes an effort to make a study- or chat-friendly atmosphere:

Address: 519 South 13th Street Omaha, NE 68102

Store/Hours URL: <http://13thstreetcoffeeandtea.com>

Aroma's

Located in Old Market

Address: 1033 Jones Street Omaha, NE 68102

Store Hours:	Mon – Fri	7 AM – 11 PM
	Sat	8 AM – 11 PM
	Sun	9 AM – 11 PM

Blue Line Coffee

Downtown Address: 14th and Cumming

Dundee Address: 49th and Underwood

Caffeine Dreams

Address: 4524 Farnam Street Omaha, NE 68132

Store/Hours URL: <http://www.caffeinedreams.net>

Crane Coffee

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Addresses: 5923 Center Street Omaha, NE 68106

- At the intersection of Center Street and 60th Street (just a few blocks east of Aksarben Village for anyone living there)

3027 South 84th Street Omaha, NE 68124

- Just north off I-80 off the 84th Street exit

7772 Cass Street Omaha, NE 68114

- Just north of Dodge Street near 77th Street

8301 Dodge Street Omaha, NE 68114

- At Methodist and Children's Hospitals

Store/Hours URL: <http://www.facebook.com/CraneCoffeeCafe>

Delice European Bakery and Coffee Bar

Located in Midtown Crossing (in the building with the Marcus theater)

Address: 3201 Farnam Omaha, NE 68131 (Suite #6112)

Store/Hours URL: <http://www.deliceeuropeanbakery.com/>

The Tea Smith

Just north of Dodge Street (between Dodge and Cass) near Methodist/Children's hospitals

Address: 345 North 78th Street Omaha, NE 68114

Store/Hours URL: <http://www.deliceeuropeanbakery.com/>

Home

Sometimes you just need to be in your own space. Others like studying at home so they can podcast and make their own schedules. Don't forget this option!

Address: It would be a little creepy if we knew this! :P

HOW TO STUDY

A lot of students find the study habits that worked for them in undergrad are not so helpful in med school. Keep this in mind and don't be discouraged if you have a little trouble finding your groove – you will figure it out! Ask around to see what your M2 buddy does (or did if they changed habits) to get ideas, then try out different strategies until you find a way that works for you. Everyone is different, so if something works for your best friend it may not work for you, and that is okay! Once you figure out how to study, it will be much easier.

If you need a little help or just want some advice, there are some people you will want to meet. As mentioned earlier, Linda Pappas and Michelle Millard in the Office of Student Affairs are Academic Success Consultants. You should get to know them! They will do everything in their power to help you if you are struggling in a course and they have great ideas for ways to study. There are also countless resources in their offices, such as additional books for how to study and be successful in medical school, BRS books, High-Yield books, Roadmap books for most of the courses, flashcards,

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and an opportunity to work one-on-one with an M2 tutor. Michelle and Linda work personally with M2 students who did well in the M1 courses and train them in tutoring. They can be great resources and will have more information and tips to help you through the class. There is also an Academic Success Community Group on BlueLine with some great resources!

MCB

1. Study the figures and know the order of any process a professor mentions! This includes the DNA/RNA section and all the enzymes involved in replication, transcription, and translation. It also includes the metabolism section: the steps of glycolysis and Krebs's Cycle. Make charts, draw out the pathways until you have them memorized backwards and forwards, or whatever helps you memorize steps!
2. Pay attention to details! But also make sure you understand the BIG PICTURE!
3. Only go to the review sessions if it doesn't freak you out to hear other people's questions, although sometimes it can be very helpful. Do whatever works for you.
4. Prepare for small group! Even if you only know one thing, know it well. Some people like to work in groups beforehand and split up the questions. For instance, some groups last year set up Google Docs to help facilitate sharing of information and to help their group mates understand things without having to necessarily meet up with everyone in the group.

Anatomy

1. Become BFF with Netter, he will help you pass Anatomy. Become immersed. Anatomy is a whole new language and requires a lot of time getting your feet wet, literally and figuratively.
2. Use the University of Michigan's anatomy course website for great practice questions!
http://www.med.umich.edu/lrc/coursepages/m1/anatomy2010/html/courseinfo/mich_quiz_in_dex.html
3. Ask the TA's for help – they've been where you are and know what's important to focus on.
4. Know landmark structures and relationships between structures. They love that stuff.
5. Make the most of lab. Yeah, it can get boring and tedious, especially towards the end of the semester. But always remember the donor and their families who are sacrificing to help you learn anatomy. The more you put into the course, the more you'll get out of it. Quiz your lab group and have them quiz you during dissections.

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6. Go to the practice practicals! Before each lab practical, some M2 students will set up a dry-run with more questions than the actual practical, and the questions will be MUCH more difficult (e.g. the tags on the bodies will be much less clear)
7. Buy Chung and go to Supplemental Instruction (SI) over lunch. SI is great for targeting the areas that are most important, with some practice questions as well.
8. Indiana Website for embryo illustrations help you visualize the different processes of development discussed in lecture. <http://www.indiana.edu/~anat550/>

Ethics

1. Do not blow off this class. If you go to lecture and listen, your review time will be super short.
2. Some will say don't go to class and just review lecture notes a few days before the exam, but this is not recommended. There are details that will appear as quiz questions that come from lecture, so put some time in and it will pay off. Plus, then you don't have to worry about PanOptoing and reviewing much outside of lecture, which will allow you to focus more time and energy on Anatomy and MCB.
3. Be prepared for small group discussions and presentations. Do a decent job with your report because it is a chance for easy points.

IPE

1. For your OSCE: PRACTICE! Get a friend to study with and make sure you get a sequence down so that it becomes second nature.
2. Go to the class because most of the lecturers do a great job and give some of the best lectures

Micro

1. Go to lecture and make sure you understand the main concepts!
2. Make charts and get Microbiology Made Ridiculously simple! Know how viruses replicate and know your definitions. These can be easy points on quizzes and exams!

Host Defense

1. Get Immunology for Medical Students and READ IT. This book is simple and is short enough to read BEFORE going to lecture!

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2. Take the weekly cases seriously and work in groups to complete them. These can really buff up your grade, and are generally a great integrative review of recent material.
3. Pay attention to the little details, because Dr. Drescher and Dr. Swanson can be kind of nit-picky. They are not trying to trick you, they just want you to know the details. Plus, it's not their fault. Immunology is inherently a subject that requires attention to details.
4. Stay on top of lecture material. Everything builds on previously presented material, so if you don't understand something, get help right away! Dr. Drescher and Dr. Swanson are really approachable and helpful one-on-one.

Pharmacology

1. This class is about 1 week long, so don't fall behind on the lecture material.
2. There are a lot of basics...pay attention!
3. Do the practice questions!! Study the small group workshop and you will be fine.

EBM

1. This stuff will be on Boards, so learn it and learn it well! Even though the final is open-note, try to learn as much as you can beforehand...it will be worth it later.
2. Do all the practice questions and review them before the exam.

BEMED I

1. Go to lecture and listen; it will cut your review time in half! But if you just read through the notes, you won't miss much. Most professors just read off their slides with a few examples on the slides.
2. While this is an easier class, you will still need to study hard and know the key stages of the developmental theories, corresponding ages, etc.

Neuroscience

1. Get the BRS Neuroanatomy, the Nolte Atlas, and Blumenfeld. You will need these!
2. Know the anatomy! The lab practical pictures come from the Nolte Atlas and if you learn these well you can get 100% and have a nice buffer for a few quizzes.
3. Go to SI and ask questions!

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4. This class can be a little rough, but don't get caught up in complaining. Just know that this class has a steep learning curve. You WILL get it....eventually ;) Work in groups. Maybe someone else gets something you don't.
5. Draw out every pathway until you can do it in your sleep. Know what the symptoms are if you have a lesion at any point in the pathway!
6. As with #4, remember the course can get to seem very long at the end of the semester. This is the longest systems-based course, not to mention your first systems-based course. Don't get discouraged if you "hit the wall" mentally and emotionally. **You need to keep up in this class, and your hard work will pay off.** Besides, all your classmates are in the same boat. Talk about it with classmates, your M2 buddy, or see Linda and Michelle.

CLASSROOM TECHNOLOGY/LEARNING FORMATS

Lecture Format:

Lectures are all given via PowerPoint (except for a few in Pharmacology that Dr. Bockman gives; he uses a PDF document he projects on the screen and it works out well to just take notes). Most students take notes by either printing out PowerPoint notes pages and annotating them, or they use a computer (generally typing notes into the "notes" portion of PowerPoint below each slide or typing into a Word document). There are a couple of students who have iPads and have those out to follow along with the lecture slides while annotating a notes printout (the iPad allows for a larger image than the notes pages).

As far as Mac vs. PC vs. tablet etc., the simple answer is to use whatever you're comfortable with. For the most part, PowerPoint and Word work the same on all platforms. If there is a program or method you use that's more unique (e.g. tablet annotating slides electronically), then perhaps a certain brand of computer might be better for you. Furthermore, some people keep the same type of computer they've always used when they get to med school, while others use it as an opportunity to try something different. A majority of students purchase a new computer shortly before starting med school, although not all do. Your computer will get most of its use during the first two years, while the third and fourth years are spent in the clinics. However, there are still exams to study for after each rotation, and there is the second round of board exams shortly after the third year ends. Also, you will probably need to research diseases, drugs, cases, etc. for day-to-day management and treatment of patients. Therefore, it is a good idea to have something useful to browse the internet and to look at older class notes for reference.

After reading this, you're probably shaking your head since it is fairly vague. The bottom line, though, is that you need to decide what's best for you. We suggest contacting current students

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or your M2 buddy to see what they use and how it worked to help get as much input so you can make the best informed decision for yourself.

