Introduction

In case you haven’t heard, it’s true: Pittsburgh isn’t going to grace anyone’s list of Top 10 Cities You Must See Before You Die anytime soon. At the same time, though, Pittsburgh is not the cultural wasteland many envision: the air is not an orange-green haze; smoke stacks do not belch out streams of poison; grimy workers do not wander the streets, wraithlike, coughing up tarry masses from their lungs. Pittsburgh is a modern city with an active cultural scene, and despite the fact that Allegheny County is the second oldest (in terms of mean age of residents) in the country, the University of Pittsburgh, Carnegie Mellon, Duquesne, and other colleges ensure a steady stream of youthfulness in the city. Take the time to explore and you will find that Pittsburgh is a pretty city, with plenty of parks, rolling hills, and bridges along which to stroll. Not quite Midwest and definitely not East Coast, Pittsburgh is a friendly and idiosyncratic place.

But what do you care? You’re in medical school and will slave away, tirelessly, pausing only occasionally to nap and eat a granola bar because you must know every single phrase, every detail, and every equation that comes your way. While you may take this approach in medical school, we hope you don’t. You’ll be living in Pittsburgh for at least four years: See and do, learn about the city, understand its history and people, explore and become a member of the community. Except for the exceptionally bright, medical school is not particularly easy; but it’s not all-consuming either, and the curriculum at Pitt will certainly allow you to do things outside of school.

Thus, the Survival Guide. It has many possible uses:
- For when you are feeling lost in Scaife
- Choosing extracurricular activities
- Figuring out what to do for the summer
- Finding a neighborhood to live in
- Taking your parents out to a fancy restaurant or Sunday brunch
- Getting to the post office
- Locating legendary Pittsburgh graffiti and yinzers
- As a source of over 200 sheets of toilet paper
- Etc.

It’s all in here, and you can use this book however you please. This is the latest incarnation in a series of Survival Guides, and us second-years have done our best to update all of it. Of course, there may be omissions or errors: we apologize in advance. But, really, what can you expect from free labor these days?

So let the book begin, and welcome to Pittsburgh!

All the best,
Ashley Kelley & Zebulon Spector
Co-Editors
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Academics - the First Four Years

First and Second Year

The Class of 2008 experienced a curriculum unlike any other medical school class at Pitt Med. The Class of 2009 will experience the benefits of this change, but with many of the initial bumps removed. Although previous years have experienced a solid foundation for their medical training, the new curriculum is much more focused on preparing students for a successful experience on the wards.

The Class of 2008 is looking forward to beginning clerkships two months earlier than previous classes at Pitt Med – during May rather than July. This is an unprecedented step in the curriculum and a change that aligns with trends in medical education. The second major change will be a requirement to complete a mentored scholarly project.

To relieve any fears, it is important to note that the content of the curriculum is essentially the same as it has been in previous years. However, the changes that have been made focus the information on what’s necessary to be a practicing clinician and are presented in a more logical order than in previous years. As an example, the previous Biochem course that contained many different topics has been rearranged, and the different components presented where relevant in other courses such as Cell and Tissue Physiology, Genetics, and Fuel Metabolism.

A resource exists for students to view how past students have felt about the course load for the first two years, as well as find some tips on how to approach certain courses. Refer to the SARC (Student Academic Resource Consortium) page on the Navigator website (navigator.medschool.pitt.edu – see the technology section); it is a great reference to find out what student and faculty surveys had to say about each of the courses in the curriculum, which lecturers are not-to-be-missed, and which books are worth the investment of your student loan money.

Keep in mind that the curriculum at the University of Pittsburgh is in a constant state of change. Every year students and faculty evaluate courses and adjust them accordingly. Don’t underestimate the power of your course evaluations: your elected curriculum committee representatives have a lot of room to use these to work with the course directors and change the courses to better aid the students. The positive to this is that the University is always trying to improve. The negative side is that this description (like in previous years) is bound to become obsolete very quickly.

Patient, Physician, and Society Block

Your first days of medical school consist of the full-time course Introduction to Being a Physician. This course features exposure to patients and experienced clinicians to provide students with an orientation to the role of the medical student and their future as a physician.

Three other courses will be distributed over the first two years: Ethics, Law, and Professionalism; Health, Illness, and Behavior; and The Basic Science of Health Care. While the basic sciences build your background clinical knowledge for the systems-based courses in second year, this block exposes you to medicine and provides good insight for approaches to clinical practice. They focus on discussion and thinking, not memorization and heavy studying. When you are feeling buried nose-deep in the basic sciences, these courses remind you why you wanted to be a doctor in the first place, and the larger issues underlying medical practice.
Introduction to Patient Care Block

Introduction to Patient Care I will provide an introduction to history-taking skills and the normal physical examination (You won’t learn everything you’ll need to know about the physical exam, but you will learn some of the basics such as how to hold your new stethoscope and oto-ophthalmoscope, as well as how to take blood pressures and test reflexes).

As the year progresses, students will practice their skills on simulated patients and experience encounters in hospital and ambulatory settings. These experiences may include exposure to such settings as an internist’s office, a pediatric clinic, a private family practice, subspecialty settings (working with surgeons, ophthalmologists, ENT doctors, ob/gyn, etc.), and drug and alcohol rehab facilities. A community service health experience will also be incorporated into IPC. This may include community clinics, home health visits, palliative care experiences, the Women’s Clinic, etc.

IPC continues into the second year, with every student completing nine months of patient care experiences. While everyone will have these experiences in a different order, by the end of January second year, each student will have completed three Clinical Experience blocks, three Physical Exam blocks, one Neuro block, one Reproductive Medicine block and one Peds block. By the end of these blocks, students will have been exposed to a wide variety of medical fields and patient encounters that will give them a solid repertoire of skills to employ during their upcoming time on the wards.

Scientific Reasoning in Medicine Block and the Independent Scholarly Project

During the MS-1 year, classes in this block will focus on medical decision-making and the methods and logic of medicine. The course Introduction to Medical Decision Making focuses on evidence-based medicine study design, biostatistics, developing scientific questions, and search strategies. Methods and Logic in Medicine explores how to critically read a primary research paper, and the bench-to-bedside transition of medical knowledge. This course will culminate in each student formulating a focused clinical question, performing a literature review of their chosen topic, and presenting their findings to their small group via an oral presentation. The goal of this course is to prepare students for the task of applying the scientific method to a real clinical problem.

These courses will prepare the student to complete a mentored scholarly project by the end of their senior year. The scholarly project is not intended to be an experience that requires students to spend time in a lab, but rather is intended to challenge students to develop critical thinking skills in evaluating a clinical question. This project will be completed by different students at different times, including the summer between the first and second year, during a year off if so chosen, or during elective periods in your senior year. Specific investigation is up to the individual student and the advice of their mentor and may involve the fields of basic biomedical research, clinical trials, health education, health policy and systems, global health, service learning, or any other suitable field. These projects offer a chance for the student to identify an area related to medicine that they are interested and spend time cultivating their interest that may change the course of one’s clinical practice.

Perhaps the most daunting part of the scholarly project is for the student to identify what they want to do and find a mentor that shares that interest. The most important thing to remember regarding this is...it does not need to be done right away! Although some students come to school knowing what areas they are interested in, many do not. If you are one that has no idea what type of scholarly project would interest you, take your time and find something that will stimulate you before making a commitment. Your project
certainly does not need to be done during the summer between first and second year, particularly since there are an extra two months of elective time built into the clinical years. Once you find a project that you interests and excites you, it will be easy to get it done.

**Basic Science Block**

This block makes up most of your first year, and is where the vast majority of the changes for the ‘new curriculum’ occurred. The Basic Science Block is not intended to cram all the basic biomedical knowledge in the world into 25 weeks or so (although it may feel like it); it really just gives you a framework that you can build upon to learn everything the second year has to offer.

A note about grading…each course is graded individually with interim exams. These exams come every couple of weeks or so and they cover material from only one course. More important than these, though, are the summative exams. Summative exams occur at the end of each section and they cover all the courses in that section. Although the summative exams are by far the more important (and more difficult) exams, the interims should not be ignored as they offer valuable insight into how well you know the material. The Basic Science courses are generally scheduled for four mornings and two afternoons per week. Each course is different in format; generally, you can expect lectures and PBLs for all courses; some courses also use problem solving conferences and lab sessions.

The first block is purely Anatomy, which will be the material covered on your first summative. Anatomy focuses on anatomical dissection of the thorax, abdomen, pelvis, head, neck, and limbs. The second block includes two segments—Cell and Tissue Physiology and Human Genetics—which are each graded separately and have a combined summative exam. Cell and Tissue Physiology begins at the basic level of the cell, and progresses through cell-cell communication to the arrangement into tissues and incorporates basic normal histology. Human Genetics is a more complete course in clinically relevant genetics, covering basic Mendelian genetics, modern genetic basis of disease, and a large amount of time dedicated to current topics in genetics.

The current topics include overviews of cancer genetics, gene therapy, genetic testing, and many other ‘hot topics’ in medical genetics.

The third section of the Basic Science Block contains coursework on Fuel Metabolism, Immunology in Health and Disease, and Medical Microbiology. Fuel Metabolism is exactly the way it sounds, an overview of the basic energy metabolism of the body. It covers protein, lipid, and carbohydrate pathways beginning with digestion through energy storage and harvest. Immunology in Health and Disease involves two major sections. The first half of the course focuses on the basics of the body’s immune system, both humoral and cellular mediated systems. The second half focuses more on an understanding of rheumatologic diseases and pharmacologic treatment of these conditions. Finally, Medical Microbiology will cover a large number of pathologic microbes (viruses, bacteria, and parasites alike!), their pathogenesis and the infectious diseases caused by these organisms, and some of the antibiotics available to treat them.
Organ System Pathophysiology Block

This block starts in March of the first year and continues through all of second year right up until board review. The courses in this block incorporate the key principles that you learned (hopefully!) in the Basic Science Block and apply them to normal and pathological body structure and function.

Each course consists of roughly five mornings and two afternoons per week.

The journey into Organ Systems begins with a three-day introduction to Pharmacology. This is followed by Neuroscience (CNS anatomy, neuropharmacology, and behavior), and Psychiatry (biochemical basis of psychiatric disease, the patient interview, common psychiatric disorders), which is the last course of first year.

Second year begins with an Introduction to Pathobiology, which is a web-based course introducing the basics of pathology (inflammation, neoplasia, hypertrophy, etc.). This course is nothing short of amazing: you will certainly appreciate Dr. Naus's concise and funny lectures, and the care with which he has designed the course. He'll tell you that if you follow his methods to learn the material, you'll get at least 95% on the exam. He is right.

The year continues with the Body Fluid Homeostasis series. This sequence covers the physiology, pharmacology, and pathophysiology of the cardiovascular, renal, and pulmonary systems. Courses focused on the endocrine system, digestion and nutrition, reproductive and developmental biology, and hematology wrap up the majority of your second year. Organ Systems culminates with a course designed to introduce the clinical practice of medicine – Integrated Case Studies. Each morning, small groups meet to do PBL in the usual format, with one key difference being that this time around, all of the cases are on the computer. Students decide which tests to order for their patient, with the goals of keeping cost and patient distress to a minimum in mind. Students generally enjoy the course, and it is relaxed enough to allow ample time for board study during these four weeks.

After completing the long, hard, race to the boards (hopefully followed by a week or two of vacation!), second year ends with a week-long Bridge to Clerkship experience in early May. Following the successful completion of Step I (Egads! Why didn’t they tell us before that there’s a test bigger than the MCAT?) and the Bridge course, students will begin clinical clerkships or research electives in mid-May.

The National Boards

The USMLE Step I is the first of three exams on the road to medical licensure in the United States. A computerized testing system has been in place for the past couple of years, and students can choose the date of their Step I exam starting in late March and continuing through early May, depending on how much time you want to leave for vacation before clerkships. Historically, Pitt students have done very well on the exam, earning scores that are nearly half of a standard deviation above the national mean, on average.

As the organ system blocks come to a close in second year, a flurry of planning awaits second year students as they decide how to approach board review. In the end, preparation is intensely individual. Some organize their review by organ system; others, by discipline. Some rely primarily on their course syllabi and personal notes; others work from board review books. Some develop rigid schedules and adhere to them; others develop rigid schedules and are forced to constantly re-evaluate and re-prioritize, finding they had underestimated (and sometimes, happily, overestimated) the amount of time necessary to review a particular subject.
The best preparation is a consistent, disciplined effort during the first two years of the curriculum coupled with a reasonable review of the most important topics in the months preceding the exam. That said, it can be enormously confusing to decide what is most important. To this end, there are several collections of “high yield facts” (a popular one is included in the publication *First Aid for the USMLE Step I*) to focus your attention. In addition, most students carry in their heads a personalized list of irritating-things-I-don’t-really-understand-but-know-I-should. Writing those things down and getting to the bottom of them is an important part of the review process. Board review books are also helpful because they distill crucial information; beware, however, that when the fat is fried off the bacon, you can forget what it looked like raw. The most beneficial use of review books is to read them during the course work of the first two years and to augment their text with personal notations of salient facts. There is comfort in reviewing a book you have already read and which you know to be fairly complete. Rich Levitt is an excellent resource for recommendations on which books are most useful.

Rich Levitt and the SARC team also organize a schedule of review sessions each spring. These sessions, led by faculty from the various disciplines, aim to summarize the important information in a particular subject area in about two hours. Be sure to inquire among third year students as to which sessions were the most useful. In general, it is best to be selective instead of trying to attend each one. Keep your eyes peeled for particularly good handouts from these sessions. You will also be provided access to the NBME Comprehensive Basic Science Self-Assessment (CBSSA or “Mock Board”) examination. This web-based examination has been used by the majority of students in prior classes and it has been identified as a particularly valuable experience during preparation for Step 1. Upon completion of the CBSSA you will immediately receive a detailed breakdown of your relative test performances in both disciplines and systems. This will be a useful source of feedback and guidance while preparing for Step 1. The school pays for this examination fee through a voucher system. After completing the exam, it is helpful to bring your profile/score report to Rich Levitt to use when considering your board study plan.

Pitt offers its students a wide array of support in preparation for the USMLE Step I, including review sessions, the course in Integrated Case Studies, computer-based review programs available on the library’s medical server, and the not-to-be-underestimated fund of strategic counseling available from Rich Levitt and just about every third year medical student. Preparing for the exam can at times be incredibly stressful and tedious, but there are many rewards along the way—little epiphanies when finally a pathophysiologic sequence makes sense or when the interplay between physiology, pharmacology, and disease becomes crystal clear. Those are very satisfying moments. Most importantly, we are all sustained in the effort by the knowledge that what we are learning is crucial to the practice of good medicine.

Surviving and Enjoying PBLs

You may be a wonderful leader, but how do nine leaders work together without getting frustrated by not being in charge? Or how can someone who is usually quiet make her point if the group is excited about the material? Figuring out these issues may seem intimidating, but it happens naturally as you get used to the format. PBL is a great opportunity to get ready for your real life as a physician…if you think about it, learning and teaching is what you’ll have to do all your life.

What Happens in a PBL

Each PBL is an actual or hypothetical patient case. Eight to ten students and a faculty facilitator work together on the case.
Since we have PBLs in all our courses, the cases are usually clinical, but you'll see behavioral and psychosocial PBL cases in classes like Medicine and Human Behavior.

PBLs take place in two sessions, usually on two separate days. During the first session, the case is presented to the group. The facilitator hands out pieces of paper with information such as clinical symptoms, past history, test results, and family history. The information is doled out slowly, so you may get them first with lag time so you can talk about the symptoms before you receive the test results. You are encouraged to guess as you try to think of what may be causing this patient's problems. You probably won't know anything about the patient's condition yet (the PBL most often precedes the relevant material in class), but guess, guess, guess! An educated guess can produce surprising results. This is frustrating at first, but relax...the more you do it, the better you get at it. Usually by the time the first session is over, your group will have the patient's problem figured out. It's amazing what nine minds can do when they work together.

As you talk about the case in the first session, your group will decide on learning objectives, and most groups like to list these on the board as they go along. Learning objectives may be as simple as “What is sepsis?" or they may be more complicated (“Describe hepatic circulation”). At the end of the first session, you'll have a list of learning objectives that will probably be a lot like the list in the facilitator handbook. These topics are important for your career and for exams, so the facilitator will make sure you've hit all the relevant points. These points focus on the specific etiology of the patient's problem as well as the normal processes that have gone awry.

Most groups deal with the learning objectives by having each person pick a topic to present to the group in the next session, which is usually a few days later. Other groups may use a different system to handle the objectives. You should remember that however your group does it, it is always useful to familiarize yourself with all aspects of the case—not just your own topic. This way, when the group discusses the case in the second session, you'll have more of a conversation than a series of individual reports.

This researching stuff is not as bad as it sounds. *Harrison's Principles of Internal Medicine* is an ideal resource, and can be accessed online through the Health Sciences Library System (HSLS) website. Remember that faculty members are also a prime source of information. Class notes and library sources may have the answer you are looking for. Finding the information is just one part of your job; the second and more important part is to organize your thoughts to present the material to your group. You're the teacher here! You learn the material in great depth this way, and the time you put in to teaching your classmates is much appreciated by those who need to learn from you.

Each group has its own personality and likes information in different formats. Some groups love handouts. Some groups hate them. Some groups prefer that each student speak in turn. Some groups like a conversation format. You'll get the hang of it, and PBL will probably become fun for you.

The resolution session is the time to come back to the group and share what you have learned. You'll want to thoroughly understand your topic, because your fellow students will ask insightful questions. The PBL format really helps you to learn the material as you prepare it, and your classmates are counting on you to help them learn as well.

**How to Learn and Contribute in PBL**

PBL is an effective way of learning and remembering material. Students are surprisingly adept at hitting the important points and researching the right questions. Remember that these cases are written for students at your level. Everyone in the group
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Surviving and Enjoying PBLs

has a responsibility to contribute to not only the information pool, but also to a positive dynamic in the group. Each PBL is different, and you’ll have to work out your role in it. Here are a few suggestions.

Respect your classmates. They may not do something the way you think it should be done, but it might work out just fine. The ideal PBL student is one who is prepared and who contributes, but who does not dominate. Try to elicit comments from the quieter folks. Offer suggestions on how to get something done, but don’t pout if it doesn’t work out that way. It is important that your role as teacher be taken seriously; you can’t be taken seriously as a teacher if you’re grumpy because things didn’t go your way.

Like snowflakes, every group is different. Some groups laugh a lot, some are super-serious. Group dynamics vary widely, and most are effective at teaching. If the group is not working well, several avenues can help address the issue. Usually, student and facilitator evaluation forms are provided at the end of each course. But, even during a course, you should be brave enough to criticize your classmates and kind enough to complement them; doing both in the same breath is often an effective way of getting your point across.

Let your classmates know what they did to help you learn and how they might improve their presentation. Even though it is hard, try to listen to your classmates’ suggestions without getting defensive—don’t try to prove them wrong! Listen to what they have to say and you will improve your presentation. If you still have problems, you have the option of talking with the facilitator, the course director, or the dean. These people will try to help those who may be distracting from the group learn to communicate more effectively. Also remember that we change groups about every 12-13 weeks, so if it’s not working, hang in there. Some groups have bumpy starts, but they usually work well in the end. In all likelihood you will not want to leave your first group.

Relax! These groups can be a lot of fun. Many groups have dinners, bring bagels or pizza to PBLs, and celebrate birthdays. A group with a good dynamic makes a phenomenal learning atmosphere. Worry more about how the group is doing than about what you are learning, and you will learn the material!

Job of the Facilitator

The facilitators are faculty members who have been teaching this stuff for years, though in various formats. They are not there to give groups the answers, nor are they there to lecture. This does happen sometimes, and in this case it is important to make constructive comments to them or to the course director, or at least to highlight it on course evaluations.

Most facilitators ask questions which lead the group in the right direction. They coax you to say what they know you know, and they correct any misconceptions that might start floating around your room. If a session is going well, they may just fade into the background, as they should if the students are on the right track. One way to make sure the students are the driving force in a PBL is to direct your questions, comments, and presentations to the students, not to the facilitator. The students should be deciding how to resolve the case; don’t look to the facilitator to make these decisions for you. Even though all the facilitators have been taught how to be good facilitators, you’ll find that each has a style of his or her own.

As Groups Change—The New PBL

This topic deserves attention because leaving your first PBL can be tough. You are comfortable here. Your first PBL is like a safety blanket: you understand your roles, you’ve known your first group since the first day of class, and hey, you survived Anatomy.
and Biochem together. Switching groups is actually very beneficial, though, because you get a chance to know different classmates well. The switch tends to make the class more cohesive. However, every group is different, and in our second groups we bring preconceived notions of how PBL works. Be flexible and give the new group some time before you judge it; most people think their previous group had this PBL thing down, and all these ideas have to mesh. Of course, you’re probably going to think that there is no way that this new PBL could ever come close to being as good as your first PBL. But don’t worry, you’ll get used to each other, and it generally works out fine.

**PBLs and Grading**

In the basic science block, you will evaluate your peers (and be evaluated) on a scale of 0-3. This might seem a bit strange at first, but it is very helpful since you will spend more time with your group than the facilitators. It’s important to note that these are not grades, per se. The evaluation is generally used to help those struggling with the PBL concept and to recognize those who are exceptional at it. If you don’t feel comfortable grading your peers, remember that you’re going to be doing it for the rest of your professional careers in the form of peer reviewing articles and serving on promotion and tenure boards. It has to start somewhere, so learn to judge your peers and grade them fairly.

At the end of first year you’ll have the opportunity to give special recognition to the people in your three PBLs who have contributed most to your learning. If peers note your contributions to PBL, you’ll get a letter in your Dean’s file that says you’re a great group learner/teacher. Note that some courses still include PBLs as a part of your course grade; the course director determines the weight it carries. Be aware that exam questions often address the learning objectives from PBL, so be sure to know key material for each PBL as if it were another lecture. As you move into the organ systems block, facilitator grading contributes to your grade. Groups are also given opportunities to get feedback from facilitators.

**Academic Assistance**

The majority of students have some need for academic assistance at some time in their years at Pitt Med. Fifty percent of the students at Pitt Med fail at least one exam, and almost everybody is afraid of failing sometime (see below). Don’t worry, however, because there are many places where you can turn for help.

One place to look for advice is the SARC website. This is a website with advice from the second years to the first years about how to succeed in each course. Many students find it helpful to check SARC before each course begins to know what to expect.

Many people can also provide help or advice. You will have a faculty advisor and two second-year advisors from your Faculty and Students Together (FAST) group. Talking to Rich Levitt in the Office of Medical Education can also be helpful; he can help you find tutors or other resources.

Remember that everyone wants you to succeed, and there are many people and resources that can help you if you look for them.

**Not Making the Grade**

First, a little background to the organization of courses, testing, and grading in the curriculum.

The courses in the first two years are grouped into 5 blocks: Physician, Patient, and Society Block; Basic Science Block; Introduction to Patient Care Block; Scientific Reasoning in Medicine; and Organ Systems Block. The blocks are each divided a little differently, but are comprised of multiple courses. Each science block contains 1-3 interim (midterm) exams, and at the end of the course, the dreaded summative (final)
exam is taken. Usually, grades are assigned for each Block section, not course, on the student’s transcript.

A guide explaining the criteria for obtaining Honors, Pass, Fail for each interim and summative exam will be given to you at the beginning of each course; the grading system uses fancy and sophisticated statistical methods (i.e., mean and standard deviation) you will learn about in the Medical Decision Making Course. The elusive pass mark on exams is usually set at the mean score minus two standard deviations, while honors is usually greater than one standard deviation above the mean.

What matters most is passing the summative exams. Even if you fail all of the interims in a section (do not try this at home, kids), but pass the summative, you have passed the section and can continue without any ill consequences. The School of Medicine policies for academic progress are enumerated (with somewhat less than crystal clarity) in the Student Handbook section entitled “Guidelines for the Committee on Student Promotions”. The Student Handbook (blue color) is published annually by the Office of Student Affairs and the academic progress section is in the hard-to-miss yellow pages in the middle.

If you fall short of the mark on an interim exam, Rich Levitt, the Academic Development Coordinator, will notify you via email the day before the scores are posted. You will then meet with Rich and the Course Director or Block Coordinator; they will help you with your study skills, enlist the aid of a tutor if you desire, and basically do all they can to help you do better on subsequent exams.

What happens if a student fails the summative but has passed all the interims in a section? Well, a lot is at the discretion of the Block Coordinator. If you have passed each interim with a robust showing (i.e., one standard deviation or more above the mean), you will probably be given a pass for the section and not be asked to make up the summative over the summer. You might have to write a letter to the Committee on Student Promotions explaining the circumstances that brought you to this situation.

What happens if you fail a section of the summative and one or more of the interims in a section? You will be asked to write a letter to the Committee on Student Promotions explaining the situation, and you’ll need to be available to appear before the Committee to answer any questions. Dean Harvey, Rich Levitt, and the Block Coordinator are good sources to consult when drafting the letter to the committee. Usually, with the recommendation of the Block Coordinator, the Committee will let the student continue with schoolwork and make up the fail mark by taking the specific section of the summative again over the summer.

What happens if a student fails two summatives during the school year? You will again be asked to draft a letter to the Committee explaining your poor academic performance; consult with Dean Harvey, Rich Levitt, and the Block Coordinator as to what action you should request from the Committee. Usually, with the recommendation of the Block Coordinator, the Committee will ask the student to repeat the entire academic year or, if the student wishes, grant him or her a leave of absence for a definite period.

If you have failed an interim, a summative, or even two summatives, it’s not as terrible as it might seem; it’s not the end of the world, your life, or your career. It happens to a lot more of your classmates than you might realize. Don’t consider yourself a failure; instead, regroup and refocus your efforts on doing better.

It’s not easy if you have to repeat an entire year, but there are plenty of people who have done it and have graduated and have gone on to residencies that are just fine. If you find yourself in trouble, utilize all the help that’s available at Pitt - Dean Harvey, Rich Levitt, OMED, and the Medical Student Counseling Service can be great resources.
The Third Year

Ah, third year. Finally, a chance to use those skills you acquired during two years of force-fed learning. Look on this year as a new beginning in your medical career and as a time for happiness and excitement. Or, look on this year as an endless series of embarrassments: Your patients wondering when they will see a real doctor, your attendings pimping you and holding your idiocy aloft for all to admire, your very identity eclipsed by your new name, Medical Student. Either way, third year is certainly a departure from sitting in school all day and rote memorization to being one step closer to what you’ve always wanted to do: Be a doctor... or at least perform rectal exams on every person you encounter.

The Clerkships

Adult Inpatient Medicine

In Medicine you will learn once again how much you don’t know. The rotation consists of two four-week blocks of inpatient care at Montefiore, the VA, or Shadyside. Here you will learn H and Ps until you can write them in your sleep, master the art of differential diagnosis, and try to find a free lunch. The hours are 7:00 am to variable times in the afternoon, depending on whether you are on short call or long call. Short and long call occur every other day and are on a q4 (every fourth day) rotation. The time you get out each day is highly variable, depending on your team. Some residents let you go as early as 1pm (at Shadyside), while others will keep you until 10pm.

To honor in this class you must really take the initiative in coming up with an assessment and plan for your patients and have your notes in their charts before rounds. Another tip is to practice your presentations. This is where you should learn to be concise and clear in your presentation. An invaluable resource in this rotation is UpToDate, a web resource on the library web page. They are VERY big on evidence-based medicine here, so this is a good place to look up the basic papers on any topic of your choosing.

The best books for the exam are First Aid for the Medicine Clerkship and PreTest Medicine questions. Another big help is to try to get a variety of patients during the two months. If you get one or two patients with cardiac (“chest pain rule out MI”), pulmonary, cancer, endocrine, GI, etc. issues, you will be prepared. Dr. Rogers and Dr. Dunmire’s sessions in the afternoon are always well received. They go through the basics of airway management and resuscitation, which are continued during the Critical Care Medicine clerkship fourth year. The exam is a typical board test with a clinical focus, and it counts very little towards your grade.

Ambulatory Care

If you like variety, this rotation is for you. As you tour through Internal Medicine, Pediatrics, Otolaryngology, Ophthalmology, and Emergency Medicine, you rarely spend two days with the same doctor. If you are lucky, you will work with physicians who will give you a good overview of their specialty; if not, you will be ignored for much of the rotation.

Every day begins with either PBL or an hour of lecture at 7:00 am. Then GI rounds, if you so desire, and breakfast in the Presby cafeteria with the other students. Most days end by 4:30 pm. There is no call, but there are workshops every Saturday morning for three hours. These are fun but they take a substantial bite out of your weekend. The test in the past has been sixty multiple-choice questions completely from the lectures.

Clinical Neurosciences

This course integrates Psychiatry, Neurology, Neurosurgery, Neuropathology, and Neuroradiology in an eight-week block. Five of the weeks are devoted to Psychiatry.
The psych floors are divided into Young Adolescents, Older Adolescents, Geriatric, Schizophrenia, Dual Diagnosis, etc.

This was (for me) a surprisingly good rotation. Dr. Kithas (the course director) does a good job organizing the lectures and really encourages group participation. You get really good at doing a mental status exam and talking to patients and their families about sensitive issues. You also get exposed to the social work and legal aspects of medicine in this rotation. There is a decent focus on the pharmacetics used in psych.

There are lectures several afternoons a week and you are required to go to an ECT (Electroconvulsive Shock Therapy) session. You are also required to do several afternoons at an Alcoholics Anonymous meeting and at the “DEC” (Diagnostic Evaluation Center), the Psych Emergency Department. The doctors there are pretty good about letting you do a lot. The hours for Psych are the best part, with your day starting anywhere from 7:30 to 9:30 am (Adolescent floors have the best hours) and lasting till 2:30 to 3:30 pm.

The neuroscience rotation is three weeks long and allows you the opportunity to get very skilled at doing a quick neurologic exam (motor, sensory, strength and coordination). You can rotate though several places, including Consults, Stroke service, Outpatient and at Shadyside Hospital. I did Shadyside and loved it because (aside from the parking stickers and free food), there was a nice balance of inpatient, outpatient and emergent cases. I’ve heard that consults can be pretty brutal if you are at Presby/Montefiore. They pretty much let you set your own pace there. The hours during Neuro are pretty much standard office hours, 8 am to 4 pm. The test for this block is a shelf exam and a complete pain in the rear.

**Family Medicine**

A four-week rotation with four components: Community-based Clinical Experiences, Whole Group Learning Sessions, Virtual Family Practice Classroom Exercises, and Family and Community Assessment. Log keeping is required throughout this course. Once again, your experience is highly dependent on your location. The family docs are generally REALLY smart, so they can teach you a whole lot if you get a good one. The focus during this course is on bread and butter topics, like hypertension, heart disease, differential diagnosis of shortness of breath, COPD, Diabetes, Fractures, etc. I think there is an option to do this rotation in a rural area, such as Washington, PA, but that may have changed.

**Obstetrics and Gynecology**

Students rotate through two weeks of Outpatient Services (emergency department, outpatient clinics, and officer), one week of Obstetrics (labor and delivery suite), and one week of surgery (benign versus oncologic) during this four-week long rotation. By reputation, the residents are not the friendliest people around, but there are gems among them, and your attitude will have a lot to do with your reception.

During the outpatient weeks you will get the chance do Pap smears over and over again. You also do some outpatient obstetrics, where you learn the appropriate questions to ask expectant mothers. There are a few afternoons where you will shadow a doc specializing in high-risk obstetrics (mom > 35y, recurrent pregnancy loss, preeclampsia, etc.). The hours are standard office hours.

During the week of L&D, you have the option of working days or nights. If you want more hands on, work nights. If you want to have a normal sleep schedule, work days. You will be able to scrub in on multiple C-sections and vaginal deliveries. If you really want to deliver, you have to be pretty aggressive (especially at the beginning of the year). Get accustomed to being ignored during this week. You will learn a lot about fetal monitoring, anesthesia and stages of labor in this rotation. The hours start around 7 am with rounds and end when you go to lecture.
The week of surgery is pretty decent, especially if you are on benign. The hours begin as early as 5:30 am for oncologic surgery to 7:00 am for benign. The quality of the surgeons is hit or miss. If you want to see some unbelievable tumors, do oncology. There are PBL-style small group sessions. Your day for pretty much everything on this rotation (except L&D nights) ends after the PBLs are done at 4 or 5 pm. You get two meal tickets and reduced rate parking during this rotation. Recommended textbook for this class is “Blueprints for Obstetrics and Gynecology.” The test is very fair and representative of what you see in the course.

Pediatric Inpatient Medicine
This four-week clerkship involves yet more H and Ps, reading, conferences, etc. Call is every fourth day and is not overnight. There are a few required days of weekend call. You are assigned to either the little kids floor, the adolescent floor or the limited stay unit (LSU). You can request your floor. If you want to get good at presentations, this is the time to hone those skills. These are probably the most tiring weeks outside of your surgery rotation, but in general these are the nicest people to work with. The hours start with rounds at 7 am (6 am if you are gunning for honors and want to get sign out from the night team). The day ends with (required attendance) around 4 or 5 pm.

Ideally, it is nice to have notes on the chart before rounds so that you don’t slow things down for the rest of the team. Like medicine, it seems that you are always rounding or are in some conference or class. They also really like it when you can come up with your own assessment and plan. The actual amount of time you spend on the floors is not that much. However, the teaching is excellent and the residents are always willing to give you constructive feedback.

One of the irritating parts of Pediatrics is the clinicopathologic conference (CPC) presentation (PowerPoint, please). Get it done early; you will not want to be fooling around with this as the test draws near. Contrary to popular belief, getting the “correct” answer to your CPC is not the point; the emphasis is on the process of how you get to that answer. People have gotten full credit even though they had the wrong answer. Of course, it never hurts to ask your residents or attending for their opinion. Attendance at noon conference is encouraged, but not required. There usually isn’t enough space and they don’t feed the third year med students. The test is representative of the topics covered in lecture. Recommended textbook is Appleton and Lange’s (red cover).
grade, but many an honors has become a pass with a bad test grade.

Traditionally, Montefiore is the most popular site as the teaching is good and the hours are better than average. If you want a challenge, do trauma; the hours are the worst, but you are in on all of the action. Call is every fourth night if you are on the trauma service or once during your surgery rotation if you choose a different service. Additionally, Magee has the best hours, but take a thick skin and prepare to be pimped if you go there. Other services for surgery include pediatric, GI, Endocrine, Shadyside (Oncology), Transplant, Vascular, VA and St. Margaret’s.

St. Margaret’s is becoming a very popular site because it is a community hospital, where you get a lot of hands-on experience and the teaching is excellent. They get to see a lot of general surgery (lap choles, appendectomies, hernia repairs) that you won’t see elsewhere. Unfortunately, you won’t see much high acuity, either. The main drawback is that it is a drive from Oakland. You definitely need a car to get there, and it can be a pain in the winter. They do provide you with parking and food, however.

The VA and Endocrine services rival Magee for hours, but those VA surgeries can be unpredictable and the working hours of Endocrine surgeons can give the OB/GYN residents a run for their money. GI and Vascular services tend to be pretty demanding. You have Friday afternoon and Saturday morning lectures each week. You also do a case presentation at one of these sessions.

The best books include “Surgery Recall” to prep for pimping in the OR and “Essentials of Surgery” and “First Aid for the Medicine Clerkship” for the test. The main advantage for the test goes to those who have had their medicine clerkship before their surgery rotation, since the surgery test is pretty much all medical management of patients.

The two weeks of anesthesia are a welcome respite from the rigors of surgery. Your hours are from 7:30 am, when you go in, do pre-op checks on patients then sit and watch your resident push buttons. There are ample opportunities to take multiple coffee breaks. The afternoon sessions with Dr. MacIvor are fantastic and are always among the favorite teaching sessions during third year. You learn the basics of intubation, starting IV’s, resuscitation and anesthetics on this rotation. They provide you with a book to study from.