Small Group Format:

Four courses utilized small group learning last year:

Ethics and Legal Topics: Ethics small group consists of reading a case ahead of time and then having a discussion about the ethical implications of the decisions made by the people in the case, as well as those of alternative decisions. There is also a video you need to watch before each small group, as the last portion of the small group session is spent discussing it. As far as computers and such, they are not crucial to have for this unless you wish to make a few notes in a Word document rather than writing them out.

MCB: Small group in MCB consists of having one or two case reports to read through ahead of time. The cases have questions for you to research and answer ahead of time so you can be prepared (many groups choose to make a Google Doc and split up the work). It's very helpful to have a laptop handy to search for things during the small group as it comes up – most facilitators even actively encourage students to look up spur-of-the-moment concepts and pathologies. Also, if your group does a Google Doc then it can be helpful to pull that up during small group rather than having to print it out before.

Pharmacology: The Pharm small group is fairly laid back. The packets are pre-printed with the course syllabus and notes in your mailbox. It's usually sufficient to use these to annotate while going through and answering the questions, although if you want to pull up lecture PowerPoints during the group then it's nice to have a laptop.

Neuroscience: Neuro small group is similar to MCB small group. You will get cases with questions for you to answer ahead of time. Again, it's helpful to have a laptop to search for things as they come up in the discussion, and it's helpful to pull up MRI or CT scans on your laptop since they are often more clear and easier to see than what is printed in the cases or projected onto the screen.

Computer Lab Format:

The computer lab is used in several classes to teach pathology for the most part, especially MCB. You will not need anything for these sessions, since the instructor will spend a significant portion of time guiding you around slide sections on the computer, and the remaining time (usually not much) will be left for you to look at the slides a bit more.

Anatomy Lab Format:

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Obviously you will not need a laptop or any kind of technology for the anatomy lab. Grant's dissector or Netter (especially) will be all you need. You will get more information as you begin the course, but here are a few things that might be helpful to know ahead of time that were not mentioned previously. First, you will be able to rent scrubs from the anatomy department, or you can use your own if you have them. Either way, they will get smelly and gross and you will be expected to wash them at least once that semester. Second, you will need to purchase scalpel blades (all other instruments and covers for your shoes will be provided) and plastic gloves. Both are cheap, like \$0.25 per blade and a few dollars for a box of gloves. Third, you will be assigned a locker located in men's and women's locker rooms adjacent to the lab for you to keep your Netter or Dissector, clothes you change out of, etc. You will be responsible for providing a lock, though. Finally, please put the time and effort into lab. Our class found it tedious and difficult towards the end of the semester to stay motivated for it since it consumes 3 of your afternoons a week (the lab goes from 1-4 or 1-5 but some people would leave after an hour or two). This is understandable, but keep in mind that people who stayed and used the time effectively were the ones who rocked the practicals, and information on the practicals helped with the lecture exams. We also encourage you to make appointments with TA's outside of the lab time to meet and go over structures or to clarify any confusion you may have (it is also a good time to go over pro-section cadavers since it's less congested outside of lab). If you do these things, we promise you the time and effort will pay off when it comes to the exams 😊

Pharmacology and EBM Workshop Format:

Both of these courses (and there is a Pharm workshop at the end of Neuro as well) have sessions in the computer lab where you will have some questions to answer in an informal setting (i.e. in some cases you can work with classmates or ask the instructors for help). All the necessary information will be contained in the packets you have (notes, articles, etc.) for the courses.

BALANCE!

Study Breaks

Make sure to take study breaks so you keep your sanity. Don't feel like you should be studying at every moment of the day. Some people will work out, go to dinner with friends, go to a movie, etc. Know when you've hit a wall and need to stop and relax for a bit. When you start up again, you will be refreshed and ready to learn!

Post-Quiz/Post-Exam Festivities

These usually include some kind of part at a bar or restaurant, which means alcohol is often involved. A majority of students tend to enjoy unwinding after difficult tests with a few drinks, but if that's not your thing don't worry! A lot of the local bars have great food as well! Go and enjoy the company of your fellow classmates; not everyone will be drinking and you can still have a great time!

Health Maintenance

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Nutrition:

Make sure to eat healthy and limit the number of frozen meals. These are packed with sodium and, while they are convenient sometimes, try not to make a habit of eating them! Bring lots of snacks to class to keep your energy up (and stay awake). The cafeteria in the Skutt Student Center has lots of good options, so if you forget lunch, head over there to make a salad, get a sandwich, something from the grill, sushi, and even some fresh fruit.

Exercise:

A great way to relieve stress! There's a small workout room in the Wellness area with a few treadmills, elliptical, and stationary bike, plus a big TV and some free weights. There's a gym in the KFC (next to the Skutt Student Center) as well as the FitNest in the Harper Center (this will be moving from the Harper Center to the new campus recreation center being built next to the soccer field on the east side of campus). Intramurals are also a great way to meet your classmates and older students while getting in some physical activity!

Mental:

Many students will tell you that stressing out only makes things worse. Learn how to manage your stress, or try some new tactics if you're not sure. Take 30 minutes before you go to bed to read a non-school book, listen to music, call your family or friends to chat, or watch an episode of your favorite TV show. Unwinding before bed can really help you get some good sleep and the more you get, the easier it is going to be to get through the long days. Pulling all-nighters is tough in medical school and actually inhibits consolidation of memory, so use your time efficiently and effectively – it will help your sanity! There are many resources at Creighton, so don't be afraid to ask. Chances are you're not the only one feeling stressed out. Finally, maintain activities/relationships that are important to you. They are your greatest sources of support and relief, especially when things get tough.

Disclaimer: do not let this scare you in any way, as Dr. Kavan will mention this several times as well. Medical students are more prone to suffer from depression and other problems (anxiety, insomnia, etc.) than the general population given the intense, pressure-filled lives we lead. If you ever wonder whether things are beginning to interfere with your academic or personal enjoyment, please please please do not hesitate to contact the Creighton Center for Health and Counseling. Counseling services are FREE for enrolled students at Creighton and are CONFIDENTIAL, meaning Dr. Kavan, Dr. Zetterman, Dr. Hansen, or anyone else at the medical school will NEVER be told anything about your visits unless YOU authorize it. It's illegal for that to happen, and your visits to the counseling center will never be put into your Dean's letter for residency or transmitted in any way unless, again, you authorize it. More importantly, though, all the faculty, staff, and administrators are incredibly understanding and supportive. They are profoundly concerned with your well-being and your professional and personal success and enjoyment. Again, this is not to scare you in any way. Rather, we hope you're aware that 1) this is NOT an uncommon problem for med students and 2) Creighton has superb resources to dealing with any problems so you can put yourself in a position to do your best in school and your personal life.

For Counseling Center Appointments: 402-280-2735
<http://www.creighton.edu/chc/counselingservices/index.php>

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Sleep:

Dr. Kavan will be preaching about this plenty, but like your mothers, it's worth reiterating the importance of sleep. In essence, your "to do" list will always be full, so you may as well get some sleep. Take it from people who spent time M1 year learning how to sleep right. Get at least 6 ½ to 7 hours of sleep per night. Many people can function very well for days with very little sleep, but those people get exhausted very quickly from the marathon that is medical school. Don't sacrifice lots of sleep to study a few things, because the time it takes you to recover will put you even further behind. Plus, you WILL RETAIN MORE INFO when you sleep more than 5 hours each night. Please also limit caffeine to compensate for sleep because it only perpetuates the negative feedback loop of insomnia and caffeine use. If a lack of sleep, insomnia, or excessive caffeine use starts interfering with your studies or personal enjoyment, please contact the Center for Health and Counseling. They do work wonders.

Substance Abuse:

No, this isn't a DARE flashback. Let's be candid. There's a reason physicians have a bad reputation for substance abuse compared to the average working person – stress. Some students who go into medicine have abused nicotine, alcohol, marijuana, prescription pills, or a variety of other substances. And yes, we mean abuse. Not the monthly cigar or biweekly beer or two with friends, but everyday use and abuse. Med school can be intensely gratifying. However, it may also be stressful for some. One easy and convenient way some might deal with the stress and anxiety is to resort to unhealthy habits (and we do mean some – the norm for most students is no drinking or bingeing or other substance abuse). If you ever find yourself in a situation where you feel you're pushing the envelope in terms of cravings or anything, please please please call and make an appointment with the Center for Health and Counseling. To be a broken record, appointments there are FREE and CONFIDENTIAL! We want you to do well. They want you to do well. Everyone at Creighton wants you to do well because we all care about each other. That starts with helping take care of you and avoiding unhealthy coping strategies. Again, this probably seems like a silly or perhaps even startling topic to mention before you even get to Omaha, but we just want you to be aware of reality, be honest with yourself about weaknesses, and know what to do constructively if you ever feel tempted to fall into potentially unhealthy habits 😊

Extracurricular Activities

Clubs and Organizations

There are many ways to get involved at CUSOM! The Organization Fair on the first day of orientation is a great way to get an overview and talk with some upperclassmen. Don't worry about being involved in everything your first year. Pick one or two organizations and see how it goes from there. Keep an eye out for emails about meetings (some of which include a free lunch!) and go to the information sessions to hear what they are all about.

Other Volunteer Opportunities

There will be countless emails about possible volunteer opportunities. Pick wisely and don't over-exert yourself. You have plenty of time to volunteer and build a CV for residency, so make sure you can afford to take that time away from studying. Many volunteer opportunities tend to fill up fast, so have that smart phone at the ready or pay attention to when emails will be sent out if organizations tell you ahead of time.