**Call**

Since the institution of the 80-hour workweek, residents can no longer work the crazy schedules they did before. Almost everyone at UPMC has night float now, so call has become a moot point. Strangely enough, the 80-hour workweek does not necessarily apply to med students, especially when you’re on surgery. That said, someone finally learned that it is difficult to learn medicine on 27 minutes of sleep a night, so most rotations have cut back on the hours one must spend in the hospital. The only rotations with required overnight call are Surgery and Ob/Gyn (night shift)—two rotations where things actually happen at 3:00 am that might be more interesting than sleep. In both cases a luxurious call room is supplied at no additional charge for those quiet hours, and you are given meals tickets for your night of OB call.

**Fitting In and Avoiding Stress**

The first feeling you may have when you meet your new team is one of uselessness. Interns and residents have a general tendency to look upon med students with caution (and some even as a burden) until they get the feel of how good you really are. Understand that
at the beginning of the year, you may be a lot of work for them. They need to teach you how to write notes, take H and Ps (History and Physical Exams), find out info, present to attendings, and generally be helpful. If you stick to them politely and ask them to teach, you will become more comfortable with the day-to-day routine of the hospital and will become an invaluable member of the team. You should see them when there are no med students around!

In general, most students complain about having no role during the third year. They would give a lot for a little direction. Some of this may be corrected by simply asking, but sometimes nothing you do seems to help. A good strategy in any rotation is to talk to those in charge (e.g. attending, chief resident) at the end of the first week to get feedback and air any complaints or confusion. Most physicians see this as a true commitment to doing your best and often appreciate a chance to praise or help you. Do not constantly ask how you are doing—that's annoying. But don't be afraid to ask where you fit in; the people in charge of grading you will grade you based on their own expectations whether you know them or not.

After you get into the swing of things, you will see that you can make an important contribution, even though you are paying through the nose for it! Some attendings will remember this and take extra time to teach or show you things, but some will forget. You must keep in mind that this is your only education! If given a choice of things to do, try to choose something that is new to you or that you are interested in rather than choosing scutwork that might make your intern happy for the time being. This does not mean that you should ever be rude, but try to make smart choices. This may be a decision between working late and going home. If you think that you will be doing something more beneficial than standing around or writing numerous H and Ps, you may want to stay, but do not sacrifice your health or sanity. Sometimes even the most sincere-appearing resident will test how far he/she can push you. When they say, “go home,” they expect you to go home. You’ll be glad you did. One mantra of third year is “the longer you stay, the longer you stay.” There is always more work to do. It will get done whether or not you are there. If you insist on staying, chances are you will be picked to do it.

Where to Turn

Realize that third year is an exposure to some of the worst parts of the “real world.” Incidents of abuse, discrimination, or just plain misery revolving around race, gender, ethnic background, sexual orientation, or religious affiliation have been reported (and sometimes they haven’t). There is also often abuse or degradation of students just because they are the low person on the totem pole. These nasty and unfortunate events have been perpetrated by nearly everyone we come into contact with including staff, patients, and (not the least) fellow students.

Many people in our field are all too aware that these incidents occur and are available for help, listening and support, including Dean Harvey (an excellent person to turn to, especially in matters that deserve reprimand or those involving protocol), the Medical Student Counseling Service, Richard Levitt (Academic Development Coordinator), many
course directors, and your Honor Council members.

The most helpful and accessible people for most students are people in the administration or on rotations that they trust and feel comfortable with. Please do not hesitate to talk to someone about anything that might happen. The only way to bring about change is to start the ball rolling.

The Fourth Year

Fourth year brings with it an enormous amount of anticipation and excitement, but it can also cause some anxiety. At Pitt, the requirements currently are very few and the choices are many. The year, as it exists now, consists of 12 rotations, two of which are vacation months, one of which is an integrated life science (ILS) course, and another of which is a required acting internship (AI) in Medicine (Family or Internal), Pediatrics or Surgery. The remaining eight rotations are electives. The best person to talk to about electives and required courses for fourth year is a graduating senior or recently graduated alumnus.

Choosing your Schedule

Many scenarios exist for students approaching their fourth year. Fourth year may be a time for further exploration to help pick a career. It may be a final fling before entering a specialty. It may be a time to round out and strengthen many areas. This may be the first and last time to experience Ophthalmology if you are heading into Ob/Gyn, Adolescent Medicine if you like Geriatrics, or Dermatology for budding Cardiothoracic surgeons. You should always remember that fourth year is, historically, a great time to have fun.

Some tips:

• Do things that interest you.
• Schedule your AI (Acting Internship) or area of interest early (Period 1-4) to get letters of recommendation. PLEASE keep in mind that you may not always be able to get a good letter from your AI attending.
• Schedule another subspecialty in your area of interest early to get another letter of recommendation.
• Do not use fourth year to refine skills that you will only repeat in residency.
• Take your USMLE Step 2 early enough that it doesn’t interfere with applications and interviews, but late enough that you can hold your score if you need to.
• Best (but sometimes boring) classes for when you need flexible time off for interviews, etc.: Clinical Radiology, Dermatopathology, Emergency Medicine, Blood Coagulation.
• I highly recommend doing an away rotation at a place that you’ve always wanted to visit but don’t necessarily want to apply at for residency. Even better, do an international rotation in a developing country to see how medicine is practiced in 85% of the world.

Whether to do a rotation at a place you are strongly interested in for residency is very controversial. An “audition” in your chosen specialty may result in a shoo-in or a “no-way” recommendation at that institution. Before you do this, discuss it with professional people whose opinions you trust. Your fourth year advisor must also approve your decision.

Applying to Residencies

Advice about residency applications has been covered very well in “How Not to Reinvent the Wheel” (available in the Student Affairs Office), so that’s a great place to look for help. The most important thing to alleviate anxiety is to do whatever you can early.
Administrative Offices

The administrative offices keep the medical school running. Without them, medical school becomes a PBL nightmare: everybody thinks they know what to do, but no one has a clue. The people who work in the administrative offices have a clue—lots of them, in fact—and are more than willing to help when you have a question, be it financial, pedagogical, or alumnical (you know, for alumni stuff). The staff members in these offices are usually much nicer than we deserve, and don't be surprised if they know your name, even if you've never met. The administrative offices include the Office of Financial Aid, the Office of Student Affairs, the Office of Diversity Programs, the Office of Medical Education, the Office of the Dean, and the Medical Alumni Association.

The Office of Student Affairs
M-218 Scaife Hall / 412-648-9040
www.medschool.pitt.edu/studentaffairs/
Student_Affairs@medschool.pitt.edu

The most contact with the Office of Student Affairs is Dr. Joan Harvey, and she is the person to meet with if you want to discuss career plans, summer plans, personal concerns, or anything that you need advice about. Her door is always open (unless she is meeting with someone) and it is always easy to get an appointment with her. If you are involved with any student groups or are an elected class or SEC officer, you will definitely be spending a lot of time with Dr. Harvey (which is good, because she has a lot to do with your Dean's Letter).

The other people in the Office of Student Affairs are also great resources. Yvonne Harlow, Office Administrator and School Registrar, handles much of the nuts and bolts of Student Affairs (including a lot of your important paperwork) and is a good person to get to know if you are involved in student organizations because she has a good understanding of the history of all the organizations. Suzann Beardsley coordinates all sorts of things, including medical student research (during your first year or the summer), the journal club, workshops, and is a FAST liaison. Joanne Colligan helps with Dean’s Letters and the Student Handbook, as well as performing much of the legwork necessary for 4th Year medical students like documentation for licensure and hospital privileges. In addition to sending you all those motherly letters that tell you to get your immunizations and PPD tests, Mary Pat Kancle (sounds like, “cancel”) is in charge of student academic records and is the health insurance liaison. Diane Smith-Kihonia is the one who always greets you with a smile and is your first contact within the office. She’ll help direct you to those who can answer your questions. She also helps out with your orientation and is the assistant for student organizations. You’ll want to talk to Trevor Lange in order to meet with the Big Cheese; he is the newest addition to the Office of Student Affairs and he handles Dr. Harvey’s calendar.

When you need to reserve a room in Scaife or set aside some AV equipment, go to the Student Affairs website. On the website,
you will find a form that you can use to describe what kind of room you need, and you will receive confirmation on your room reservation via email.

The Office of Diversity Programs
M-247 Scaife Hall / 412-648-8987
www.medschool.pitt.edu/future/future_03.asp
diversityaffairs@medschool.pitt.edu

The Office of Diversity Programs organizes a number of programs for students that provide academic and personal support. These programs include the Physician Partners Mentoring Program and the Summer Pre-Matriculation Program for Minority and Non-Traditional Students. The Office of Minority Programs also coordinates, with the Office of Student Affairs, the diversity workshops that are a part of student orientation. If you are interested in getting involved in any of these programs, contact this office. The Director of Minority Programs is Paula Davis. She welcomes suggestions and comments and is always willing to share what her office is doing.

The Office of Medical Education
M-211 Scaife Hall / 412-648-8714
www.omed.pitt.edu
omed@pitt.edu

Otherwise known as OMEd, the Office of Medical Education is the office responsible for the medical school curriculum. OMEd is the office with which the Curriculum Committee has a liaison, and is the office through which changes in curriculum are effected. Dr. John Mahoney, Associate Dean of Medical Education, directs the office and its staff. Student concerns and initiatives with respect to the curriculum should be brought to this office. Information about OMEd Staff, Curriculum Calendars, Student Support, the Curriculum Committee, the four year medical school curriculum, and other programs can be found on the OMEd home page.

The Office of the Vice Dean
M-240 Scaife Hall / 412-648-9000
Dr. Steven Kanter serves as the Vice Dean of the School of Medicine. His office is able to help with student issues and concerns and is staffed by Dione Cahillane, Kristin Lang, and Katie Rossi. Ms. Rossi can schedule an appointment for you to meet with Dr. Kanter.

The Office of the Dean
401 Scaife Hall / 412-648-8975
Dr. Arthur Levine is the Dean of the School of Medicine and Senior Vice Chancellor for Health Sciences. His office is behind the glass doors off of the 4th floor lobby. His office tends to be very helpful when you don’t know where to turn about a concern. When you get to the reception area either Mary Downs or Grace Bindas will be there to greet you. Gerri Maringo and Grace are willing to make phone calls, send faxes, and pull strings for students, and will find a way for you to meet with the Dean himself if that’s your wish. Also in the office is Gina Deible.

The Medical Alumni Association
M-200K Scaife Hall / 412-648-9090
www.medschool.pitt.edu/alumni
medalum@medschool.pitt.edu

The Medical Alumni Association, previously under the directorship of Dr. Ross Musgrave (M.D. ’43), currently has Dr. Susan Dunmire (M.D. ’85) acting as the interim head. It is a very generous organization composed of alumni who remember well being needy medical students themselves. Funds from the alumni provide student scholarships and support research projects, as well as academic and social functions. The Alumni Association also normally subsidizes the white coat ceremony, the Literature and Arts Journal, and that which you currently cherish in your hands: the one and only Survival Guide.
**Financial Aid**

**Office of Financial Aid (OFA)**  
518 Scaife Hall  
412-648-9891  
Fax: 412-648-8768  
admissions@medschool.pitt.edu  
www.medschool.pitt.edu/future/future_04.asp

**FAFSA**  
www.fafsa.ed.gov

**Student Payment Center**  
G-7 Thackeray Hall  
412-624-7520  
payments@bc.pitt.edu

It's back to school and you have long since completed the FAFSA and have applied for Stafford, Unsubsidized Stafford, Alternative loans and/or Institutional Aid. But do you really know what all this means? Well, all of us in your shoes are trying to sort it out, too. Compiled below are a few tidbits that may make the process work more smoothly and then, just maybe, you will get your loan money in time to pay the bills!

1. **Apply on time.** By August, you should have done everything you need to do to get financial aid funds. In case you haven’t, review (again!) your financial aid packet from the OFA. Most likely you will pick up valuable information that you missed before. The Instructions for Applying for 2004-2005 Financial Aid Programs and the Sources of Financial Assistance are, respectively, two informative references on the different loan and Institutional Aid programs and on what to do when. Remember, you don’t have to fill out anything from the University that undergrads or other normal grad students would have to do. All of the medical school’s financial aid is handled internally. Before second year, pay special attention to the deadlines for applying for Institutional Aid if you are doing so. They tend to be in early March, and may sneak up on you when you’re trying valiantly to study micro. The OFA’s website is a good place to find deadlines, information, and forms.

2. **Ask questions.** If you have questions about your financial status, don’t hesitate to call or visit the OFA. There you will find the Director of Financial Aid and very helpful financial aid coordinators. They are knowledgeable, friendly, and do their best to answer your questions frankly. Remember that the OFA doesn’t make the policies; the University and the federal government do. They simply follow the policies fairly and consistently.

3. **Endorse your checks.** When you receive the notifications in the mail (green postcards) that your loan checks are at the Student Payment Center in Thackeray Hall, go there ASAP and endorse them (if you are really anxious you can call the OFA or the Student Payment Center to inquire about your status). This is the only time other than on the bus that you will have to mingle with the other riffraff that attend Pitt, like dental students and undergrads. Keep in mind that your loan checks may not arrive at the same time if they come from different lenders. Make sure that the Student Payment Center in Thackeray has received all before you make the trek, otherwise you will have to return and wait in line again when your second check arrives. Spending the time now will save you hours if you beat the undergrad rush; the rest of Pitt seems to flood the campus the middle of August. This can also apply to the second semester notification. The bottom line: the sooner you sign, the faster you’ll receive your refund in the mail.

4. **Some loans come via electronic transfer.** All Pennsylvania banks use electronic funds transfer for your fall and spring loan disbursements, so as long as you checked “yes” to EFT on your Stafford Loan...
application, your loans will be sent and
applied to your bill electronically. If you're
not sure whether your EFT loans have come
in yet, the OFA can look on the University
computer system to check on the status. Once
your loans are applied to your tuition balance,
if you are due a refund, that check will be
sent to you.

5. All loan/grant money FIRST goes to
pay off tuition. Any credit balance—your
"refund"—will arrive as a check from
Thackeray about a week after you sign the
loan checks. Only if there are remaining
funds can you receive a $200 advance to
cover expenses until your refund check
arrives. You can only request this once per
semester. Make sure to ask the Student
Payment Center at Thackeray for this advance
if you need it. If your loans were sent EFT,
usually your refund check will be processed
and mailed within a day or two, so it’s hard to
get the $200 refund advance when the
process is electronic.

6. Keep early summer in mind. By law,
student loans only cover the academic year,
not the summer months. When you make
your monthly budget, include the entire
month of June just in case you can’t find that
job or your first paycheck doesn’t arrive until
June 30. (You may also want to consider
budgeting extra for July in case your summer
job only pays you at the end of summer.)

7. Get copies. This tidbit is common sense,
but people do forget: photocopy everything.
Well, maybe not everything. The rule to
follow would be to make photocopies of
important documents (tax returns, loan
applications) that you may need for reference
later.

8. Additional funding. If the idea of four
years of loans is already painful, start looking
now for additional sources of funding for the
next year. For example, few people know
that low interest loans are available for
students from Pennsylvania (contact the OFA
for details). There are more funding sources,
too; it just takes persistence to find them.
The OFA, the Internet, and your local
medical society are often good places to start.

9. Do your taxes. Fill out your income tax
return as soon as you can after January 1. You
will need those figures to complete all your
other forms a little later in the spring. Keep
copies! If you’re applying for Institutional
Aid, remind your parents to do their tax
returns as soon after January 1 as possible.
The FAFSA should be done by March 1. Mail
it by mid-February or complete it online.

10. Do your Staffords in the spring. Along
that note, if you’re only applying for Stafford
Loans, then you can use spring break to fill
out the financial aid forms, since that’s the
time you can actually sit down and sift
through the material for more than 15
minutes at a time. However, for Institutional
Aid, don’t wait until Spring break. That’s too
late. The deadline is usually April 1. Again,
keep track of deadlines!

11. Defer your loans. If you have not
already done this, do it soon: if you borrowed
money as an undergraduate, notify your
lenders that you have moved, are still in
school, and want deferment of those loans.
Otherwise the lenders will begin the
repayment process. Contact the OFA if you’re
not sure how to do this or if you’re having
problems getting the deferment request
processed by the lender.

12. Check your mail. The OFA will send
you next year’s application packet by February
1. They will give you everything you need to
fill out and submit, except for your tax return
and loan applications. You can also find all of
the forms you need as well as instructions for
completing them on the OFA website. Some
banks will send you a new Stafford
application this spring, but you can call your
bank to request one, just to be sure. Begin
checking for its arrival around May 1.

13. **Your MPN lasts awhile.** The Master Promissory Note from your lender will be good for ten years.

14. **Give yourself a break.** Finally, even though you are most likely living, eating, and drinking off of borrowed money and may pay back up to three times (ouch!) what you originally spend, find a way to inexpensively treat yourself (whatever that may be for you) every now and again. As the rumors say, med school is the easy part. So enjoy it...just do it on a budget!

### Armed Forces

The United States Armed Forces offer eligible medical students the option to graduate financially debt-free via the Health Professions Scholarship Program. Considering that the average medical school loan amount is well into the six digit figures, this can be a highly attractive choice for some. The branch of the Armed Forces that the student chooses will pay all tuition, fees, and equipment costs (including books and instruments) in addition to a monthly stipend (currently $1,185 per month before taxes) for the entire duration of the scholarship.

Every year while still a student, a 45-day active duty tour must be completed, and in that time the student will receive active duty pay (roughly $2,500). The program is designed to give medical students the relief of knowing that they are financially secure. Furthermore, it offers the opportunity and honor of supporting the men and women who risk their lives to protect the freedoms of the United States.

The debt incurred is not financial, but it is an obligation of time serving as an officer. For every year of sponsorship (the scholarships are four and three years only), one year on active duty and an additional year as a reservist must be served. For example, if a student has a four-year scholarship, she will serve four years as an active duty physician and another four years on the reserves. Also, depending on which branch was chosen, he or she could end up doing his or her residency at a military hospital which can extend obligated active time, as residency does not count as time served.

Paying back time owed does not begin until after residency is completed, and it is conceivable that you could add on time owed if your residency is particularly long. During school, the first active duty tour will be an Officer's Basic Course in the summer between first and second years, at which the student receives an introduction to the military. The other active duty tours can be performed at medical facilities, becoming, in effect, additional clerkships during which the student is on the pay grade for his or her rank (second lieutenant or ensign, depending on the branch). The scholarship is a complicated process, both in application and in understanding the terms. Be sure to carefully question the recruiter; he will not lie, but he is also trained to make this program seem as attractive as possible. It is not for everyone; those who have difficulties accepting the mission of the military should think twice before applying. You will be a doctor, and you will be treated as such, but you will also be an officer and will be expected to act as one.

If this program seems right for you, contact the recruiters below. Extensively question the particular branch's program, because they will be more realistic about the experience. They are the ones who have done it. This is quite different than just knowing the ins and outs of the program.

**Army**  
Sgt. Kevin Buck  
1001 Liberty Avenue  
Suite 545  
Pittsburgh, PA 15222-3715  
Office: 412 434-8470  
Cell: 877-227-1046
Navy
HM1 Jacqueline Reck
reckj@cmrc.navy.mil
Lt Willie Torres
torresw@cmrc.navy.mil
CO, Navy Recruiting District
1000 Liberty Ave.
Federal Building, Rm. 713
Pittsburgh, PA 15222-4094
Home: 412-395-4546
Alt. Phone: 800-742-2972

Lt Jackie Reck
Lt Willie Torres
CO, Navy Recruiting District
1000 Liberty Ave.
Federal Building, Rm. 713
Pittsburgh, PA 15222-4094
Home: 412-395-4546
Alt. Phone: 800-742-2972

If you have additional questions, the following Pitt Med students are in the armed forces scholarship program: MSIII: Candice Jones (Army; jones.candice@medstudent.pitt.edu), Matthew Wick (Air Force; wick.matthew@medstudent.pitt.edu), and Matthew Frank (Air Force; frank.matthew@medstudent.pitt.edu)

What’s in Scaife Hall?

Floor 2
Entrance/exit on DeSoto St. with bike racks outside (Doors open 7 am-7 pm Mon.-Fri.; 7 am-3 pm Sat.)
Med Student Lounge
Falk Library
Copycat (printing service and stamps if they haven’t run out)
Entrance to 2nd floor of Presby
(Operating rooms, Medical ICU, Surgical ICU, Cardiac ICU)

Floor M
Office of Student Affairs
Office of Medical Education
Rich Levitt’s office and the Bookroom
Laboratory for Educational Technology
Office of the Vice Dean
Medical Alumni Association
Office of Minority Programs

Floor 11
UPMC Cafeteria
Connection with 11th floor of Presby
Conference rooms

Floor 3
Anatomy lab
Some first year PBL rooms
Histopathology lab
LR 4 (the first year lecture hall)
Neuro labs
Entrance to Floor 3 of Presby
(access to BST South, Montefiore, and Kaufmann)
Vending machines

Floor 4
Entrances/exits to Terrace St. with bike racks outside
The West entrance is locked at 7 pm. The East entrance is the main entrance. After 9 pm, you need to show ID to get into the building.
Lots of first year PBL rooms
Lecture Rooms 1-3, 5, and 6
Dean Levine’s office
Lockers

Floor 5
Office of Admissions and Financial Aid
MSTP Office
Second year PBL rooms with lounge
Lockers
Connection to parking garage/
Biomedical Science Tower
Office of Graduate Studies
UPMC Cafeterias

Presby
11th floor Scaife/Presby
This is the largest of the hospital cafeterias and boasts the most windows of any of the cafeterias. When you have been trapped in your favorite Lecture Room all morning and have forgotten what season it is, go up to the 11th floor to enjoy a large selection of food for reasonable prices. They serve three meals a day, including hot breakfast. For lunch/dinner, they have a self-serve pasta bar, hot dishes, grill, deli sandwiches (including kosher selections), and soups. Desserts include ice cream, yogurt, cookies, pie, fruit, and drinks.
The cafeteria selections for vegetarians or health-conscious people are not too bad; veggie burgers are standard at the grill (ask if you don’t see them and they’ll fetch one from the kitchen), and the salad bar offers plain tuna fish, tofu, garbanzo beans, couscous salad, and standard salad bar fare. Presby is open virtually 24 hours a day, and when it’s closed, it’s later than you should be there, anyway! There are microwaves and free condiments, and many people eat lunch from home there as well. You have no excuse to eat downstairs by yourself in the dungeons that are the student lounge and PBL rooms. Also, this cafeteria is a great place to study during the quieter hours of the day or night.

Children’s
Ground floor, at the DeSoto Street entrance
The middle of this caf. has a courtyard, where you can eat outside. Children’s has a fair amount of seating, and the menu is similar to Presby’s (although not as extensive or worldly). The prices are similar, and condiments and microwaves are also free.

Western Psych
4th floor of Western Psychiatric Institute, which is across DeSoto from Scaife
This is a pretty greenhouse-type, multi-level dining bonanza.

Montefiore
4th floor of Montefiore Hospital
You can eat outside at this small cafeteria, but it closes for the day at 2:00 pm.

Peterson Food Court
2nd floor of the Petersen Events Center
Food court featuring authentic pulled pork sandwiches, made-to-order burgers & Portobello mushroom sandwiches; creative pizza and pasta; fresh hot and cold subs; Seattle’s Best coffee, high quality teas, mix-made smoothies, and freshly baked pastries. Peterson has ample chairs and tables, making the section by the windows a nice change of scene for last minute studying (as long as you don’t mind the view of Scaife).

Falk Library
412-648-8866
Computer and Media Center: 412 648-9109
www.hsls.pitt.edu

Library Hours
M-Th: 7am-12am
F: 7am-10pm
Sat: 9:30am-10pm
Sun: 9:30am-12am

CMC Hours
M-Th: 7:15 am-11:45 pm
F: 7:15 am-9:45 pm
Sat: 9:30 am-9:45 pm
Sun: 9:30 am-11:45 pm

That’s pronounced “FALK,” with an “L.” The Falk Library entrance is located on the second floor of Scaife Hall. It is affiliated with both the Medical Center and the University as a whole (including the School of Public Health, the Nursing School, the Pharmacy School, and the Dental School). The library, despite its expansive seating spaces and climate control (always cold), does have some drawbacks—no eating or drinking except from containers with lids, no yapping, and limited seating around exam times (the undergrads and dental students often find a home for themselves at the nice tables).
The library is the medical student's resource for journals, books, databases, and references. It houses over 250,000 volumes, and has subscriptions to over 2,000 journals and counting. The library has a number of computer services, including, though certainly not limited to: MEDLINE, PITTCAT, PSYCINFO, etc. The library staff will be glad to give you a hand at using these databases.

If you thought it couldn't get any better, the library also houses the Computer and Media Center (CMC). The CMC computers have software and scanners at your disposal as well as classes to teach you how to use the software and scanners. As a medical student, you'll receive a ton of 'free' pages to print - somewhere in the area of 900. If you still need more, you can print at one of the undergraduate computer labs located around campus at Hillman, the Cathedral of Learning basement, of the Engineering Building lab in Benedum Hall, 10th floor- as a general Pitt student, you receive another 1,000 free pages.

Books and Equipment

You've got to pay more money once you get to medical school. Hopefully you budgeted the following items into your loans, and we've got ways to help you stretch your money to its furthest.

Books

My ambulatory care preceptor told me that the best thing you can do to become a successful doctor is have the right books. She is right—some books on the shelf are invaluable, such as Robbins's *Pathology* and the Bates *Guide to Physical Examination*. But buy smart, and buy cheap when you can. Some books come “free.” Several resources are online, including *Harrison's*. If you join the AMA, your membership will include *Stedman's Medical Dictionary*. AMSA membership will get you a copy of the ubiquitous Frank Netter's *Atlas of Human Anatomy*.

Aside from that, buy books from second-years or on eBay. Usually it won't make a difference to have a slightly older edition of a book, though a few courses (such as Immunology last year) are based heavily on the book the course director suggests. Read the SARC Manual before buying books.

Smart students will use books from the Book Room on Floor M-219b (this room is near the Student Affairs office). Hundreds of books are here for you to borrow, both required texts and board review books, as well as folders with practice questions arranged by topic. In fact, many students never buy books at all; they just get to the book room early before each new class.

Scalpels, Stethoscopes & White Coats

Wait until you get to Pitt to get these items. For anatomy, your lab group will need two dissection kits, available at the Health Book Store. Extra scalpel blades are available in lab, so don't buy them. You will get a short white coat at your white coat ceremony - this will be worn during Clinical Experiences courses and during patient encounters. You may want to pick up a long white coat to wear during Anatomy lab - you can find these at any scrub/uniform store.

As for the tools for learning diagnosis: AMSA has an annual sale and announces the items you'll need for class. The annual AMSA equipment sale serves three very important roles. First, it happens every year just in time for the clinical skills course. Second, it is a great fundraiser for AMSA and all of the organizations that are subgroups of AMSA. Third, you can buy a stethoscope, ophthalmoscopes, tuning forks, doctor bags, and more at a substantially reduced rate if you are an AMSA member. Get a stethoscope (we recommend one that is dual-sided, with one side for kids and one for adults). A sphygmomanometer (blood pressure cuff) is optional. And then there's the nifty ophthalmoscope. With all of these purchases you have many options (and ways to pinch pennies), so talk to 2nd- and 3rd-years for advice. Should you buy a Pan-Optic scope?
It's a matter of preference—try out the scopes during the AMSA instrument sale to see which works best for you.

**Scrubs**
Get scrubs. Cheap, comfortable ones. You will likely throw them away/hide them once anatomy lab is over. No matter how many times you wash them (and please do wash them), that lab aroma won't go away. It doesn't matter what color scrubs you buy, unless you want to be cool and eschew the cheap light blue ones that everyone has. People will complement your neon orange scrubs, but you will pay $10-15 per piece instead of $5 . . . ah, the price of fashion.

**Microscopes**
Unless the powers that be say otherwise, you don’t have to buy a microscope (the cost of use/maintenance should be included in your tuition bill). Microscopes will be available for your use in the histology lab. Generally, two people share a microscope.

**Where to buy it all**

**Health Book Center**
3527 Forbes Avenue
Oakland
412-648-8915
[www.pitt.edu/~healthbc/](http://www.pitt.edu/~healthbc/)
Mon.-Thurs.: 9:30 am-6:00 pm
Fri.: 8:30 am-5:00 pm
Summer hours, Mon.-Fri.: 8:30 am-5:00 pm

The Health Book Center is a University-run one-stop shop for students in the Health Sciences (nursing, medicine, dentistry, and pharmacy). All books, supplies, or equipment that you would reasonably need during your stay in med school can be obtained here, including stethoscopes, oto-ophthalmoscopes, tuning forks, reflex hammers, textbooks, exam review books, lab coats, and some school supplies and computer supplies (see note on AMSA sale below). Normally, there are no returns or refunds on textbooks. However, if you specifically request to pay sales tax (textbooks are normally tax free), you can make a return at a later date. You can place also special orders. To do so, you must either place a 50% deposit and pay the rest on arrival or pay the entire balance by credit card and then pick it up or have it shipped to you.

**Got Used Bookstore**
3601 Forbes Avenue
Oakland
412-687-2780
[www.gotused.com](http://www.gotused.com)
Mon.-Fri.: 8:30 am–6:00 pm
Sat.: 11:00 am–5:00 pm

Got Used is a privately-run store that carries some medical textbooks, reference books, instruments, scrubs, white coats, and regular school supplies. They also carry many medical books, and you may (read: should) want to comparison shop with the Health Book Center before buying. Review books for the USMLE are always sold at a 10% discount, and the store also periodically runs specials on different merchandise (such as surgery and internal medicine books). Unlike the stingy Health Book Center, a full refund is given for texts returned within two weeks of the beginning of the class. Note, however, that the text must be in perfect condition, so resist the urge to make a fluorescent yellow highlighted mess of what you buy until you’re sure that you do in fact need it. Special orders are easy to place and do not require a deposit.

**Used Book Sale/Specials**
The third year class sponsors a book sale at the beginning of the year where you can find many of the texts you need at substantially reduced prices…usually assuming you don’t mind some underlining/highlighting/notetaking in your books. As an alternative, many students also e-mail the other classes when they are looking to unload extra books. If the timing is right, you can save yourself some money, provided you wade through the list of books to find the ones you need. Be warned: at times a course director will change what
book(s) is(are) required; it is often best to wait to buy books until the first day of class.

**AMA Catalog**


As a member of the AMA, you will receive a catalog full of cool stuff: everything from Jell-O molds that look like brains to texts and review books.

**Steele Surgical Supply**

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

This company has great prices on equipment. When you order, don’t forget to mention that you are a medical student at the University of Pittsburgh for a discount.

**Life Uniform**

3501 Forbes Avenue
Oakland
412-682-6373
Mon.-Fri.: 7:30 am-6:30 pm
Sat.: 9:00 am-3:00 pm

There are other stores like it interspersed throughout the city (See Apparel, Scrubs), but Life Uniform is close to school and serves all your scrub, lab coat, and accessory needs.
Computers at Pitt Med

Things are changing very quickly with regards to computing at Pitt Med. For this reason, if you have any questions, comments, or concerns about technological stuff here at Pitt Med in general, don’t hesitate to contact the technology committee, a tall, good-looking, mostly-elected body that represents YOU with regards to technology at the medical school. The committee has a website at www.pittmed.pitt.edu/technology and you can reach them via e-mail at technology@pittmed.pitt.edu.

Question: Do I need to buy a new computer when I enter medical school?
Answer: No, not really. Anything you absolutely need to do for school from a computer, which isn’t much, can be done at school. Although having a computer is nice, don’t rush out to buy that nice new laptop just because you are entering medical school. At least wait until you get here and learn what you really need.

Question: Do I need to buy a PDA when I enter medical school?
Answer: No, at least not for your first two years. Some technophiles prefer to use their PDAs to do scheduling, or to look up drugs or diseases using cool PDA programs, but there is nothing special that you need a PDA for in particular.

Overview
Three different organizations provide computing services to students at Pitt Med:
1. The Medical School
2. The University
3. The Library System
This is important to know because some of the services provided by each overlap, and understanding who is providing what service can help you to sort out how it all fits together. This will also help you know where to turn when a computer or online service starts misbehaving.

If you read nothing else in this document, check out the University Services section on the next page to find out how you are entitled to free internet access, free [and valuable] software, and free web space.

I. The Medical School

The Zone
The Zone is a centralized web site available for all Pitt Med-related Internet resources. It incorporates student email, online class resources, scheduling information, and general resources for medical students. You’ll hear all about the Zone and how to log on during orientation.

Email
The medical school provides all of its students an email account, of the form - lastname.firstname@medstudent.pitt.edu
This is will be your main email address as a student, where all official correspondence from the med school will be sent. Note that you are required to check this account, because official announcements sent here are just that: official. And as Mrs. Harlow will make very clear, you are grown up now and you’ve gotta do it (and don’t be late for class!). You can check your email through at: http://mail.medstudent.pitt.edu.

Public Computers
The medical school provides computers for student use in all of the PBL rooms, as well as a few in the student lounge. As your elected representatives, the technology committee had voted to provide all the PBL rooms with enough virtual reality goggles and Nintendo Power Gloves for all students in PBL for this year, but OMED unfortunately shot down the proposal. So, there is just a single computer in each PBL room. They are
Pittmed Survival Guide

Help with Med School Computer Stuff
All questions and concerns with computing resources provided by the med school should be directed to the Office of Medical Education, M-211 or omed@pitt.edu, or the technology committee, technology@pittmed.pitt.edu.

2. University Services

At the same time that you are a medical student, you are also a university student. Here is a Venn Diagram describing this relationship.

So, just like grad students and all the guys with tiny legs at the gym, medical students are also University students. As such, you are entitled to all the benefits that other students have with regards to computing. Ultimately, the resources here that are provided by the university are documented at technology.pitt.edu, which is much more extensive than this guide, although not exactly concise.

"The most valuable of all talents is that of never using two words when one will do."
– Thomas Jefferson

Free Software
You are entitled to a FREE copy of Microsoft Office, operating systems, Visual Studio, Norton Antivirus and more! If you’re thinking of buying a computer DON’T buy the software. You get it here for free. See www.technology.pitt.edu/software_hardware.html for details.

Free Internet Access
Ok, well it’s just dialup. But it’s FREE. And anything for FREE is good, right? More info is available at technology.pitt.edu/network.html#remotenet.

Free Gym Access
OK, this has very little to do with computers, but it’s cool, isn’t it?

Email
In addition to your medstudent email account, you also have an account through the University (yourinitials+number code@pitt.edu). You should receive information from the University regarding this account before your arrival. Note that this email has a limited storage capacity, while your medstudent email account does not have a fixed maximum capacity. Also note that you can check this email at the different Internet “kiosks” around campus. Pitt.edu address email is accessed through the my.pitt.edu web portal, which is unfortunately probably more cumbersome than useful for most people. You can also access Pitt account mail via IMAP and POP3 on your home computer (see technology.pitt.edu), or forward your email to your Pitt address to somewhere else, for instance your medstudent address (see my.pitt.edu for this one).

Wireless Access
Wireless access is available to students throughout the medical school. For details on how to get connected, see technology.pitt.edu/network.html#wireless.

Shell Access
With your email account, you have access to a UNIX shell account. If you don’t know what this is, don’t worry about it. But if you do, you can telnet (!), ftp, or ssh to unixs.cis.pitt.edu, and login with your pitt username and password. This is a convenient...
place to check email, and to dork out with commands such as ‘grep’, ‘emacs’, and our favorite, ‘fsck’.

Web Space
It seems like there is very little documentation about this on the technology website. If you put HTML documents in the public/html directory from your home directory, they will show up at www.pitt.edu/~YYYYY/ where YYYY is your Pitt username. You can use ftp to transfer the documents or edit them directly via logging into your shell account. If you need help with this, contact the tech committee or the CIS (computer and information services) helpdesk (see below).

Undergraduate Clusters
Here you'll find many PCs, Macintoshes and Sun computers all in a row that will make you nostalgic for your undergraduate days, even if they were only a few months ago. Elbow to elbow with your undergraduate colleagues, the main advantages of there clusters are you can print for free and some are open 24 hours a day. The closest one to the med school is on the 10th floor of the engineering building (right down Bayard St.). The complete list includes clusters at Benedum Hall, Sutherland Hall, Forbes Quadrangle, David Lawrence Hall, Hillman Library and the Cathedral of Learning.