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Here is a website for On-Campus Resources, including links to the Skutt Student Center, University Dining Services (location, hours, etc.), Health and Counseling Services, Student Activities, and Intramurals. There is also an Info Desk on the ground floor of Skutt.

<http://www.creighton.edu/studentlife/index.php>

CUSOM ANNUAL EVENTS

Here are some examples of events that occur annually (some may change from one semester to the other). Ask your M2 buddy or other older students about them for more details:

Fall Events:

- Hay Rack Ride
- Ugly Christmas Sweater Party
- All-Professional School Party at the Jay (aka the “Malpractice Party”)
- White Mass

Spring Events:

- Golden Apple Awards Banquet
- Calling to Medicine Dinner
- Project CURA Savor the Flavors Auction
- Med School Talent Show
- Anatomical Donor Memorial Service
- American Cancer Society Relay for Life

M1 YEAR DO’S AND DON’TS

Do:

1. Study the material the same day as the lecture.
2. It will be a great experience if you keep an open mind.
3. Keep these items in your locker at all times: food (or place this in the refrigerators in the Wellness lounge if needed), change of clothes, workout clothes, and a blanket (the lecture hall can be freezing at times).
4. Take care of yourself and have a good time! Med school can be fun and you will make some great friends along the way.
5. Work out and eat healthy!
6. Make friends and get to know the faculty.
7. Maintain important relationships in your life.
8. Get to know your M2 buddy and Vital Signs Mentors.
9. Explore Omaha!
10. Be grateful for the opportunity you’ve been given to be in medical school – tens of thousands of others were not as lucky.

Don’t:

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1. Stress!
2. Be content to just pass...push yourself! Like the MCAT, the more work you put into classes during the first two year, the less stressful board studying will be.
3. Skip class. However, if you will truly benefit from some extra sleep and making your own schedule, then it is okay to miss every once in a while if going you're so exhausted you wouldn't get anything out of class.
4. Cram!
5. Be afraid to ask questions or ask for help!
6. Stray too far from Frank Netter, M.D.
7. Whine
8. Stress about prior performances. Learn from your mistakes and keep moving forward. No one can master all the information about everything in medical school!
9. Get too sure of yourself. Always study, no matter what you studied in undergrad or previous grad school.
10. Assume your undergrad study habits will work here. Try different things until you find what works.

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GUIDE TO OMAHA

APARTMENTS/HOUSE HUNTING

On or Near Campus:

Heider Hall:

Owned by Creighton (Department of Residence Life), this apartment style housing is available for both undergraduate and graduate students.

Phone: 402-280-3900

URL: <http://www.creighton.edu/studentlife/departementofresidencelife/index.php>

Capitol Rows:

Brand new community located between Dodge Street and Creighton on 24th Street, right next to the Joslyn Art Museum.

Phone: 402-342-1119

Address: 320 North 22nd Street Omaha, NE 68102

URL: <http://www.capitolrows.com/5/>

Capitol Hill:

Located right next to Heider off 24th Street (about a block east of 24th Street and the Capitol Rows apartment complex), and it is independently owned by the same company that operates Capitol Rows apartments.

Phone: 402-342-1119

Address: 320 North 22nd Street Omaha, NE 68102

URL: <http://www.capitolhill-apartments.com/1/>

Kellom Heights:

Just north of campus (across Cumming Street from the large parking lot), a lot of students live here.

Phone: 402-341-1019

Address: 1111 North 27th Street Omaha, NE 68131

Tip Top Apartments:

A little pricy, but manageable with a roommate, hot tub on the roof.

Phone: 402-345-8000

Address: 1542 Cumming Street Omaha, NE 68102

URL: <http://www.thetiptoplife.com>

Old Market Lofts:

A great place to live downtown that is decently affordable with a roommate. Also access to a rooftop that has a hot tub, pool, and grill is great for taking a break for some balance!

Phone: 877-710-9654

Address: 1023 Jones Street Omaha, NE 68102

URL: <http://www.elevatepm.com/oldmarketlofts>

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Midtown Crossing:

A new development that opened in 2010, this is popular for students and you might need to get on a waitlist well in advance to get a place.

Phone: 402-934-9275

Address: 3220 Farnam Street Omaha, NE 68131 (Suite #2102)

URL: <http://www.midtowncrossing.com/apartments/default.aspx>

Joslyn Loft Apartments:

Phone: 402-881-6082

Address: 621 South 15th Street Omaha, NE 68102

URL: <http://www.joslynlofts.com/>

Skinner Macaroni Loft Apartments:

Highly recommended

Phone: 402-346-2346

Address: 1323 Jackson Street Omaha, NE 68102

URL: <http://www.skinnerapartments.com/1/>

Phi Chi Medical Fraternity (Chi Upsilon Chapter):

Phi Chi Medical Fraternity is a co-ed fraternity that includes students in all four years of medical school. If you are hesitant about living in a “Frat house” we would like to assure you that we are not a typical “Fraternity” in the Animal House image. We are more of a co-op, where the mission of the house is to encourage students to excel in their studies, friendships, and recreation. You will make friends with other first year students as well as M2s, M3s, and M4s who either live in the house or attend the house social functions.

Phone: 203-641-0800 (Katie Riddle, M2)

608-692-1401 (Ryan Hoel, M3)

Address: 3920 Dewey Avenue Omaha, NE 68105

URL: <http://medicine.creighton.edu/PhiChi/phichi.htm>

Village Green Townhouses:

Phone: 402-345-5610

Address: 227 Arbor Court Omaha, NE 68108

URL: <http://www.villagegreentownhouses.com/>

Further From Campus:

River Park Apartments:

EXTREMELY HIGHLY RECOMMENDED!! Don't be fooled by the Iowa address, River Park is located within a 5-minute drive to and from campus – just hop on I-480. Has a 24/7 fitness center, 2 pools, a volley ball court, a basketball court, a rentable clubhouse, and a movie theater that can be reserved. Lots of CU students (med, dental, PT, OT, etc.). Staff is phenomenally friendly and helpful. Work order requests are usually taken care of the same day or next day. Be persistent with your application – they like to have people who show lots of interest.

Phone: 712-322-8818

Address: 20 South 41st Street Council Bluffs, IA 51501

URL: <http://www.broadmoor.cc/property.aspx?community=25>

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Aksarben Village:

Located a few blocks west of the intersection of Center Street and 60th Street. Owned and operated by the same company as River Park. Amenities include 24/7 fitness center, pool, movie theater, clubhouse, controlled access entry, and recycling. A number of med students live here.

Phone: 402-885-8555

Address: 2225 South 64th Street Omaha, NE 68106

URL: <http://www.broadmoor.cc/property.aspx?community=17>

Spring Tree:

Located just north of I-80 off the 60th Street exit. Owned and operated by the same company as River Park and Aksarben Village. Amenities include a pool, 24/7 fitness center, and gated entry to the community. Several med students live here.

Phone: 402-551-2084

Address: 3056 South 60th Street Omaha, NE 68106

URL: <http://www.broadmoor.cc/property.aspx?community=11>

Valley View Estates:

Phone: 712-388-8439

Address: 720 Valley View Drive Council Bluffs, IA 51503

Four Seasons Apartments:

Phone: 402-558-9009

Address: 5068 Grover Street Omaha, NE 68106

Peony Village Apartments:

Phone: 402-884-2081

Address: 8215 Burt Plaza Omaha, NE 68114

The Vanderbilt:

Highly recommended, 15 minute drive to campus, neighboring apartment complex (The Baltimore) has 2 story fitness center with indoor pool, sauna, weights, and indoor track.

Phone: 402-493-7300

Address: 11233 Decatur Plaza Omaha, NE 68154

URL: <http://www.richdale.com/thevanderbilt>

COMMON UTILITIES

Electricity

Omaha Public Power District (Omaha) <http://www.oppd.com/index.htm>

MidAmerican Energy (Council Bluffs) <http://www.midamericanenergy.com/>

Natural Gas

Metropolitan Utilities District (Omaha) <http://www.mudomaha.com/>

Black Hills Energy (Council Bluffs) <https://www.blackhillsenergy.com/>

Some apartments or houses may require additional services. Please talk with people to find out.

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TRANSPORTATION/OMAHA STREETS TO KNOW

Creighton Shuttle

Creighton has a shuttle that runs in the neighborhoods just east and west of campus. Great for those who want to avoid the parking dilemma every morning.

URL: <http://www.creighton.edu/admin/shuttleservices/>

Metro Area Transit (MAT)

The MAT runs throughout all of Omaha and part of Council Bluffs, but it is rather inconvenient and has been referred to as “sketchy”.

URL: <http://ometro.com/>

Cab Services

Happy Cab	402-333-8294
Yellow Cab	402-292-2222
Checker Cab	402-339-0110
Cornhusker Cab	402-331-5558
Metro Cab	402-734-5556
Safeway Cabs, Inc.	402-342-7474

Streets to Know (Google or Bing Maps!!)

Since the public transportation around Omaha is not great, you’re going to be doing quite a bit of driving. Fortunately, Omaha is pretty easy to navigate. Please use Google or Bing maps to really get a good grasp of how Omaha is laid out!

All streets traveling north-south are numbered, starting at the downtown area and increasing in number as you head west. Exceptions are Saddle Creek Road (“45th Street” as it crosses Dodge) and Happy Hollow Boulevard (right by Memorial Park). Dodge Street serves as your main travel route headed east-west, and all other streets traveling in the east-west direction are referenced relative to Dodge.