Help With University Computer Stuff
University of Pittsburgh Computing and Information Services (CIS)
412-624-HELP (4357)
This service is available (dare we say it?) 24-7 - that is, always.
www.technology.pitt.edu/index.html
helpdesk@pitt.edu

3. Library Computing

Computer and Media Center (CMC)
The second floor of Falk Library has 60 or so computers with good Internet connections. Scanners (flatbed and slide) and handheld sync ports are available. There is even a stray Macintosh or two in there for Apple fans. These computers require user IDs and passwords (library-specific) which will be given during orientation week. Here you can find good instructions on many technical issues at Pitt, including how to set up your computer for dial-up internet service.

Printing
The CMC is the only place that you can print in Scaife Hall, and it's free (unless you exceed your allotted pages). Color printing is available for a small fee.

Help With Library Computing
One or two people usually sit behind a desk in the front of the CMC and can help you with any computer-related question. You can also give them a call at 412-648-9109.
Health and Well-being Resources

Student Health Services
Medical Arts Building
3708 Fifth Avenue, Suite 500
412-383-1800
Pharmacy: 412-383-1850 or 1851
www.pitt.edu/~studhlth/index.html
Mon.-Fri.: 8:30 am-7:00pm
Sat.: 11:00 am-3:00 pm
Appointments are necessary during the week but not on Saturdays.

The Student Health Service is meant to be the center of your primary care needs. It does not, however, eliminate the need for hospitalization insurance. The Student Health Service is for matriculated students only. Family members are not included. The $130 fee for the Student Health Service is mandatory and is billed to the student yearly; see list of services covered by the fee below.

Of course, the health center is a professionally run medical clinic, and as such, all patient records are confidential. At the pharmacy, prescriptions are available at a discounted price, as are over-the-counter medications and condoms. Also see the pamphlet on the Student Health Service, which you should receive in your mailings from school.

Services Covered
General Medicine, Gynecology, Contraceptive education, STD/HIV counseling, Allergy injections, most lab work, Physical exams, Radiology

Services Not Covered
Emergency room care, Outside specialists

Allegheny County Health Department
3333 Forbes Avenue
Oakland
412-687-ACHD
www.county.allegeny.pa.us/achd/index.asp
Mon., Tue., Thurs., Fri.: 9:00 am-4:00pm
Wed.: 1:00-8:00 pm

The Allegheny County Health Department (ACHD) is particularly useful in keeping up-to-date on your immunizations, which is required by the school and important when you get exposure to patients in and out of the hospital. The common immunizations are given free or at reduced prices. (All required immunizations for kids are given free if you have children). If you need to have a chicken pox titer done to prove you’ve had the chicken pox, you can get it done here for $15.

ACHD also keeps an updated list and administers required and recommended immunizations for foreign travel. No appointments necessary; bring immunization records and call ahead for current fee information.

UPMC Health Insurance
Member services: 888-876-2756
Mon.-Fri.: 7:00 am-7:00 pm
Sat.: 8:00 am-12:00 pm
Referral line: 412-647-UPMC
www.upmc.edu/phydir

Student Affairs also has a list of recommended physicians.

As medical students, health insurance is mandatory. Unless you are covered by your parents or spouse with a plan comparable to the one offered by the University, you are required to buy the UPMC Health Plan. This plan is extremely comprehensive, and all students will be given detailed information.

If you believe you have comparable insurance already, you can fill out the online health insurance waiver (available through the student directory at the student affairs website, www.medschool.pitt.edu/studentaffairs/studentaffairs.html). If you do not waive, you will be automatically billed for the insurance. Incidentally, you must either sign up or waive each year. If you have questions about Health Insurance, please contact Mary Pat Kancle at 412-648-9239.

The plan is quite comprehensive and covers routine physicals, PCP office visits, and gynecologic/maternity care at 100% after $5
co-pay, specialist visits at 100% after $5 with a PCP referral or at 80% without referral, medical/surgical services, diagnostic lab work, x-rays, hospital services, and in-patient mental health at 100%.

OptiChoice vision care is included in the health insurance fee and covers eye exams, most glasses, and contact lenses at 100%, and $60 toward frames. Prescription drug coverage is $5 for generic drugs, $15 for ‘preferred’ brand name, and $35 ‘non-preferred’ brand name. More complete information about your benefits will be sent to you later.

Enhanced Access
Point-of-Service Plan Rates
Student: $2,055; Parent/child: $3,995.28; Parent/children: $4,358.52; Spouse: $3,995.28; Family: $5,358.52

The rates for children, spouses, and families are paid on top of the student rate.

Vision Care
Student: $48.36; Parent/child: 98.08; Parent/children: $116.28; Spouse: $98.08; Family: $116.28.

Prices for Med/Prescription and Vision
Student: $2,103.36; Parent/child: $4,093.36; Parent/children: $4,474.80; Spouse: $4,093.36; Family: $4,474.80.

Disability Insurance
Another mandatory charge which will appear on our tuition bills is a $43 charge for disability insurance. If you have any questions about this disability insurance, please contact Mrs. Harlow at 412-648-9040.

Dental Care
United Concordia
Customer services: 800-772-1919

Dental health insurance will be offered this year through United Concordia. There are two plans to choose from. The first is Basic Option IA, through which exams, X-rays, cleanings, fluoride, and palliative treatments will be covered at 100%, simple extractions, endodontics, and periodontics at 65%, crowns and prosthesis at 50%, and orthodontics and complex oral surgery are not covered. The second is the Premier Option; it covers the same services as the basic plan at 100%, but simple extractions, endodontics, and periodontics are covered at 80%, crowns and prostheses at 55%, and orthodontics are covered at 40%.

United Concordia Basic Option
Student: $14.60; Parent/child: $221.40; Parent/children: $321.72; Spouse: 221.40; Family: $321.72.

United Concordia Premier option
Student: $142.44; Parent/child: $291.36; Parent/children: $431.76; Couple: $291.36; Family: $431.76.

Pitt Dental School
3501 Terrace Street
Oakland
412-648-8616
Emergencies: Mon.-Fri.: 8:00 am-10:00 am
Appointments: Mon.-Fri.: 9:00 am-1:00 pm
Check-ups run $30, X-rays $50, and cleanings $40 if you are willing to sit there and be a demo for upwards of three hours. Also, if you are a new patient, they schedule you on the 18th of the month.

Allegheny County Dental Clinics
www.padental.org/conspatinfo/dentalclinicdirectory/countypdfs/allegheny_pdf
Hours vary per individual clinics
These clinics provide free preventive dental care to children less than 20 years. Check out the website for a complete list of all of the area clinics, their hours, and specific services offered.
Counseling and Referral Services

Medical Student Counselor
Lee K. Wolfson
Suite 300, Room 308
Keystone Building
3520 Fifth Avenue
412-624-1041
lwolfson@pitt.edu
The medical school counselor sees students on a variety of issues including academic, personal, relationship issues, substance abuse, and eating or sleeping problems. The counselor is a resource to talk about anything that is on your mind. The program is free of charge to medical students and highly confidential. No information ever gets communicated to anyone at the medical school unless it is with the explicit consent of the student.

University Counseling Center
334 William Pitt Union
412-648-7930
412-648-7856 (sexual assault emergency)
412-624-2121 (other emergency via campus police, request psychologist on call)
Medical students may receive counseling through the University of Pittsburgh's counseling program. On staff are six psychologists and two consulting psychiatrists. Appointments can be made by calling the first number above. Emergencies will be seen without delay.

Student Health Advocacy Resource Program
412-692-4891 (Dr. Melissa McNeil)
412-688-6477 (Dr. Joseph Conigliaro)
412-692-6546 (Dr. Bill Cohen)
www.pittmed.pitt.edu/sharp
Link to “Contact Us” for email, pager, and peer representative information
SHARP exists to provide with compassion and confidentiality a support, referral, and advocacy service for students with substance abuse or mental health problems, allowing them to continue their education and training. In addition, the program seeks to protect patients and others from the harm that such impairment may cause. SHARP consists of eight elected medical student peers, two per class, and four faculty who have demonstrated concern and experience in counseling students. See their website for more information and additional links to resources and information related to depression, eating disorders, and substance abuse.
Substance Abuse Treatment

**University Counseling Center**
See previous page for information.

**Alcoholics Anonymous**
412-471-7472 (24 hr answering service)
Arrot Building
401 Wood Street Suite 906
Pittsburgh, PA 15222
[www.pghaa.org](http://www.pghaa.org)

AA is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership. AA is not affiliated with any sect, denomination, political group, organization, or institution. AA abstains from controversy and neither endorses nor opposes any causes. Members’ primary purpose is to stay sober and help other alcoholics to achieve sobriety.

**Gateway Rehabilitation Center**
412-766-8700
800-472-1177
[www.gatewayrehab.org](http://www.gatewayrehab.org)

This program requires a 4-week inpatient stay at the facility in Centre Township. Dr. Abraham Twerski is the medical director.

**Pennsylvania Medical Society Impaired Physicians**
888-228-7823 x1417
This is a support group like AA, but it deals solely with physicians and other health professionals with substance abuse problems.

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Sexual/Reproductive Health Resources

**ACHD STD Clinic**
same address as ACHD (above)
412-578-8082
HIV testing: 412-578-8332
STD clinic: same hours as ACHD (above)
HIV testing: by appointment M, Tu, Th, F: 9:30 am - 3:30 pm, Wed.: 1: pm - 8:00 pm

Allegheny County Health Department also runs a free and confidential sexually transmitted disease clinic located at the same address. The hours are convenient and treatment of any disease is free. Be cautioned that medical students do rotate through this clinic if you are shy about seeing a fellow medical student there.

Free and confidential HIV testing is also available; it may be done through the STD clinic or independently in a different area of the building. However, be aware that this is not anonymous HIV testing. In other words, you have to provide an ID to receive your results. If you are in need of both HIV and STD testing go to the STD walk in clinic.

**Pittsburgh Action Against Rape**
412-765-2731
[www.paar.net](http://www.paar.net)

Pittsburgh Action Against Rape (PAAR) operates a 24-hour hotline run by trained specialists available for victims of sexual assault.

If you are interested in volunteer work, PAAR is a wonderful service provided by the city, and several medical students have participated in counseling through PAAR.
Women’s Center and Shelter
412-687-8005
877-338-TALK (8255)
www.wcspittsburgh.org
Women’s Center and Shelter of Greater Pittsburgh runs a 24-hour crisis hotline for victims of domestic violence.

Persad Center, Inc.
5150 Penn Avenue
412-441-9786
Community mental health organization to assist sexual minorities, all persons affected by HIV/AIDS, and family members. Substance abuse treatment and relationship counseling also available.

Pittsburgh Aids Task Force
905 West Street, Fourth Floor
Wikinsburg
412-242-2500
www.patf.org
Also, see GLBT Resources Section, on page 135.

Eating Disorder Resources

Eating Disorders Anonymous
www.eatingdisordersanonymous.org/meetings.html
(see instructions for online meetings)
EDA is a fellowship of individuals who share their experience, strength and hope with each other that they may solve their common problems and help others to recover from their eating disorders. People can and do fully recover from having an eating disorder. In EDA, members help one another identify and claim milestones of recovery. The only requirement for membership is a desire to recover from an eating disorder. There are no dues or fees. EDA is not allied with any sect, denomination, politics, organization or institution. EDA serves those with Anorexia, Bulimia, Binge Eating Disorder, and ED-Not Otherwise Specified.

Overeaters Anonymous
www.overeatersanonymous.org
Overeaters Anonymous offers a program of recovery from compulsive overeating using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide fellowship through experience, strength, and hope, and members respect one another’s anonymity. OA charges no dues or fees. Unlike other organizations, OA is not just about weight loss, obesity or diets; it addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet. To address weight loss, OA encourages members to develop a food plan with a health care professional and a sponsor. If you want to stop your compulsive eating, welcome to Overeaters Anonymous. At the website, you can search more than ten meetings in the Pittsburgh area by most convenient day. Contact information varies by meeting site, day, and time.

PENED
412-487-6928
7805 McKnight Road
Pittsburgh, PA 15237
trfn.clpgh.org/pened
PENED is a free local support group listed with the National Eating Disorders Association. They serve individuals with eating disorders, their friends and family.
Student Executive Council (SEC)

The SEC is the official student government of the University of Pittsburgh School of Medicine. Its membership consists of class officers, representatives from student organizations, and interested individuals (i.e. SEC Committee chairpersons, members-at-large, etc.) who are willing to make a commitment of time and energy to the Council.

The council meets on a monthly basis to discuss issues affecting medical students at the school, university, community, state, and federal levels. In addition to discussing student concerns, these concerns are shared with representatives of the School and University administration, either immediately with administration representatives at the meetings or later at meetings between the SEC Executive Board and the proper administrator. The SEC sends representatives to the School of Medicine’s Admissions Committee and Faculty Executive Committee, to the University’s Graduate and Professional Student Association (GPSA), and to the Organization of Student Representatives (OSR), the student branch of the Association of American Medical Colleges (AAMC).

In addition to being a forum for the discussion of issues and exchange of information, the SEC also performs valuable services for the student body. The SEC committees are outlined below.

All members of the School of Medicine are eligible to become members-at-large and/or serve on SEC committees. Feel free to attend the monthly meetings (held on the first Wednesday of each month) or ask questions of any officer or SEC committee chairperson. There are free, yummy sandwiches.

AAMC Organization of Student Representatives (AAMC OSR)

Unlike other student organizations (e.g., AMA-MSS, SNMA, or AMSA), who represent their membership, the OSR’s constituency comprises all medical students. The OSR’s concerns lie exclusively within academic medicine and medical education. The OSR representative communicates the opinions of our student body to AAMC, and helps to implement priorities and objectives from the national level at Pitt. MS IIs Allison Dekosky and Stephanie Robinson serve as representatives.

Annual Talent Extravaganza

The SEC sponsors the Annual School of Medicine Talent Show, which is traditionally coordinated by two committee chairpersons. This is a great way to see your classmates’ special skills and find out what makes them “more than med students.” The talent show includes singing, dancing, bands, movies, and skits. It has also featured an art show and a baking contest. The talent show is held in early December after the Thanksgiving break. Sometime during the fall you will hear from this year’s chairpersons, MS IIs John Pires Ervoes and Zebulon Spector, about getting involved.

Black Bag Ball

This committee is responsible for planning the premier School of Medicine formal event. MS IIs Corrine Kliment and Nicole Velez are in charge of this event, usually held in April.

Committee on Student Interviewing (CSI)

This committee coordinates and schedules student interviews for prospective students. Through early fall, MS IIs Stephanie Robinson and Joy Tawfik coordinate interviews, and MS IIs take over in November. Two members of the first year class are elected for coordinator positions.
### Community Service
These positions are filled by MS II Jacob Martinez and Shail Mehta. The elected officers are charged with setting up school community service events and keeping the student body aware of service opportunities.

### Global Links
This group is a service organization that organizes, packs, and sends medical supplies to developing countries. MS II Erica Leonard heads this group.

### Graduate and Professional Student Association
The GPSA receives the activity fees paid by graduate students at the University of Pittsburgh, distributes half of these funds to the organizations of individual schools and programs, and uses the other half for its own services, programming, and expenses. MS II Andrew Fisher serves as the school's representative to the GPSA.

### Hosting Committee
This committee, headed by MS IIs Jen Basarab and Lorri-Anne Burke, helps arrange overnight accommodations with medical students for prospective students when they visit for their interviews.

### Murmurs
Pitt Med's student-run literary magazine accepts creative submissions of any kind publishable in print: fiction, essays, stories, memoirs, poems; photos, paintings, sketches, drawings, cartoons. This year, the magazine is edited by MS IIs Jen Basarab, Ruth Overlease, and Brandi Swanier. The magazine has historically been funded by the Medical Alumni Association.

### Scaife Hall Improvements
The chairperson of this committee is responsible for communicating ideas for improvements to Scaife Hall to the administration in response to student input and/or needs. MS II Jeffrey Chiao serves as chairperson.

### Scholarships and Loans
The primary responsibility of this committee is to help raise funds for the newly established SEC Endowment Fund, the proceeds of which benefit graduating medical students with the greatest indebtedness. MS II Rob Klune will be running the committee this year. Through the PittMed Golf Outing and Annual SEC Silent Auction, approximately $10,000 is added yearly to the Endowment Fund principle.

### Student Academic Resource Consortium (SARC)
The chairperson of the SARC coordinates activities which provide information to students concerning the many resources available to succeed in the curriculum. Specific responsibilities include producing a booklet (this year's version will be online) showcasing some of our experiences as first-year students, maintaining office hours, arranging for review sessions with first- and second-year course directors before exams, and using the feedback from third-year students to prepare board review sessions and set up the mock boards of the second-year class. MS II Jacob Martinez will be running the SARC Manual this year.

### Faculty and Students Together Committee (FAST)
The FAST committee is responsible for acting as a liaison between the SEC and the administration to improve student-faculty interactions and coordinating the Faculty and Students Together (FAST) advising program in conjunction with the Office of Student Affairs. At the beginning of their first year, students are placed in a group of about five first-year students, two second-year advisors, and one faculty advisor. The FAST advisor groups may be close-knit or distant depending on the way they click, but whatever happens with the group, first-year students will always find fun goodies from their second-year FAST advisors in their mailboxes post-exam! This year's chairpersons are MS IIs Nikki Cullen, Sheena Jain, and Eveline Shue.
Student Representatives to the Admissions Committee (SRAC)

Three people are elected to represent the one allotted student vote in the Admissions Committee; the work is divided and each person is responsible for committee work for a third of the admissions year.

Survival Guide

The Survival Guide committee is responsible for editing the annual Pitt Med Survival Guide. The guide is completed and distributed to incoming first-years. Publishing expenses are paid by the Alumni Association. Editing this year’s guide are MS IIs Ashley Kelley and Zebulon Spector.

Other Student Groups

www.pittmed.pitt.edu/groups/

Affiliations, Associations

American Association of Physicians of Indian Origin (AAPI)

Alpha Omega Alpha (AOA)

American Medical Association (AMA)

Founded in 1847, the AMA is the primary voice for the medical profession. It represents physicians, residents, and medical students who are dedicated to the health of the American people. In addition, the AMA serves as a forum for national health policy development. The Medical Student Section, organized in 1978, is a national organization with over 36,000 members, representing over 140 medical schools across the country. In addition to its national involvement, the Pitt Med AMA-MSS is working to improve the quality of local health care and medical education. The AMA sponsors activities such as community service projects, mentoring programs, and numerous health care prevention programs. Furthermore, the AMA also strives to offer students great opportunities to represent their interest in the medical profession at all levels.

American Medical Student Association (AMSA)

Asian Pacific American Medical Student Association (APAMSA)

The PittMed chapter of APAMSA was founded in 2000 and is dedicated to improving the well-being of Asian patients, Asian communities and the immigrant populations. Its goals include educating the medical community about medical issues affecting Asian and immigrant patients, raising awareness about cultural sensitivity in the medical environment, promoting Asian cultures in the medical school, and providing support for medical students or students interested in medicine.

C. F. Reynolds Medical History Society

Offering guest lectures in the History of Medicine throughout the year. Contact Dr. Erlen in Falk Library for more information and membership.

Christian Medical Association (CMA)

The CMA at PittMed is a student chapter of the Christian Medical and Dental Associations (CMDA). We are a group of students who have decided that our calling as medical students is inseparable from our calling as followers of Christ. Our purpose as a group is to motivate, educate, equip and encourage each other to live out our dual callings to Christ and to medicine and to be an appealing witness of Jesus Christ to the students, faculty, and staff on our campus, in our community, and around the world. We meet regularly for Bible studies, prayer meetings, and fun, and sponsor guest lecturers to speak on issues related to faith and medicine. Our meetings and activities are open to all students, staff, and faculty.

Graduate and Professional Students Assembly (GPSA)

Lesbian, Gay, Bisexual and Transgender People In Medicine (LGBTPM)

Our mission is: 1. To foster a safe & supportive environment for current LGBT PittMed students, while encouraging and sustaining LGBT prospective medical students. 2. To advocate for patients by raising awareness of LGBT health concerns and health disparities among our medical
peers, breaking down stereotypes, and speaking out against discrimination of LGBT and other at-risk minorities. 3. To encourage inclusion of important LGBT health issues in our medical school training.

Maimonides Society
The Maimonides Society is a national organization of Jewish physicians and medical students. At Pitt, although we are not officially affiliated with the national organization, we still represent the Jewish medical students on campus. Membership in the Pitt chapter is available to any medical student, regardless of religious affiliation. The society exists both to serve as a resource for Jewish students and to bring the larger community together for interaction and discussion of Jewish perspectives towards religion, medicine, and the ways in which they impact on each other.

Phi Delta Epsilon

Saint Luke’s Society

Unite for Sight (UFS)
UFS is a national nonprofit organization that focuses on vision screenings, eye health education, and enrollment in free health programs to reduce visual impairment in medically underserved communities. The Pittsburgh chapter of UFS volunteers at local Head Start programs, the Birmingham clinic, and the Women’s Shelter.

Women In Medicine (WIM)

Arts

Literature In Medicine
Each month, this group reads poetry, short stories, or essays relating to medicine. They then meet to discuss the issues that are raised by these readings. As you can well imagine, it is a wild and crazy time for all involved.

Pal-PITTtations
Pitt Med’s a cappella group.

Murmurs
See earlier description.

Clinical

Abdominal and Cardiothoracic

Transplant Surgery Interest Group

American Geriatric Society (AGS)

Association for Medical Students Interested In Psychiatry (AMSIP)

Emergency Medicine Student Association (EMSA)

EMSA was founded to help expose medical students to the field of emergency medicine. EMSA sponsors workshops in blood drawing, IV access, suturing, intubation, and various other clinical procedures. EMSA also provides the opportunity for first and second year medical students to shadow emergency physicians at Presbyterian University Hospital.

Family Medicine Interest Group (FMIG)

Geriatric Experience for Medical Students (GEMS)

Global Health Interest Group (GHIG)
Students interested in international health meet for monthly journal clubs, volunteer to help the local refugee population, research available international opportunities for medical students and physicians, work on a project to address medical needs of underserved populations in Kenya (KPHP), and participate in a lecture series that focuses on topics not currently stressed by the curriculum, such as global health, universal care, and social medicine (OMP).

Internal Medicine Interest Group

Kenyan Pediatric HIV Project
The Kenyan Pediatric HIV Project aims to address the unmet medical needs of HIV-infected children living in western Kenya. The group is working with existing organizations in Kenya to initiate programs that will provide medical services most needed by these children, such as antiretroviral therapy, treatment of opportunistic infections, and palliative care. Students involved in the project are working to raise funds and will conduct fourth year rotations and research projects in western Kenya.
Neurosurgery and Neurology Interest Group

This group is geared towards informing students interested in Neuroscience careers about residency, research, and career opportunities, as well as opportunities available in med school.

Obstetrics/Gynecology Interest Group

Orthopaedic Surgery Interest Group

Pediatric and Adolescent Interest Group

This is a relatively new interest group geared towards informing students about careers in Pediatric and Adolescent Medicine, setting up shadowing opportunities, and forming connections between faculty and students. This year it is headed by MS IIs Ashley Kelley and Michael O'Neill.

Radiology Interest Group

Rural Medicine Interest Group (RMIG)

Surgery Interest Group (SIG)

The Surgery Interest Group provides opportunities for students to learn more about surgical careers. Through a series of presentations from practicing surgeons, students are exposed to many surgical specialties. SIG also sets up firsthand experiences for students, including operating room tours, shadowing, and research mentoring.

Events

First- and Second-year Semi-Formal

Traditionally held during February, this event is planned by the MS I Vice-President.

Pitt Med Golf Outing

The PMGO is held annually in late April at Quicksilver Golf Club, one of the nicest public courses around, to raise money for the SEC scholarship fund. It makes for a fun morning of golf, cookout lunch, and cheap beer, not to mention a chance to meet other students and faculty that golf. Its played as a four-person scramble event, so you do not need to be good to have a good time. Organizing it is left up to the SEC. Scholarships and Loans Chair, though the past directors of the outing have everything planned out about how to run a successful event. If you would like to get involved in helping to run or volunteer for the event, email info@pittmedgolfouting.org.

Scope and Scalpel Society

Each year, the graduating seniors of the University of Pittsburgh School of Medicine write, direct & perform a musical send-up of the "PittMed Experience." Now in its 51st year, S&S is the largest nonprofessional theatrical production in Pittsburgh and the longest-running annual theatrical production in this area. Medical students in years I through III routinely join in for technical aspects and the pit orchestra. Visit www.scopeandscalpel.org.

Government

Class Of 2005
Class Of 2006
Class Of 2007
Class Of 2008

Curriculum Committee

Graduate and Professional Student Association (GPSA)

Honor Council - The Honor Council is composed of two students from each class, plus one student from the MD/PhD program. Many professors also serve on the council. The Honor Council has many responsibilities, including:

1. To listen to any professionalism and academic concerns that students may have and to advice them on achieving the right solutions.
2. To communicate the principles of the Honor Code to the student body.
3. To help foster an environment of professionalism and respect.
4. To serve on the SEC advisory committee.
5. To oversee and organize class elections.
6. To participate in disciplinary procedures of the Code of Academic Integrity.

The Honor Council also participates in the...
first-year orientation program, and student members take part in class officers' meetings. The Honor Council looks forward in serving as a resource of academic and professionalism guidance for the medical school, and an individual may bring forth a concern to any student member of the Honor Council.

**Political**

**Do No Harm**

Do No Harm is Pitt's official graduate and professional student pro-life club. The mission of Do No Harm is to educate the university community on issues of the value and dignity of human life as well as to provide mentorship for pro-life students as they face life issues in their studies and professional lives. The group is especially appropriate for medical and law students and any graduate student in a health-related field.

**Medical Students for Choice**

**Student Physicians for Social Responsibility (SPSR)**

Through a series of lunchtime talks and service activities, SPSR aims to promote discussion and awareness of issues in which health intersects with the environment, violence, social justice and political activism.

**Resources**

**Geeks With Palms** - visit www.pittmed.pitt.edu/palm

**Student Health Advocacy Resource Program (SHARP)**

The Student Health Advocacy and Resource Program provides a compassionate and confidential service of support, referral and advocacy for students struggling with personal difficulties. The SHARP students and faculty members are available to facilitate the continuation of students’ education and medical training by serving as mediators to confidential care. Two representatives from each class are elected to this four year position, and four carefully selected faculty members also serve on the SHARP staff.

SHARP holds monthly meeting to address and discuss solutions for those issues brought to SHARP's attention.

**Technology Committee**

This committee maintains computer services for medical students and for promoting an awareness of computing technology. The committee works with the administration to improve access to technology resources and has recently worked on improvements in emails, wireless internet, printing, and a new web portal for the medical school.

**Sports and Leisure**

**Intramural Sports**

**Wilderness Medical Society**

Promoting awareness of medical situations unique to the remote backcountry setting and providing education for those interested in obtaining skills related to wilderness medicine.

**Service Opportunities**

**American Medical Association (AMA)**

AMA is a large organization that makes service one part of its mission. In the past, AMA has helped plan projects and weeks to focus on covering the uninsured, diversity, and more. They also try to get students involved in health screenings, Sr. Olympics, the empty bowl project, food drives, and many other events. There is a small group that meets to help people get projects started and plan monthly projects. Contacts: MSII Yetunde Olutunmbi or your MSI rep.

**National Service Project: Obesity Awareness** – we are starting a project that gets local students out and active one weekend each month as part of the AMA’s focus on obesity. Other projects may include teaching health workshops to students and cleaning up playgrounds.
American Medical Students Association (AMSA)

AMSA is an umbrella group that oversees many smaller organizations (denoted with an *) that provide vital support to the community. In the past, they have worked on issues like AIDS, covering the uninsured, and diversity. For more information on these umbrella groups contact MS II Kakra Soadwa or the group coordinators listed below.

*Health Outreach Education Program (HOEP)

HOEP is a student-run service organization that works in conjunction with the Program for Health Care to Underserved Populations (PHCUP), which is part of the Division of Internal Medicine at Pitt, and operates under Pitt Med's American Medical Student Association (AMSA). Volunteers help provide primary care and health education for homeless and underserved populations primarily at two Pittsburgh-based locations, the Birmingham Clinic and the Women's Center and Shelter of Greater Pittsburgh. Medical students are an integral part of patient care, taking medical histories and vital signs as well as assisting with physical examinations and diagnoses. They actively interact with other members of the health care team, including attending and resident physicians, nurses, pharmacists, and social workers. Volunteers can also create and give talks about important health issues at various community sites through Community Health Action Talks (CHAT). HOEP student coordinators organize the sign-up schedules and plan educational events throughout the year. Contact MS II Nidhi Mehta.

*Birmingham Clinic

The Clinic is operated three days per week provides basic primary care, pharmaceutical services, medical and social service referrals, immunizations, and HIV testing free of charge to members of the community who are homeless and/or uninsured. Students assist with intake and many other parts of the clinic's operation. Contacts: MSIIJs Joan Striebel, Gabe Cisneros, Erica Leonard, Melissa Pabalan.

*Pregnant Adolescents Learning With Students (PALS)

PALS pairs female students with a pregnant teenager at Magee Women's Hospital. Students accompany the teen to prenatal visits and birthing classes, and they attend informational workshops about pregnancy, delivery, and parenting. In addition, the student is present at the birth. The program is designed to offer emotional and professional support to the teens, while providing an opportunity for med students to learn about the clinical and personal aspects of prenatal and maternal health care. Contacts: MSIIJs Binney McCague or Kristin Robbins.

Asian Pacific American Medical Student Association (APAMSA)

Asian Pacific American Medical Student Association (APAMSA) is an organization dedicated to addressing the medical issues important to Asian American communities. The UPSOM chapter of APAMSA has implemented several projects to address the need in the Pittsburgh communities. One of the major projects that APAMSA has undertaken is the yearly Bone Marrow Drive. Contact: MSII Jeanna Goo.

Carnegie Mellon Mentoring Program

This is a mentoring program with pre-medical students in Carnegie Mellon. We provide advice about medical schools and the application process.
ESL Health Literacy Program

The mission of this program is to address the health literacy needs of the Somali Bantu refugees. The program's goals are to: 1) enable the Bantu with crucial health-related “survival skills” and promote health-promoting behaviors and attitudes, and 2) orient the Bantu with Pittsburgh's health care system and options. Medical students hold monthly workshops and develop the curriculum and all of the materials for each workshop.

Geriatric Experience for Medical Students (GEMS)

GEMS pairs medical students with older patients to learn about their experience with growing older. Students learn from the patients while also providing a valuable source of support and comfort.

Oncology Patients and Loving Students (OPALS)

OPALS pairs medical students with pediatric oncology patients at Children's Hospital. Students visit their patient to be a friend to their “buddy” while they are in the hospital, to provide relief for the parents, and to learn about pediatric oncology from the patient perspective. Students are also involved in activities on the pediatric oncology floor such as a Christmas dinner and summer celebration picnic. Pediatric oncologists and social workers give lectures to the group to increase the students’ understanding of the special challenges faced by the patients and their families and students meet to share ideas and experiences.

Operation Safety Net

Operation Safety Net (based out of Mercy Hospital of Pittsburgh) is an organization of health professionals, volunteers, and formerly homeless individuals whose mission is to provide health care and social services to Pittsburgh's homeless population. OSN uses a street-based outreach approach, in which small teams walk the streets in an effort to seek out unsheltered homeless persons and to build relationships with them that will potentially provide access to health care and social services. Medical students volunteer with OSN by working with an outreach team. This is mostly an observational experience, but med students often participate by assisting basic care and by facilitating communication and trust between the teams and those being served. Contacts: MSIs Jamie Evans, Michael Pauly, and Vipul Shah.

Student National Medical Association

The Student National Medical Association (SNMA) is the oldest and largest medical school organization that is dedicated to serving people of color and underserved communities. Community service is the heart and soul of the SNMA and the UPSOM chapter has implemented several projects within the Pittsburgh community. Service opportunities listed below; other projects include: Hispanic Heritage Month, Black History Month, Carolyn Carter Scholarship Banquet, Coat and Eyeglass Drives, Unity Week, and the Carolyn Carter Banquet. Contact MSII Nicole Christian.

East Liberty Presbyterian Church

Men's Shelter Soup Kitchen and Blood Pressure Screenings - Monthly project that performs BP screening for the homeless population and provides dinners. Contact: MSII Jeanna Goo.

Shuman Juvenile Detention Center


Westinghouse High School Support Project - Med students serve as mentors and tutors for students in order to foster academic
achievement and to promote the pursuit of higher education among at-risk youth. Contacts: Binney McCague (girls) and Barrett Woods (boys).

**Premedical Organization for Minority Students (POMS)** - Members mentor minority Pre-Med undergraduates and assist with their journey toward graduate school. Contact MSII Nicole Christian.

**Medical Explorers** - Med students help implement programs that expose minority and underprivileged high school students to medicine and biological sciences. Contact MSII Nicole Christian.

**Students And Latinos United Against Disparities (SALUD)**

SALUD is a group organized to provide health services to the Latino community in the Pittsburgh area. Our volunteers provide free health care with on-site student interpreters at the Birmingham free health care clinic in the Southside, provide health education through fairs and community health talks, disseminate health information via pamphlets, and run screenings and vaccination clinics throughout the year. Additionally, SALUD has a new pediatric component. Contacts: MSIs Jen Pena and Luz Nieto.

**Global Health at PittMed**

**Global Health Interest Group**
The Global Health Interest Group welcomes any students with an interest in international medicine. Components of the club include a monthly journal club meeting, a seminar series about summer abroad experiences and international electives, and Pittsburgh-based community service projects with a global focus.

**Global Health Area of Concentration (AOC)**
The Global Health AOC provides the opportunity for students to pursue further study in various aspects of international health. For in depth information about this relatively new AOC, go to the following OMED website: www.omed.pitt.edu/pittmed/aoc/globalHealth/.

Opportunities and interest in global health are on the rise at Pitt, especially studying/working abroad during the summer between MSI and II. The key is start early, be persistent, don’t get discouraged, and **start early**!

**Finding a program or project**

**I. Find the right people**
First: A mentor (here at Pitt). Why? They’ll help you stay on top of deadlines/goals. Also, for funding you’ll need an advisor or someone to vouch for you, so the earlier you select a person, the more they’ll know you and the better off you’ll be. With the advent of “the Zone,” there’s a mechanism to search for research advisors, but I have found the listing of global health-types to be limited. You can also try Google-ing within pitt.edu for your research interest. Some of the other schools (public health, law, etc), have amazing faculty who may have connections to areas you’re interested in.

**II. Find someone to work with abroad**
(this may be the same person as your mentor, or not...) There are a number of ways to go about this. I found AMSA’s global health listserv to be an invaluable resource: www.amsa.org/global/ih/. There is a link on this site where you can search for international medical opportunities by country or region. Also, make sure you sign up for the global health listserv to get connected with other medical students who have interests in global health issues and
opportunities. Another helpful website is the International Federation of Medical Students’ Associations (IFMSA): www.ifmsa-usa.org/. Pitt Med also has its own global health portal, which can be accessed at the following address: www.globalhealth-pitt.org/index.htm.

This site has a great link for reading about the countries and projects Pitt Med students have explored. Google and MEDLINE/PUBMED search for researchers working in your area of interest. Use your connections/networks. Don’t hesitate to use your alumni connections to contact faculty at your previous institution(s). They may have their own search engines for searching for international health opportunities. Also, within your class you’d be surprised by how many family connections exist abroad. This is also helpful for when you arrive in a country. Persistently contact multiple researchers/clinicians (i.e., don’t put all of your eggs in one basket)!

III. International Logistics
1. Visa - Each country has their own labyrinth to negotiate. I recommend: www.zvs.com/site/About/. You don’t have to get your visa through them, but their 1-800 # is an excellent resource for asking which type of visa to apply for, etc.
2. Airplane tickets - Often cheaper from travel agents who deal specifically with that country/region; talk to people who regularly travel to these countries, they’ll know who to refer you to; don’t forget to sign up for frequent flyer program related to the airline you use!
3. Passport - Whether for renewal or first time, start this process early.
4. Housing - Make sure you have a place to stay, especially for your first night in the country.