Dodge can serve most of your travel purposes, but its major downside is that ***you cannot make left turns onto most streets*** (at least not legally). You can legally turn left off of Dodge if you’re going into a business, however you will probably get a lot of angry honking. This is not recommended during rush hour. You will also notice the middle lane of Dodge Street changes direction depending on the time of day. In the morning, the middle lane will favor travel going east (downtown), otherwise the middle lane will default to going out west. Just pay attention to the flow of traffic and arrows above that middle lane. You can loop around Dodge at Saddle Creek, Happy Hollow, and at 42nd Street (near UNMC), or consider some of the alternatives:

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Main Streets North of Dodge (in order of South to North)

California Street (addresses are 600 N – 649 N)

Underwood Avenue (650 N)

Leads in from California Street at the Dundee area and out into Cass Street (500 N) at 69th Street.

Cuming Street (900 N)

Forms the NW Radial Highway with North Saddle Creek Road

Blondo Street (2000 N)

Maple Street (2900 N)

Main Streets South of Dodge (in order of North to South)

Leavenworth Street (800 S)

Careful! This is one-way in some spots

Pacific Street (1100 S)

Center Street (2700 S)

I-80 (about 35 blocks south of Dodge)

Not a bad option, but during rush hour can get clogged when accidents occur

Highways

I-80 runs east-west and is south of Center Street

I-680 runs north-south and is west of 102nd Street (also connects I-80 to I-29)

I-480 runs along Highway 75, but splits off to east into Council Bluffs

Hwy 75 runs north-south closer and is continuous with I-480 from Dodge to I-80

I-29 runs north-south and is located in Council Bluffs

FARMER'S MARKETS/GROCERY STORES/OTHER SHOPPING

Saturday Farmer's Markets:

Old Market

Location: Intersection of Jackson Street and South 11th Street in Omaha

Hours: 8 AM – 12:30 PM May 5th – October 13th

URL: <http://www.omahafarmersmarket.org/>

Outdoor Market at Midtown Crossing

Location: Midtown Crossing Parking Garage on 33rd Street next to Wohlner's Grocery

Hours: 4 PM – 7 PM June 6th – August 8th

URL: <http://midtowncrossing.com/events/mid-week-market/>

NOTE: You can park in their garage up to 3 hours for FREE!! Great for a quick trip to the store or a quick study sessions at Delice!

Village Pointe Farmer's Market

Location: South side of Village Pointe Shopping Center (intersection of 168th and Dodge)

Hours: 8 AM – 1 PM April 28th – ???

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URL: <http://www.voterealfood.com/>

Sunday Farmer's Markets:

Aksarben Village

Location: Near the intersection of Center Street and 67th Street in Omaha

Hours: 8 AM – 12:30 PM May 5th – October 13th

URL: <http://www.omahafarmersmarket.org/>

Grocery Stores:

Whole Foods Market

Address: 10020 Regency Circle Omaha, NE 68114

URL: <http://wholefoodsmarket.com/stores/omaha/>

Trader Joe's

Address: 10305 Pacific Street Omaha, NE 68114

URL: <http://www.traderjoes.com/stores/index.asp>

No Frills

Address: 820 Saddle Creek Road Omaha, NE 68132

1817 West Broadway Council Bluffs, IA 51501

Many other locations → see URL for more info

URL: <http://www.nofrillssupermarkets.com/locations/corporate/nf00/>

Bag N Save

Address: *Many locations in Omaha → see URL for more info*

URL: <http://www.bagnsave.net/>

Baker's

Address: 505 North 155th Plaza Omaha, NE 68154

URL: <http://www.bakersplus.com/Pages/default.aspx>

HyVee

Addresses: 2323 West Broadway Council Bluffs, IA 51501

^^Highly recommended for those living at River Park!

Many locations in Omaha & Council Bluffs → see URL for more info

URL: <http://www.hy-vee.com/stores/>

Wholesale Shops:

Costco

Address: 12300 West Dodge Road Omaha, NE 68154

URL: <http://www.costco.com/Warehouse/LocationTemplate.aspx?Warehouse=1012>

Sam's Club

Address: 13130 L Street Omaha, NE 68137

URL: <http://www.traderjoes.com/stores/index.asp>

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Other Shopping:

Target

Addresses: 7200 Dodge Street Omaha, NE 68114 (Omaha)
3804 Metro Drive Council Bluffs, IA 51501 (Council Bluffs)
URL: http://sites.target.com/site/en/spot/page.jsp?title=store_locator_new

Wal-Mart Supercenters

Address: 1606 South 72nd Street Omaha, NE 68124 (Omaha)
3201 Manawa Center Drive Council Bluffs, IA 51501 (Council Bluffs)
URL: http://www.walmart.com/cservice/ca_storefinder.gsp

Walgreens

Addresses: 3001 Dodge Street Omaha, NE 68131 (Omaha, near campus)
2508 West Broadway Council Bluffs, IA 51501 (Council Bluffs)
URL: <http://www.walgreens.com/storelocator/result.jsp?oTrk=1&requestid=76388>

Home Depot

Address: 3950 North 144th Street Omaha, NE 68116 (Omaha)
3101 Manawa Center Drive Council Bluffs, IA 51501 (Council Bluffs)
URL: <http://www.homedepot.com/StoreFinder/index.jsp#zip=51503>

Lowe's Hardware

Addresses: 7525 Dodge Street Omaha, NE 68114 (Omaha)
URL: <http://www.lowes.com/StoreLocatorDisplayView?storeId=10151&langId=-1&catalogId=10051>

Menards Hardware

Address: 708 North 120th Street Omaha, NE 68154 (Omaha)
3200 Manawa Center Drive Council Bluffs, IA 51501 (Council Bluffs)
URL: <http://www.menards.com/main/storeLocator.html>

Ace Hardware

Addresses: 350 North Saddle Creek Road Omaha, NE 68131 (Omaha)
721 West Broadway Council Bluffs, IA 51501 (Council Bluffs)
URL: <http://www.acehardware.com/mystore/storeLocator.jsp>

Nebraska Furniture Mart

THIS IS YOUR ONE-STOP SHOP FOR FURNITURE! They have everything you could ever need for your home, apartment, car, condo, or whatever you have. Prices, quality, and customer service are great. Also will deliver (about \$50 but you can put up to 7 items on 1 delivery).

Address: 1606 South 72nd Street Omaha, NE 68124 (Omaha)
URL: <http://www.nfm.com/>

Pier 1 Imports

Addresses: 7405 Dodge Street Omaha, NE 68114 (Omaha)
URL: <http://www.pier1.com/TopMenu/FindaStore/tabid/55/Default.aspx>

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Bed, Bath & Beyond

Address: 1220 South 71st Street Omaha, NE 68106 (Omaha)
3706 Manawa Center Drive Council Bluffs, IA 51501 (Council Bluffs)
URL: <http://www.bedbathandbeyond.com/default.asp?>

Shopping Malls:

Westroads Mall (Omaha)

Most convenient mall for shopping with the most variety of shops

Address: 10000 California Street Omaha, NE 68114
URL: <http://www.westroadsmall.com/>

Village Point (Omaha)

A little bit more of a drive, but several nice outdoor shops. *APPLE STORE IS HERE!*

Address: 168th and West Dodge Road (exit 168th St. and take a left; on the right)
URL: <http://www.villagepointeshopping.com/>

Crossroads Mall (Omaha)

TERRIBLE mall; only reason to go is for Target or Barns and Noble

Address: 72nd Street and Dodge Street

Oak View Mall (Omaha)

Comparable to Westroads Mall

Address: 3001 South 144th Street Omaha, NE 68144
URL: <http://www.oakviewmall.com/>

Mall of the Bluffs (Council Bluffs)

Address: 1751 Madison Avenue Council Bluffs, IA 51503
URL: <http://www.mallofthebluffs.com/>

Sporting Goods Stores:

Scheels (Omaha)

Address: 17202 Davenport Street Omaha, NE 68118 (Village Point Mall)
URL: <http://www.scheelssports.com>

Dick's Sporting Goods (Omaha)

Address: 9901 Nicholas Street Omaha, NE 68114 (Westroads Mall)
URL: <http://www.dickssportinggoods.com/home/index.jsp>

Sports Authority (Omaha)

Address: 855 South 72nd Street Omaha, NE 68114
URL: <http://ne.omaha.sportsauthority.com/sporting-goods-omaha-599.html>

Book Stores:

Barns and Noble

Address: 7400 Dodge Street Omaha, NE 68114 (Crossroads Mall)
URL: <http://www.barnesandnoble.com/>

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Half Price Books

Address: 12355 West Center Road Omaha, NE 68144
URL: <http://www.hpb.com/099.html>

Soul Desires

Address: 1026 Jackson Street Omaha, NE 68102
URL: <http://soul-desires.com/>

Bookworm

Address: 8702 Pacific Street Omaha, NE 68114
URL: <http://www.bookwormomaha.com/>

OMAHA RESTAURANTS

This list was created by opinions surveyed from students. Many people differ on the quality of various restaurants in Omaha so use this as a rough guide. Most chain restaurants were left off the list because most of you have probably tried them already. We listed the top few places in each category. Obviously there are several other options out there, so take a break from studying and experience them!

Hot Spots: Hiro Sushi, Mark's Pistro, Pitch, Mother India, Roja, Upstream Brewery

Burgers:

Tommy Colinas (just west of Midtown Crossing)

Address: 3558 Farnam Street
Phone: 402-502-9027
URL: <http://tommycolinaskitchen.com/>

Dinker's

Address: 2368 South 29th Street
Phone: 402-342-9742
URL: <http://www.dinkersbar.com/>

Goldbergs (Dundee)

Address: 5008 Dodge Street
Phone: 402-556-2006
URL: <http://goldbergsindundee.com/>

Stella's Hamburgers (Bellevue)

Address: 106 South Galvin Road
Phone: 402-291-6088
URL: <http://www.stellasbarandgrill.com/>

Barrett's Barleycorn

Address: 4322 Leavenworth Street

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Phone: 402-554-5805
URL: <http://www.barrettsomaha.com/barleycorn.php>

Breakfast:

Lisa's Radial Cafe

Address: 817 North 40th Street
Phone: 402-551-2176
URL: <http://www.facebook.com/pages/Lisas-Radial-Cafe/108839069179256>

Wheatfields

Address: 1224 South 103rd Street
Phone: 402-955-1485
URL: <http://www.wheatfieldscatering.com/>

The Diner

Address: 409 South 12th Street
Phone: 402-341-9870
URL: <http://www.oldmarket.com/directory.aspx?id=314>

Chinese:

Crystal Jade (also with a Vegan Menu)

Address: 7255 Cedar St, Omaha, NE 68124
Phone: (402) 398-1688
URL: jadedinners.com

O Dining & Lounge

Address: 1015 Farnam Street
Phone: 402-502-7888
URL: <http://www.odining.com/>

New Gold Mountain

Address: 15505 Ruggles Street, #105
Phone: 402-496-1688
URL: <http://www.newgoldmountain.com/>

Rice Bowl

Address: 505 North Saddle Creek Road
Phone: 402-558-1222

Three Happiness Express

Address: 5107 Leavenworth Street
Phone: 402-558-8899

Grand China Buffet

Address: 11226 Chicago Circle
Phone: 402-333-1074

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Sushi:

Hiro 88

Address: 1308 Jackson Street
Phone: 402-933-5168
URL: <http://hiro88.com/>

Wasabi (all you can eat sushi!)

Address: 14513 West Maple Road
Phone: 402-991-6878

Blue Sushi

Address: 416 South 12th Street
Phone: 402-408-5566
URL: <http://www.bluesushisakegrill.com/>

Italian:

Biaggis Ristorante Italiano

Address: 13655 California Street
Phone: 402-965-9800
URL: <http://www.biaggis.com/>

Vincenzo's

Address: 1207 Harney Street
Phone: 402-342-4010
URL: <http://www.vincenzos-ne.com/>

Vivaces

Address: 1108 Howard Street
Phone: 402-342-2050
URL: <http://www.vivaceomaha.com/>

Indian:

Indian Oven

Address: 1010 Howard Street
Phone: 402-342-4856

Mother India

Address: 3572 Leavenworth Street
Phone: 402-763-2880
URL: <http://www.motherindiarestaurantomaha.com/>

Mexican:

Margaritas

Address: 3636 South 72nd Street
Phone: 402-393-7515
URL: <http://www.margaritasrestaurants.com/>

Roja Mexican Grill

Address: 1212 Harney Street

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Phone: 402-346-9190
URL: <http://rojagrill.com/>

Trini's Restaurant

Address: 1020 Howard Street
Phone: 402-346-8400
URL: <http://www.trinisoldmarket.com/>

Pizza:

Pitch Pizzeria

Address: 5021 Underwood Avenue (Dundee area)
Phone: 402-590-2625
URL: <http://www.pitchpizzeria.com/>

Sam & Louie's Pizzeria

Address: 24th and Cumming 402-884-7773
76th and Cass St. 402-390-2911
URL: <http://www.samandlouiesnyp.com/locations/>

Don Carmelo's

Address: 10821 Priebrook Road
Phone: 402-933-3190
URL: <http://doncarmelos.com/>

Goodnight's Pizza

Address: 1302 Mike Fahey Street
Phone: 402-502-2151
URL: <http://goodnightsomaha.com/>

Zio's Pizzeria

Address: 1109 Howard Street
Phone: 402-344-2222
URL: <http://ziospizzeria.com/>

Steak:

Brother's Sebastian's

Address: 1350 South 119th Street
Phone: 402-330-0300
URL: <http://brosebs.com/>

M's Pub

Address: 422 South 11th Street
Phone: 402-342-2550
URL: <http://www.mspubomaha.com/>

The Drover

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Address: 2121 South 73rd Street
Phone: 402-391-7440
URL: <http://droverrestaurant.com/>

Thai:

Bangkok Cuisine

Address: 1905 Farnam Street
Phone: 402-346-5874

Taste of Thailand

Address: 15712 West Center Road
Phone: 402-691-9991
URL: <http://www.totomaha.com/>

Thai Kitchen

Address: 16909 Lakeside Hills
Phone: 402-697-3887
URL: <http://www.thaispiceomaha.com/>

Other Good Spots!

Jams

Great food, but can get busy. Longer wait for table than necessary, you spend more at bar.

Address: 7814 Dodge Street
Phone: 402-399-8300
URL: <http://jamseats.com/>

Omaha Prime

Good, but expensive
Address: 415 South 11th Street
Phone: 402-341-7040
URL: <http://www.omaha-prime.com/>

Sullivan's

Great steakhouse and happy hour on Thursdays and Sundays
Address: 222 South 15th Street
Phone: 402-342-0077
URL: <http://sullivanssteakhouse.com/omaha-details.php>

Ingredient

Address: 3201 Farnam Street
Phone: 402-715-4444
URL: <http://ingredientrestaurant.com/locations/omaha.htm>

LOCAL HANGOUTS/OMAHA NIGHTLIFE

Best Omaha Bar = The Crescent Moon (aka "The Moon")

Address: 3578 Farnam Street

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Phone: <http://beercornerusa.com/indexmoon.html>

Close to school at 36th Street and Farnam. 31 beers on draft (even the world famous Delirium tremens). They have a huge Oktoberfest and Mardi Gras Party. The Thursday Wing Night brings a crowd, Taco Night on Mondays, Pint night on Tuesdays, and Karaoke on Saturday. Don't forget to head down to the Huber Haus for German beer selection and "The Boot". Check out their menu for more info on the Huber Haus lifetime mug club membership and its perks!

Dundee Bars:

Dario's Brasserie

French-Belgian brasserie, Tuesday night ½ price draught imports, fine beer selection, good fries. Recommended by Dr. Knezetic.

Address: 4920 Underwood Avenue

Phone: 402-933-0799

URL: <http://www.dariosbrasserie.com/>

Dundee Cork and Bottle

½ price bottles Wednesday, try the Moscow Mule in a real copper cup, good selection of wine, bottled beers and cigars, cozy, outdoor seating is a plus.

Address: 614 North 50th Street

Phone: 402-934-2118

URL: <http://www.facebook.com/pages/Dundee-Cork-and-Bottle/126930550704088>

The Underwood

Dive bar, cheap, large mugs of beer. Provides entertainment (jukebox, pool table, darts, etc.), karaoke on Sunday nights.

Address: 4918 Underwood Avenue

Phone: 402-556-7727

Dundee Dell

Long time popular spot, famous for fish and chips and fried pickles, 130 imports, large selection of scotch whiskey.

Address: 5007 Underwood Street

Phone: 402-553-9501

URL: <http://www.dundeedell.com/>

Old Market Bars:

The Dubliner

Good weekend/winter bar, live Irish music weekend nights, small cover, drink deals during the week but less of a crowd, nice beer selection, free popcorn, darts.

Address: 1205 Harney Street

Phone: 402-342-5887

URL: <http://dublinerpubomaha.com/>

Upstream Brewing Company

Great beer and food

Address: 514 South 11th Street

Phone: 402-344-0200

URL: <http://www.upstreambrewing.com/>

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The Underground

\$2 Long Islands every night, only go there to pre-party. It can be sketchy.

Address: 1017 Howard Street

O'Connor's

All Creighton young alumni go here, fun on weekends and can rent out the party room upstairs, darts and Big Buck Hunter. Ask for TW.

Address: 1217 Howard Street

Phone: 402-934-9790

URL: <http://184.173.17.103/~oconnors/>

Farrell's

\$0.25 beers and Karaoke on Thursday with a \$5 cover

Address: 902 Dodge Street

Phone: 402-884-8818

Nomad Lounge

Upscale lounge with semi-private cabanas, leather couches, and ottomans, velvet curtains

Address: 1013 Jones Street

Phone: 402-884-1231

URL: <http://nomadlounge.com/>

Stadium

Big Buck Hunter, \$5 pitchers Tuesday and Thursday.

Address: 2601 South 13th Street

Phone: 402-342-9604

URL: <http://www.facebook.com/pages/Stadium-Bar/120083564717072>

Bar 415

Also has dancing for all those European techno dancing wannabes

Address: 415 South 13th Street

Phone: 402-677-2815

URL: <http://www.bar415.com/>

Leavenworth Bars:

Barrett's Barleycorn

Bar food all day long, sand volleyball in the back. Buy one burger get one free on Monday nights. You can rent out Castle Barrett's (next door) for parties. Several TV's and fans for Creighton games.

Address: 4322 Leavenworth Street

Phone: 402-554-5805

URL: <http://www.barrettsomaha.com/>

Marylebone Tavern

Look for the large shamrock in the street

Address: 3710 Leavenworth Street

Phone: 402-341-3232

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O'Leaver's Pub

6 outdoor volleyball courts and outdoor bar, leagues fill most weeknights, bar is tiny/gross but they have live music

Address: 1322 South Saddle Creek Road 402-556-1238

Pauli's Inc.

One of the best places to hang out during the College World Series

Address: 4016 Leavenworth Street

Phone: 402-345-7959

Benson Bars:

Full House

Total dive but they have a stage for karaoke.