IV. Secure Funding
Believe it or not, going abroad can be cheaper than staying in Pittsburgh for a summer. There are some major routes of funding which MS-2 students utilized quite successfully.

A. Researchers’ funding
If you’re going abroad with a Pitt researcher, there’s a good chance that she/he will have some funding in her/his pot of gold for research assistants.

B. Nationality Room Scholarships
This year, 3 medical students received scholarships through the Nationality Room Scholarship program. These scholarships are open to the whole University of Pittsburgh community, and supply between $2,500 and 4,000, depending on the country to which you’re applying. There are multiple stages to this early application, so be sure to stay on top of them. They seem to really like the idealistic/altruistic career-oriented individuals, so your chances are high. I encourage you to talk to this year’s scholarship winners to get their inside scoop: MS IIs Sukumar Rao, Erica Leonard, & Hanni Batzel. Applications become available in late November. All the other info you’ll need: www.ucis.pitt.edu/natrooms/scholarships_desc.html.

C. Summer Research Fellowship
This year, the medical school provided grants of $2,500 for research lasting at least 8 weeks. The application, which must include a quality research proposal, is on the Zone, as well as information about finding mentors. Suzann Beardsley (Research and Career Counseling Coordinator in the Office of Student Affairs) deals with a lot of the logistics of this source of funding. Most people who applied for this grant received it.

E. Coffee Stand - be creative!
If your year’s class has half the coffee addicts ours did, you may consider setting up a coffee stand outside of LR4. Not only would you become the most popular kid in the class, but
you may even pay off your loans in the process. But seriously, I would connect with MS-2’s through the Global Health journal club and see how they funded their abroad health experiences. And if all else fails, what's another $3,000 in loans when you get a chance to have a life-changing global health experience during your ONLY FREE SUMMER.

Signing up for Coursework Outside of the Med School

As medical students, we are allowed to enroll for two three-credit classes per semester on the undergraduate campus. Many students have taken advantage of these FREE classes to take physical education, language, arts or special interest classes, but you can take whatever you want.

How to Register

The undergraduate course listings are available in the printed Schedule of Courses (the Office of Student Affairs should have a copy) or online at www.pitt.edu/~registrar/crinPgCrsInfo.htm. Once you have picked a class, fill out an undergraduate registration form, available in The Office of Student Affairs. This should be turned it at the student affairs office before the undergraduate registration deadline (August 29, 2005 for Fall 2005, January 4, 2006 for Spring 2006) in order to avoid the $25 late registration fee. If you do not want a grade to show up on your transcript you can take the Satisfactory/Unsatisfactory grade option or audit the undergraduate course. A Grade Option/Audit Request form can be picked up from Student Affairs. Take it with you on your first day of class and have your instructor sign the form. Turn it in to the dean’s office of the appropriate department (this will depend on which class you are taking) within four weeks of the start of the undergraduate term, which is September 24, 2005 for fall courses, to change the course grade option.

You may also enroll in classes at one of the other area colleges or universities through a program called cross-registration. Cross-registration is a program through the Pittsburgh Council on Higher Education (PCHE) that provides an opportunity for enriched educational programs by permitting students to attend courses at any of ten participating colleges and universities. These institutions are Carlow University, Carnegie Mellon University, Chatham College, Community College of Allegheny County, Duquesne University, LaRoche College, Pittsburgh Theological Seminary, Point Park University, Robert Morris University and the University of Pittsburgh. The fees and deadlines for cross-registration may vary among schools. See Student Affairs for more information.
Summer Programs

The reports are true: in medical school, you only get one summer off. As you inch your way closer to the working world, understanding that you no longer have 3 months of the year to fill however you please is one of the first important lessons. Between first and second year, however, you are given one last, brief shot at glory: you have the entire summer to spend however you please. Remember: this is your last full summer off in a long, long time (try retirement). Do what you want to do, not what you think looks right on your résumé. Spend it how you please, and remember that there are all sorts of experiences out in the world.

There are binders in the Office of Student Affairs providing descriptions and persons to contact regarding specific research programs, externship programs, foreign programs, fellowships, workshops, and a host of other activities. Programs both within and outside of the Pittsburgh area are listed.

Another helpful resource in the same office is a binder full of feedback forms from second years. In the fall, the second years fill out questionnaires about their summer experiences and usually give their phone numbers so others can get in touch with them. This is helpful for getting an idea of the variety of opportunities that are out there, as well as what your peers thought of them.

Dr. Harvey is also an excellent resource for summer experiences, and has put together a website with links to summer opportunities of all kinds. Find it through the Office of Student Affairs website. If you are still lost about what to do for the summer, you can also make an appointment with Dean Harvey. She can give you more suggestions and help guide you in the right direction.

For many of these programs (but not all), information will be distributed to you or posted around Scaife Hall during the winter. Also, keep on the lookout for emails about summer programs and notices about Dean Harvey’s lunchtime meetings, which begin in early winter. These meetings (with pizza) usually highlight different categories of summer programs such as research, community experiences, etc. Additional information can be found on the AMSA website or at the AMSA link from Pitt’s home page.

If you do plan to engage in a summer experience, save yourself another headache at the end of the year by planning ahead. Some programs require applications, essays, and mentors, and the deadlines can be quite early. And, lastly, no matter what you do, make sure to enjoy yourself so that you can regale your classmates with towering tales and feats of bravery when you reconvene at the end of the summer.

The following sites may help you to begin looking for experiences:

**Student Enrichment Programs**

[www.medschool.pitt.edu/studentaffairs/enrichment.html](http://www.medschool.pitt.edu/studentaffairs/enrichment.html)

**AMSA**

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

Research

Summer research may be the choice for you if you’re interested in academic medicine or just want to expand your understanding of the basis of modern medicine. There are basic science labs, in addition to clinical research opportunities, where you would interact with patients and physicians in a clinical setting. The research experiences available are varied; it’s up to you to decide what you are interested in. It may be important for you to have a research background if you are planning on applying to some of the more competitive residencies like ophthalmology, dermatology, or some surgical subspecialties.

Anyway, research is easy to come by. Just ask any of your professors, or PBL instructors, or use the handy guidebook located in the Student Affairs Office to
find someone whose work seems interesting to you. Two popular programs are listed below.

**Maine Research Experience**
Dr. Harvey - 412-648-9040  
Dr. Frizzell - 412-648-9498  
frizzell@pitt.edu

An excellent prelude to summer research is organized through UPSOM at Mount Desert Island, in Maine. It is a one-week, intensive course that offers insight into various experimental approaches used in biomedical research. Each student selects three different laboratory experiences, which include organ perfusion, biochemistry, immunocytochemistry, molecular biology, and protein expression. In 2003, the faculty all came from the Schools of Medicine of Pittsburgh and Yale.

Students report that the days are long but the experience invaluable, and if you are thinking of doing a summer steeped in research, the Maine experience would be wise to seriously consider. But wait, there's more! As if all the above weren't enough, the entire trip is paid for! Not by you! To cap off the week, pits are dug in the beach nearby, fires lit, and lobsters roasted.

**Medical Student Summer Research Program**
Dr. Stephen Phillips, coordinator  
412-648-8957  
sleep@pitt.edu

Dr. Michael Boninger, coordinator  
412-648-6654  
boninger@pitt.edu

The Medical Student Summer Research Program links students with faculty members who have ongoing research projects. A list of faculty interests is provided in the Office of Student Affairs. Research stipends of $2,500 are awarded through a faculty committee review of the project proposals. Information on this will be provided in your mailboxes mid-winter.

Participants are expected to present a poster or a report for Student Scientific Day in late October after the summer. This is a competition and awards are given, and you may participate even if you're in the MSTP program or have found an independently funded project.

**Clinical Experience**

If you're one of those people perched on the edge of your seat, dying to reach the clinical years, a summer externship might satisfy your craving. You'll work with a real doctor every day and see plenty of patients, feeling the rhythm of day-to-day life in a physician's office. Before you decide on this option, make sure you are not picking it solely to alleviate your anxieties about third-year clerkships. The transition to third year will still be a large one. Everyone has to make it, whether they had a summer clinical experience or not.

There are a number of different ways to gain clinical experience. If you want to return home, it is likely that you can set yourself up at a local hospital with minimal fuss. Another way is to simply ask one of your PBL preceptors if you can shadow him or her. As you'll discover in PBL, most of the preceptors enjoy teaching medical students, and many make the offer to show you what they do even before you have the chance to ask.

**National Health Service Corps Search Program**

nhsc.bhpr.hrsa.gov/join_us/search.cfm

Another option is to participate in the NHSC SEARCH program in one of many states throughout the country. Requirements differ state by state, but you are generally given a travel and living stipend and teamed up with a doctor in an underserved (usually rural) community. In addition to seeing a
if you are eager to spend the summer a million miles away from the medical world, and worry that you’ll regret your last few moments of vacation if they’re spent in a hospital or laboratory, then take advantage of all the other zillions of things out there to do. Travel to Nepal for fun, or go to South America and take Spanish classes. If you still want to be medically relevant, there are plenty of abroad opportunities for you as well. Students participate in a number of different programs or set up their own travel experiences. For more information, check the binders in Student Affairs or the “Opportunities” and “Links” sections on the Global Health Interest Group site.
Living in Pittsburgh

“It’s ahr kinda tahn!”

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Finding a residence

We at the Survival Guide live in various parts of town. Some of us live in Greenfield (south of Squirrel Hill), and others live farther north in Friendship and Bloomfield. We have friends in the South Side, Regent Square, and yes, many in Shadyside. Deciding where you want to live is one of the biggest decisions you will make while transitioning to medical school. While it is theoretically possible to find an apartment during a single day trip to Pittsburgh, many students find that they are happier with their options if they allow themselves more than one day to deal with this daunting task. Often landlords are not available to show apartments immediately, and may want to make appointments ahead of time, particularly if there are tenants currently living in the apartments in question; other landlords may want to show properties on a moment's notice. For this reason and more, it is very likely that you will want to start examining your rental options and setting up appointments from afar, and you may want to visit for more than one day, in order to ensure that you are able to accomplish the things that you want to do during your visit.

Check neighborhoods by using the Pittsburgh Neighborhoods section of this Survival Guide—most of the neighborhoods described here will be listed under the “East” or “East End” section of the rental listings in the classifieds. The easiest way to get a head start on apartment hunting is via the Internerd – some good places to start are:

- PittMed Student Housing Page: www.pittmed.pitt.edu/housing
- Student Affairs Housing Website: www.medschool.pitt.edu/studentaffairs/housing.html
- Craig’s List – Pittsburgh: pittsburgh.craigslist.org/
- Apartment Review websites: www.apartmentratings.com and www.apartmentreviews.com
- Pittsburgh Post Gazette: www.postgazette.com
- The City Paper: www.pghcitypaper.com
- The Tribute Review: www.tribunereview.com
- The Housing Resource Center: www.pitt.edu/~property/index.html

Another great way to find an apartment in Pittsburgh is walk around different neighborhoods once you get here. As you wander, you'll find that it's easier to find certain housing options in some neighborhoods than others; for example, Bloomfield and Squirrel Hill are good if you want to rent a house or an apartment within a house.

Oakland and Shadyside are both good if you'd like to rent in an apartment building. Go through apartments or houses in your target neighborhoods, remembering to give yourself time before or after appointments to walk through the neighborhood to see “For Rent” signs. Sometimes you can go up to the property and check it out right then without an appointment. Talk to people you see: tell them what you are looking for! A lot of people in Pittsburgh know somebody who knows somebody who is renting an apartment exactly like the one you want. Word of mouth can also be the best way to get an honest idea of average rent, crime statistics, and the low-down on parking.

In choosing among housing options, here are some other issues which may be important to you.

Do you want a roommate?

If you want roommates and don’t know where to find them, visit www.pittmed.pitt.edu and go to the message board section of the website. It's very easy to
post an apartment/roommate hunting request on the website and get connected with other students coming to Pitt Med. This message board is also great in getting feedback from students about apartment buildings, realty agencies, and average rents, as well as to learn more about neighborhoods.

**What’s nearby?**
Bars? Grocery Stores? Undergraduates? School? Playgrounds? Hopefully, you’ll be able to use the *Survival Guide* to answer some of these questions. Read our neighborhood descriptions (p. 92), and learn more about the areas where students live, work, and play.

**What’s your price range?**
If you come from an area with sky-high rents, you’ll be relieved to learn that Pittsburgh is cheap as East Coast cities go. If you are willing to live with a roommate, you’ll be able to find a nice, well-kept apartment and pay as little as $350 per person per month in neighborhoods like Bloomfield and Squirrel Hill, and sometimes even in Shadyside. Shadyside 1-bedrooms are on the pricier side, going for around $700-$1000 per month. Don’t let an apartment listing with a high price or a fancy neighborhood fool you into thinking a place is nice. Rental agents tend to be pretty friendly in Pittsburgh, but sleaze still exists here.

**Rent or buy?**
If you plan to stay in Pittsburgh for awhile and would rather invest your money than pay rent, several students had the same idea as you: Buy property. Take your time in choosing a place, though. While some first-years are already paying off mortgages on their houses or apartments, other students wait it out a year or two to give themselves time to find a property in a neighborhood that they like a lot. It’s all up to you.

Much of this information was gratefully borrowed from the Arts & Sciences Grad Guide, available online at www.fcas.pitt.edu/gradguide/toc.htm. Visit their website for neighborhood descriptions and a helpful poll listing average rents in different neighborhoods.

**Getting Around**

**Port Authority of Allegheny County** (a.k.a. PAT)
412-442-2000
www.ridegold.com

**Port Authority Service Center**
534 Smithfield St.
Downtown

**Pat Bus**
With your Pitt ID card, you can ride anywhere on the county’s public transit system for free. Otherwise, the standard one-way fare is $2.25 for one zone. Children and the disabled pay a reduced fare. A transfer in any direction costs $0.50 and is valid for three hours.

Pay your fare or present your Pitt ID as you enter if the bus is heading toward downtown (inbound); pay as you exit if it is heading away from downtown (outbound). After 7:00 pm, the fare is always collected as you enter the bus. Current route and schedule information is available at the Port Authority website, the William Pitt Union, on the buses, in the “T” stations, and at the Port Authority Service Center. Weekly, monthly, and annual passes can be purchased at the William Pitt Union Student Ticket Office, most Giant Eagle supermarkets, a few Oakland banks, and the Port Authority Service Center. Check the website for an updated listing of locations.

**The “T”**
Port Authority operates a light rail system that runs between downtown Pittsburgh and the South Hills. Stops along the rail system include Station Square, Beechview, Dormont, Mt. Lebanon, Castle Shannon, Bethel Park, and Library. There are two main lines, the
Red Line and the Blue Line, each serving specific communities. The cost without a Pitt ID follows a zone-based fare system with a $0.50 surcharge during morning (inbound) and evening (outbound) rush hours on weekdays.

The Inclines
Port Authority operates the Monongahela and Duquesne inclines, which provide transportation up and down Mt. Washington. The cost without a Pitt ID is $1.75.

Pitt Shuttle
412-624-8612 (campus transportation info, lost & found, and comments)
www.pc.pitt.edu/transportation/index.html
transsys@pitt.edu

Pitt provides several bus and shuttle routes that cover the Pitt campus, North Oakland, South Oakland, and the Biotech Center. A valid Pitt ID is required. Most of the routes run every 15-30 minutes. Also, the schedule runs in accordance with the undergraduate calendar, so certain routes may be limited or not running at all during University holidays, breaks, and special events. Refer to the website for details on routes and schedules or pick up a rider's guide from the bus.

Hospital Shuttles
www.upmc.com/Pittsburgh/
Transportation.htm#Shuttle

The UPMC Hospitals provide a convenient shuttle service which students and hospital employees use as well. The most popular is the Oakland Shadyside shuttle which leaves Shadyside Hospital at 15 and 45 minutes past the hour and arrives at Scaife Hall at 5 minutes and 35 minutes past the hour from approx. 7am to 6pm.

Pitt Van Call
412-648-CALL (2255)
www.pc.pitt.edu/transportation/saferider.html

The Pitt van call is available for free with a valid Pitt ID and services between campus buildings as well as between local residences and campus buildings in either direction (you cannot be along an existing bus/shuttle route). It is available from 7:00 pm to 3:00 am Sunday through Wednesday, and from 7:00 pm to 5:00 am Thursday through Saturday. You are permitted one round trip per night with a maximum of 20 per semester. The service boundaries are Baum Boulevard on the north, Carnegie Mellon on the east, the Biotech Center on the south, and Trees Hall/Robinson street on the west. On Sundays, the van call will also serve the Greyhound station downtown.

CMU Shuttle
412-268-6232 (University Police)
www.cmu.edu/police/escort.htm

The CMU shuttles can be used with a valid Pitt ID after 7:00 pm on weekdays and anytime during the weekends and holidays.

Airport Shuttle
412-442-2000 (Port Authority)
412-321-4990 (Airlines Transportation Co.)
412-648-7814 (William Pitt Union Student Ticket Office)

To get to the airport for free, take the 28X Airport Flyer PAT minibus using your Pitt ID. Otherwise, the cost is $2.25 from Oakland. Stops are found along Fifth Ave. and run about every 20 minutes. The trip takes about 40 minutes depending on traffic and day of the week (weekday, weekend, or holiday). Check the Port Authority’s website for details on the route and schedule.

An alternative non-free way is the Airline Transportation Co., which runs hourly from Oakland (Holiday Inn, Webster Hall). Discounted tickets can be purchased at the William Pitt Union Student Ticket Office ($5.00 one-way/$8.00 round-trip with Pitt ID; otherwise, $12.50 one-way/$21.00 round-trip). Contact the office for more information.
**Taxis**
Checker Cab, 412-664-5600
Yellow Cab, 412-321-8100

You cannot hail a cab in Pittsburgh. Instead, you must call the cab company and they will come pick you up. A typical fare from Oakland to Downtown is about $10.00 and from Oakland to the airport about $45.00.

**Bus**
Greyhound Trailways Bus Terminal
11th St. & Liberty Ave.
Downtown
412-392-6513

**Train**
Amtrak Train Station
1100 Liberty Ave.
Downtown
412-621-4850
Destinations include Philadelphia, New York City, Washington D.C., and Chicago.

**By Car**

**PA Department of Motor Vehicles**
www.dmv.state.pa.us/

**PA DMV New Residents’ Guide**
www.dmv.state.pa.us/new_residents/index.shtml

**Driver’s License Centers**
5900 Baum Boulevard
East Liberty
412-365-7196
State Office Building
300 Liberty Avenue
Downtown

Pennsylvania law states that anyone changing residency must get a Pennsylvanian driver’s license. If you still consider your family’s out-of-state address as your permanent residence you don’t need to worry about this. If you do need to get a PA license take your old license, your social security card, birth certificate or passport, two proofs of residency (bills, lease, etc.), and your checkbook (they don’t take cash or credit) and prepare to wait in line. The ID requirements are even more stringent if you are a foreign national. The current fee for out-of-state transfer is $26.

For other locations look on www.dmv.state.pa.us to search by zip code.

**Vehicle Registration**

Penndot Customer Call Center
800-932-4600
AAA
5900 Baum Boulevard
East Liberty
412-363-5100

You can pick up the official application form at the State Police Office or any Driver’s License Center (see above). You’ll also need your old title to the vehicle, proof of Pennsylvania insurance, valid photo ID, and a tracing of the vehicle identification number (VIN) or the verification of the VIN by an inspection mechanic or notary at a dealership. This must be notarized upon completion (either at a notary public or at an AAA location) and mailed to the address listed on the form; it may be helpful to make copies of your old forms before you submit them. When the official registration is received, it must be taken with your vehicle for inspection at any number of locations (“State Vehicle Inspection”) where your tires, turn signals, safety of the vehicle, etc. are checked for approximately $17. In addition there is an emissions inspection that costs $25. Your registration stickers will then be issued.

**Bicycles**

**Pitt Ridesharing Office**
3525 Forbes Avenue
412-624-4034
rideshare@bc.pitt.edu
www.pts.pitt.edu/Rideshar/bicreg.htm

Take a bike out of crime: registering your bicycle through the Department of Parking and Transportation is free and easy to do. Registration is a benefit to you because it may serve as a deterrent to crime, can help in the identification of lost or stolen bicycles, and enables the department to better serve you and other cyclists by helping them improve bicycle amenities at Pitt.

Every registered cyclist will receive a Pitt Bicycle Registration sticker to affix to the frame of their bike and the free use of the etching tool. In addition to registration, bicycle parking maps, regulations and safety tips are available from the department. You can register and rent bike lockers ($40/semester) online.

Parking

Pitt Parking Office
204 Brackenridge Hall (next to the student union on Fifth Ave.)
412-624-4034
parking@bc.pitt.edu
www.pts.pitt.edu

University Daytime Parking

OC Lot (Aliquippa St., up the hill near Trees Hall)
$7.00/day or $5.00 after 3:50 pm

OC and Tower View Lots

Daytime parking leases were available this year for $280/semester. However, this may increase for the 2005-2006 year.

OH Lot (on Bayard next to WPIC)
0-1 hr $4.00
1-2 hr $5.00
2-4 hr $8.00
4-6 hr $9.00

SO Lot (under Soldiers’ & Sailors’ Memorial)
0-1 hr $4.00
1-2 hr $5.00
2-4 hr $7.00
4-6 hr $8.00
6-8 hr $10.00
8-10 hr $12.00
over 10 hr $14.00

Both the OH and SO lots are $5 after 4 pm.

University Evening Parking

OC Lot
$3.00 after 3:50 pm.

Evening parking permits are available for $50/term and are valid Mon.–Fri. until midnight and all day on weekends, except during special events. See the color-coded listing in the evening student permit-parking brochure. The most convenient to Scaife is the PG lot (Parran Garage) after 4:50 pm and most convenient to Trees Hall are the OC Lot after 3:50 pm and E Lot (Fitzgerald Field House) after 4:50 pm.

There is also a lot next to Ruskin Hall (graduate student housing) called RA which is convenient to park at if you are visiting friends in Ruskin after 4:50 pm or on weekends. There are also metered spaces available outside Ruskin.

UPMC (BST/MUH)
0-1 hr $2, $1 each additional hr
7-24 hr $12
$2 flat rate after 5pm with ID

Children’s (Darragh St.)
0-1hr $2, $1 each additional hr
7-24 hr, $8

Tower View (Robinson St. Extension)

During 3rd year surgery clerkships or 4th year acting internships, a 4 or 6 week lease can be purchased at $65 ($3/day). Twenty leases are available. Debit cards are also available for purchase for all 3rd and 4th year students. These cards will allow students to park at Towerview for $3/day on a charge for

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use basis only. During the weekends, Towerview leases will provide students with parking at the BST at no additional charge, when Towerview is closed.

Towerview parking and shuttle transit runs to and from the hospitals at all hours, except 1 am to 4:30 am. Shuttles run every 5 to 15 minutes in a loop that encompasses MUH, Scaife, and Falk. It offers 24-hour security, including closed circuit television and walking escorts. Cars can be accessed during off-hours by calling Presby security.

**Magee Women’s Hospital (Forbes Avenue)**

Discount coupons are available for $4/day or a 6-week lease for $100, useful for the OB/GYN clerkship.

**Parking Meters**

Good luck! They are in great demand.

Cost is $0.25/15 minutes with 2 – 4 hour time limit. At the present time, meter maids are checking meters between 8pm and 6pm Monday through Saturday. Don’t park on Forbes or Bayard between 4 and 6pm; they frequently tag ($55) and often tow (>$100 to retrieve your car in addition to the fine).

**Away Rotations**

West Penn, St. Margaret’s, and Mercy provide free parking (as well as free lunch) to students assigned to them during 3rd and 4th year clerkships.

**Summer Student Parking**

There will be a reduction in the cost of parking for those students who are enrolled in summer classes.

**Daily/Weekly Parking**

$7.00 at OC and PH
$2.50 at Biotech (BS): scratch off hangtags
$3 at SS and OH: validation sticker with valid Pitt ID

**Monthly Parking**

$40/month at Biotech (BS)
$20/month at Pittsburgh Filmmakers (PF)
$60-65/month at main campus lots (A, OA, SS, PG, LS, RA, OH, etc. as available)

Validation stickers, monthly hangtags and scratch off permits can all be purchased at the Parking Office.

**Residential Street Parking**

*Pittsburgh Parking Authority*

232 Boulevard of the Allies
Downtown
412-560-2500 or 412-560-2510

*www.city.pittsburgh.pa.us/pghparking* *

In some neighborhoods, you must have an area-specific permit for your vehicle if you plan to park on the street. Luckily, it is easy and cheap to do so ($20 for the year, but the year runs from Dec 1 to Dec 1). Call or visit their website to find out if you live in an eligible neighborhood. They’ll tell you what to bring, when to come, and where to go. Follow their instructions exactly or you will not get your permit.

Without a permit, you may usually only park for one hour. If you stay longer without the particular area permit, the meter maid may issue a ticket between the hours specified on the signs in the area. But don’t worry if you have guests—the city provides one guest permit per household for $1 extra.
Rules, Regulations, and Utilities

Taxes

Federal tax hotline
800-829-1040

Federal tax forms
800-829-3676
www.irs.gov/individuals/index.html

24-hour State Tax Fact Line
888-PA-TAXES
www.revenue.state.pa.us/

You do not need to file PA taxes unless you have earned taxable income in PA or have filed in PA in the past. You are still responsible for filing the appropriate state income tax forms for any state(s) in which you have earned income during the year, whether or not you still live there. Many forms are online, but local libraries also have all federal and PA tax forms available. Remember, moving expenses are tax deductible by itemizing your deductions with a schedule A/1040.

State Sales Tax

Good news, PA doesn't charge sales tax on required items like not ready-to-eat food, clothing, drugs, textbooks, resale items and residential heating fuels. It is 7% for "nonessentials" (6% state tax, but 7% within the city of Pittsburgh).

Applying for PA Residency Status

An application form is available in G-7 Thackeray Hall. It is extremely difficult to get your application or appeal approved if you have never lived in PA. A former author moved his wife and son and all his belongings to Pittsburgh as well as had his house on the market in California but was still denied PA residence.

Alcohol Laws

www.lcb.state.pa.us

Liquor and wines can only be purchased at most state stores Monday-Saturday; certain stores are now open on Sunday. Beer can be purchased either at state-sanctioned beer distributors (only in cases or kegs) or at bars (six-packs). Hours for each store are listed on the website, but most close between 9pm and 10 pm, with much shorter hours on Sunday.

Notaries

Banks do not necessarily have notaries in Pennsylvania, but real estate offices do. The closest notary is at the Commuter Resource Center, 2nd floor of the Wm. Pitt Union.

Banking

Banking in Pittsburgh is like banking in any other mid-major metropolitan area. The biggest banks are PNC, National City, and Citizens, in addition to the expected assortment of one-shop community banks and credit unions. Each of the big boys attempts to be medical student friendly, offering such niceties as free checking with no minimum balance requirements. In terms of access, PNC and National City seem to have the most ATM locations sprinkled around town (although often not where you would really want them to be).

Three of the more convenient dispensaries around school are located inside Scalfie Hall's eleventh floor cafeteria (PNC), the lobby of Western Psychiatric Institute (PNC) and at the intersection of 5th Avenue and Bigelow Boulevard (National City). A list (by no means definitive) of major branch locations is listed in the back of this guide under Banking.
UTILITIES

Phone Service

Landlines

www.utilitychoice.org

Rather than give a detailed breakdown of price (which may have changed by the time you are actually setting yours up), the single best resource for phones and other utilities is found at the above website. This is a service set up to inform consumers about different options they have for their utility suppliers.

The local telephone section can give you a side-by-side comparison of different providers in the area. You can also see a complete listing of local providers and their phone numbers at this website. One caveat: in the side-by-side comparison, Verizon is not listed. Since it is one of the bigger (perhaps biggest) local providers, you will probably want to also look at their website.

Cellular Phones

www.letstalk.com

This website is in the business of selling: be aware of this. But, if you wade through a bit, you can find some useful side-by-side comparisons of different plans. Note that it doesn’t include information about Verizon, so you should probably check out Verizon’s website to learn more.

If you already have a cell phone, you may want to transfer it over to a Pittsburgh area code, though many students just keep their pre-Pittsburgh phone numbers. In Pittsburgh, you have five companies to choose from: T-Mobile, Sprint, AT&T (soon to be Cingular), Verizon, and Cricket. Within Pittsburgh, the coverage and plans are similar. Do some comparison-shopping, spend some time with overeager salespeople, and figure out for yourself what company and service works best for you.

AT&T

www.attws.com

Pretty good reception in most of Pennsylvania, not so good reception during travels (even in areas where AT&T claims to have service). In Scaife, expect service in only a few locations: mostly on the 2nd and 4th floors.

Cricket

www.cricket.com

Sprint

www.sprint.com

Good coverage in the Pittsburgh area, the East coast, and any major city, fairly priced plans, and poor reception in the pseudo-subterranean floors (anything below Floor 4) of Scaife.

I use a cell phone: Why would I need a land line?

Many Pitt Med students use their cellular phones as primary phone lines, but in order to get good Internet access from home (aside from Cable Internet) you will need to get a landline installed. Around the beginning of the undergraduate school year, Verizon is busy with tons of Pitt students setting up phone lines, so it is unlikely that you will be able to get an appointment until mid-September. To make your life easier, as soon as you move into your apartment, make sure to call your phone company and set up an account. A no-frills, ultra-lean Verizon landline phone plan will run you about $20 per month (not including DSL costs, which average about $30/month).
Good phone service in general, though marginal reception in Scaife.

Verizon

Great coverage in the Pittsburgh area, pretty good Pennsylvania coverage, and good coverage on the road. Pretty responsive technical support. Rumored to be one of the few services that can penetrate most walls of Scaife. If you have hardware problems with your phone, you can catch one of several buses to downtown and get it repaired at the Verizon Store on Smithfield Street.

Other Utilities

Dominion Peoples Natural Gas

www.dom.com/index.jsp

Mailing address:
Dominion Peoples
P O Box 26784
Richmond, VA 23261-6784
Local: 412-224-2626
Toll-free outside Pittsburgh: 800-764-0111
Customer service hours: 7am-7pm, M-F.

Duquesne Light

www.duquesnelight.com

mailing address:
Duquesne Light Corporate Communications
411 Seventh Avenue (16-4)
Pittsburgh, PA 15219
Customer Service: 888-393-7100
Emergency: 888-393-7000

Media

Newspapers

Pittsburgh's two main newspapers both do a decent job covering local events from differing political perspectives. The Post-Gazette is the liberal-leaning paper, the Trib is unabashedly conservative. Watch for special student subscription deals in the fall.

The Pittsburgh Post-Gazette
412-263-1121
www.post-gazette.com

The Pittsburgh Tribune-Review
800-909-TRIB
www.triblive.com

The New York Times
www.nytimes.com

USA Today
usatoday.com
Daily issue is available from machines along Fifth Avenue.

Weekly Papers

These free weeklies cover the local arts and political scenes, restaurants, movie listings, horoscopes, and even classified ads for that lonely student. They’re available in many shops and restaurants. New Pulp on Wednesday, new City Papers on Thursday.

City Paper
412-316-3342
www.pghcitypaper.com

Pulp
412-481-PULP
www.pittsburghpulp.com

University Publications

The student newspaper and a paper geared more toward the entire University community are distributed free in many University buildings, including the 4th floor lobby of Scaife.

The Pitt News
(daily)
www.pittnews.com

University Times
(weekly)
www.pitt.edu/utimes
**Additional Publications**

**The New Yinzer**  
The New Yinzer, first published online in 2002, is now published in Bloomfield/Garfield. Its writers seek to enrich the literary landscape in Western, PA.  
[www.newyinzer.com](http://www.newyinzer.com)  
277 Main Street  
Pittsburgh, PA 15201

**Planet Queer**  
412-683-9741  
[www.planetqnews.com](http://www.planetqnews.com)  
The local GLBTQ newspaper can be picked up free in the lobby of the William Pitt Union or delivered to your home for a fee.

**The Herald**  
412-782-2121

**Minority Business Journal**  
412-682-4386

**Renaissance Publications, Inc.**  
412-391-8208

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**FM Radio**

<table>
<thead>
<tr>
<th>Station</th>
<th>Frequency</th>
<th>Format</th>
</tr>
</thead>
<tbody>
<tr>
<td>WRCT</td>
<td>88.3</td>
<td>WRRK 96.9 Classic rock</td>
</tr>
<tr>
<td>WQED</td>
<td>89.3</td>
<td>WSRR 99.7 Adult contemporary</td>
</tr>
<tr>
<td>WDUQ</td>
<td>90.5</td>
<td>WZPT 100.7 80s, 90s, and today</td>
</tr>
<tr>
<td>WYEP</td>
<td>91.3 Adult alternative, NPR</td>
<td></td>
</tr>
<tr>
<td>WPTS</td>
<td>92.1 Freeform (Pitt)</td>
<td></td>
</tr>
<tr>
<td>WQED</td>
<td>89.3 Classical, NPR</td>
<td></td>
</tr>
<tr>
<td>WDUQ</td>
<td>90.5 Jazz, NPR News</td>
<td></td>
</tr>
<tr>
<td>WYEP</td>
<td>91.3 Adult alternative, NPR</td>
<td></td>
</tr>
<tr>
<td>WPTS</td>
<td>92.1 Freeform (Pitt)</td>
<td></td>
</tr>
<tr>
<td>WQED</td>
<td>89.3 Classical, NPR</td>
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</tr>
<tr>
<td>WDUQ</td>
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</tr>
<tr>
<td>WYEP</td>
<td>91.3 Adult alternative, NPR</td>
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</tr>
<tr>
<td>WPTS</td>
<td>92.1 Freeform (Pitt)</td>
<td></td>
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</table>

**Local TV Stations**

<table>
<thead>
<tr>
<th>Station</th>
<th>Frequency</th>
<th>Format</th>
</tr>
</thead>
<tbody>
<tr>
<td>CBS/KDKA</td>
<td>.channel 2</td>
<td>WZPT 100.7 80s, 90s, and today</td>
</tr>
<tr>
<td>ABC/WTAE</td>
<td>channel 4</td>
<td>WZPT 100.7 80s, 90s, and today</td>
</tr>
<tr>
<td>NBC/WPXI</td>
<td>channel 11</td>
<td>WZPT 100.7 80s, 90s, and today</td>
</tr>
<tr>
<td>PBS/WQED</td>
<td>channel 13</td>
<td>WZPT 100.7 80s, 90s, and today</td>
</tr>
<tr>
<td>WB/WCWB</td>
<td>channel 22</td>
<td>WZPT 100.7 80s, 90s, and today</td>
</tr>
<tr>
<td>FOX/WPGH</td>
<td>channel 53</td>
<td>WZPT 100.7 80s, 90s, and today</td>
</tr>
</tbody>
</table>

Reception without cable ranges from good to poor depending on your location, available antenna services, etc. We recommend that you at least get yourself a cheap pair of rabbit ears. The $15 bucks will do wonders when you’re just hankering to see “Scrubs” instead of staring at your syllabus.

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**AM radio**

<table>
<thead>
<tr>
<th>Station</th>
<th>Frequency</th>
<th>Format</th>
</tr>
</thead>
<tbody>
<tr>
<td>WDPT</td>
<td>730</td>
<td>WJAS 1320 Religion Oldies, Nostalgia</td>
</tr>
<tr>
<td>WBGG</td>
<td>970</td>
<td>WPTT 1360 Sports Talk</td>
</tr>
<tr>
<td>KDKA</td>
<td>1020</td>
<td>KQV 1410 News, sports</td>
</tr>
<tr>
<td>WWNL</td>
<td>1080</td>
<td>WJPA 1450 Christian Oldies</td>
</tr>
<tr>
<td>WEAE</td>
<td>1250</td>
<td>WURP 1550 Sports talk (ESPN) News/Talk</td>
</tr>
</tbody>
</table>
Cable

Comcast Cable
888-262-6300
www.comcast.com

Comcast, the local cable monopoly which keeps changing its name, offers cable service ranging from approx. $13.00/month for “basic” cable and $45/month for “standard” cable. The company usually offers special incentives like free cable installation at the beginning of the school year so keep your ears open if you are interested. Getting high speed Internet through Comcast is more expensive than your general DSL connection. Comcast prices average $43/month for current cable customers and over $50/month for non-customers, but may save money for those who don’t want a landline phone.