Address: 6135 Military Avenue

Phone: 402-558-3133

Jakes Cigars and Spirits

Look for the large shamrock in the street

Address: 6206 Maple Street

Phone: 402-934-9633

URL: <http://www.jakescigars.com/bg1/>

Other Bars:

Homey Inn

Champagne on tap, "homey" place, lots of tables, good beer selection, good bartenders, moderate deals, serve peanuts in dog bowls, lots of board games

Address: 1510 North Saddle Creek Road

Phone: 402-554-5815

Mai Tai Lounge

Downstairs, creepy with strong drinks, nice velvet wall paintings of naked humans set the mood, when the words "limit two per visit" are listed next to some of the drinks, it speaks for itself.

Address: 7215 Blondo Street

Phone: 402-397-5049

URL: <http://www.mtfujiinn.com/cocktails/Cocktails.htm>

The Blue Jay (aka "The Jay")

Creighton's dive bar, sand volleyball, decks, darts, pool, cover to get in sometimes, lots of student events are hosted here, you can take a shuttle for basketball games.

Address: 2416 Davenport Street

Phone: 402-345-1979

URL: <http://www.thebluejaybar.com/>

California Taco (aka "Cali Taco")

Deep fried tacos and Happy Hour 4-5 every day (1/3 off selected items and beers), pitchers of Dos Equis and large TV's for sports, get there early for happy hour on Fridays or plan to wait and not have a place to sit when the CU undergrads are in town.

Address: 3235 California Street

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Phone: 402-342-0212

Candlelight Lounge

Almost every night some beer is only \$1, good food deals, they also serve hard liquor fishbowls and have the most Nebraska Football Memorabilia you've ever seen in your life!

Address: 5031 Grover Street

Phone: 402-554-5822

URL: <http://www.thecandlelightlounge.com/>

Elbow Room

Again almost every night there is a \$1 beer (usually Busch Light or High Life), shuffleboard and a pool table, this bar has been around for 50+ years but still gets a young crowd.

Address: 4973 Center Street

Phone: 402-556-0867

Brother's Lounge

Good spot if you live by here, PBR-chugging hipsters, neighborhood drunks, a few frat kids, usually good music.

Address: 3812 Farnam Street

Phone: 402-558-4096

URL: <http://brothersloungeomaha.com/>

Green Onion Lounge

Don't order a beer here (they'll know you aren't a local). Great "first-bar-of-the-night" spot, strongest mixed drinks in the city, don't order a beer.

Address: 11414 Davenport Street

Phone: 402-333-2236

Brazenhead Irish Pub

Irish pub with Irish pub food

Address: 319 North 78th Street

Phone: 402-393-3731

URL: <http://www.brazenheadpub.com/>

Red Lounge

Address: 14450 Eagle Run Drive, Suite 200

Phone: 402-496-7733

Ice House

Address: 10900 Emmet Street

Phone: 402-934-2337

URL: <http://icehouseomaha.com/>

Sports Bars:

DJ's Dugout Sports Bar

Dueling pianos on Thursday-Saturday nights at 9 PM, good bar food and Creighton friendly

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Address: 1003 Capitol Street
Phone: 402-763-9974
URL: <http://www.djsdugout.com/>

Wine:

Urban Wine Company

Address: 1003 Capitol Street
Phone: 402-934-0005
URL: <http://www.urbanwinecompany.com/>

Dundee Cork and Bottle

Address: 614 North 50th Street
Phone: 402-934-2118
URL: <http://www.facebook.com/pages/Dundee-Cork-and-Bottle/126930550704088>

Winestyles

Address: 1006 South 74th Plaza
Phone: 402-884-6696
URL: <http://www.winestyles.net/pacific>

Dance Clubs:

Club Nico

Address: 11201 Davenport Street
Phone: 402-614-2582

The Max

Address: 1417 Jackson Street
Phone: 402-346-4110
URL: <http://themaxomaha.com/2012/events/>

Capitol Lounge

Address: 1011 Capitol Avenue
Phone: 402-708-9988
URL: <http://capitolomaha.com/>

Club Patrick's

Address: 765 North 114th Street
Phone: 402-498-6400

Irie

Address: 302 South 11th Street
Phone: 402-504-4901

OMAHA ACTIVITIES AND ARTS/CULTURE

Throughout the Year:

Taco Ride

Thursday nights and there's no formal start time, but people usually hit the trail between 5:30 PM and 6:30 PM. Ride your bike on the Wabash Trace Nature Trail from Council Bluffs

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to the Minneola Steak House in Minneola, IA. Enjoy the taco specials! This is a great opportunity to have a drink and meet people not immersed in medical school. \$1 for a day pass on the trail; \$10 for an annual pass (+ cost of food and drinks).

URL: <http://www.tacoride.com>

August

Iowa State Fair

Best State Fair in the Country with concerts, livestock, rides, fried anything!

Admission: \$10 for adults

Dates: August 9th – August 19th

Location: 3000 East Grand Avenue, Des Moines, IA 50317

URL: <http://iowastatefair.org>

Nebraska Balloon and Wine Festival

They have hot air balloon launches as well as food and music.

Admission: \$7.00 (free tickets at Skutt Student Center Info Desk)

Dates: August 10th – August 11th

Location: Coventry Campus at intersection of 204th and Q in Omaha

URL: <http://www.showofficeonline.com/nebraskawineballoonfestival.html>

Omaha Fashion Week

The week includes a boutique night, glam style night, and ends with a fashion show

Admission: Weeknights = \$30-\$50 Saturday = \$30-\$60

Dates: Monday, August 20th – Saturday, August 25th

Location: Weeknights = Inside KANEKO @ 1111 Jones Street
Saturday = Outside on Jones Street

URL: <http://omahafashionweek.com/>

Dundee Day

Neighborhood festival with a street parade and live music. Great place to get to know some of your classmates and enjoy some music and drinks.

Admission: FREE!

Date: Saturday, August 25th

Location: Underwood Avenue between 50th and 51st Streets

URL: <http://www.dundee-memorialpark.org/>

September

Mass of the Holy Spirit

This is one of the rare opportunities where all of Creighton comes together. This beautiful mass fills up St. John's Church. Classes are cancelled during the mass, which is a tradition at all Jesuit Universities, so don't use Anatomy as an excuse not to attend!

Date: September 11th

River City Roundup

Want to feel like you're living in the Midwest? This is the event for you! There's a rodeo, barbeque contest, and yes, even a mechanical bull!

Dates: September 27th – 30th

URL: <http://www.rivercityrodeo.com/>

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October

White Mass

The White Mass celebrates the Health Professions and the Feast Day of St. Luke, Patron Saint of Physicians.

Date: October 18th

Holiday Events (November – January)

Holiday Lights Festival

There are many events associated with the festival, including an outdoor ice rink at ConAgra (pending appropriate weather), a beautiful Christmas tree and a miniatures display at the Durham Western heritage Museum, multiple music performances around town (libraries, Joslyn, Zoo, etc.)

Dates: Late November – Early January

URL: <http://www.holidaylightsfestival.org/>

TD Ameritrade Fireworks

Stuck in Omaha for New Years? Ring in the new year with some great fireworks downtown!

Date: December 31st

Location: Gene Leahy Mall @ 14th and Farnam

Christmas Plays

The Omaha Community Playhouse often has Christmas-themed plays over the Holiday Season. Check their website below for more information as the Holidays approach.

URL: <http://www.omahaplayhouse.com/calendar.aspx?dt=12/1/2012>

February

Lenten Fish Fries

There are several Friday night Fish Fries during Lent around Omaha. One of the best is at Holy Name. The line is out the door, but it's well worth the wait!

Location: 2901 Fontenelle Boulevard Omaha, NE 68104

April

Earth Day

Occurs in mid-April. FREE! Check their website for more information.

URL: <http://earthdayomaha.com/about.php>

May

Cinco de Mayo

Events are on 24th Street in South Omaha, and include a parade, rides, yummy food, and a coronation.

URL: <http://www.cincomayoomaha.com/>

Santa Lucia Festival

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Get some amazing Italian food, take in a parade, music, and ride some rides.

Dates: June 7th – June 10th

Location: Lewis & Clark Landing (on the Missouri River near CenturyLink Center)

URL: <http://www.santaluciafestival.com/>

Summer:

Stir Cove Summer Concert Series

Harrah's Casino in Council Bluffs

Address: 1 Harrah's Boulevard Council Bluffs, IA 51051

URL: <http://www.harrahscouncilbluffs.com/casinos/harrahs-council-bluffs/casino-misc/stir-summer-concert-series-detail.html>

The Vibes Summer Concert Series

Saturday nights all summer long at Village Pointe. FREE! They have some seating, but you're encouraged to bring lawn chairs or blankets.

Address: Just south of Dodge at the intersection of 168th and Dodge

Time: Generally 6:30 PM – 8:30 PM

URL: <http://www.villagepointeshopping.com/events/>

Playing with Fire

FREE blues concerts.

Date: July 28th

Location: Lewis and Clarke Landing (on the Missouri River near CenturyLink)

URL: <http://www.playingwithfireomaha.net/>

Taste of Omaha

FREE entry but you have to pay for the tastings and rides. They usually have concerts, rides, and an Iron Chef competition.

Dates: June 1st – 3rd

Location: Heartland of America Park (just south of Douglas Street on the Missouri River) & the Lewis and Clarke Landing

URL: <http://www.showofficeonline.com/tastehomepage.html>

College World Series

Need we say more? A 60+ year tradition in Omaha. Students can get discounted tickets.

Dates: June 15th – July 26th

Location: TD Ameritrade Park (intersection of 13th Street and Cumming)

URL: <http://www.cwsomaha.com/>
<http://www.ncaa.com/news/baseball/article/2012-02-20/2012-ticket-information>

Shakespeare on the Green

Definitely come early for the greens performers (and to reserve a good seat). FREE and they sell food there, but most people bring their own picnic and bottles of wine/beer if so desired. Don't forget your blanket or lawn chairs!