Recycling

According to the City of Pittsburgh’s website, “Recycling is mandatory for every resident, business, office and institution in the city of Pittsburgh.” Despite the trend toward enforcement of this mandate, this city is way behind others in terms of being green-friendly. Recycling in Pittsburgh may not be easy, but there are ways to save the earth in this city, and they are getting easier every year.

Recycling Services 101

1. Pittsburgh Recycling Services
412-255-2631
www.city.pittsburgh.pa.us/pw/html/recycling.html
3001 Railroad St., off 30th St. in the Strip District
Open 24/7
Visit this site to learn about residential pick-up recycling as well as drop-off locations for your paper products. Here’s a quick run-down of what you can leave curbside—this stuff will be picked up every other week on your street’s trash day. You can tie up your newspapers, or place them in a paper bag, and leave them curbside. Then there are the “other” items. These items are happily referred to as “Comingles” — which must be placed together in a blue plastic bag and set at the curb for recycling collection (rinse all items). Here are some clues to what a “comingle” is:
- Clear and colored container glass (discard all lids)
- All metal cans (including empty aerosol and paint cans) include metal lids
- Aluminum foil and formed aluminum containers, such as pie plates (Must be rinsed!)
- Plastic bottles, jugs and jars (1 & 2 only). Discard all caps and lids

The all-important blue plastic bags are usually given to you at the grocery stores or Walmart. By 2 weeks into the school-year, you’ll likely have enough bags to last you for the rest of your medical school years.

2. Atlas Paper
off E. Carson Street at 24th and Wharton Street on South Side
412-431-5329
Open 1am to 4pm M-F
Cardboard, office paper, newspaper/mixed paper.

3. The E House Company
1511 East Carson Street
412-488-7455
Open M-Th 11am-7pm, Fri-Sat 11am-9pm

4. Agents of Change
412-487-5885

5. Special items:
a. Pep Boys recycles oil.
b. Computer Recyclers - 412-784-3643, Call for appt. to drop off/purchase
c. Castrola Metals
   606 Hargrove Road
   412-431-1832
   South Side
   Car batteries and most metals
Here you will find the Survival Guide's take on love (p. 66), family life (p. 66), and the pursuit of heavenly happiness (p. 69) in fair Pittsburgh.

**Significant Others**

Medical school will change your life. If you have a significant other (SO), odds are it will change his or her life too. All this changing can be stressful, and it can make having an intimate relationship a lot more work. However, it is not impossible, and a few things will make it easier for you and your partner.

During orientation, the medical school counselor hosts a SO reception for students and their SOs. (Either or both of you may go.) It can be helpful to attend. Topics such as time management, having long-distance relationships, and stress are discussed, and students from other classes talk about their experiences and strategies for dealing with problems. This reception is also an opportunity to meet other couples or people in long-distance relationships, who can be great sources of support or advice.

It is extremely important that you manage your time well. In addition to your obligation to learn material in class, you are also responsible for taking care of your relationship. Making time for your SO is necessary and thought won't always be easy, you can do it in a variety of ways. A daily phone call, meal, or even doing dishes together may do the trick; you'll have to figure out what works best in your situation.

It may be helpful for you to develop friendships with other couples outside of medical school. This can be beneficial especially if you have moved here together; you spend a lot of time with your classmates, but your SO may not have anyone to talk to besides yourself or your med school friends. When med students are at extracurricular functions, they have a bad habit of talking shop; this is often boring, overwhelming, or just plain gross to non-medical students.

It is crucial that you communicate with each other. Talk about problems you are having, and figure out ways to handle them that are comfortable for both of you. If you are having problems, don't be afraid to ask for help. The medical school counselor can help you should you need counseling, and there are other resources available through health agencies, community groups, and churches.

**Children and Families**

For those with the wee ones: Do not fear! Pittsburgh and the surrounding areas are very family oriented. Real estate is reasonable, as is renting, and there are plenty of things to keep the whole family occupied on the weekends.

**Neighborhoods**

In the recent past, the majority of students with children lived in the southeastern corner of the city in the neighborhoods of Regent Square, Edgewood, and Squirrel Hill. These neighborhoods lie on either side of Frick Park (Squirrel Hill is between Frick and Schenley Park) and have close access to all conceivable park amenities (playgrounds, trails, etc.). The rents are lower in Regent Square and Edgewood, but a good deal might still be found in Squirrel Hill if you look long and hard. Both neighborhoods are served by ample bus lines that head straight for Oakland and the hospitals.

North and Northeast of the school, the neighborhoods of Bloomfield, Friendship,
and Highland Park also offer very family-friendly areas. All three have good housing deals and ample bus service. The latter two neighborhoods might be more amenable to renting, as the houses are huge. Highland Park is located between the neighborhood of East Liberty and the actual park named—you guessed it—Highland Park. Bloomfield is a tightly-packed and diverse neighborhood that is almost directly north of the school.

Friendship is a small neighborhood that is sandwiched in between Bloomfield, Highland Park and East Liberty: While Bloomfield and Friendship do not have any large, sprawling parks like Highland or Frick, they are dotted with smaller parks and playgrounds. Highland Park itself is every bit as good as the other parks previously mentioned and is currently scheduled for a major facelift by the city. It's also the home of the zoo.

When searching around town for a suitable place to live, don’t rule out any neighborhoods not mentioned above, as the bus system in the city is extensive (Caveat: please see note about the bus system on p. 56). Chances are you’ll be close to one that can be of use. So, if you happen to find a deal in the South Side or in other places across a river, don’t be afraid to check it out. Moreover, don’t be afraid to look beyond the rivers around Pittsburgh. South of the Monongahela and north of the Allegheny are some of the best neighborhoods for families in Pittsburgh. Outside the city proper, in the South Hills you’ll find large, beautiful, older homes, but the market is geared more toward home ownership. You may find town homes and condos to rent. There is a limited light-rail service out there, which is preferable to driving, as traffic can get quite heavy.

The North Hills offers newer homes, is geared toward home ownership, and is, in a word, suburban: BBQs with neighbors on weekends, kids playing in the street, shopping malls, chain restaurants, and a serious lack of sidewalks. Town homes and condos to rent are scattered around the area and are pretty reasonable. While traffic is not as bad as for those living south or east of the city, public transportation is lacking in comparison.

North Park is found here, and it features an ice-skating rink (winter), an Olympic size swimming pool (summer), a few ponds with plenty of fishing holes, a 5-mile running track around a small lake, and woods you can explore. Hard to believe you’re only twenty minutes from downtown.

**Museums and Attractions**

This town is loaded with museums any family would love. The crown jewel of them all is the **Carnegie Museum of Natural History**. It’s close to school (on Forbes Ave. across from the Cathedral) and jam-packed with cool stuff (dinosaurs!). And while you can’t miss the dinosaur light show, be sure to explore the nooks and crannies as well.

Another of Andrew’s contributions to Pittsburgh is the **Carnegie Science Center**, and it’s definitely worth a visit. Nearby is the **Children’s Museum of Pittsburgh**, where you can watch a puppet show and then head upstairs where your child can put on one of his and be a TV star. There are plenty of arts and crafts areas, the original(!) King Friday set from *Mr. Roger’s Neighborhood*, plus an entire second building devoted to *Sesame Street*. The **National Aviary** is right around the corner, another kid-friendly place.

Who can forget about the Zoo? The **Pittsburgh Zoo** is located in Highland Park. It’s surprisingly well done and features a new and exciting aquarium starring the only Amazon River Dolphin in North America. If your child is more interested in plants, try out the gorgeous **Phipps Conservatory** in Schenley Park.

**Your Furry Friends**

Now that you’re going to school you may be asking yourself ‘what do I do with the smartest thing in my house’…the 4-legged furry beast that would rather play with that stick from across the street than the $10 chew toy that you spent your food money on. Lots of students have dogs and plenty of time to...
keep them from chewing the couch. Pittsburgh is a great place to have a dog and there are plenty of places to keep them busy, feed them, wash them and keep them healthy. These are some of our favorites.

**Parks:** Lots of parks have special areas called OLEAs or Off Leash Exercise Areas. These are fenced in areas where your dog can go crazy with other dogs without you worrying they will run off—no that your dog would do that. Even with these OLEAs in parks like Frick, South Park and North Park and Hartwood Acres, people also tend to let their dogs off the leash all over Frick, though it's technically not allowed. Just watch out for Animal Control, it can be a hefty fine. Frick also has an OLEA called the Doggy Dam where dogs can go swimming. To get to the OLEA in Frick Park take Beechwood Ave. until you see the “Blue Slide Park.” Then just follow everyone else with dogs into the park. Around 5PM there's normally tons of dogs at the park running around everywhere. Same goes for Mellon Park about the time that people get off work, though it's not as big. Schenley Park is a great park but there are a lot of runners so keep them on the leash.

Is your dog one standard deviation above the mean? Are they too smart for their own good? Then take them over to Misty Pines in Wexford. It’s a dog only park with an obstacle course, a pond and training services. It’s like Disneyland for dogs. For more info and how to get there go to: www.mistypinesdogpark.com.

**Pet Shops:** There are plenty of pet shops around so it's easy to find one, but there's always the Waterfront PetCo if you're already a PALS member. If you like to shop local then you can go to the Pet and Plant shop on Murray Ave. If you go, watch out for the smell of pet fish; don't say I didn't warn you. See the business listings for more choices.

**Vets:** All the cool pets from Pitt Med go to Greenfield Vet. Dr. Winnie is the best and brightest Pittsburgh has to offer. Great for cats and dogs. Contact him at: Greenfield Veterinary Hospital 611 Greenfield Avenue 412-422-7755

**Training and more:** Is Fido peeing on people’s legs? Still chewing up your Netter’s atlas? Train him!! Animal Friends in the strip has tons of classes from “walking on a loose leash” to Therapy Dog International” training. Go to: www.animal-friends.org for times and prices.

If your dog needs a wash but you don’t have your own hose and don’t feel like sharing the shower again, take her over to Dirty Harry’s self-serve wash and grooming (reasonably priced). For more info call 412-362-8878.

**General:** Still want more info? Go to www.petsoverpittsburgh.com or www.pghdogs.com for other resources.

**School Districts**

**Pittsburgh School District**

412-488-4730

The best public school districts in the area are also some of the best public schools in Pennsylvania and the country. They are Fox Chapel, Hampton, Mt. Lebanon (www.mtlsd.org), North Allegheny (www.northallegheny.org), North Hills.
In addition to the listings above, there are many parochial and private schools in the area that offer excellent educations, for a fee.

Places of Worship

The University of Pittsburgh has many opportunities for religious worship and is surrounded by a variety of temples, churches, and mosques. Many medical students find time to go to services on the Pitt campus or in the surrounding neighborhoods. Within the medical school, the Christian Medical Association and the Maimonides Society provide information about religious services as well as a forum for discussion about religion’s role for students of medicine. In addition, the University’s chapter of the Muslim Student’s Association provides spiritual support for both undergraduate and professional students at Pitt, Carnegie Mellon, Duquesne, and other colleges in the Oakland area.

University of Pittsburgh Association of Chaplaincies

www.pitt.edu/~chaplain

Through the University of Pittsburgh Association of Chaplaincies, Pitt provides religious support for undergraduate and graduate students. The Association comprises five religious organizations that provide weekly religious services, in addition to Bible study and social activities.

B’nai B’rith Hillel
160 N. Craig Street
412-621-8875

Christian Student Fellowship
134 N Dithridge Street
412-621-8875

Lutheran and Episcopalian Student Ministry Lutheran University Center
4515 Forbes Avenue
412-682-6886

Protestant Student Fellowship
Bellefield Presbyterian Fifth and Thackeray
412-682-1051

Roman Catholic Oratory
4040 Bigelow Boulevard
412-681-3181

In addition, a large number of temples, churches, and mosques are located in the Pittsburgh area. Pitt Med’s Christian Medical Association has a website with a description of their mission and good listings of local churches at www.pittmed.pitt.edu/cmds/.

For additional information on Catholic churches visit www.diopitt.org. Several places of worship are listed below, along with names of current medical students who attend services there. Feel free to contact the students listed in order to obtain more information.

Judaism

Beth Shalom Congregation
Conservative
5915 Beacon Street (intersection of Beacon and Shady)
Squirrel Hill
412-421-2282
http://www.bethshalompgh.org/index.htm

Daily services at 7:30 a.m., afternoon/evening services 7:00 p.m. in spring and summer, varies with sunset in fall and winter. Shabbat and holiday morning services at 6:30 a.m. (very quick, informal) and 8:45 a.m. (formal with cantor and choir), as well as a lay-led, less formal services most weeks at 9:30 a.m. with 1/2 hour of study preceding. Afternoon/evening services vary with the season.
## Places of Worship

<table>
<thead>
<tr>
<th><strong>Bet Tikvah Congregation</strong></th>
<th><strong>Temple Sinai</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Gay/lesbian/bisexual/transgender/allied/family &amp; friends of (GLBTAF) Jewish synagogue</td>
<td>Reform</td>
</tr>
<tr>
<td>4905 Fifth Avenue (at Rodef Shalom Shul, see information below) Oakland</td>
<td>5505 Forbes Avenue Squirrel Hill</td>
</tr>
<tr>
<td>Services the 1st Friday monthly, 7:30 pm</td>
<td>412-421-9715</td>
</tr>
<tr>
<td><a href="http://www.bettikvah.org/">www.bettikvah.org/</a></td>
<td></td>
</tr>
<tr>
<td>412-682-2694 or 412-621-6566</td>
<td></td>
</tr>
<tr>
<td>Amelia Pousson (MS-3), <a href="mailto:pousson.amelia@medstudent.pitt.edu">pousson.amelia@medstudent.pitt.edu</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Dor Hadash</strong></th>
<th><strong>Tree of Life Congregation</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Reconstructionist</td>
<td>Conservative</td>
</tr>
<tr>
<td>1620 Murray Avenue Squirrel Hill</td>
<td>Wilkins and Shady Avenues Squirrel Hill</td>
</tr>
<tr>
<td>412-422-5158</td>
<td>412-521-6788</td>
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<table>
<thead>
<tr>
<th><strong>Hillel/The Jewish University Center</strong></th>
<th><strong>Christianity</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>4551 Forbes Avenue Squirrel Hill</td>
<td><strong>Allegheny Center Christian Missionary Alliance Church</strong></td>
</tr>
<tr>
<td>412-621-8875</td>
<td>250 E Ohio Street North Side</td>
</tr>
<tr>
<td></td>
<td>412-321-4333</td>
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<tr>
<td></td>
<td><a href="http://www.acac.net">www.acac.net</a></td>
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<tr>
<td></td>
<td>Ben Tu (MS-3), <a href="mailto:tu.benjamin@medstudent.pitt.edu">tu.benjamin@medstudent.pitt.edu</a></td>
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<thead>
<tr>
<th><strong>Lubavitch Center Synagogue</strong></th>
<th><strong>Bellefield Presbyterian</strong></th>
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<tbody>
<tr>
<td>Orthodox</td>
<td>Fifth and Thackeray Oakland</td>
</tr>
<tr>
<td>2100 Wightman Avenue Squirrel Hill</td>
<td>412-687-3222</td>
</tr>
<tr>
<td>412-422-7300</td>
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<tr>
<td></td>
<td>Krista Marshall (MS-3), <a href="mailto:marshall.krista@medstudent.pitt.edu">marshall.krista@medstudent.pitt.edu</a></td>
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<tr>
<th><strong>Poale Zedek Congregation</strong></th>
<th><strong>Calvary Episcopal Church</strong></th>
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<tbody>
<tr>
<td>Orthodox</td>
<td>315 Shady Avenue Shadyside</td>
</tr>
<tr>
<td>6318 Philips Avenue</td>
<td>412-661-0120</td>
</tr>
<tr>
<td>412-421-9786</td>
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<tr>
<th><strong>Rodef Shalom Congregation</strong></th>
<th><strong>Central Christian Church</strong></th>
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<tbody>
<tr>
<td>Reform</td>
<td>134 N Dithridge Street Oakland</td>
</tr>
<tr>
<td>4905 Fifth Avenue Oakland</td>
<td>412-621-6760</td>
</tr>
<tr>
<td>412-621-6566</td>
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<tr>
<th><strong>Shaare Torah Congregation</strong></th>
<th><strong>Church of the Ascension</strong></th>
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<tbody>
<tr>
<td>Orthodox</td>
<td>Episcopal</td>
</tr>
<tr>
<td>2319 Murray Avenue Squirrel Hill</td>
<td>Ellsworth and N Neville Shadyside</td>
</tr>
<tr>
<td>412-421-8855</td>
<td>412-621-4361</td>
</tr>
<tr>
<td>Place</td>
<td>Address</td>
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<td>-----------------------------------------------------</td>
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<tr>
<td>Church of the Redeemer</td>
<td>5700 Forbes Avenue</td>
</tr>
<tr>
<td>Church of Jesus Christ of Latter-Day Saints</td>
<td>46 School Street</td>
</tr>
<tr>
<td>Community of Christ Church</td>
<td>1805 Tonopah Street, 15216</td>
</tr>
<tr>
<td>Convent Church of Pittsburgh</td>
<td>1111 Wood Street</td>
</tr>
<tr>
<td>East Liberty Presbyterian Church</td>
<td>Penn and Highland</td>
</tr>
<tr>
<td>First Baptist Church of Pittsburgh</td>
<td>Bellefield and Bayard</td>
</tr>
<tr>
<td>First Unitarian Church</td>
<td>Morewood and Ellsworth</td>
</tr>
<tr>
<td>First United Methodist Church of Pittsburgh</td>
<td>Centre and S Aiken</td>
</tr>
<tr>
<td>Friends Meeting House</td>
<td>4836 Ellsworth Avenue</td>
</tr>
<tr>
<td>Friendship Community Church</td>
<td>181 Robinson Avenue</td>
</tr>
<tr>
<td>Heinz Chapel</td>
<td>Cathedral Lawn, University of Pittsburgh</td>
</tr>
<tr>
<td>Korean Central Church of Pittsburgh</td>
<td>821 S Aiken Avenue</td>
</tr>
<tr>
<td>Lutheran University Center</td>
<td>4515 Forbes Avenue</td>
</tr>
<tr>
<td>Mt. Ararat Baptist Church</td>
<td>271 Paulson Avenue</td>
</tr>
<tr>
<td>New Hope Christian Community</td>
<td>134 N Dithridge Street</td>
</tr>
<tr>
<td>Pentecostal Temple Church of God in Christ</td>
<td>6300 E Liberty Boulevard</td>
</tr>
<tr>
<td>Pittsburgh Chinese Church</td>
<td>Nondenominational</td>
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</tbody>
</table>

Places of Worship

71
MAINTAINING YOUR COMMUNITY

Pittsburgh Mennonite Church
4005 Murray Avenue
Greenfield
412-421-8007

Rodman Street Missionary Baptist Church
E Liberty and Collins Avenues
412-363-8082

Ryan Catholic Newman Center/The Oratory
4450 Bayard Street
Oakland
412-681-3181

Sacred Heart Church
Roman Catholic
310 Shady Avenue
Shadyside
412-661-0187
Emily Diederich (MS-4),
diederich.emily@medstudent.pitt.edu

Sacred Heart Parish
310 Shady Avenue
Shadyside
412-661-0187

Saint Andrew's Lutheran Church
304 Morewood Avenue
Shadyside
412-682-3342

Saint Bede's Roman Catholic Church
Dallas and Wilkins
Point Breeze
412-661-7222
Julie Ogonowski (MS-3),
ogonowski.julie@medstudent.pitt.edu

Saint Benedict the Moor
91 Crawford Street
Downtown/Hill District
412-281-3141

Saint Bonaventure
2001 Mount Royal Boulevard
North Hills
412-486-2606

Saint Lawrence O'Toole
Roman Catholic
5323 Penn Avenue
412-363-1771

Saint Nicholas Greek Orthodox Cathedral
419 S Dithridge Street
Oakland
412-682-3866

Saint Nicholas Russian Orthodox Church
320 Munson Avenue
412-331-8554

Saint Paul's Cathedral
Roman Catholic
108 N Dithridge Street
412-621-4951
Jaime Cavallo (MS-4), 914-263-7711,
cavallo.jaime@medstudent.pitt.edu

Saints Peter and Paul Ukrainian Orthodox Church
200 Walnut Street
Carnegie
412-279-2111

Saint Sebastian's Roman Catholic Church
Ross Township
311 Siebert Road (off of McKnight Road)
Pittsburgh, PA 15237-2899
Phones: 412-364-8999/412-364-6330
Fax: 412-364-6330

Sharpsburg Family Worship Center
Pentecostal/Assembly of God

Places of Worship
Smithfield United Church
Congregational
620 Smithfield Street
Downtown
412-281-1811

United Apostolic Church
Pentecostal/Holiness
6942 Upland Street
412-363-8210
Nefertiti Brown (MS-4),
EgyptStar2000@aol.com
Carl Johnson Jr. (MS-3/LOA), caj4@pitt.edu

Hindu Jain Temple
724-325-2073
Kartik Patel (MS-4),
patek.kartik@medstudent.pitt.edu

Zen Center of Pittsburgh
124 Willow Ridge Road
Sewickly
412-741-1262

Islam

Islamic Center of Pittsburgh
4100 Bigelow Boulevard
Oakland
412-682-5555
412-682-5557

Masjid Al-Alamin
623 Homewood Avenue
412-371-0447

Masjid Al-Mu’min
537 Paulson Avenue
East Liberty
412-363-1237

Masjid Al-Tawheed
1150 Banksville Road
Greentree
412-511-1003

Hindu/Jain/Buddhist

Sri Venkateswara Temple
Hindu
McCully Drive
Penn Hills
412-373-3380
Leisure

What? Leisure time in Med school? Few people mention that you can indeed have fun and do crazy things during med school, especially during your first and second years. Look here for the more personally constructive stuff—Athletic Facilities (p. 77), Sporting Events (p. 80), Parks (p. 81), Music, Theater, and Dance (p. 85), and Festivals and the Summertime (p. 88). For more sordid prospects, check out our Dining and Nightlife Guide.

Athletics and Recreation

So you think that you have time to work out while in medical school? Good luck. Actually, there’s plenty of time to work out, if you don’t take med school too seriously. That is an important skill that should be learned quickly. In fact, it’s very possible to spend all of your “self-directed learning” time in the gym. You may find yourself exploring new sports you never thought would interest you. With that in mind, here is a list of different athletic endeavors, associations, facilities, and pastimes to keep you busy.

Rugby

Chances are that the first thing you are looking to do when you get into Pittsburgh is to find a good rugby club to play with. Rugby is both an excellent distraction from school as well as a convenient method of receiving injury. Actually, it is an extremely athletic and challenging sport which is a tremendous amount of fun. There are two mens’ teams and one women’ team in the Pittsburgh area, as well as Pitt and Carnegie Mellon college-level teams.

Pittsburgh Rugby Club: www.pghrugby.com

Q: I have never played rugby before. Is this a problem if I want to start playing?
A: No, actually nobody who starts playing has ever played before, by definition.

Running

Pittsburgh is a great city for runners. It has excellent spots for trail running, as well as some pretty good hilly street running.

The best place to run that is near most med student residences is Frick Park, no contest. You can run all day on trails, up and down hills, and you will never cross the same path twice. It also has paved and gravel roads if you are less inclined to trail running. Highly recommended is running the singletrack trails there at night. Don’t go into the (adjacent) graveyard at night, though. It’s closed, plus it’s scary due to ghosts, etc.

Frick is located “behind” Squirrel hill, between Breezewood ave (sorta parallel to Shady Ave.), Forbes Ave, and Braddock ave, sorta. Connected to Frick is the previously mentioned graveyard, on the other side of Forbes, which for some reason it’s okay to run through.

Schenley Park is closer to school and also pretty good for running. Schenley is on the close-to-school side of Squirrel Hill, and you can run right there from school. The trails here are wide and pretty good. Don’t run here in the rain, though, as some trails may turn into muddy rivers.

If you like street running, there are some good streets around Shenley that wind up onto big hills, like Serpentine Drive.
out at night though, doing this you may run through the, uh, “parking area” that exists down the hill from the ice skating rink/tennis courts and intrude on something you probably would rather not be a part of. Especially given the statistics of Pittsburgh with regards to obesity.

Final Tips:

For a really long run, I suggest running to Frick, to the Jail Trail, downtown, then coming up Liberty Ave. back up to Centre Ave. This nice run is literally around the city.

Also recommended for street running is up and down the giant hill on Negley ave (near the 5th/Negley intersection). People will think you’re the Big Stud. (even if you’re a girl!)

Additional information on local running and races can be found at:
www.carnegielibrary.org/subject/sports/running/.

Biking

Road Biking: Could be better in the ‘burgh, but despite the potholes there are really some great rides and scenic roads. If you don’t already know where to go or if you just like to sit behind someone and ride, don’t worry about it. Most shops organize rides on the weekends so that’s a good start. Pittsburgh Pro Bikes and BikeTek in Squirrel Hill both have group rides for people looking for a leisurely ride to people looking for a race pace long ride. Or, you could head down to the “pseudodrome,” the former driver’s license exam course. It’s a half mile oval with banked turns and all. Its open everyday during daylight and best of all, it’s free. To get there take Fifth Avenue away from Oakland and cross over Penn Avenue. Fifth becomes Washington Blvd. The track is about 11/2 miles down the road on the left, just past the Housing Authority Police HQ. Don’t worry; it’s all downhill…on the way there.

Eliza Furnace Trail (“The Jail Trail”)
A relatively new trail but already a Pittsburgh favorite. This level trail runs along the north side of the Monongahela River from Downtown (beside the County Jail) to Lower Frick Park. Eventually it will connect up with the Rails-to-Trails bike path, which you’ll be able to take all the way to Washington D.C. It’s paved at first and then becomes a gravel trail.
Other rides
In May and June there are two great rides to get a bike-board view of Pittsburgh. In May you can sign up for Pedal Pittsburgh for a 15, 30, 50 or 60 mile route around the city. It’s a great way to see Pittsburgh and if you take the 60 mile option you finish on top of Mount Washington. See if you can beat the incline up there. (www.pedalpittsburgh.com)
In June there is the MS 150, a two day 150 mile ride from Pittsburgh to Erie, with stops along the way, that raises money for MS research. To participate you have to raise $200 but it’s totally worth it. www.nationalmssociety.org/MS%20Bike%20Tour.asp

Mountain Biking:
If you like to mountain bike you’re in luck, as long as it doesn’t rain. Frick Park has tons of trails, just watch out for dogs and hikers as mountain biking in Frick is not officially allowed. Schenley Park also has quite a few trails, so spend some time exploring these parks. Outside Pittsburgh there are tons of other places to go, like Boyce Park and Forbes State Forest X-C Skiing Area, Laurel Mountain, near Jennerstown, PA. Near this may be the best bicycle shop in the country, Speedgoat Cycles in Laughlinitown (www.speedgoat.com). This is all near Ligonier/Somerset in the Laurel Highlands on Rte. 30. There’s also Hartwood Acres in the North Hills. This is an old homestead that has longer trails and a lot to see. You can also catch a free concert on the lawn while you’re there.

Pittsburgh Pro Bikes also organizes mountain bike rides in the parks so you can figure out your way around when you first get out here. An organization called Venture Outdoors also runs Thursday night rides around the city in various parks (www.wpii.org). For more routes: www-2.cs.cmu.edu/afs/cs.cmu.edu/user/jake/mosaic/mtb-routes.html

Bike Shops:
Need a bike, a tune up or just want somewhere to talk shop? There are plenty of shops in the area. Bike Tek (www.biketek.com) and Pittsburgh Pro Bikes (www.pghprobikes.com) are both on Forbes Ave in Squirrel Hill and offer some high end stuff along with basic comfort bikes. Another local shop is Gatto’s on Penn Ave (www.gatocycle.com) that has similar stuff. If you want to drool over some real high end road bikes then head over to Big Bang Bikes (www.bigbangbikes.com) in the South Hills. You could walk out with the same bike Lance Armstrong rides, over even better, the same bike Dr. Freddie Fu rides. Lastly there’s Kraynick’s Bicycles. Kraynick’s Bikes is a Pittsburgh legend. It’s the kind of place where they let you use their tools for free. Definitely check it out. (5003 Penn Ave., 412-621-6160)

Wanna Race?
There is a Thursday night race series at the Washington Blvd bike track if you want to test your legs against your fellow Pittsburghers. There is also www.bikereg.com to look for local races.

Weightlifting
See “Iron Pumping”

Iron Pumping
There are two types of weight lifters in this world, the type that know what the difference between body building and lifting for strength, and those that don’t.
If you’re the latter, you’ll probably want to go to Peterson and bench press over and over (see section on Peterson), although you ultimately could probably get a better workout at Trees Hall (see section below). If you are looking at private clubs, the only serious private gym (for weights) around is the Warehouse Gym on Liberty Ave. leading down to the Strip District (near the Church Brew Works). No A/C, open garage doors to the outside in the summer, no hot tubs, etc.
This and other gyms are listed under “Private Gyms” below.

If you’re the former and are interested in strength development, there is a legend of a free weights gym in Bellefield Hall that caters to powerlifters. This is unverified. Aside from that, at Pitt, you can get a decent workout at Trees Hall, and sometimes Peterson, if you’re not afraid to roll the benches out from under the racks, and get stared at for not bench pressing. Also, you can go to the CMU Skibo Hall free weight facility, which looks like it is from a high school but is actually pretty good, and I guarantee that they will never check your ID. Google “CMU map” to find out where this is.

**Intramural Sports**
412-648-8210

A vast number of medical students are highly active in the intramural programs that have been created. The range of sports includes: football, basketball, frisbee, ice hockey, soccer, and volleyball. An intramural bulletin board is posted in the intramural office of Trees or one can call for more information. Emails are also frequently sent out to students so they know about opportunities to join.

**Kickball**

The Class of 2008 has begun a grand tradition of forming a kickball team to compete in the Pittsburgh Sports League, and we encourage your class to do the same. It’s a great way to bond with your classmates while playing an elementary school game. We challenge you to come up with a better name than our famed ‘Lebanese Elephant Brigade’. Pick a captain and get kicking! More information can be found at [www.pump.org/psl.jsp](http://www.pump.org/psl.jsp). Many others sports compete through the PSL, including coed softball, basketball, and dodgeball.

**Pitt Campus Facilities**

Hours for all the following facilities may vary throughout the year depending on seasons and undergraduate breaks. The current hours of operation can always be found at the phone number or website.

**Bellefield Hall**
315 S. Bellefield Avenue
Across from Heinz Chapel sits Bellefield Hall, well equipped with a gym, stairsteppers, treadmills, stationary bikes, rowing machines, and Nautilus equipment. Free weights are also available. This facility provides another location for swimming as it has one small pool. Take a lock or rent a locker from the school.

**Peterson Events Center**
3719 Terrace Street
The center’s student recreation center is on the second floor, and it includes: four racquetball courts and two squash courts (signing up is mandatory since these courts are a hot commodity), a decent number of treadmills, Cybex weight machines, stationary bikes, stairsteppers, and other aerobic machines. These fill up pretty quickly, though.

A free weight area complete with both lifting machines and dumbbells is also available. There are a number of squat racks, used almost entirely for benching—it’s that kind of place. Don’t do your powerlifting here (see **Iron Pumping**), although the fact that this area has free weights/squat racks at all is a feather in its cap. Lots of guys with big tops and skinny legs here.

A smaller section consists of mats and other equipment to be used for sit-ups, etc. This area has medicine balls, rubber cords, steps, etc.—enough to do some advanced non-weighted workouts, or plyometric exercises. An aerobics classroom and a martial arts practice room are also located here. Inquire at the information desk about...
getting a class schedule.

You can store your stuff in the cubbyholes on the main floor, or you can go down the carpeted steps to the changing rooms, where you can stuff your things into a locker (bring your own). The lockers are few, small, not-so-great, and impermanent, so you’ll need to cart your stuff (and lock) away every time you use it. There are more day-use lockers in the hallway across the gym from the steps down to the locker room, if those fill up. Many people just use their lockers in Scaife. The problem here is that the lockers in Scaife are very small and you also have to take care of your coat and clothes for anatomy lab, in addition to your workout clothes.

Peterson also contains a restaurant and sitting area on the same floor as the fitness facility. Concession areas serve a collection of foods from Mexican to subs to pizza to lattes. They’re generally open during lunch and basketball games. This isn’t the best food around, so you’re much better off going down the hill and getting lunch on Forbes. You will probably also save time in doing this, even with walking down the hill, as the staff here are all somehow incredibly slow.

Fitzgerald Field House
Allequippa Street and Darragh Street

Just across the street from Trees, the Field House provides students with a location for running and playing basketball since it contains two basketball courts as well as an indoor running track. Squash players can also find the secret squash courts at the back of the field house and up a flight of stairs. Few in the university seem to know or care about the six courts, so they are rarely in use. There’s a switchbox when you reach the top of the stairs: use it if all the lights are off (and turn the lights off when you leave).

Lothrop Street, Lothrop Hall contains a number of workout machines, though it is fairly small in size. You’ll find treadmills, stationary bikes, stairsteppers, rowing machines, free weights, and Nautilus equipment here, as well as showers and lockers.

Mook
This guy is a virtual legend in the Pittsburgh Graffiti world. He has tagged some pretty insane locations, like the tops of bridges, around town. You’ll see him everywhere. They’ll cover his stuff and he’ll paint right back over it. He tagged a graffiti cleanup crew van while they were covering one of his tags. Incredible.

Trees Hall and Pool
Allequippa Street and Darragh Street

Located further up the hill, Trees Hall contains a few gymnasiums, eleven racquetball/handball courts, five basketball courts, volleyballs courts, and two pools. The larger of the two pools is Olympic size and has a diving area complete with multiple diving towers. Additionally, students can find a weight room with a variety of lifting machines and free weights. This area also provides a few treadmills, stationary bikes, and Stairmasters for student use. Lockers are available if you bring your own lock, and a towel service is provided for a fee in Room 140. Pool lockers and keys are free with your Student ID (no locks necessary in this case).

Additional Resources

Golf
Enjoy Golf? Well, you’ve come to the right place. Start off at golfpittsburghpa.com or golfinpa.com, two good resources that can direct you toward local golf courses. Local Hint: Buy an Entertainment Guide, utilize the buy-one-get-one-half-off coupons, and save a bundle on tons of great courses.
Schenley Park Golf Course.
Test your golf creativity on this unusual layout. Schenley Park is a true gem of the city and (at 15 bucks a round) a must-play for any PittMed golfer. So put down your syllabus, relieve some stress, and enjoy scenic views of the Oakland and Downtown skylines.

North Park Golf Course.
A challenging course that favors long, accurate tee shots. Sand bunkers and trees come into play throughout most of this hilly layout. The signature hole is #1, a 511-yard par 5, with a tree-lined, dogleg left fairway.

Honorable Mentions:
Grandview Golf Club, Hickory Heights GC, Cranberry Highlands GC, Pheasant Ridge GC.

Driving Ranges
Scally’s Golf Center, 412-264-9940
265 Hookstown Grade Road
Moon Township, PA 15108
A complete golf complex with driving range, par 3 course, and a short game practice area. It also neighbors the airport, so while honing your game, you can watch commercial jets make their final approach and landing.
Directions: Take 279S toward the Airport, then get off at the Moon exit (#3), bear right and follow the signs.

North Park Driving Range, 412-367-2406; 860 East Ingomar Rd.

Ice Skating
Schenley Skating Rink has really fun skating, right in Schenley Park. Bring your ID on student skating days (412-422-6523).
www.city.pittsburgh.pa.us/parks/html/schenley_skating_rink.html

The Rink at PPG Place is downtown Pittsburgh’s only outdoor skating rink, open from Light-Up-Night in November through early March (412-394-3641). The 104-foot by 104-foot diamond-shaped rink is decorated by the 65’ PPG Plaza Christmas tree, lighted through the Holiday season.
www.ppgplace.com/rink.shtml

Also try Neville Ice Arena, 220 21st Street, Southside (412-687-5283) or South Park (412-833-1199).