Dates: June 21st – July 8th @ 8 PM → *see URL for exact dates*

Location: Elmwood Park (near the intersection of 60th Street and Pacific Street)

URL: <http://www.nebraskashakespeare.com/shakespeare-on-the-green-1/shakespeare-on-the-green>

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Summer Arts Festival

FREE and there is some great art shown/sold here, good music, fun performers, good food

Dates: June 8th – 10th

Location: On Farnam Street between 10th Street and 15th Street

URL: <http://www.summerarts.org/2012/>

Bank of the West Celebrates America

FREE pre-independence day celebration including great music fireworks display!

Date: June 29th from 6 PM – 10 PM

Location: Memorial Park (go to intersection of 60th Street and Underwood Avenue)

URL: https://www.bankofthewest.com/static_files/botw2/home/about-us/sponsorships/celebrates-america/CelebratesAmerica_index.html

Jazz on the Green

FREE outdoor jazz concerts, bring lawn chairs or blanket and a picnic basket with a bottle of wine, food is also sold here.

Dates: Thursday nights between July 12th and August 16th @ 7 PM (opens at 5 PM)

Location: Turner Park (in front of Midtown crossing near 30th and Dodge/Farnam)

URL: <http://www.omahaperformingarts.org/series/details.aspx?ID=18>

Jazz and Blues Festival

Details: TBA → see website

Dates: TBA → see website

Location: Lewis and Clark Landing (on the Missouri River near CenturyLink)

URL: <http://www.omahajazzandblues.com/>

Cox Classic PGA Golf Tournament

At night there are concerts, and fireworks on Saturday night. Some of the evening events are FREE while others have a fairly low cost (per day or per event).

Dates: August 2nd – August 5th

Location: Champions Run Golf Course (SW corner of 132nd Street and Maple Street)

URL: <http://www.pgatour.com/tournaments/h059/>

Westfair

Typical county fair events in Council Bluffs

Dates: July 25th – 30th

Location: Westfair Fairgrounds in Council Bluffs (just east of I-80 on Hwy 6)

URL: <http://www.westfairevents.com/>

Movie Theaters:

AMC

Omaha: 3555 South 140th Plaza 888-262-4386

Council Bluffs: 3220 23rd Avenue 888-262-4386 (IMAX next door)

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Aksarben Cinema

2110 South 67th Street 402-932-9858

**Special student pricing available, plus periodic discounted tickets

Dundee Theater

4952 Dodge Street 402-551-3595

Lozier IMAX at Omaha's Henry Doorly Zoo

3701 South 10th Street 402-733-8400

Rave Motion Pictures (Westroads Mall)

10000 California Street 402-393-9200

Marcus Cinema

3201 Farnam Street 402-346-6900

(sit-down meal available)

17305 Davenport 402-898-7469

Film Streams at the Ruth Sokolof Theater

1340 Mike Fahey Street 402-933-0259

(just a couple blocks from campus)

Casinos in Council Bluffs:

Horseshoe Casino

2701 23rd Avenue 712-329-6000 <http://www.horseshoecouncilbluffs.com>

Harrah's Casino

1 Harrah's Boulevard 712-329-6000 <http://www.harrahscouncilbluffs.com>

Ameristar Casino

2200 River Road 712-328-8888 http://www.ameristar.com/Council_Bluffs.aspx

FITNESS CENTERS

On Campus:

Medical School Wellness Area

Small, but conveniently located on the 5th Floor of Criss III if you just need a quick break.

Kiewit Fitness Center (KFC)

Decent-sized gym for your workout needs. Had basketball and racquetball courts, and an indoor track. It's free to use and you can rent out locker space for a small fee. There are also several classes offered throughout the year from yoga/Pilates to various cardio classes (\$25 a semester for these). You can get a personal trainer and addition services (extra fees). Check out their website for more information:

URL: <http://www.creighton.edu/studentlife/campusrecreationintramurals/>

Additionally, you may reserve a court space for various activities (nice in the winter!). Go to the KFC office in person or do it online:

<http://www.creighton.edu/studentlife/campusrecreationintramurals/spacerequestform/index.php>

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Harper Center FitNest

A newer fitness center located in the Harper Center. A bit of a walk from the med school but will probably be less crowded than the KFC.

NOTE: a new rec center for the east side of campus is currently under construction just north of the soccer field. When this opens, the FitNest in the Harper Center will likely close.

Intramurals

You can further your competitiveness with people outside of the medical school and by playing in games of Flag Football, Ultimate Frisbee, Broom Ball, and more! Your intramural chairs will be helping your class get signed up, but here's some info if you're curious:

<http://www.creighton.edu/campusrecreation/im/>

Off Campus:

Here are some of the other gyms around town. While there are membership fees, it can serve as a nice break from school and may be more convenient depending on where you live.

24 Hour Fitness

Memberships vary depending on what access you're looking for. Usually \$30-35 / month

Addresses: 7777 Cass Street 402-343-0486

2718 North 118th Circle 402-496-2444

4007 South 145th Plaza 402-895-5550

845 Tara Plaza 402-331-7333

URL: <http://www.24hourfitness.com/FindClub.do?zip=68116&x=0&y=0>

Lifetime Fitness

See website for membership information and cost.

Address: 17007 Elm Street 402-334-3000

URL: <http://clubs.lifetimefitness.com/Omaha/11261/>

Prairie Life Fitness

See website for membership information and cost.

Addresses: Midtown Crossing 402-916-5000

227 South 132nd Street 402-691-8546

8525 Q Street 402-537-0430

URL: <http://www.prairielifitness.com/locations/?loc=68116>

Yoga Studios

There is one main yoga studio worth checking out in Omaha. They have every style of yoga, two studios, and tons of classes and class times to choose from. Ask about student discounts and make sure you have your student ID!

One Tree Yoga

East Studio 5020 Dodge Street 402-551-5020

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West Studio 2420 South 156th Circle 402-333-2420

URL: <http://onetreeyoga.com/>

Also check out Bhadra Yoga (<http://www.bhadrayoga.com>) and Omaha Yoga Path (<http://www.omahayogapath.net>) if you're interested.

HOSPITALS AND CLINICS

Creighton University Medical Center (CUMC)

Address: 601 North 30th Street

Phone: 402-449-4000

URL: www.creighton.edu/cma

Creighton Medical Associates Clinics

Phone: 402-280-2010 (this is a central office that ALL calls to ALL clinics go to first)

URL: <http://medschool.creighton.edu/cma/clinics/index.php>

Dundee 5002 Underwood Avenue

Eagle Run 11310 Birch Drive

Florence 7909 North 30th Street

John Galt 10828 John Galt Boulevard

Old Market 1319 Leavenworth

Twin Creek 3802 Raynor Parkway, Suite 200

University of Nebraska Medical Center (UNMC)

Address: 4350 Dewey Avenue

Phone: 1-800-922-0000

URL: <http://www.nebraskamed.com/>

Clarkson West Medical Center

Address: 144th Street and West Center Road

Phone: 402-778-5400

Alegent Health

URL: <http://www.alegent.com>

Primary Care Sites:

http://www.alegent.com/body.cfm?id=6141#utm_source=topnav&utm_medium=link&utm_campaign=locations

Hospitals:

Bergan Mercy Medical Center 7500 Mercy Road 402-398-6060

Immanuel Medical Center 6901 North 72nd Street 402-572-2121

Lakeside Hospital 16901 Lakeside Hills Ct. 402-717-8000

NOTE: Alegent Health and Creighton University announced this spring that the two institutions will align themselves. Without getting into the messy details, this basically means that as medical students we will have TONS of additional opportunities now that we previously

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did not have. Alegent has many more primary care clinics than Creighton, and it also operates many hospitals in the Nebraska-Iowa region. We will now have “first-dibs” on rotations and other educational experiences at all Alegent facilities and with Alegent personnel before any other medical school or other institution can send students there. It is very similar to what Creighton did with St. Joseph’s Hospital in Phoenix, and in fact both Alegent and St. Joseph’s in Phoenix share a similar historic heritage. We wanted to make a special note of this in case some of you had heard about this and were wondering what implications it might have. Yes, there may be some growing pains like any new endeavor, but the benefits to our educational experience far outweigh any headaches or inconveniences we may experience along the way. Here is Alegent’s website and their views on the matter:

http://www.alegent.com/body.cfm?id=6490#utm_source=heroimage&utm_medium=link&utm_campaign=cuahHP

Methodist Health

Address: 4350 Dewey Avenue
Phone: 1-800-922-0000
URL: <http://www.nebraskamed.com/>

Children’s Hospital and Urgent Care Centers

8200 Dodge Street 402-354-5400
14421 Dupont Court 402-955-7200
URL: <http://www.childrensomaha.org>
<http://www.childrensphysiciansomaha.org/FindanOffice>

VETERINARIANS

Best Care Pet Hospital

The people who work here are great. They also have boarding facilities for when you go out of town and can’t find a pet-sitter
Addresses: 3030 L Street 402-734-1494
4915 North 120th Street 402-445-8738
URL: <http://www.bestcarepethospitalomaha.com/>

Other Omaha Veterinarians and Animal Hospitals:

<http://www.petdogandcatservices.com/veterinarians/omaha.html>

CHURCHES

Here are a few listings to help you get started finding the right place of worship.