Climbing
A climbing wall was installed in Trees Hall during the 2004-2005 school year, so look no further than up the hill from school for your indoor climbing needs. For prices, hours, and equipment information, visit www.education.pitt.edu/intramurals/outdoors/rockwall.html.

There is also a really good climbing wall, called The Climbing Wall, in Point Breeze. It’s next to the East-End Food Coop and Gatto Cycles (7501 Penn Ave). It’s a fun place, with a huge bouldering area and a nice staff, and is popular with medical students. They always say that their specials are going to expire, but that is usually false, or they will offer you an even better special, so don’t feel pressured to take whatever membership special is going on before it expires.

www.theclimbingwall.com

There are also many outdoor climbing places within short driving distance of the ‘Burgh – check out the links at pittsburgh.about.com/cs/climbing/
Notice that “guide” for the site is clearly a live Pittsburgher (the hair gives it away).

Rowing
www.threeriversrowing.org
Three Rivers Rowing Association has a community boathouse with many members who compete in local events. See web page for membership information.

Skiing
Seven Springs Ski Resort - Champion, PA
www.7springs.com/
800-452-2223

Hidden Valley - Hidden Valley, PA
www.hiddenvalleyresort.com/
814-443-8000

Blue Knob - Claysburg, PA
www.bluenob.com/
800-458-3403 or 814-239-5111
Swimming
(see Bellefield Hall, Trees Hall and Pool, Jewish Community Center)

Ultimate Frisbee
412-521-2441
www.pittsburgh-ultimate.org
Committee for Pittsburgh Ultimate (CPU) organizes year-round, all-skills-level-friendly, co-ed leagues. It also puts on a major, regional Ultimate Frisbee tournament that draws teams from all over the East and Midwest.

Yoga
Highly recommended is Schoolhouse Yoga—www.schoolhouseyoga.com, which has one of the most amazing facilities for yoga that this semi-enthusiast has ever seen, in an old schoolhouse, (hence the name). UPMC M.D.s teach there occasionally. It's $12 a class, but gets substantially cheaper if you buy at multi-class ticket.

CMU and Pitt also both have classes available. At Pitt, get information by asking at the information desk. For CMU Yoga info, check out www.cmu.edu/athletic/. These two methods of getting information reflect the general nature of the two schools.

Yoga Sadhana, now apparently called “Breathe,” is on Carson St. in the South Side, and has been highly recommended. A wide range of classes are available there for about $12.

Here is what MS III Brian Sullivan had to say about Shadyside Yoga, on Ellsworth Ave: “This is yuppie central yoga but their studio is really nice but its a bit pricey at $15/class. I went once with my girlfriend and it was good but like I said, a bit much, and filled with hot homemakers and their SUVs.”

Private Fitness Centers
X Shadyside
x-shadyside.com
Weight rooms, exercise machines, and Cybex free weights. Aerobics, yoga, and Pilates classes are also available. Call for information about prices—often they have a student discount. Open 24 hours during the week.

Exercise Warehouse
4042 Liberty Ave.
412-621-1650
This is probably the best place for serious bodybuilding, and to some extent powerlifting, in the city.

Jewish Community Center
412-521-8010
Forbes and Murray Avenues, Squirrel Hill
www.jccpgh.org
Access to weight rooms, aerobic machines, track, and pool. Call for information on Student Membership and Prices. This is a very popular option for Squirrel Hill residents.

Sporting Events
Professional Sports
www.pittsburgh.com/sports/
www.pittsburgh.about.com/cs/sportrec/
For those interested in attending local events, Pittsburgh provides many opportunities. Several championship-quality professional teams call Pittsburgh home. Both the Pirates and the Steelers got new stadiums in 2001. Baseball is now played in the new PNC Park and football is played in the new 65,000-seat Heinz Field.

Pittsburgh Pirates Baseball
PNC park
412-321-BUCS
pittsburgh.pirates.mlb.com

Pittsburgh Steelers Football
Heinz Field
412-323-1200
www.steelers.com

Pittsburgh Penguins Hockey
Mellon (Civic) Arena
412-642-PENS
www.pittsburghpenguins.com
The Pittsburgh area boasts a large selection of parks, many of which offer a variety of activities, such as tennis, skating, golf, swimming and cycling. The most popular parks in the near vicinity are outlined below. Additional information including park maps can be obtained from Citiparks (the Pittsburgh Department of Parks and Recreation), Allegheny County Parks Department, and the PA Department of Conservation and Natural Resources.

### Boyce Park

Monroeville's Boyce Park offers tennis courts, a nature center, a wave pool, and some good mountain biking.

### Frick Park

This sprawling park has three major access points: Forbes and Braddock Aves. in Regent Square (tennis courts, big playground), along Beechwood Blvd. in Squirrel Hill (Nature Center, Blue Slide playground, baseball field, great sledding hill, trails for walking or biking), and Penn Ave. to S. Homewood Ave. in Point Breeze (mountain bike trail access, lawn bowling).

### Hartwood Acres

Located along Middle Road in Hampton Township, Hartwood Acres is a beautiful estate, complete with a mansion, garden and stables. Call ahead for tour schedules and reservations. An outdoor area is designated for music and dance performances. The land around the estate is beautiful in the fall and is a really nice place to go for fun or to study. Either way, you'll feel like you're miles away from the city.

### Highland Park

In addition to the Pittsburgh Zoo, Highland Park contains a 1.1 mile bike route and two great playgrounds.

### McConnell's Mill

Located in Morris Township, McConnell's Mill is a historic site with a waterfall and a variety of trails for hiking and cycling.

### Parks

#### City Parks

412-255-2371

#### Allegheny County Parks Department

www.county.allegheny.pa.us/parks/index.asp

#### PA Department of Conservation and Natural Resources

1-888-PA-PARKS

www.dcnr.state.pa.us/stateparks/index.aspx

### Pitt Sports

#### Pitt Panthers Football and Basketball

800-643-7488

www.pittsburghpanthers.com

You should receive an order form for season tickets (~$25) for Panther football sometime before school begins. Otherwise, you can buy tickets for any sporting event as well as get schedules at the ticket office in the William Pitt Union.
Main feature is the Slippery Rock Creek Gorge, which is a National Natural Landmark. The park contains a historic water-driven mill, rugged hiking trails, as well as climbing, rappelling and whitewater kayak/canoeing opportunities for the experienced. The park is located approximately 40 miles north of Pittsburgh, via Interstate 79, near the intersection of PA Route 19 and US Route 422.

**Mellon Park**
Fifth Ave. and Beechwood Blvd.
Mellon Park, which includes the grounds of the Pittsburgh Center for the Arts as well as land across Fifth Ave., is a fairly intimate park. It's a great place to study outside if you want to sit in a pretty place and feel like you're out of Oakland. Admire the “ruins” and the large sculptures on the lawn. The other part of the park has tennis courts and basketball courts, as well as a pavilion with a grill.

**North Park**
724-935-1971
Accessible via Route 8 or McKnight Road, North Park offers many different options for outdoors activities, including tennis, golf, boating, ice-skating and swimming. In addition, a 5-mile biking/walking loop (around North Park Lake) and many picnic pavilions are available.

**Ohiopyle**
724-329-8591
ohiopylesp@state.pa.us
www.dcnr.state.pa.us/stateparks/parks/ohiopyle.aspx
Whitewater rafting, hiking, swimming, natural water slides, bike trails, camping, a mere hour and fifteen minutes from Oakland? Yes, it’s true! To get there, take 376 East to the PA Turnpike. Go East on the turnpike and take exit 9, Donegal, about 34 miles from the Monroeville interchange. Turn left on Rt. 31 East. Travel about two miles, past Dairy Queen, turn right onto Rts. 711 and 381 south. Travel ten miles to Normalville (first stop sign), turn left onto Rt. 381 south for 11 miles to Ohiopyle. You’ll see signs all the way. Once you get into the town, just find somewhere to park, hop out, and smell the fresh air and hear the rush of the Youghiogheny River (that’s YOK-a-gay-ny). The easiest thing to do is find the visitor’s information center, which has info and maps and knowledgeable people to help you with whatever you want to do: raft, hike, rent bikes, take a dip, visit Fallingwater, camp, or stay in the hostel. Don’t forget the annual Falls Race. The Youghiogheny contains a spectacular class V waterfall that is opened up once a year for competitors. Along with the action come whitewater company representatives and parties.

**Point State Park**
412-471-0235
“The Point,” as it’s known in Pittsburgh, is the junction between the Allegheny and Monongahela rivers (where they become the Ohio). Basically, it is a place for people downtown to hang out. It features a large fountain. Two major events (the Three Rivers Regatta and the Three Rivers Arts Festival) are held here.

**Schenley Park**
Golf Course (412-622-6959)
Swimming Pool (412-422-4266)
Skating Rink (412-422-6547)
Located between Oakland and Squirrel Hill, this park contains a variety of recreational facilities. The major activities include bicycling, running, skating, tennis, Frisbee, golf, Frisbee golf, softball, swimming, ice skating, and volleyball. The highest hill in the park has tennis courts, several ball fields, and a track/path area for running (0.6mi.)

Bike paths and roads offer some variation for both road and ATB biking. The ice skating
rink is open during the normal season and has student discount with ID during certain skate sessions. You can also join the outdoor swimming pool by ordering a season tag. Schenley’s golf course is the closest public course with reasonable greens fees but it is a relatively poor course. There are also four regulation sand volleyball courts. They are open in the summer through September in the evenings (3-9 weekdays and 9-9 weekends); there is a small charge to play. Several other bike/running paths run throughout, along with picnic areas, a great place of kite flying, and some good hills for tubing. Watch for the free summer films on Flagstaff Hill every Wednesday and Sunday evening from Memorial Day to Labor Day.

Settler’s Cabin Park
412-787-2750
This park, located near Route 22 between Carnegie and Imperial (on the way to the Airport), features a wave pool (412-787-2824) and tennis courts (412-787-2667).

South Park
412-835-5710
Located in the Bethel Park/ Pleasant Hills area, South Park’s facilities include roller and ice skating rinks (412-835-1199), tennis courts, a golf course (412-835-3545), a wave pool (412-831-0810), bike trails, game preserves (buffalo!), a horse show ring, an amphitheatre featuring a free summer concert series, and the Allegheny County Fairgrounds.

Campgrounds

Clear Creek
Camping, cabins and yurts, canoeing.

Cook Forest
This park’s stand of old growth white pine and hemlock timber is called the Forest Cathedral and is a National Natural Landmark. Hiking, camping, cabins.

Keystone State Park
Swimming and camping.

Laurel Ridge State Park / Laurel Highlands Hiking trail
www.dcnr.state.pa.us/stateparks/parks/laureridge.aspx
724-455-3744
The 70-mile Laurel Highlands Hiking Trail is the centerpiece of the park. Day hikes are possible from the many parking lots staggered along its length, but it is especially suited for backpacking. And you can forget the heavy tent! Adirondack-style lean-tos are clustered every 5-10 miles or so. Simply call to reserve and mail in a small fee (~$5 per person). Water pumps are also available. This trail, since it follows a ridge, is higher in elevation than the surrounding areas, which can mean colder temperatures and unexpected snow.

The website has a webcam that can give you an idea of the conditions on the trail. The website also gives a breakdown of the different parking lots, camping sites, water pumps and mileage between them. A guidebook is available for purchase, which can be found at Exkursion or Eastern Mountain Sports.

Linn Run
Great hiking.

Moraine State Park
www.dcnr.state.pa.us/stateparks/parks/moraine.aspx
Moraine State Park features 3,225-acre Lake Arthur. Swimming is offered from its large beach, which also features picnic tables and a concession stand. Lake Arthur is also heavily used for sailing and windsurfing (lessons available) and is home to many sailing races throughout the year.

Moraine also offers pavilions, cabins, charcoal grills, hiking, hunting, and fishing. A paved, seven-mile bicycle trail runs along the shoreline between the Marina Restaurant and the Bike Rental Building in the northwest corner of the park. This trail is not a loop, so
it’s possible to get 14 miles of biking in. There is also a 6 mile mountain biking trail loop.

For the Adventurous

West Virginia, our next door neighbor, offers unparalleled opportunity to experience the outdoors. World-class whitewater, climbing, biking and hiking are available in the Mountain State. Listed below are a few of the places to check out, but a lot more are out there.

Coopers Rock

www.coopersrockstateforest.com

This state park is located in Morgantown, WV, just across the border. Take I-79 S to 68 E. You will pass over Cheat Lake (which is a great place to visit) and take the exit a few miles down for Coopers Rock. The highlight of this park is the overlook, atop a cliff, that gives a great view of the Cheat River Gorge. Also offered are hiking, biking and climbing/rappelling for the experienced.

New River Gorge

Home to the Western Hemisphere’s longest arch bridge, which crosses 1000 feet above the New River. Located in Fayetteville, WV, it’s also home to world-class whitewater and climbing. The New River and Gauley River offer everything from family-friendly class II to extreme class V. The New has miles and miles of cliffs, including the 15-mile-long Endless Wall. There are countless climbing areas, including the nearby Summersville Lake. Hiking is very popular and offers spectacular views of the Gorge. Driving directions: I-79 S deep into West Virginia, then take the exit for 19 S to Summersville. Go until you reach the Western Hemisphere’s Longest Arch Bridge (trust me, you can’t miss it).

Seneca Rocks

Climbers and hikers will like this area. Also a great place to camp with a spectacular view. Giant exposed fins of rock just approximately 1000 feet above the valley floor and make a haven for trad climbers from the Washington, D.C. and the Pittsburgh areas. For those who don’t climb, but want an exciting experience, consider hiring a guide. Two guiding services are located in Seneca Rocks, including the Seneca Rocks Climbing School. Another alternative: Take a quick jaunt over to Nelson’s Rocks, which has a Via Ferrata (Iron Way). You can climb up iron rungs nailed into the rock.

Camping: there are two campsites, Seneca Shadows, which is run by the park, and Princess Snowbird, a private campground. Seneca Shadows has the nicest facilities and a great view of the rocks, but it is closed for the colder months. For the hikers and backpackers among you, there are trails that can take you to the North Summit of Seneca Rocks or allow you to circumvent the fins. There is also the North Fork trail, a 12 mile trail that follows the ridge and drops you back down at Seneca Rocks. You’ll also find the Dolly Sods area, a high plateau that has been referred to as “a little piece of Canada in West Virginia.” The plants that grow here are similar to those that only grow at high latitudes. This area was used as a shelling site for the army during WWII, so stay on the trails and in the designated campsites; they have been cleared. During certain times of the year, this is a wonderful place to see wildflowers.

Driving directions to Seneca Rocks: take I-79 S to 33 E (to Elkins). Follow 33 E through Elkins, up into the mountains and then it will end in a T at the crossroads of Seneca Rocks. Turn left for Princess Snowbird and right for Seneca Shadows. Tip: as you start to descend through the mountains close to Seneca Rocks, you will see a sign that says 10% grade. Shift your car into second gear to save your brakes!
Music, Theater, and Dance

Student IDs are often required in order to purchase discounted tickets, so make sure you bring it with you when ordering tickets at the box office, or ask if you need to send a photocopy with mail orders.

Music

Bach Choir of Pittsburgh
412-454-0800
www.artsnet.org/bachchoir/
Performing Bach, as well as many others, in churches throughout the area. This group features works by its namesake and many other composers in churches throughout the area.

Calliope Folk Music Society
412-432-0333
www.calliopehouse.org
Calliope offers more of a grass-roots style of music, including Celtic, Bluegrass, Cajun, and others.

Chatham Baroque
Series Concerts, Pro Arts Ticket Service:
412-394-3353
Pro Arts: www.proartstickets.org
Peanut Butter & Jam Session tickets: 412-687-1790
Chatham Baroque: www.chathambaroque.org
Chatham Baroque features a unique repertoire including pieces of French, Scottish, and Peruvian styles. Honored by National Public Radio as “Best New Classical Artist of 1999,” Chatham Baroque is Ensemble-in-Residence at Chatham College and WQED-FM Pittsburgh, and tours throughout the U.S. as well as internationally. This ensemble also puts on “Peanut Butter & Jam Sessions,” which are educational and fun for children as well as adults!

Duquesne University Tamburitzans
412-396-5185
tamburitzans@duq.edu
America's longest-running multicultural song and dance company, the Duquesne University Tamburitzans is a unique ensemble of talented young folk artists dedicated to the performance and preservation of the music, songs, and dances of Eastern Europe and neighboring folk cultures.

Manchester Raftmen's Guild
1815 Metropolitan St.
412-322-1773
www.manchesterguild.org
The Manchester Craftmen's Guild is a minority-directed center for the arts, including ceramics, painting, and music. The jazz shows here are first-rate, drawing such names as Toots Thielemans, Bobby Hutcherson, Nancy Wilson, and Charlie Haden over the past year.

Mendelssohn Choir of Pittsburgh
412-441-6652
www.mendelssohnchoir.org
The MCP is renowned for its versatility of repertoire, including oratorio, symphonic, opera, Broadway and folk music. The Mendelssohn Choir is under the direction of Grammy Award-winning Robert Page.

Pittsburgh Chamber Music Society
412-624-4129
trfn.clpgh.org/pcms/
PCMS presents chamber music of the highest quality performed by internationally and nationally recognized ensembles to tri-state residents. All concerts are conveniently located at Carnegie Music Hall in Oakland. Tickets can also be purchased at the William Pitt Student Union Box Office.
Pittsburgh Opera
412-281-0912
www.pittsburghopera.org

Located in the magnificent and new Benedum Center downtown, the Pittsburgh Opera features talented artists from around the world. Like the Pittsburgh Symphony Orchestra, the Pittsburgh Opera also features a Student Rush Program, offering students a 50% discount on tickets purchased at the box office 1 hour before show time. The GPSA occasionally offers free tickets to Pittsburgh Opera performances.

2005 - 2006 season

Rigoletto (Verdi): Sept. 24, 27, 30; Oct. 2
Ariadne Auf Naxos (Strauss): Oct. 22, 25, 28, 30
Tosca (Puccini): April 1, 4, 7, 9
Cosi Fan Tutte (Mozart): May 6, 9, 12, 14

Pittsburgh Opera Center
The Pittsburgh Opera Center is a highly competitive training program for young singers. These singers have the opportunity to gain experience in their field by staging two full operatic productions during the year. Purchase tickets by phone or online: See contact information for the Pittsburgh Opera.

Pittsburgh Symphony Orchestra
412-392-3333
www.pittsburghsymphony.org

Pittsburgh is home to the world-renowned PSO, which performs in beautiful and historic Heinz Hall downtown. The PSO presents a mixture of musical genres, ranging from baroque to contemporary and includes POPS concerts. The program changes weekly and often features exceptional national and international soloists. Discounts to PSO performances can be obtained in several ways: Groups may purchase a specific package of season tickets (5 concerts, $10/ticket); the Student Rush Program allows students to purchase the best remaining seats for a particular performance, available at the box office beginning 2 hours before show time at a rate of $12 per ticket; finally, free tickets are often given away by the GPSA (Graduate Professional Students Association), sent out to students via e-mail. For schedules, visit the website listed above.

Renaissance and Baroque Society of Pittsburgh
412-682-7262
www.rbsp.org

As you may have guessed from the name, the Renaissance and Baroque Society performs music of the Middle Ages, Renaissance, Baroque and Early Classical periods, and fosters a broader understanding and appreciation of the music, arts, and culture of the times. Most performances are held at Synod Hall, in Oakland. Student tickets are $8. Groups of 8 or more receive a 20% discount.

Theater

Carnegie Mellon University
412-268-2407
www.cmu.edu/cfa/drama/

CMU boasts a world-renowned theater department, which stages many performances throughout the year. Plays include both traditional and experimental works. Student tickets are available at half price.

City Theatre
412-431-CITY
www.citytheatrecompany.org

City Theatre is one of Pittsburgh’s premiere arts institutions, providing an outlet for the development and production of contemporary plays that engage and challenge diverse audiences.
Pittsburgh Broadway Series
412-456-1390
www.broadwayacrossamerica.com/pittsburgh/
Benedum Center/Byham Theater Box Office:
412-456-6666
Heinz Hall Box Office: 412-392-4900
Season Ticket Hotline: 1-800-828-9200
Broadway in Pittsburgh? You bet! The
Broadway Series brings some of the finest,
award-winning musicals to Pittsburgh.
Although there are no student rates during
the regular season, groups can purchase
subscriptions at a discounted price.

Pittsburgh Civic Light Opera
Benedum Center Box Office: 412-281-2822
www.pittsburghclo.org
The Civic Light Opera is a six show
summer extension of the Pittsburgh
Broadway Series, featuring even more
exciting Broadway style performances. The
charming Benedum Center downtown is
home to the CLO. The Pittsburgh CLO offers
student discounts. Moreover, a reasonable
$45 will buy a subscription to 5 of the 6
summer performances. Single tickets can be
purchased at rates of $18-$44 for evening
shows and $12-$36 for matinees.

Pittsburgh Irish and Classical Theater
412-561-6000
www.pitttheatre.org
The Pittsburgh Irish and Classical Theatre
provides audiences with high-quality,
affordable productions of classical theatre
and the works of classic and contemporary
Irish playwrights. Conveniently, all
productions are held at the Stephen Foster
Memorial (right next to the Cathedral of
Learning) in Oakland.

Pittsburgh Playhouse at Point Park
College
412-391-4100
www.ppc.edu/playhouse/index.shtml
Pittsburgh Playhouse of Point Park
College is a performing arts center with four
resident companies producing professional
theatre, as well as the Playhouse Jr. for family
audiences.

Pittsburgh Public Theater
412-316-1600
www.ppt.org
Located in the newly constructed O’Reilly
Theater downtown, the PPT stages a variety
of plays, both classic and contemporary.
Purchase student tickets at a discounted rate
of $12/ticket.

Studio Theater
Cathedral of Learning
412-624-PLAY
www.pitt.edu/~play/index.html
The Cathedral of Learning on Pitt’s
campus is home to The University of
Pittsburgh Theater Department productions.
Go online to learn more.

Unseam’d Shakespeare Company
412-661-0244
www.unseamdi.org/contact.htm
Pro Arts Ticket Office: 412-394-3353
The Unseam’d Shakespeare Company was
formed by a group of Pitt grad students
collaborating with local actors. This company
performs traditional plays in a less formal,
more contemporary manner, in the hopes that
certain plays will become more accessible to a
wider audience. All performances are located
in the South Side.

Dance

Dance Alloy
412-363-4321
www.dancealloy.org
Besides performances at the Byham,
Dance Alloy also offers a variety of dance
classes during the school year and summer at
fairly reasonable prices. Their modern dance
program is well respected in the city, but they
also offer classes in ballet, ballroom dancing,
swing, African, and the Alexander Technique. Classes are given at the Neighborhood Dance Center in Friendship (at the corner of N. Negley and Penn Ave.) and also at the Carnegie Museum Dance Center in Oakland. Call the number above and they will send you a brochure with more information.

**LABCO**
800-607-0857
www.labcodance.net
LABCO stands for Laboratory Company Dance, and it is a contemporary dance company dedicated to the presentation, production, creation, and teaching of contemporary dance. LABCO seeks to support artists of all mediums and diverse communities in both traditional and alternative venues.

**Duquesne University Tamburitzans**
See above.
Mary Miller Dance Company
412-434-1169
Tickets: www.ProArtsTicketing.org
www.MaryMillerDanceCo.org
As the oldest modern dance performing studio in Pittsburgh, this company features the distinctive choreographic compositions of founder Mary Miller, whose vision was to reflect daily urban life in the form of dance.

**Pittsburgh Ballet Theater**
412-454-9107
www.pbt.org
The PBT is widely acclaimed for its classical ballets, as well as innovative interpretations of contemporary dance. It has been distinguished as one of the world's leading ballet companies. The PBT offers a group rate of 15% discount for groups of 15 or more. Backstage tours prior to performances are available to groups that schedule in advance. Additionally, there are student matinee performances, at $13/ticket, or $10/ticket if you attend two or more ballets.

**Point Park College Playhouse Dance Company**
www.ppc.edu/playhouse/index.shtml
The PPC Playhouse Dance Company presents a variety of dance styles including ballet, modern, and jazz. The challenging classic and contemporary works are performed by advanced students, faculty, and guest artists.

## Festivals and Summertime

One of the best aspects of moving to any city is learning about the festival culture there. Depending on your neighborhood, the people around will host any number of festivals which you might miss if you don’t cross the right corner at the right time. If you enjoy festivals, check the web often and stay familiar with neighborhood events listings.

**Citiparks Festivals Website**
www.city.pittsburgh.pa.us/parks/html/community_festivals.html
Carnegie Library Festivals Info
www.carnegielibrary.org/subject/pgh/festivals.html
www.pittsburgh-downtown.com/events
More comprehensive listings of local festivals can be found at the above websites. On the following pages are some highlights, ordered chronologically.
May

Greek Food Festival
St. Nicholas Greek Orthodox Cathedral
419 S. Dithridge Street
412-82-3866
www.stnickspgh.org

Held annually for the past 35 years during the first full week of May, the Greek Food Festival is a great way to get your mitts on some authentic Greek cuisine. Many dishes are available, including beef stifathno, pastitsio, tiropeta, and for dessert, baklava. St. Nicholas is right here in Oakland on Dithridge Street between Fifth and Forbes. The festival is held in the Cathedral’s Community Center, and you can eat outside as well as take-out.

Pittsburgh International Folk Festival
Chevrolet Amphitheatre
Station Square
www.pghfolkfest.org

For the past 47 years, local ethnic groups have been showing off their traditions, music, dance, and, of course, food over Memorial Day weekend at the Folk Festival. Watch a Hawaiian dance show and eat some pierogies or kibee. Admission last year was $8 adults, $7 students, and free for children.

June

Three Rivers Arts Festival
Point State Park and various galleries
Downtown
412-281-8723
www.artsfestival.net

This is the largest Arts Festival in the area. It runs from the beginning to the middle of June. Areas for visual and performing arts, children’s entertainment, artist markets, and food are featured. Last year’s Arts Festival was exceptional, with consistently inventive art and performances by such groups as Aimee Mann and Ben Lee. All of the events and exhibits are free.

July

South Side Summer Street Spectacular
E. Carson Street
www.southsidepgh.com/be_entertained/special_events3.php

A parade, sidewalk sale, carnival, and concerts on the Southside, in early July.

Pittsburgh Blues Festival
Pittsburgh Brewing Company
3340 Liberty Avenue
Lawrenceville
412-468-BLUE
www.pghblues.com

This weekend of blues performances by national and local performers is a fund raiser for the Greater Community Food Bank. Admission $3 advance.

Three Rivers Regatta
Point State Park
Downtown
412-875-4841
www.pghregatta.com

Now in its 27th year, this “water, land, and air festival” has been entertaining Pittsburghers at the Point. The main attraction is Formula One Grand Prix circuit boat races (Pittsburgh is the first site of such races in the United States). Other features include water ski shows, a ski boarding competition, evening concerts, an “Anything that Floats” race, the Hot Air Balloon Classic, a laser/fireworks show, and a boat show. The regatta is usually the first or second weekend in July. Admission is free. And Pittsburgh loves fireworks; they’re usually spectacular and done by New Castle’s own Zambelli International.

August

Shadyside Summer Arts Festival
Ellsworth and Walnut Streets
Shadyside
412-621-8481
www.shadysideartsfestival.com

Runs the second week in August. Fun way to kill time before school gets into full swing.
or to pick up art for your new apartment (but don’t forget you’re supposed to be using that loan check to eat!). For info on this year’s activities, check the web.

**Washington County Agricultural Fair**

Washington County Fairgrounds
Washington, PA
724-225-7718
www.washingtonfair.org

Washington, PA is about an hour south of Pittsburgh, and it puts on a better county fair than Allegheny County. Plus, last year they had a bus demolition derby. One of the most amazing spectacles to be had, period.

**Allegheny County Rib Cook-Off**

South Park Fairgrounds
412-678-1787
trfn.clpgh.org/syrec/RIBCOOKOFF.htm

For those who enjoy great ribs and lots of outdoor fun, the Rib Cook-Off is the place to be Labor Day Weekend. Among the attractions are an antique fair (featuring jewelry and collectibles) and a Homegrown Crafts Fair. It’s a great place for children too, with attractions like the petting zoo and the annual pig race.

**Allegheny County Fair And Exposition**

Mellon Park
412-243-FAIR
info@acfair.org

All of Allegheny County is not urban; at the (small) county fair, you can check out livestock, produce, and arts and crafts. They also have live entertainment, kids’ activities, and rides. General admission is $8, children 3-12 cost $5, and children under 3 are free.

**Three Rivers Film Festival**

www.pghfilmmakers.org and www.3rff.com

A yearly bonanza of independent and foreign film held by Pittsburgh Filmmakers at their three theaters (the Harris downtown, Regent Square Theater, and the Melwood Screening room in Oakland). They offer a baker's dozen card if you (or you and a friend) plan to attend many of them.

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Washington, PA
724-225-7718
www.washingtonfair.org

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**First Night® Pittsburgh, Inc.**

Various locations
Downtown
412-456-6666
www.firstnightpgh.com

Celebrate New Year’s eve downtown by buying a pin that gets you into events, concerts, and movies downtown; there are also, of course, fireworks. The admissions pin cost $8 last year. Look for discounts at Giant Eagle. First Night events are alcohol-free.

**Summertime Events**

**Allegheny County Summer Concert Series**

Allegheny County Courthouse
436 Grant Street
Downtown
Hartwood Acres Amphitheater
South Park Amphitheatre
412-350-5928
www.county.allegheny.pa.us/spev/index.asp

The county sponsors free concert every Friday and Sunday night from Memorial Day to Labor Day. Take a picnic dinner and a blanket. The events at the Courthouse are usually in the afternoons, while at the parks, they’re in the evenings.
Bach, Beethoven, and Brunch
Mellon Park Rose Garden
Fifth Avenue and Shady Ave.
412-255-8976
www.city.pittsburgh.pa.us/parks/
Free outdoor concerts Sundays at 10:30am in July, held on the grounds of the Pittsburgh Center for the Arts. “Best Brunch” awards given each week to concert-goers with the best-looking spread.

Cinema in the Parks
Flagstaff Hill, near Phipps Conservatory in Schenley Park, and other city parks
www.city.pittsburgh.pa.us/parks/html/cinema_in_the_park_and_cinema_.html
Free recent movies projected on the big screen every Sunday and Wednesday evening at sundown all summer long. Bring a blanket and snacks.

First Fridays at the Frick
The Frick Art and Historical Center
7227 Reynolds St.
Point Breeze

Free concerts on the first Friday of the month June-September. Gates open at 5:30, concerts start at 7pm. Pack a picnic and take in jazz, classical, or international music.

Jazz In The Garden
Phipps Conservatory and Botanical Gardens
Schenley Park
www.phipps.conservatory.org/learn/
exhibits_events.html
Free jazz once a month on Sundays from 1 - 3pm during the summer.

Reservoir Of Jazz
Highland Park
412-255-8975
On Sundays at 4 pm in Highland Park, Pittsburgh jazz musicians give free concerts. Another one for a picnic basket.
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Houses in Squirrel Hill, a popular residential area in Pittsburgh
Guide to the Neighborhoods:

Look here for descriptions of neighborhoods and highlights of where to go. Listed along with each neighborhood are local restaurants, bars, and clubs. Use these descriptions as a starting point, and explore from there—as much as we try, these descriptions are far from complete.

For specific business addresses and restaurant contact information, please refer to the back of the Survival Guide, where restaurants are listed alphabetically, and businesses are listed according to category. Neighborhoods are specified for each business listed. For detailed neighborhood maps, refer to this glorious online source:

www.city.pittsburgh.pa.us/cp/maps/
Bloomfield, Friendship, Garfield

Contrary to popular belief, not everyone at Pitt Med lives in Shadyside. Just east of Oakland and north of Shadyside lies the vast beyond called “Bloomfield” and its close neighbors, Friendship and Garfield.

Bloomfield and Garfield are primarily working-class, family neighborhoods, and the rent here is more affordable than in Shadyside and Squirrel Hill. The biggest landmark you will see along Liberty Avenue is West Penn Hospital, where Temple students rotate during their clinical years. A future feature will be the new Children’s Hospital, formerly St. Francis. Many students seem to think Bloomfield farther away from things than it actually is: It’s a fifteen minute bus ride (courtesy of Pitt shuttles—the 20A and 20B, the 54C, or the 71A) to school and within walking distance of Shadyside.

Cultural Offerings and Attractions

Recently the Bloomfield-Garfield border has seen a resurgence in arts and entertainment, offsetting a decline in the Oakland music scene. The Penn Avenue Arts initiative (www.pennavenuearts.org) is a conglomeration of various artistic projects including the Pittsburgh Glass Center, performance/gallery spaces such as the Shadow Lounge, Garfield Artworks and Modern Formations, and lots of other efforts.

All along Penn Avenue you will experience the area's constantly changing cultural background—old Italian and Polish roots, hippie hipsters heading out to foster social activism, artists hosting their gallery openings, and working-class people frequenting numerous local bars. On the First Friday of each month, you will find the arts initiative hosting Unblurred. On these evenings, the art studios and galleries (normally closed) display their wares and host demonstrations and musical performances.

When your parents are in town or you just want to take a walk, walk west on Penn Ave. and visit the Allegheny Cemetery along with its Chapel of Angels Mausoleum. The majority of the cemetery is located in Lawrenceville, but the grounds’ southern border just hits Bloomfield. The beautiful rolling hills in this area (300 acres!) are popular spots for joggers and explorers, and the mausoleum offers guided tours.

Dining out

Pittsburgh’s “Little Italy,” Bloomfield is an old Italian neighborhood, and it's got the eats to show for it: it's chock full o' Italian restaurants (such as D'Amico's and Lombardozzi's). These places aren't too fancy—no herb-crusted Tuscan chicken with Piedmontese fingerling potatoes and broccoli rabe in rosemary-infused olive oil from Sardinia here—but the servings are generous and the food honest. The Italian flavor also gives you hints of the strip district (without the parking hassles, closed-on-Sunday bit, and crowded streets); for good Italian groceries try Donatelli's, or get fresh pasta at Groceria Italiana around the corner.

Other cuisine flourishes in this part of the 'Burgh as well. A popular favorite across Bloomfield Bridge is the Church Brew Works, with some of the finest home-brewed beer in the city as well as excellent American entrees and desserts. And any meat-lover mustn’t leave Pittsburgh without eating a burger from Tessaro's, an American
restaurant with a cozy, dimly lit dining room and hefty, grease-catching napkins (but no French fries here, I'm afraid).

The coffee shops in the area will probably prove to be good study spaces. Before you get sucked into the ubiquitous Starbucks or the Panera down on Centre Avenue, make your way up through Bloomfield to the better finds: Crazy Mocha on Liberty Avenue, and the Quiet Storm, a comfy coffee shop in Friendship. It's not always easy to find good vegetarian food in Pittsburgh, but the chefs at the Quiet Storm serve up wonderful vegetarian sandwiches and treats all day long, and the cafe features innovative menu additions throughout the week, especially at its famous “Tuesday night supper club.” A menu favorite is the apple panini on sun-dried tomato bread.

**Going out**

Bloomfield is full of townie-bars (some of which requested not to be in the Survival Guide!), but for the most part Bloomfield bars are extremely friendly to newbies. For a late-night drink, try Silky's. If you want to be a little more active, head over to Bloomfield Bridge Tavern, near Bloomfield Bridge (look for the big Polish Restaurant sign) or Coyote's/Howlers. The Tavern has great specials and some really kooky nights, such as Drum-and-Bass Wednesdays. The tables and chairs are cleared out from the back to make way for hipster-techno mixed with free fries and wings. At Coyote's, you get some of the main music scene in Bloomfield—with live entertainment every night, and dancing on Fridays and Sundays. Budding singers will get more out of Saturday night karaoke at Nico's Recovery Room than at Cappy's on Friday night in Shadyside.

I mentioned MoFo and Garfield Artworks already; head over to these places if you'd like to get into the Pittsburgh indie and punk scenes. The Quiet Storm also features excellent live music.

**Shopping**

In addition to the lovely Italian grocers on Liberty Avenue, make sure to go onto Penn Avenue for some more shopping delights. Part of the Penn Avenue Arts Initiative, Zeto Boutique is a trendy clothing producer whose store is open on First Fridays on Penn Ave.

For non-clothing items, we at the Survival Guide highly recommend that you check out Kraynick's insane collection of new and used bike parts—four floors—truly a wonder to behold. Also, make sure to head to the Goodwill at the corner of Baum and Liberty—it's the best place to grab stuff for costume/80s parties or get some funky clothes—for cheap.

**Bloomfield Restaurants**

- Alexander's Pasta: Italian
- Angelo's Pizzeria: Pizza, Subs
- Baum Vivant: Portuguese
- Bloomfield Bridge Tavern: Polish
- Bloomfield Sandwich Shop: Sandwiches
- Café Sam: American
- Calabra's Italian: Pizza
- Chinese House: Chinese
- Church Brew Works: Brewpub, American
- Crazy Mocha: Coffeeshop, café
- D'Amico's: Italian
- Del's Bar and Restaurant: Italian
- Domino's Pizza: Pizza, Subs
- G&M Dog and Burger: Diner
- Gators Saloon: Bar
- Grasso Roberto: Coffee Shop
- Kentucky Fried Chicken: Fast Food
- Kim's Coffee Shop: Chinese, Vietnamese
- Lombardozzi Restaurant: Italian, American
- Lot 17: American, Bar
- Mariani's Restaurant and Pleasure Bar: Italian
- Mezzanotte Café: Italian
- Paddy Cake Bakery: Bakery
- Pho' Minh: Vietnamese
- Pizza Italia: Pizza
- Quiet Storm, The: Coffee Shop
- Quizno's Subs: Sandwiches
- Ritter's Diner Restaurant: Diner
- Scoops Plus: Ice Cream
- Simple Treat Bakery: Bakery
- Starbucks Coffee: Coffee Shop
### NEIGHBORHOODS

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<td>Thai Cuisine</td>
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<td>Attack Theatre</td>
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<td>Church Brew Works</td>
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<td>Coyote Café and Howlers</td>
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<td>Del's Bar and Restaurant</td>
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<td>Lot 17</td>
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<td>Nico's Recovery Room</td>
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<td>Pollack's Café</td>
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<td>Quiet Storm, The</td>
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<td>Garfield Artworks</td>
<td>Art Gallery/Performances</td>
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<tr>
<td>Modern Formations</td>
<td>Art Gallery/Performances</td>
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As a student at Pitt Med, you are certain to spend a considerable amount of time downtown. The Survival Guide is here to start your journey to discovering the diverse cultural events, shopping, dining, and entertainment that will enrich your life as a student.

Downtown Pittsburgh is the commercial and cultural heart of the city. Nestled between Mount Washington and the North Hills, the picturesque skyline rises at the intersection of the Ohio, Allegheny, and the Monongahela (“The Mon”) Rivers. Once considered “The Smoky City,” Pittsburgh has long since escaped that stigma. Just as the U.S. Steel Building represents the city’s industrial past, Philip Johnson’s unmistakable gothic glass fortress at PPG Place and the newly constructed convention center signifies Pittsburgh’s storied commercial and cultural transformation.

Cultural Attractions
Downtown comes to life after five. On a typical weekday, as the workforce files out of FreeMarkets, Mellon, PPG, and Alcoa and scatters into the suburbs, the restaurants and bars fill with the happy hour crowd and others planning an evening in the city. The Cultural District soon becomes a hive of activity as people transition from enjoying fine food and libations to their ultimate destination: a symphony or ballet at Heinz Hall, a Broadway show at the Benedum Center for the Performing Arts, or perhaps a play at the Byham Theater. Meanwhile, crowds begin to file across the Roberto Clemente Bridge to catch a Pirate’s game at the much-celebrated PNC Park. Your options for a night out are essentially endless.

Special Events and Recreation
You will find that throughout the year, Downtown Pittsburgh is also host to a multitude of special events. Light-Up Night kicks off the holiday season with special lighting displays, entertainment, and free horse-drawn carriage rides. When the chill of the winter finally descends, the city opens the Ice Rink at PPG Place, a favorite cool-weather activity for many Pitt Med students. Don’t miss the fireworks display from The Point at First Night Pittsburgh, or the St. Patrick’s Day parade and the ensuing outdoor celebration in Market Square. With the spring and summer come the Pittsburgh Marathon, the Pittsburgh International Auto Show at the Convention Center, The Great Race (a 10K run), the Three Rivers Regatta, the 4th of July fireworks celebration, outdoor concerts at Point State Park, and Three Rivers Arts Festival.

These are only some of the reasons why you should make a point to spend time Downtown. However, don’t just take our word for it. Inexpensive parking and convenient bus lines abound, so there is no excuse to discover Downtown on your own. Enjoy.
### Downtown Restaurants

<table>
<thead>
<tr>
<th>Restaurant Name</th>
<th>Cuisine</th>
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<tbody>
<tr>
<td>Asiago Euro Cuisine</td>
<td>French/Italian</td>
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<tr>
<td>Bossa Nova</td>
<td>Spanish Tapas</td>
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<tr>
<td>Bravo Franco Ristorante</td>
<td>Italian</td>
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<tr>
<td>Café Prestigorge</td>
<td>Coffeeshop</td>
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<tr>
<td>Caffe Amante</td>
<td>Italian</td>
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<tr>
<td>Casablanca Bistro</td>
<td>Mediterranean</td>
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<tr>
<td>Christos</td>
<td>Greek</td>
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<tr>
<td>Common Plea, The</td>
<td>Continental</td>
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<tr>
<td>Jamie's on the Square</td>
<td>American</td>
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<tr>
<td>La Prima Espresso</td>
<td>Coffeeshop</td>
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<tr>
<td>La Strada</td>
<td>Italian</td>
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<td>Lemon Grass Cafe</td>
<td>Cambodian</td>
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<tr>
<td>Mick McGuire's</td>
<td>Italian</td>
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<tr>
<td>Morton's Restaurant</td>
<td>American</td>
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<tr>
<td>Mozart Room/Garden</td>
<td>American</td>
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<tr>
<td>Mr. Ribbs</td>
<td>American</td>
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<tr>
<td>Nicholas Coffee and Tea</td>
<td>Coffeeshop</td>
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<tr>
<td>Olive or Twist</td>
<td>American</td>
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<tr>
<td>Original Fish Market</td>
<td>Seafood</td>
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<td>Original Oyster House,</td>
<td>American</td>
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<td>Palomino's Bar</td>
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<td>Papa J's Centro</td>
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<td>Piccolo Piccolo</td>
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<td>Steelhead Grill</td>
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### Downtown Bars and Nightlife

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<td>Benedum Center</td>
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<tr>
<td>Bossa Nova</td>
<td>Bar</td>
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<tr>
<td>Byham Theater</td>
<td>Theater</td>
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<tr>
<td>Cigar bar</td>
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<tr>
<td>Heinz Hall</td>
<td>Theater</td>
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<tr>
<td>House of Tilden</td>
<td>GLBT Bar</td>
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<td>Images</td>
<td>Bar</td>
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<tr>
<td>Liberty Avenue Saloon</td>
<td>GLBT Bar</td>
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<tr>
<td>O'Reilly Theater</td>
<td>Theater</td>
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<tr>
<td>Olive or Twist</td>
<td>Bar</td>
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<tr>
<td>Pegasus</td>
<td>GLBT Dance Club</td>
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<tr>
<td>Sidekicks</td>
<td>GLBT Bar</td>
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<tr>
<td>Tap Room</td>
<td>Bar</td>
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<tr>
<td>Tonic Bar and Grill</td>
<td>Bar</td>
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East Liberty

At one time, East Liberty was the second most populated part of Pittsburgh, next to Downtown.

Nestled between Friendship, Shadyside, and Highland Park, East Liberty saw some tough times through the second half of the 20th century but now is starting to revitalize. Its business district is pierced by Highland and Penn Avenues yet most people overlook what is quickly becoming “the place to be.” With its renaissance have come places to chill, shop, party, and eat.

Shopping and Attractions:
At 720 Records you will find all the latest commercial and underground hip-hop and soul here, but beware: It’s vinyl only. This place is a big recommendation for all you aspiring or established DJ’s and mixers, as the owners have a wealth of knowledge and will help you. After record shopping, head across the street to Hiphop City and cover yourself from head to toe in all the latest urban wear and accessories. There’s a big Home Depot here too…need I say more? It’s great for anyone who bought a fixer-upper.

Dining and Entertainment:
Kelly’s Bar and Lounge is one of the best places for a night of drinking in Pittsburgh. Great beers, good vibe, friendly service. Tuesday nights feature local DJs spinning pre-1977 funk and soul. Other nights of the week feature what is arguably the best juke box in Pittsburgh. They also serve greasy, yet very tasty food for cheap.
The Shadow Lounge (www.7thmovement.net) is one of Pittsburgh’s newest and fastest-growing night spots. Not a club, but rather a chilled-out environment dedicated to promoting local artists. Their Friday night Hip-Hop Café series is very popular. Open late night on Saturday’s from 2-5am, they offer massage and a waffle bar. This also home to the annual Pittsburgh Poetry Slam, a five month contest of poetry and spoken word on Thursday nights. It’s smoke-free and BYOB.

If you’re into wine, Red Room Café has a nice wine list. Filled with big couches and chairs, Red Room offers a great appetizer list as well as a full dinner menu. Right next to Red Room sits Pittsburgh’s only Ethiopian restaurant, Abay. Here you can sit around a big table with a group of your friends and eat food communal-style with pieces of spongy bread.

East Liberty Restaurants
Abay Ethiopian Restaurant  Ethiopian
Anthon’s Restaurant  American
Capri Pizza  Pizza
Donsville Jamaican  Jamaican
Drummond’s Take-out  Sandwiches
McDonalds
Minutello’s Restaurant  Italian
Pizza Hut  Fast Food
Red Room Café, The  Café
Subway  Fast Food
Yen’s Gourmet  Chinese

East Liberty Bars and Nightlife
Kelly’s Bar and Lounge  Bar
Red Room Café  Wine Bar
Shadow Lounge  Art Gallery/Performances
Highland Park

Highland Park is a wonderful neighborhood. It is a little farther away from the downtown and Oakland areas and therefore is a little quieter. Single-family homes are characteristic, and some med students have purchased houses in the area.

Highland Park is a wonderful neighborhood. It is a little farther away from the downtown and Oakland areas and therefore is a little quieter. Single-family homes are characteristic, and some med students have purchased houses in the area. You can get more for your money here than in places like Shadyside/Squirrel Hill. It is also easy to get into school from here, as there are two main buses that run regularly into Oakland and downtown, the 500 and 71A.

There is a large park at North end of the neighborhood with places to run as well as picnic and game areas, and the Pittsburgh Zoo is nearby. You are also only 5 minutes from a Home Depot to the south and to the North lies the Waterworks Strip Mall (just across the Allegheny), with a Giant Eagle, Wal-Mart, Bed Bath & Beyond, a movie theater, Barnes and Noble, T. J. Maxx, Marshall’s, Petco, and more. Don’t overlook this treasure.

Cultural Offerings and Attractions

- Pittsburgh Zoo and PPG Aquarium is nestled into the hills just south of the Allegheny River, featuring a variety of wildlife as well as a children’s petting zoo (you will understand how wonderful petting zoos can be once you get to Microbiology). The PPG aquarium is a newly built addition to the zoo and is included in the cost of entry.

At the north end of the neighborhood is Highland Park, which is being renovated in some areas. There are playgrounds, an outdoor swimming pool, beach volleyball courts, picnic areas, some hiking trails and a running path around the reservoir.

Dining

- Tazzo D'Oro is a small café on the corner of N. Highland Street and Bryant Street. They serve soups, sandwiches, and of course, coffee. In the summertime, tables and chairs are set up outside. Neighborhood residents count it among their favorites in Highland Park.

- Laforêt is arguably the best restaurant in Pittsburgh. It’s pricey, but the service is fantastic.

Highland Park Restaurants

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<thead>
<tr>
<th>Restaurant</th>
<th>Cuisine</th>
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<tbody>
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<tr>
<td>Tazzo D'Oro</td>
<td>Cafe</td>
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Lawrenceville

Lawrenceville is a regular Pittsburgh working class neighborhood that picks up where The Strip ends, hugging the southern shore of the Allegheny River.

Approximately one-third of Lawrenceville's total area comprises the Allegheny Cemetery (see Bloomfield description), which should come in handy if you are upset about Pittsburgh's med student-to-cadaver ratio. Like Polish Hill, this is not a place where med students typically live; it is not so conveniently located for daily commuting and will likely have inexpensive housing for rent or purchase.

Cultural Offerings and Attractions

The Cemetery should satisfy your cultural craving, but the other reason non-Lawrencevillians frequent the area is for the art and antique availability (that's called alliteration). Butler Street is the main drag where you will find a variety of antique shops like McDonough's Antiques (furniture), Awakening of the Senses (vintage stuff of all descriptions), Arsenal Antiques (really old furniture and garden statues), Swoon (vintage clothing, accessories, home décor), and Twice Loved Antiques (a huge selection of miscellaneous antiques). There are also one or two cool designer clothing shops like the Sugar Boutique, Studio K, Eclectic Art and Framing Gallery, Penn Gallery, and several other art studios and art studio/coffee shops can be found along Butler Street with one or two on Penn Ave.

A few other things to do in Lawrenceville include getting a tattoo at Inka Dinka Doo, getting a massage at China Massage, or rolling a few at 22 Lanes Bowling (air conditioned).

Dining and Drinking

Most of the bars in Lawrenceville seem to be of the local bar and grill category so bar vittles can be had along with beers, but if you want something good, try the Regina Margherita Pizzeria on Butler for some authentic Neopolitan wood-fired pizza. For some tropical fare, try Ray's Marlin Beach Bar & Grill. This joint has a dive bar atmosphere in front, a beach theme downstairs in back with really tasty Florida influenced foods, and a Lizard Lounge upstairs with martini glass table lights.

Across the street from the Penn. Ave. entrance of the cemetery is the Graveyard Grill, which is one of the local bar and grill type places, only with a clever name.

Directions

Getting to Lawrenceville from the Oakland area can be done on the 54C. Just get off on Penn and Butler and start walking up Butler for the first shops around Butler and 34th. If you want to hit the other end of Butler without walking 30 blocks you can take the 91A.

Lawrenceville Restaurants

Coca Coffee Lounge
Emma's Arts and Coffee
Hamhones
La Filipiniana
Ray's Marlin Beach Bar
Regina Margherita
Subway

Lawrenceville Bars and Nightlife

Graveyard Grill
Hamhones
Sufak's Round Corner
Ray's Marlin Beach Bar
Thunderbird Cafe
The North Side

Once the home to some of Pittsburgh's wealthiest families, the North Side now comprises the cultural center of the city along with the theatres of Downtown.

A few things come to mind when thinking about the North Side: sports, culture, and...cameras.

**Sports and Bar-Hopping**

The North Side is the home to PNC Field and the Pirates, Heinz Field and the Pitt Panthers (oh yeah, and the Steelers too). The view of Pittsburgh's skyline from PNC Field is absolutely breath-taking. This view alone is worth the trip, even if the Pirates lose the game (like that ever happens!). Don't let the year pass you by without tailgating at a Pitt game at Heinz field. Student season tickets go on sale for $25 at Peterson Events Center in the fall. Car pool, and get to the game early. Parking goes quick, and what is left is likely to be expensive. Student shuttles also run to the games from Oakland.

When the game is over, walk over to Hi-Tops for some post-game celebration. The two story beer funnel is quite a spectacle.

Word has it that Castellano's can also meet all of your sports bar needs in less of a "beer funnel" sort of way, and the chicken salad comes highly recommended.

**Museums and Attractions:**

The North Side is the perfect destination for a weekend day trip (not so much as a night spot). Aside from the sporting events, the North Side is a major center for museums and, you guessed it, an inordinate number of camera shops. Take in a show at O'Reilly Theater. See an exhibit at The Mattress Factory, the Carnegie Science Center, The Children's Museum, or The Warhol (I recommend the “Cloud Room” and Friday night DJs). Take a stroll or attend a 3rd Friday lecture in Riverview Park. Listen to some live music at the James Street Tavern or Penn Brewery. Check out the National Aviary, and get your camera fixed!

**Dining and Drinking**

You have many an attraction to explore in the North Side. You better get an early start with breakfast at Lindo's. A Greek place that does breakfast? Indeed. If Greek food is not your bag, try other ethnic cuisine, like Cajun/Creole at James Street Tavern, or German at Max Allegheny Tavern. Maybe you're moving to Pittsburgh from the south and miss that BBQ. Look no further than the North Side's Big Sam's Memphis BBQ or Wilson's Bar BQ. Maybe you don't care what you eat as long as you have a good beer to toss back with it. In that case, don’t miss out on Oktoberfest at the Penn Brewery.

**North Side Restaurants**

- Atria's Restaurant  American
- Big Sam's Memphis BBQ  BBQ
- Castellano's  Deli
- James Street Tavern  Cajun/Creole
- Lindo's  Breakfast, Greek
- Max's Allegheny Tavern  German
- Penn Brewery  American, Bar
- USA Gourmet Inc.  Cafe
- Wilson's Bar B-Q  BBQ

**North Side Bars and Nightlife**

- Castellano's  Bar
- Hi-Tops  Bar
- James Street Tavern  Live Music
- Jazi's  GLBT Dance Club
- Penn Brewery  Bar
- Pittsburgh Eagle  GLBT Dance Club
Oakland

www.onlyinoakland.org
www.soufoaklin.com

Ahhhh, Oakland ... home of the University of Pittsburgh and Scaife Hall, it’s the almost-not-really-urban part of town, where you’re guaranteed to spend a big chunk of your Pittsburgh days.

Oakland’s charm lies in the fact that it’s the heart of college campus life—Pitt, Carnegie Mellon, and Carlow College all converge onto Forbes Ave.—it’s also a place where many UPMC health professionals work, and where a lot of native ‘Burghers reside. Word is, it’s got a little bit of sumthin’ sumthin’ for everyone, including you.

Dining

As much as we medical students care to distinguish ourselves as so “mature and professional,” we should embrace the fact that we’re immersed in a large and vibrant undergraduate student community. Besides a plethora of Abercrombie-donning 20-year-olds to impress with your white coat, Oakland has great, inexpensive places to get a bite to eat or grab a beer (or two or three) after an exam. For a quick lunch—because trust us, you will grow sick of the 11th floor cafeteria and the free pizza during lunchtime talk—your options range from Uncle Sam’s “gourmet” subs, to the Mexi-corner (Qdoba, Veracruz, and Baja Fresh), to a new personal choice, Salem’s Kitchen—kind of a hole-in-the-wall establishment that serves up huge portions of incredibly tasty and spicy Halal meat dishes.

If you’ve got more time, venture down Atwood Street, which offers a surprising array of nicer ethnic restaurants—you’ll even find one in Spice Café Global Bar and Grill that combines cuisines from multiple cultures into one meal. And of course, let’s not forget our favorite places to hit up for daily drink specials and half-priced food, which include Hemingway’s, your quintessential college bar, and Mad Mex, home of the BigAzz margaritas. If South Oakland and its undergrad scene ain’t really your thang, that’s ok: Oakland spreads wide out east to South Craig Street—which exudes more of a Shadyside/Squirrel Hill atmosphere with cute coffeehouses, restaurants, and shops—and further up north to Centre Avenue, where the bars and restaurants cater more to a local Oakland crowd.

Cultural Offerings

Although you may have envisioned med school leaving you little time to do anything but eat, sleep, and study, that’s not the case at Pitt Med—and it’s not all that Oakland has to offer. Make sure to check out the Nationality Classrooms at the Cathedral of Learning, in addition to the sprawling cultural multiplex of Heinz Music Hall and the Carnegie Museums of Art and Natural History, which feature different exhibits and speakers all year long. And when the sun dares to shine, play outside or do some relaxin’ on the Cathedral Lawn or Schenley Park. Definitely make an effort to explore Schenley: it has several running trails, an ice rink, tennis courts, a golf course, and the always-impressive Phipps Conservatory.

Transportation

As for the buses: you’ve got your pick of the litter. You can pretty much go everywhere
in the city from Oakland. The buses running on Forbes head toward Squirrel Hill and the Waterfront, while those traveling in the bus-only lane on Fifth Avenue head toward Shadyside, Bloomfield and East Liberty; the buses going in the opposite direction on Fifth go toward Downtown, the South Side, and the North Side.

Oakland Restaurants

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Cuisine</th>
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<tbody>
<tr>
<td>Ali Baba</td>
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<tr>
<td>Artwood Deli</td>
<td>Pizza</td>
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<tr>
<td>Baba D's</td>
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<tr>
<td>Baja Fresh</td>
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<td>Bruegger's Bagels</td>
<td>Bagels</td>
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<tr>
<td>Cafe Susu</td>
<td>Pan-Asian, Coffee</td>
</tr>
<tr>
<td>Craig Street Coffee and Deli</td>
<td>Coffee Shop, Deli</td>
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<tr>
<td>Crazy Mocha</td>
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<td>Dave and Andy's</td>
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<td>Duranti's Restaurant</td>
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<td>Einstein Bagels</td>
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<td>Fuel And Fuddle</td>
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<tr>
<td>Garden Cafe At</td>
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<tr>
<td>Golden Palace Buffet</td>
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<tr>
<td>Hemingway's</td>
<td>American</td>
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<td>Il Valletto Italian Cafe</td>
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<td>India Garden</td>
<td>Indian</td>
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<td>India Palace</td>
<td>Indian</td>
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<tr>
<td>Indica Bistro</td>
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<td>Jimmy John's Sandwiches</td>
<td>Sandwiches</td>
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<td>Joe Mama's Italian Deluxe</td>
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<td>Johnny's Place</td>
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<tr>
<td>Ken-Taco Hut</td>
<td>Fast Food</td>
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<tr>
<td>Khalil's II</td>
<td>Middle Eastern</td>
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<tr>
<td>Kiva Han</td>
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<tr>
<td>Korea Garden Restaurant</td>
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<td>La Fiesta</td>
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<td>Little Bangkok</td>
<td>Thai</td>
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<tr>
<td>Lucea</td>
<td>Italian</td>
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<tr>
<td>Lulu's Noodles/Yum-Wok</td>
<td>Chinese, Thai</td>
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<tr>
<td>Lunch Trucks</td>
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<td>Mad Mex</td>
<td>Mexican</td>
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<td>Maggie's Mercantile</td>
<td>Vegetarian</td>
</tr>
<tr>
<td>Milano's Pizza II</td>
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<td>Napoli's Pizzeria</td>
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<tr>
<td>Nellie's</td>
<td>Middle Eastern</td>
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<tr>
<td>O (Original Hot Dog)</td>
<td>Fast Food, Fries</td>
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<td>Pamela's</td>
<td>Breakfast, Brunch</td>
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<td>Panera Bread Company</td>
<td>Bagels, Breakfast,</td>
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<tr>
<td>Peter's Pub</td>
<td>American</td>
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Oakland Bars and Nightlife

<table>
<thead>
<tr>
<th>Bar</th>
<th>Genre</th>
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<tbody>
<tr>
<td>Bootlegger's</td>
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<tr>
<td>Chief’s</td>
<td>Bar</td>
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<tr>
<td>Denny's Bar</td>
<td>Bar</td>
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<tr>
<td>Foster's Bar And Grill</td>
<td>Bar</td>
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<tr>
<td>Hemingway's</td>
<td>Bar</td>
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<tr>
<td>Holiday</td>
<td>GLBT Bar</td>
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<tr>
<td>Luna Bar And Grill</td>
<td>Bar</td>
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<tr>
<td>Mad Mex</td>
<td>Bar</td>
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<tr>
<td>Mitchell's</td>
<td>Bar</td>
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<td>Panther Hollow Inn</td>
<td>Bar</td>
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<tr>
<td>Peter's Pub</td>
<td>Bar</td>
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<tr>
<td>Pittsburgh Café</td>
<td>Bar</td>
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<tr>
<td>Spice Café Global Bar And Grill</td>
<td>Bar</td>
</tr>
<tr>
<td>The Frame</td>
<td>Art Gallery</td>
</tr>
<tr>
<td>Thirsty's</td>
<td>Bar</td>
</tr>
<tr>
<td>Union Grill</td>
<td>Bar</td>
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</tbody>
</table>
Polish Hill

Witamy Do (welcome to) Polish Hill! This greeting is displayed on all of the inroads leading to this small ethnic neighborhood, which is indeed nestled on the side of the hill overlooking the Strip District and Lower Lawrenceville.

Since the late 1800s when Polish immigrants carved out their niche on its steep slopes, Polish Hill has remained a small, tight-knit community. The most obvious (read: only) notable landmark, the Immaculate Heart of Mary Church, with its three impressive basilicas remains forever the centerpiece of the neighborhood.

Cultural Offerings and Attractions

Polish Hill is not a Mecca of med student R&R, although several students frequent Gooski’s, a bar with a legendary jukebox, great service, an interesting crowd, and an unparalleled bartender. Local up-and-coming indie rock bands play here often. This is the kind of bar with an authentic charm that cannot be manufactured, and $2.50 pints of HopDevil to boot.

For all those skaters and rollerbladers, West Penn Park does in fact sport a small cement bowl, several transition and spine ramps, as well as some wooden rails for good measure. While not exactly a full-scale skate park, it is something to keep your X-game skills from totally degenerating during the basic science block. This park also features two softball fields where the MS-IIs dominated their kickball league.

Dining

The Warsaw Tavern proudly advertises a fish fry every Friday that includes slaw and fries for $5.95. Otherwise, this is as local a bar as you can get. This is your place to meet the fine and friendly folk of Polish Hill, for this is the social center of the neighborhood.

Other Things To Do

Go to church. Raise a family. Get born, live, work, die. Seriously, this is essentially a residential area. It is a bit out of the way, but the 54C does run through here if you are thinking of living here. Buying or renting a house could probably be done very cheaply, and without much money either. There is really no commerce here, so most people do their shopping and other business in The Strip or Bloomfield.

Polish Hill Dining
Warsaw Tavern American

Polish Hill Bars and Nightlife
Donny's Place GLBT Bar
Gooski's Bar
Regent Square

This tiny neighborhood lies where the boroughs of Pittsburgh, Swissvale, Edgewood, and Wilkinsburg converge. It is off the beaten path for most medical students, so it can be a refreshing option when you tire of Walnut Street or Forbes Ave.

Take a Saturday afternoon or a weekend evening and discover this quaint neighborhood. Regent Square is known for being friendly, liberal, and surprisingly young, and offers several bars, restaurants, shops, and an independent movie theater, all located along S. Braddock Avenue. Regent Square is accessible by bus on Route 61B (which goes down S. Braddock) and the 61A and 501 as well (get off at Frick Park). It is a 5-minute bus ride from Forbes and Murray in Squirrel Hill, and 20 minutes from Oakland.

Cultural Offerings and Attractions

Frick Park borders Regent Square and is a great place for an outdoor walk/run. Bring your dog, or borrow one for the park’s trails. The park hosts a few challenging mountain bike trails for the extreme types, clay tennis courts for the old school, and the best sledding hill in the city located just off Beechwood Blvd.

The community is active and holds annual events such as the Run Around the Square (Aug) and Flea Market (May). Families, nephews, nieces, and siblings must visit the Center of Creative Play. There is an art room for painting, coloring, gluing, and building; materials are varied and plentiful, and messes are easily cleaned up. The area for more active play is great for children who are in the mood to jump, climb, spin, or slide.

Dining and Entertainment

Regent Square Theater is a great find for independent film lovers. It features classic oldies on Sunday evenings and offbeat films throughout the week.

Square Café is bit of New York in Pittsburgh, featuring coffee, fresh pastries, gelato, and breakfast anytime. It is always crowded on weekend mornings for breakfast, and only open for dinner on the weekends.

D's Six Pax and Dogz Shoppe offers beer lovers the chance to build a six-pack. Mix and match an enormous imported and micro beer selection into a perfect assortment. Enjoy a meat or veggie hot dog while crafting your sixer.

Murphy’s Tap Room may look like a frat house basement inside, but it has $4 pitchers of Yuengling after 10pm and 3 pool tables. Katerbean is a chill coffee shop, and nice alternative to the land of Starbucksonia.

Concept Art Gallery has provided fine and decorative arts, art consultation services, and in-house custom framing to Pittsburgh since 1972. The Gallery represents many of the region’s established and emerging artists.

Regent Square Restaurants

<table>
<thead>
<tr>
<th>Name</th>
<th>Cuisine</th>
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<tbody>
<tr>
<td>Dunning’s Grill</td>
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<tr>
<td>Katerbean</td>
<td>Coffee Shop</td>
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<tr>
<td>Mario’s Pizza</td>
<td>Pizza</td>
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<tr>
<td>Ryan’s Pub and Grill</td>
<td>American</td>
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<tr>
<td>Square Café, The</td>
<td>American</td>
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Regent Square Bars and Nightlife

<table>
<thead>
<tr>
<th>Name</th>
<th>Type</th>
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<tbody>
<tr>
<td>D’s Six-Pax &amp; Dogz</td>
<td>Bar</td>
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<tr>
<td>Murphy’s Tap Room</td>
<td>Bar</td>
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<tr>
<td>Regent Square Tavern</td>
<td>Bar</td>
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<tr>
<td>Ryan’s Pub and Grill</td>
<td>Bar</td>
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</table>
Shadyside

Amidst the quiet neighborhoods of Bloomfield and Squirrel Hill sits Shadyside, the stylish cultural hub abounding with graduate students, chic boutiques, and fashionable restaurants.

The hippest of the hip in Pittsburgh make their way here for days spent shopping and nights out, while a considerable number of med students live around the main streets of Ellsworth and Walnut.

Shadyside’s central location makes it a more popular scene than more distant venues like the South Side or the Strip District. Many a med student has been known to close out Starbucks on Copeland Street studying, and then ramble next door to close out the bar at Pittsburgh Deli Company. Ellsworth Avenue is the commercial axis, criss-crossed by side streets filled with other businesses, residential houses, and apartments. Ellsworth Avenue offers considerable entertainment support a few blocks off, with its share of bars and upscale restaurants. A more peripheral third street is Highland Avenue and its mix of businesses and cultural attractions. If you are looking for a popular alternative to the undergraduate-dominated Oakland, then look no further.

Cultural Offerings and Attractions

Too numerous to mention are all of the chain businesses and smaller establishments that pepper the residential core. Along Walnut Street alone you could get rid of your hangover with brunch at Pamela’s; buy new furniture for your apartment at Weisshouse; get that latest Michael Bolton CD you’ve been wanting at Record Village; pick up a cake for your dear mother’s birthday at Prantl’s; and then get a spiffy new haircut at J. Destefino—all within three or four blocks. In case your tastes are more pedestrian, enough chain stores exist like Banana Republic, J. Crew, Rite Aid, and Victoria’s Secret for any cultural dilettante to stomach. Ellsworth Avenue has more “intimate” selections than your average romance bookstore. (Sorry fans, none of those in Shadyside).

Impress a hot date or your parents—“Hey Mom and Dad, I’m a sophisticated med student now!”—with a trip to Gallery Chiz on Ellsworth or the Pittsburgh Center for the Arts on Fifth Avenue. In case you lose sight of all the residences in that highfalutin cultural mystique, take a little walk to Mellon Park across Fifth Avenue in adjoining Point Breeze. “Hey, look, grass!”

Coffee, Dinner, and Light Refreshments

Restaurants and bars range from the run-of-the-mill to downright “funky” (it’s what the kids call “cool” these days) depending on your mood. Tired of studying and just want something good and cheap? Try Pittsburgh Deli Company, conveniently beside Starbucks, or Max and Erma’s, across the street from Coffee Tree Roasters. Remember that hot date who loved the art gallery you took her to? Take her for a cozy meal at the Peruvian restaurant La Feria,
where home cooking meets Peruvian arts and crafts, or the fusion restaurant Soba (great sushi!)—the names alone should be enough to command her adoration.

For those who don’t know, Pittsburgh is also a drinking town, and Shadyside is no exception. Le Mardi Gras merits mention as a comfortable, family-owned, cash-only bar where the rum-and-Cokes run as clear as, well, rum, and the perfect place to begin a somewhat forgettable evening. The Shady Grove/Walnut Grill bars are a place where young professionals pack into every weekend in order to see and be seen. There is even the new lounge, Bikki, complete with a dance floor and often featuring local bands on the weekend. And what discussion would be complete without that place where you go for “A drink,” that one enjoyable refresher that quickly multiplies? Try a martini at Elbow Room or the ever-popular, provocative mojito while salsa dancing a little down Ellsworth at Club Havana.

If Pittsburgh were your old high school cafeteria, Shadyside might be the cool kids’ table where you were never allowed to sit. Only now you are invited—to study or not study as many days and nights of the week as you can handle—and the world is a little more of a happening place.

Shadyside Restaurants

<table>
<thead>
<tr>
<th>Bagel Factory &amp; Bread</th>
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<td>Bruegger’s Bagels</td>
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<td>Buffalo Blues</td>
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<td>Café Zinbo</td>
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<td>Mediterranean/Amer</td>
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<td>Cappy’s Café</td>
<td>American/Vegetarian</td>
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<td>Cashbah</td>
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<td>China Palace</td>
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<td>Coffee Tree Roasters</td>
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<td>Max and Erma’s</td>
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<td>Minutello’s Restaurant &amp; My Thai</td>
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<td>Deli</td>
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<td>Orient Kitchen</td>
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<td>Panera Bread</td>
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<td>Pittsburgh Deli Co.</td>
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<td>Pizza Perfectta</td>
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<td>Rea Coffeehouse</td>
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<td>Soba Lounge</td>
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<td>Subway</td>
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<tr>
<td>Sunny Ledge</td>
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<td>Thai Place</td>
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<td>Umi</td>
<td>Sushi</td>
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<td>Village Pizza</td>
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<tr>
<td>Walnut Grill</td>
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Shadyside Bars and Nightlife

| Bikki | Bar |
| Buffalos Blues | Sports Bar |
| Cappy’s Café | Bar |
| Club Havana | Bar |
| Doc’s Place | Bar |
| Elbow Room | Bar |
| Le Mardi Gras | Bar |
| New York New York | GLBT Bar |
| Pittsburgh Deli Company | Bar |
| Shady Grove | Bar |
| Shadyside Saloon | Bar |
| William Penn Tavern | Bar |
The South Side

Sail a few minutes downtown on Fifth Avenue and cross the Monongahela River over the Birmingham Bridge (on your left well after you pass McGee Women’s)—or take the 54C or UV Loop—to get to East Carson Street, the heart of the Southside.

Here you’ll find things artsy, punky, gritty, and hip. Live music and bars. Vintage clothes. Meals fit for parents, dates, and friends. On weekends, an older, dressier crowd finds little bars and bistros for their tastes, while young hipsters and tongue-pierced punks walk the streets and wait in line for their favorite bands.

Cultural Offerings and Attractions

While many young, starving, Pittsburgh artists no doubt live in the dreamy lofts around these parts, there are few actual art venues besides the Silver Eye Center for Photography. On a weekend night, walking the Southside and settling in at a local watering hole can be a cultural experience in itself, if you can manage to stay away from those places that look like they’d fit nicely in Shadyside, like Blue Lou’s and Mario’s Saloon, a student favorite. Find live bands and musical performances on any night of the week at Nick’s Fat City or at Club Café. Spill your martini on someone special in the close quarters at Zythos. Shoot pool daily at Shootz. And if you’re not just a night owl, visit by day to shop. Find plates made from traffic-light glass at E House Company, that suede jacket your mom used to have at Yesterday’s News, and sofas shaped like the fundus of your stomach at Perlora.

Definitely check out the South Side’s entertainment website for up-to-date information on South Side events and festivals: http://www.southsidepgh.com/be_entertained/nightlife.php

Dining

You haven’t lived until you’ve waited at Tom’s Diner until four in the morning for that omelet that sounded so good at three. Southside Steaks claims to serve Pittsburgh’s best cheese steaks. The Beehive will set you up with a people-watching lunch and a nice cup of coffee. Dish Osteria & Bar, as well as Mallorca, will offer tasty, pricey, Italian and Spanish food, respectively, that those who have discriminating tastes, or are your dates, will enjoy. And try Nakama for a bold and lively Japanese dinner which will be fun for the whole family.