Baptist

Tripointe Baptist Church	4121 S. 84 th St.	
American Baptist Church of Nebraska	6404 Maple St.	402-556-4730
Antioch Baptist Church	2535 S. 42 nd St.	402-554-1080
Benson Baptist Church	6319 Maple St.	402-551-1512

Buddhist/Zen

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Nebraska Zen Center	3625 Lafayette Ave.	402-551-9035
Catholic		
St. John's	CU Campus	402-280-3031
Health Science Chapel	Criss II, Room 202	M-F @ 11:30 AM
St. Cecilia's Cathedral	701 N. 40 th St.	402-333-7866
Christian		
First Christian Church	6630 Dodge St.	402-558+1939
Faith Christian Church	2201 S. 132 nd St.	402-333-7866
Church of Jesus Christ of Latter day Saints		
5217 North 54 th Street	402-451-3344	
11027 Martha Street	402-393-2172	
6714 Dodge Street	402-551-6978	
Episcopal		
All Saints Episcopal Church	9302 Blondo St.	402-393-8612
Saint Barnabas Church	129 N. 40 th St.	402-558-4633
Hindu		
Hindu Temple	13010 Arbor St.	402-697-8546
Islam		
Islamic Center of Omaha	3511 N. 73 rd St.	402-571-0720
Judaism		
Adat Hatikvah Tzion	14808 Q St.	402-592-2404
Bethel Synagogue	14506 California St.	402-492-8550
Temple Israel	7023 Cass St.	402-556-6536
Lutheran		
First Lutheran Church	542 S. 31 st St.	402-345-7506
Augustana Lutheran Church	3647 Lafayette Ave.	402-551-4728
Grace Lutheran Church	1326 S. 26 th St.	402-341-7730
Methodist		
United Methodist Church	2665 Farnam St.	402-898-9862
Dietz United Methodist Church	1423 S. 10 th St.	402-346-9115
Grace United Methodist Church	2418 E St.	402-733-0202
Presbyterian		
Dundee Prebyterian Church	5312 Underwood Ave.	402-558-2330
First Presbyterian Church	216 S. 34 th St.	402-345-5383
New Life Presbyterian Church	4060 Pratt St.	402-451-8425

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BANKS

Here is a list of banks in Omaha (some may not be listed – Google to make sure). We suggest, especially for students not from Nebraska, to inquire about moving to a bank that has a presence nationally (e.g. both in your hometown and in Omaha). While not all banks offer free checking accounts, most have some sort of discounted or “fee-waiving service” for students as long as you go in and talk with a banker and tell them you’re a student. Another reason we suggest a bank with a national presence is because, although all our educational loans are via the federal government since it’s cheapest to borrow that way, you may find that M4 year you might need to take out small loans to help pay of residency interview traveling (careful how you budget M1-M3 years and you can save a lot for this!) and/or for relocating from Omaha after you graduate and move on to residency. Most large banks have good deals for borrowers who also bank with them, and even better deals might be had if you’ve banked with them for some time. That’s probably a little over-the-top as far as info goes, but just a few reasons why choosing a national bank at the outset might be more convenient for you now and down the road. It’s totally up to you to decide ☺

First National Bank of Omaha	http://www.firstnational.com
Creighton Federal	http://www.creightonfederal.org
Wells Fargo	http://www.wellsfargo.com
Bank of the West	http://bankofthewest.com
US Bank	http://usbank.com (can use student ID at Skutt ATM)
Mutual of Omaha	www.mutualofomaha.com
American National Bank	www.anbank.com

POST OFFICES/LETTER DROPS

1124 Pacific Street
3021 Leavenworth Street
608 North Saddle Creek Road
1718 South 51st Street (Elmwood Park)
8451 West Center Road
1125 South 11th Street
5000 Dodge Street

There is a letter drop located between 20th Street and 24th Street on Dodge Street. It is located on the left-hand side of the street and can be convenient if you’re heading that way to school anyways. However, be careful if there’s traffic since trying to get over 3-4 lanes to make the right turn onto 24th Street towards campus can be tricky.

Another letter drop is located at Deglman Circle on 24th Street on the west side of the street (opposite the 24th street parking garage where one of the crosswalks meet the curb).

If you have outgoing mail, you may peek into the Office of Medical Education and put it in their outgoing mail basket (usually on Pat Blue’s desk located immediately to the left when you walk in).

AUTO/PLUMBING/GENERAL CONTRACTING

General Auto Repair

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Jensen Tire & Auto	http://www.jensentire.com
Walker Tire	http://www.walkertire.com
Ron's Garage	http://ronsgarage.net

Auto Body Repair

Dingman's Collision	http://www.dingmans.net
B Street Collision Center	http://www.bstreetcollision.com
Dave's Auto Body	http://www.davesautobodyco.com

Auto Glass

Harmon Auto Glass	http://www.harmonautoglass.com
Auto Glass Center	http://www.omaha-autoglass.com
Metro Glass	http://www.metroglassomaha.com

Plumbing

Burton A/C Heating, Plumbing & More	http://www.burtonspumbing.com
Carmody Plumbing	http://www.carmodyplumbing.com
Backlund Plumbing	http://www.backlundplumbing.com

General Contracting

The Dundee/Memorial Park Association has a website with recommended contractors:
http://www.dundee-memorialpark.org/OHSD_2012.pdf (Updated 05/2012)

RECYCLING CENTERS AND DROP-OFF SITES

Local drop-off sites accepting most recyclable:

North West	Parking lot at 75 th and Corby St. (just off Maple)	7 AM – 7 PM
South East	River City Recycling	6404 S. 60 th St. Check website for hours
South West	Firststar Fiber	10330 I St. 7 AM – 7 PM
Target	72 nd and Dodge	

Other Places to Look:

<http://www.keepomahabeautiful.com/>
<http://www.keepomahabeautiful.org/recycling-a-disposal>
<http://wasteline.org/>

OMAHA WINTERS/WINTER DRIVING

Many students, especially those from the tropical paradises of Florida, Arizona, or California, often are a bit nervous about having to drive in the snow and are curious about Omaha winter in general. Here we'll attempt (and "we" means a person who spent 23 winters in northeastern Minnesota) to dispel a few myths and give you a vague idea of what to expect.

First, Omaha winters vary from year-to-year. Last winter was very mild with two or three storms resulting in significant accumulation of snow. Years before last have sometimes had mores now and been colder, while others have been similarly mild. Basically, I'm not sure what to expect as far as

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next winter is concerned regarding how much snow, for how many months, and temperatures. If anyone does know, then they can pick my lottery numbers for us at the next draw 😊

Second, driving around Omaha isn't too bad. Like any big city, the main roads are well-tended for the most part. They are usually cleared quickly and vigorously salted to keep them from being too slick. One thing to watch out for is that for some dumb reason Omaha plows leave a large pile of snow down the center of major roads creating an artificial barrier at times, so be careful if you're crossing a major street perpendicularly or making a left-turn onto one. However, side streets are an entirely different matter. Again, like most big cities, smaller streets off-the-beaten-path may not get plowed right away. If you live on a side street and a storm is forecasted, you may want to see if it's possible to park it on a different street close by that you know will be plowed if, for instance, you have a quiz or exam the next morning. Keep in mind, though, that if you're unable to make it to school for whatever reason during the winter and there's no mandatory events (i.e. labs, small group, quizzes, exams, M4 team learning), then just make a pot of hot chocolate, curl up with a warm blanket, and PanOpto the day's lectures. No big deal! On the other hand, if a mandatory event is scheduled and you cannot make it to school then you must contact Dr. Knoop or Sarah Taylor IMMEDIATELY.

Third, some people wonder whether to get 4-wheel drive if they're buying a new car for med school. Said one of our classmates: "My advice is that you do not need to have 4-wheel drive to drive safely in Omaha. I've used front-wheel drive my whole life, but then again I'm 50% Yetti and Eskomo-ian. If you can afford the upgrade and want to get 4-wheel drive, that's great. But again, don't feel like you absolutely need to have it to drive safely in Omaha." – Steve Brannan, Northern Minnesotan (aka practically Canadian, eh?).

Lastly, this past year a few Minnesotans put together a "Omaha Winter Survival" session over the lunch hour for our classmates. We talked about things from driving tips (e.g. not slamming on breaks, how to avoid getting into fish-tails, etc.), to how to dress warmly to enjoy outdoor activities, to what a winter survival kit in your car should have. We tried to make it more fun and entertaining than informational, and it seemed to go pretty well. Perhaps this would be a good idea for your class when the winter months approach.

ACADEMIC YEAR CALENDAR

During orientation, you will also be shown where to access the M1 day-to-day calendar which lists lectures, labs, quizzes, exams, mandatory activities, etc. along with their dates, times, and locations. Currently, this can be found by following these instructions:

1. Go to <https://blueline.creighton.edu>
2. Enter your Net ID in the username (xyz12345) and your Net ID password (same information you would use to log-in to CU mail or your Nest account)
3. After logging in, scroll all the way down to the bottom and look in the bottom-left corner for a link called "M1 Calendar"
4. Click on the "M1 Calendar" link
5. A new tab or window will open displaying a weekly calendar. Look in the upper right portion of the page to switch views (day, week, month, year) and to advance (next) or go back (previous) to a particular time frame.

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6. Not sure when this will be updated for your class, but usually by mid-July. Also, please note that even during the school year **the calendar changes, so please check here for updates or if you ever wonder where you need to be for a mandatory activity since this is the Official Calendar.**

We hope this guide wasn't too painful to read through. Admittedly it is long, but we wanted to err on the side of too much information for you to reference than not enough. Hopefully this guide serves you well over these summer months, when you arrive in Omaha, throughout your M1 year and beyond!

GOOD LUCK CLASS OF 2018!!

**See you in August for
Orientation 😊**