South Side Restaurants

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
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<tr>
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<td>Beehive, The Bruschetta’s Café Allegro</td>
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<tr>
<td>Café Du Jour</td>
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<td>City Grill</td>
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<tr>
<td>Dairy Queen</td>
<td>Ice Cream</td>
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<td>Dish Osteria And Bar</td>
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<td>Dessert</td>
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<td>Kassab’s</td>
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<td>Le Pommier</td>
<td>French</td>
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<tr>
<td>Lee’s Coffee Shop</td>
<td>Diner</td>
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<tr>
<td>Mallorca</td>
<td>Spanish</td>
</tr>
<tr>
<td>Mike and Tony’s Gyros</td>
<td>Greek</td>
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</table>
Nakama
Old Europe
Paparazzi
Pretzel Shop
Roman Room
Ron's Pizza Palace
Southside Steaks
Starbucks
Sushi Two
Taqueria Taco Loco
Thai Me Up
Tom's Diner
Tuscany Café
Zenith Tea Room

South Side Bars and Nightlife
Bar 11
Barry's Pub
Blue Lou's and Mario's
Brewski's
Casey's Draft House
City Theater
Club Café
Cupka's Café 2
Deel's Café
Intermission Lounge
Jack's Bar
Jimmy D's
Lava Lounge
Margaritaville, Inc.
Mario's South Side Saloon
Nick's Fat City
Piper's Pub
Primanti Bros.
Roman Room
Shootz Café and Billiards
Smiling Moose
Smokin Joe's
The Rex
Tiki Lounge
Tuscany Café
Zythos

Japanese
Eastern European
Italian
Bakery
Cafe
Pizza
American
Coffee Shop
Sushi
Mexican
Thai
Diner
Café/Bar
Vegetarian
Bar
Sports Bar
Bar
Bar
Bar
Theater
Live Music, GLBT-Friendly
Bar
Bar
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Bar
Live Music
Bar
Bar
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Bar
Live Music
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Bar
Bar
Squirrel Hill and Greenfield

Boutiques and chain stores not your thing? Want to be among the “real” Pittsburghers? While Shadyside may boast all the trendy gear you could ever want and a salon on every corner, Squirrel Hill and Greenfield are rich with Pittsburgh tradition and down-to-earth neighborhood feel.

Squirrel Hill is a diverse neighborhood with exciting cultural diversity and a small-town feel. It offers easy access to shopping and entertainment for the car-less, and beautiful tree-lined side streets add to the atmosphere. The night and weekend scene in Squirrel Hill tends toward the calmer aspects of social life: coffee shops, movie theatres, and bowling. Ethnic foods of a wide variety are readily available.

Squirrel Hill has traditionally been the heart of Pittsburgh’s Jewish community—check out the big Jewish Community Center on the corner of Forbes and Murray. Numerous houses of worship of all kinds also abound in the heart of Squirrel Hill.

If you want to get outside, Squirrel Hill is firmly placed between two of the best parks in the city; Schenley and Frick, both of which offer plenty of space in which to play. Rent is not the cheapest in Squirrel Hill (it’s comparable to Shadyside), but this being Pittsburgh, you can still get a lot of bang for your buck in the housing department. There are many nice apartments in Squirrel Hill that were once large Victorian homes. These may be among some of the most charming places in town (make sure your heating bill is included!)

The two central thoroughfares of Squirrel Hill are Forbes (East-West) and Murray (North-South) Avenues, and buses are always running along Forbes to Oakland and school (the 61A, 61B, and 61C), a 15-minute ride.

Greenfield is just South of Squirrel Hill (stay on Murray Avenue over the bridge). Just across the water from Homestead and the Waterfront, Greenfield is also convenient to Squirrel Hill, Oakland, and Shadyside. Once upon a time, Greenfield was largely populated with steel workers. Now becoming increasingly socially, ethnically, and economically diverse, Greenfield has been home to quite a few Pitt Med students who wanted to rent (or especially to buy) at lower prices than in neighboring Squirrel Hill. The neighborhood is largely residential in character and seems to cater to hard-working families.

The 61C can be caught along Murray Avenue in Greenfield. The 56U, which is faster to Oakland but comes less frequently, can be caught on the NW corner of Murray and Loretta Street or by the CoGo’s on Greenfield Road as it heads into Schenley Park. Bus stops are farther apart in Greenfield than in Squirrel Hill—make sure you find out how far you have to walk before you sign the lease or contract.

Cultural Offerings and Attractions

The Jewish Community Center in Squirrel Hill frequently hosts cultural programs and shows. Stop in to get on their mailing list. The Carnegie Library on the corner of Murray and Forbes is a nice place...
to do some reading or (gasp) studying in a place not heavily frequented by Pitt Med types. At the time of this writing, it is closed for renovations. **Starbucks** on Murray Avenue hosts local acoustic musicians at least one night a week. Stop in for the ever-changing schedule. **Schenley Park** needs no introduction but it is worth mentioning that in addition to wide open spaces and Frisbee golf they often show movies on top of Flagstaff hill in the summer. **Frick Park** is equally beautiful and has a special place for man’s best friends (I mean dogs here, people) to roam free. Watch out for the Pit Bulls from Greenfield. **Tango dancing** happens at the **Tango Café** on Forward Avenue—stop in to find out when.

### Dining out

All kinds of good food are available at reasonable prices in Squirrel Hill. On Forbes between Murray and Shady, try **Aladdin’s** for great Middle Eastern Food at low prices. **Pi** has excellent pizza according to reports but is a bit on the pricey side. **Café Asia** or the **Rose Tea Café** are two spots for when you miss your Asian motherland (or somebody else’s motherland if you’re not Asian). Their Asian home cooking will bring tears to your eyes. So will **Bangkok Balcony** with its solid Thai cuisine in a lovely atmosphere—second floor above Little’s Shoes. Of course, **Rita’s** is a must-do in the summer months for Italian Ices, Gelati, Custard and other frozen treats. The line may go around the block on the hottest days and nights!

**Mineo’s** pizza on Murray is consistently voted the Best Pizza in the ‘Burgh. This is up for constant debate and there are lots of places—try **Aiello’s** a few doors down—where one can get a good, cheap slice in Squirrel Hill. Speaking of voting, **Gullifty’s** is often praised for the best desserts in town. They are huge and rich—look at somebody else’s plate before you decide against sharing… **Chaya** has excellent Japanese food in a cozy atmosphere. **Sari’s** and the **Milky Way**, both **Kosher** joints have excellent falafel and vegetarian food. **Eat’n’Park** is a standby for All-American cheap diner-type food. It’s also good for late-night sundaes and such. **Pamela’s** has the best pancakes in town—try the crepe-style ones rolled with strawberries, brown sugar, and sour cream filling. Get there early if you don’t want to wait in line for weekend breakfasts!

**Indian Oven** is probably one of the better places for Indian food in town. Not the hottest atmosphere but the food will make up for it, as will the quite modest prices. There is a weekday lunch buffet at a nice price as this goes to press.

If you’re looking for the REAL Pittsburgh experience, try **Big Jim’s in the Run**. This bar/restaurant/biker hangout was a popular lunch spot for steel mill workers from across the water. They have a veal parm sandwich that is about the diameter of a dinner plate for $8.95. Bring your chain wallet and your statins. Big Jim’s is located in “The Run.” Head towards the Hot Metal Bridge on Greenfield Avenue and turn right on the Four Mile Run before you hit Second Ave and don’t wear a tie.

All of the coffee shops in the neighborhood have good coffee. The **61C** is probably the most popular study spot but fills up fast. The two **Starbucks** are, well, **Starbucks. Coffee Tree Roasters** has good drinks but is cramped inside and doesn’t really offer a study-friendly atmosphere as such.

### Going out

Three bars of note in Squirrel Hill are
Silky’s, The Squirrel Hill Café (“Squirrel Cage”), and Fanatic’s Sports Bar.

See movies at the Manor Theater (Murray and Darlington) or the Cinemagic Squirrel Hill theater on Forward between Murray and Shady. After a movie on Forward Ave., walk down a couple doors to do some serious bowling at Forward Lanes. Med students can be found there regularly. This is a nice bowling alley with retro, low-key style, and reasonable prices. Don’t put your beers on the scoring machine. You have been warned.

Greenfield Restaurants

Joza Corner Hungarian
Rialto Pizza, Inc. Pizza

Squirrel Hill Restaurants

61c Coffee
Aiello’s Pizza Italian
Aladdin’s Eatery Middle Eastern
Allegro Hearth Bakery Bakery
Bagel Factory Bagels
Bangkok Balcony Thai
Baskin Robbins Ice Cream
Boston Market American
Bruegger’s Bagels Bagels
Cafe Asia Pan-Asian
Chaya Japanese Cuisine Japanese
Chopsticks Chinese
Coffee Tree Roasters Coffee
Cold Stone Creamery Ice Cream
Debbie’s Diner Diner
Eat ‘n’ Park American
Fanatics American
Golden China Chinese
Gullifity’s American, Dessert
How Lee Chinese
Indian Oven Indian
Italian Village Pizza Italian
Kazansky’s Delicatessen American
La Cucina Fleagra Italian
Mediterranean Grill, The Mediterranean
Milky Way, The Vegetarian
Mineo’s Pizza House Italian
Murray Avenue Grill American
Napoli Pizzeria Italian
New Dumpling Sushi, Japanese
Open Flame Mediterranean
Pamela’s American
Panera Bread American
Pi Italian
Pino’s Pizza Kitchen And Italian
Pizza Amier Italian
Poli Since 1921 Seafood
Rita’s Italian Ice Asian
Rose Tea Café Asian
Sari’s Mediterranean
Sichuan House Chinese
Silk Pagoda Pan-Asian
Sree’s Veggie Café Vegan
Starbucks Coffee
Subway American
Tango Café South American
Uncle Sam’s Gourmet Pan-Asian
Zaw’s Asian Food Vegetarian
Zen Garden Vegetarian

Homestead Bars and Nightlife

Chiodo’s Tavern Bar

Squirrel Hill Bars and Nightlife

Fanatics Bar
Silky’s Bar
Squirrel Hill Café, The Bar

Waterfront Bars and Nightlife

Bar Louie Bar
Dave and Buster’s Entertainment
Sing Sing Live Music
Station Square

www.stationsquare.com

Station Square is the place to go with a big crowd on a balmy evening, sit outside at one of the many chain restaurants, and maybe later head over to a nearby club.

Dining

On a special day, maybe a brunch with the folks, visit the landmark Grand Concourse Restaurant. It's something to do before leaving this city. Station Square is certainly nothing original, but it is pleasant enough, has a nice riverfront view, and attracts, on the whole, a young, not necessarily in school, crowd. Watch Saturday night fireworks from May 24th - Sept 27th at 9:40 pm. These are best seen from Bessemer court. Also in Bessemer court are fountain shows. Joe's Crab Shack or the Hard Rock Café are the best places to experience this event. They all have patios that border the courtyard. The shops in Station Square will remind you of an airport. They're open 10 am - 9 pm Monday through Saturday, and 12 - 5 pm on Sunday.

Attractions

For the most breathtaking view of downtown Pittsburgh (as seen in every postcard of the city), try the overlooks on Mount Washington (south of the Monongahela River). To get there, either take the Duquesne or Monongahela Incline up from Station Square and walk toward the Point, or drive across the Liberty Bridge and make a right on the P.J. McArdle Roadway. This is a great spot for Light-Up Night or for one of Pittsburgh's many fireworks displays. It's also home to many romantic restaurants.

Station Square Restaurants

<table>
<thead>
<tr>
<th>Name</th>
<th>Cuisine</th>
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<tbody>
<tr>
<td>Bar Louie</td>
<td>American</td>
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<tr>
<td>Buca Di Beppo</td>
<td>Italian</td>
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<tr>
<td>Grand Concourse</td>
<td>Fine Dining</td>
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<tr>
<td>Hard Rock Café</td>
<td>American</td>
</tr>
<tr>
<td>Houlihan's</td>
<td>American</td>
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<tr>
<td>Joe's Crab Shack</td>
<td>Seafood</td>
</tr>
<tr>
<td>Kiku Japanese</td>
<td>Japanese</td>
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<tr>
<td>The Melting Pot</td>
<td>Fondue</td>
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<tr>
<td>Sesame Inn</td>
<td>Chinese</td>
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Station Square Bars and Nightlife

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<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Bar Louie</td>
<td>Bar</td>
</tr>
<tr>
<td>Funny Bone And Green</td>
<td>Magnet Club</td>
</tr>
<tr>
<td>Hard Rock Café</td>
<td>Bar</td>
</tr>
<tr>
<td>Margarita Mama's</td>
<td>Club</td>
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<tr>
<td>Matrix</td>
<td>Club</td>
</tr>
<tr>
<td>Rebecca Tambellini</td>
<td>Bar</td>
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<tr>
<td>Red Star Tavern</td>
<td>Bar</td>
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Station Square Restaurants

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<th>Name</th>
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<td>Kiku Japanese</td>
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<td>The Melting Pot</td>
<td>Fondue</td>
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<tr>
<td>Sesame Inn</td>
<td>Chinese</td>
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</tbody>
</table>
The Strip District

When you hear someone refer to **The Strip**, this is what they are talking about. The Strip begins somewhere around 11th St. and terminates at 33rd St. What is it? Only the coolest place to go on a Saturday in all of Pittsburgh!

The main drag is Penn Avenue, with some additional shops on Smallman St. and the intervening numbered streets. If people watching, food shopping, and furious browsing are your forte, then the Strip is definitely where it’s at. There are multiple good-to-great restaurants here, clubs, ample food shopping at the various grocers, trendy stores and boutiques, and street vendors galore selling all manner of vegetable and mineral goods. In general, you will find substantial deals on foodstuffs at places like Wholey’s (pronounced “woodies” by the natives) and produce at Stan’s Market. There are also several Asian and Italian grocers, and one small Lebanese shop.

**Cultural Offerings and Attractions**

The Strip basically is a cultural offering that simply must be explored. Come on a Saturday morning and spend the whole day. If you get tired of the fascinating shops and bountiful markets check out the History Centre (www.pghhistory.org) for some insight into the unique city of Pittsburgh. It has fairly extensive exhibits taking you from the French and Indian War to the collapse of the steel industry. If you are lucky, Dean Levine will host another shindig here and you will get to see it for free—otherwise, admission is about $5 with your student ID. For the crafty/arty types, the Center for Contemporary Craft (www.contemporarycraft.org/home.html) may be worth investigating.

The shopping experience will take you from home decorating stores that stock seasonal trinkets, to fashionable and antique furniture. Do not forget to venture into Roxanne’s Dried Flowers for olfactory overload, and glimpse into the world of dried flower arrangement. The street vendors vary from Saturday to Saturday, but generally you will find among their wares: makeup, flowers, leather goods, DVDs, T-shirts, bizarre collections of junk, food (try the ribs), and other miscellaneous objects. An odd attraction is Candy World, a store that entices the kids with candy in the front, and stocks a deadly arsenal of knives, swords, nunchucks, and other weapons designed to kill and maim humans in the back.

**Dining and Nightlife**

The Strip has so many restaurants in such a small space that it would be impossible to try them all unless you go here every weekend. Some of the critically acclaimed joints, include Aussom Aussie for award winning ribs, Lidia’s for upscale Italian, and the Déjà Vu Lounge for sushi and martinis. Numerous other dining options are available, small and large, many with unique character that you won’t likely find elsewhere. If you have dessert in mind, try Klavon’s for a milkshake that will shake you to your very foundation with its wholesome goodness. For breakfast, Deluca’s is a rite of passage that
must be undertaken after a night of concentrated partying.

Clubbing is another reason that people come to The Strip. Sanctuary (see club listings) seems to be a favorite playing standard club music in a former church with waitresses dressed as Catholic school girls. Other hotspots include Club Chemistry (Wed. college night, 80s music Fri. and Sat.), and Bash, a club with no cover that spoils female patrons every Friday with roses, champagne, manicures and massages.

To get to The Strip, simply hop on the 54C. It will whisk you away from Fifth Ave. or Craig St. in Oakland, and cut through Polish Hill and Bloomfield before depositing you in The Strip. Keep in mind that Sundays are usually dead, so check ahead of time to make sure that your favorite stores are open (Enrico’s Biscotti will be open in the a.m., and will sport a long line). Also remember that this description barely scratches the surface of the wonders that await you in The Strip. There is much more to say about it, but it is a tale told by an idiot, full of sound and fury, signifying nothing. It’s much better to see for yourself.

### Strip District Restaurants

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Cuisine/Type</th>
</tr>
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<tbody>
<tr>
<td>Aussom Aussie</td>
<td>Barbeque</td>
</tr>
<tr>
<td>Déjà Vu Lounge</td>
<td>Various</td>
</tr>
<tr>
<td>Deluca’s</td>
<td>Breakfast and</td>
</tr>
<tr>
<td>Enrico Biscotti Company</td>
<td>Bakery</td>
</tr>
<tr>
<td>Enrico Café</td>
<td>Italian (light lunch)</td>
</tr>
<tr>
<td>Fortune’s Coffee</td>
<td>Coffee Shop</td>
</tr>
<tr>
<td>Il Piccolo Forno</td>
<td>Italian</td>
</tr>
<tr>
<td>Jojo’s Diner</td>
<td>Breakfast and</td>
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<tr>
<td>Kaya</td>
<td>Afro-Caribbean</td>
</tr>
<tr>
<td>Klavon’s</td>
<td>Ice Cream</td>
</tr>
<tr>
<td>Lidia’s</td>
<td>Italian</td>
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<tr>
<td>McDonald’s</td>
<td>Fast Food</td>
</tr>
<tr>
<td>Mullaney’s Harp and Fiddle</td>
<td>Irish</td>
</tr>
<tr>
<td>Peppi’s Olde Tyme</td>
<td>Subs and</td>
</tr>
<tr>
<td>Primanti Brothers</td>
<td>Sandwiches</td>
</tr>
<tr>
<td>Soprano’s</td>
<td>Italian</td>
</tr>
<tr>
<td>Spaghetti Warehouse</td>
<td>Italian</td>
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<tr>
<td>Subway</td>
<td>Fast Food</td>
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</tbody>
</table>

### Strip District Bars and Nightlife

<table>
<thead>
<tr>
<th>Bar/Club/Restaurant</th>
<th>Type</th>
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</thead>
<tbody>
<tr>
<td>Bash</td>
<td>Club</td>
</tr>
<tr>
<td>Brewery Tavern</td>
<td>GLBT Bar</td>
</tr>
<tr>
<td>C.J. Deigan’s</td>
<td>GLBT Bar</td>
</tr>
<tr>
<td>Club Chemistry</td>
<td>Club</td>
</tr>
<tr>
<td>Déjà Vu Lounge</td>
<td>Bar</td>
</tr>
<tr>
<td>Gene’s Last Chance in The Strip</td>
<td>Bar</td>
</tr>
<tr>
<td>Have a Nice Day Café</td>
<td>Club</td>
</tr>
<tr>
<td>Light Night Club</td>
<td>Club</td>
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<tr>
<td>Mixx Lounge</td>
<td>Bar</td>
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<tr>
<td>Mullaney’s Harp and Fiddle</td>
<td>Bar</td>
</tr>
<tr>
<td>Real Luck Café</td>
<td>GLBT Bar</td>
</tr>
<tr>
<td>Sanctuary</td>
<td>Club</td>
</tr>
<tr>
<td>Sports Rock</td>
<td>Sports Bar</td>
</tr>
<tr>
<td>Tequila Willie’s</td>
<td>Club</td>
</tr>
<tr>
<td>The World</td>
<td>Bar</td>
</tr>
<tr>
<td>Thirty-First Street Pub</td>
<td>Bar</td>
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<tr>
<td>Touch</td>
<td>Club</td>
</tr>
</tbody>
</table>

The Strip District
Dining and Nightlife in Pittsburgh

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Art Gallery/Performance Spaces

Art Gallery/Performance Spaces are just that: Art Galleries by day, concert halls by night. If you're into the Indie/Punk scene, lounge scene, eclectic local artists . . . these are for you.

**Shadow Lounge**
5972 Baum Blvd.
East Liberty
412-363-8277
www.7thmovement.net/shadowlounge.html
Shadow Lounge has an art gallery and a performance space, and hosts poetry slams.

**Garfield Artworks**
4931 Penn Ave.
Garfield
412-361-2262
www.garfieldartworks.com
Part of the Penn Ave. arts scene. With art by day, concerts by night (avg. $6-$7), as well as monthly film series. The web site describes current and future exhibits.

**Thee I/ The Eye**
4814 Penn Ave.
Friendship
412-361-2393
www.theei.net
It's hard to characterize The Eye/Thee I. This newest addition to the Penn Ave. arts scene has music performances, drama, tarot readings, scheduled flea markets, and items available for retail.

**Modern Formations**
4919 Penn Ave.
412-362-0274
www.modernformations.com
Part of the Penn Ave. arts scene. Hosts art exhibits by day, concerts by night. Gallery hours are Thurs. 5-9, Sat. 1-4, or by appt.

For other listings of art galleries, visit the Business section of the survival guide under “Art Galleries.” Larger local galleries such as the Warhol and the Mattress Factory are listed under “Museums and Attractions.”

Also visit thisishappening.com for other local gallery events.
BARS

Pittsburgh is a drinking town; we won’t deny it. Even if the club scene can’t rival larger cities, there’s always a place where the beer pours cheaply and freely. Organized according to neighborhood, then alphabetically. For popular Sports Bars, see Page 131. See top bars in the Best of the Burgh section.

Bloomfield Bars

Armand’s
4755 Liberty Ave.
412-681-3967
Neighborhood bar with restaurant in back, seafood and fish sandwiches are popular.

Bloomfield Bridge Tavern
4412 Liberty Ave.
412-682-8611

Church Brew Works
3525 Liberty Ave.
412-688-8200
Continuing Pittsburgh’s odd tradition of converting old churches into dens of sin, Church Brew Works is a former house of holy that now is the site of a brewery and restaurant. Some claim to be closer to God since the conversion. Their beer is quite good, with seasonal brews on rotation throughout the year. Tasty fusion entrees and slightly cheaper pizzas make up the menu, with plates running $15-$20. Good spot if the family comes to town.

Coyote Café and Howlers
4509 Liberty Ave.
412-682-0320
Popular neighborhood bar, big in the local music scene, with live entertainment every day except Thursday. Usually see 50-60 people there on a Friday or Sunday for DJ nights. Check out Switchblade Saturdays on the first Sat. of each month. $5 cover on F/Sat.

Del’s Bar and Restaurant
4428 Liberty Ave.
412-683-1448
www.delarest.com
Great Italian food. Traditional menu with some specials and choice of quality beverages.

Gators Saloon
4624 Liberty Ave.
412-605-0703
Youngish neighborhood bar with “emphasis on sports” (read: lots of TVs but not quite a sports bar). Good food and home to several dart leagues.

Lot 17
4617 Liberty Ave.
412-687-8117
Replacing Aussie’s, this modern bar has American cuisine and a dark wood and brick interior.

Nico’s Recovery Room
178 Pearl Street
412-681-9562
You haven’t lived Pittsburgh life till you’ve sung Saturday night karaoke in this great little dive bar where everybody knows Wayne “Okie from Muskogee” the Jitterbugger and Joe “My Way” Sinatra. Good bar food as well.
Pollack’s Café  
4602 Liberty Ave.  
412-682-1460  
Your average friendly local bar where the bartender knows everyone's name.

Silky’s Pub  
5136 Liberty Ave.  
412-683-6141  
Just north of Baum Blvd., Silky’s is a nice little bar with food, nightly drink specials, televised sporting events, darts, and shuffleboard. Free wings on Friday 4-6pm. Nightly specials.

West Penn Tavern  
4828 Liberty Ave.  
412-682-8631  

Downtown Bars

Bossa Nova  
123 7th St.  
412-232-3030  
Experience delicious tapas and libations at Downtown’s trendy and posh hotspot.

Cigar Bar  
430 Market Street  
412-880-4080

Images  
965 Liberty Avenue  
412-391-9990  
This bar brings a touch of New York or DC to Pittsburgh with its video jukebox. Friday nights there is a drink special and many people stop in on their way to Pegasus to meet friends.

Olive or Twist  
140 Sixth St.  
412-255-0525  
[www.olive-twist.com](http://www.olive-twist.com)  
Stop in for regular happy hour specials.

Tap Room  
In the Omni William Penn Hotel  
412-281-7100  
A charming English-style pub serving tavern-style food.

Tonic Bar and Grill  
971 Liberty Avenue  
412-456-0460  
‘Party hour’ Mon. – Fri. 5-7p: -$1 all drinks, $2 features.

East Liberty Bars

Kelly’s Bar and Lounge  
6012 S Penn Circle  
412-363-6012  
Old diner converted into a bar, booths and all. Cool place with a great mix of people, excellent jukebox, solid bar food, and a good selection of beers on tap. Go early on the weekends if you want a seat: Booths fill up quickly.

Friendship Bars

Sharp Edge, The  
302 South St. Clair St.  
412-661-3537  
They specialize in very thin pizza and an eclectic mix of burgers, but seriously, go for the beer - they have a huge selection of Belgian beers and 100 others to choose from.

Homestead Bars

Chiodo’s Tavern  
107 W Eighth Ave.  
412-461-3113  
Huge amounts of Pittsburgh memorabilia decorate the ceiling and walls. The outdoor patio and picnic tables are key in the warmer months. A large tabletop shuffleboard provides entertainment. They have a full kitchen and approximately 70 different
imports, as well as a “mystery sandwich,” which is might tasty. Don’t ask what’s on it; they won’t tell ya.

**Lawrenceville Bars**

**Graveyard Grill**
Across from the Penn Ave. entrance to the Allegheny Cemetery
Who knows what horrors lurk inside this bar and grill.

**Hambone’s**
4207 Butler Street
412-681-4318
This bar has decent food including turtle soup, and a commitment to fighting multiple sclerosis. They will donate $1 of every $2 jello shot to MS research. They don’t have a huge selection of beers, but they do have the entire family of Iron City on tap.

**Sufak’s Round Corner Hotel**
3718 Butler Street
412-683-2279
A bar that probably has food.

**Thunderbird Café**
4023 Butler Street
412-237-9402
A bar with occasional live music.

**North Side Bars**

**Castellano’s**
210 Federal Street
412-231-5753
It has been called an homage to Pittsburgh’s two favorite pastimes: sports and drinking. 3 floors. The first features a deli counter (must try the chicken salad). The second floor is a full bar, and the third is a draft bar. Dig the sports memorabilia.

**Hi-Tops**
200 Federal Street
412-231-3310
It is the home of the bubbatini and the two story beer bong. Sporting nightlife at its finest. Large screen tv, drink specials, karaoke. It’s a must-visit before, after, or during games at Heinz or PNC. The website is a must-visit, too. [www.hi-topsusa.com/pghmain.shtml](http://www.hi-topsusa.com/pghmain.shtml).

**Penn Brewery**
800 Vinial Street
412-237-9402
[www.pennbrew.com](http://www.pennbrew.com)
A genuinely fun place to go with cool entertainment and its own brand of beer. Featuring live music performed by Dixieland, jazz, R&B, and traditional German bands. Their beer includes Penn Pilsner, Penn Lite and Penn Dark. Octoberfest is a lot of fun, and three out of four medical students agree that it’s good beer here. Live music Friday and Saturday nights 8p-12a. No cover. Did we mention beer?

**Oakland Bars**

**Bootlegger’s**
403 Semple Street
412-682-3060
Deep in South Oakland, this bar is popular with the undergrads and showcases a karaoke contest every Wednesday.

**Chief’s**
307 N. Craig Street
412-683-2936
Also known as the Star Wars Bar. 55¢ drafts all the time, 75¢ shots and PBRs, iron torpedoes for a buck and a quarter. A local watering hole with a jukebox, located right near Mitchell’s. Warning: if you’ve got a bunch of people going, you won’t all fit here.
Cumpie’s
223 Atwood Street
412-605-0911
Famous for its quarter drafts and popular amongst the collar-flipping male undergrads.

Genes’s Bar
3616 Louisa Street
412-681-8289
Another danky bar in beautiful South Oakland. You probably won’t ever make it here, but it’s important to keep in mind if you ever decide to embark on an Oakland bar crawl.

Foster’s Bar And Grill
100 Lytton Avenue
412-682-6200

Fuel And Fuddle
212 Oakland Avenue
412-682-3473
The microbrew feel (and deal). There are some TVs to watch sports and lots (100+) of different beers to choose from. (If you drink all 100 different types of bottles you get a plaque on the wall as a member of their Beer Cult.) Good place to go after exams for lunch or a nice cold one.

Hemingway’s
3911 Forbes Avenue
412-621-4100
If you’re looking for the finest twelve year old scotch and the freshest tuna tartar in Pittsburgh, then Hemingway’s should not be on your itinerary. If, however, your goal is to emulate everyone’s favorite suicidal vagabond writer, and you want to do it with $1 pints and ½ price pub food, then Hemingway’s is the place for you. The pints flow all day, the food is ½ price from 11:00 - 11:45 am and 9-12 pm. When you go, look for a dedicated group of second years.

Luna Bar And Grill
304 North Craig Street
412-621-2012

Mad Mex
370 Atwood Street
412-681-5656
www.madmex.com
A favorite place to hit up for their BigAzz margaritas, ever-changing selection of microbrews, and good food (a unique twist to your traditional Mexican cuisine; try the burritos with chickpea!). Gets even better when you find out about their specials: Half off food for students M-Th from 2-4 pm and 11-1 every night, and half-priced margaritas from 4:30-6:30 and 9-11 every weekday. (A personal recommendation: go with the frozen fruit blends over the mediocre regular margaritas on the rocks. However, this will leave your way more susceptible to brain freeze.) The architecture of the restaurant, while it can lend itself to a “cozy and cavernous” atmosphere, is sometimes more accurately described as “way too crowded and suffocating.” Nevertheless, it’s a can’t miss. Careful with the margaritas, though, as one will knock out the lightweights, and three will leave even the big guys a bit dizzy.

Mitchell’s
4632 Centre Avenue (at Melwood Avenue)
412-682-9530
Monday features 25-cent drafts, which you can quaff by a big-screen TV for sporting events. Sorority night is on Wednesday, but it usually turns out to be more of an older male local crowd than the college girls they were expecting.

Panther Hollow Inn
4611 Forbes Avenue
412-682-9999
A great college dive bar located between Pitt and CMU. Different specials nightly: $6 pitchers of Guinness on Wednesday nights and $1 well drinks from 8-10 on Fridays. And the pizza joint in the back (Pizza Paul) has some good eats for cheap.
Peter's Pub
116 Oakland Avenue
412-681-7465

A great bar for happy hour on Fridays (especially during Anatomy when you'll have class until 4 or 5; bring Dr. Schumann along). Yuenglings are $1 and they serve free wings and veggies. Downstairs has lots of booths to relax and eat in, while upstairs can feature a DJ and dance floor when Peter feels like it. Another good bar for post-exam or post-events (e.g., the Talent Show) gatherings (have your VP call to get specials and reserve the top floor).

Pittsburgh Café
226 Meyran Avenue
412-687-3330

Over 120 beers to choose from and patio dining when it's sunny.

Spice Café Global Bar And Grill
328 Arwood Street
412-682-1900

Located on the lower level of India Garden, this new restaurant brings you food from all over the world to just one meal—I'm talking from Italian appetizers to Korean entrees to Mexican desserts, and all in the comforts of the African décor. Half-priced food from 4-6 and 11-1 every night, and half-priced drinks from 5-7 pm. 20 beers on tap.

Thirsty's
301 N Craig Street
412-687-0114

Smoky, “quaint” dive bar. Wed., Thurs., and Sun. feature DJs (Dude! Wednesday is, like, Grateful Dead night, man). Fri. and Sat. have live bands with $2 - $5 cover charge. And what of Mon. and Thurs.? 15-cent wings, that's what.

Union Grill
413 S Craig Street
412-681-8620

Nicer bar atmosphere than most, plus some solid, “honest” American food. Microbrews are on tap, with some good burgers and salads available. Not a bad place to take the folks for a low-key lunch or dinner, especially when the nice outdoor seating is open.

Polish Hill Bars

Gooski's
3117 Brereton Street
412-681-1658

A legendary dive bar, often featuring live music.

Regent Square Bars

D's Six-Pax & Dogz Shoppe
1118 S. Braddock
412-241-4666

Here you can craft mix-and-match six-packs from an immense range of beers. Have a hot dog while you're at it.

Murphy's Tap Room
1106 S. Braddock
412-241-9462

Regent Square Tavern
1126 S. Braddock
412-371-9920

Shadyside Bars

Bikki
736-738 Bellefonte St
412-683-5756

The newest Shayside bar/lounge, go for the weekend bands and the dance floor. The overpriced drinks and food leave a little to be desired.

Bites and Brews
5744 Ellsworth Ave.
412-361-4425

Fun place to grab a beer and design your own pizza or panini sandwich.
Cappy’s Café
5431 Walnut St
412-621-1188
Part of the big three in cheap food on Walnut Street along with Max and Erma’s and PDC, it is a small bar with a big screen TV. Recommended for catching a game with a few friends or a quick dinner.

Club Havana
5744 Ellsworth Ave
412-661-2025
Go for the mojitos and the martinis. Sat. hip-hop night and Sun. salsa dancing.

Doc’s Place
5542 Walnut St
412-681-3713
A favorite after hours bar for all Pitt graduate students, as well as residents and others with real jobs. Fortunately, the beer is cheap as is the food, so you won’t need a job to hang out here. Not the place to take your parents, unless they’re trying to relive their boozy, stumbling days of yore.

Elbow Room
5744½ Ellsworth Ave
412-441-5222
Decent food and interior. There is a nice outdoor courtyard for warm weather dining.

Le Mardi Gras
742 Bellefonte Ave
412-683-0192
A great place for a first drink and a nice alternative to Shady Grove. The bartender/owner has been known to remind the faint of heart “It’s called a Jack and Coke, not a Coke and Jack.”

Pittsburgh Deli Company (PDC)
728 Copeland St
412-682-3354
Great sandwich place with an upstairs bar: ample room, reasonably priced food and drinks, (1/2 off after nine) and a relaxed atmosphere. Pool tables and a kitchen open until midnight.

Shady Grove
5500 Walnut St
412-697-0909
Shady Grove is the bar below, and of, Walnut Grill. Appetizers and pizza available, but go there for the beer specials and Irish Car Bombs. On the weekends almost always packed with young white collars and grad students, playing darts or just hanging out. Patio open in summer.

Shadyside Saloon
5741 Ellsworth Ave
412-665-0654
TVs, darts, and a relaxed bar atmosphere make it a smaller parallel to Buffalo Blues on Highland.

William Penn Tavern
739 Bellefonte St
412-621-1000
Tucked away off Walnut St., it’s not all that special, but you can usually find a cheap beer special any night of the week. It does boast the only foosball table in Shadyside.

South Side Bars

Bar 11
1101 Bradish St
412-381-0899
Difficult to find, but worth the search. Dark, seedy hole in the wall, but evidently the 4th Years love it. Rather, they loved it until they disappeared during 3rd Year rotations. We’re informed there’s a black light (crazy concept!) and toys in your drinks.

Blue Lou’s and Mario’s Saloon
1510 E. Carson St
412-381-7675
These two bars are continuous through a doorway between them. Pittsburgh sports memorabilia, road signs, and other bric-a-brac decorate the walls. The atmosphere is comfortable, with wooden booths and traditional barstools around the bar. Beer by the yard, too.
# Bars and Nightlife

**Brewski's**  
801 E. Carson St  
412-481-9140  
Watering hole with cheap beer (20oz draft domestic $1.50 weekdays). Pool tables in the back.

**Casey's Draft House**  
1811 E. Carson St.  
412-431-3595  
On most nights an average bar, but on Mondays there is a midget who sits in a box waiting to pour drinks in people's mouths. No, I'm not crazy.

**Cupka's Café 2**  
2314 E. Carson St.  
412-431-9691

**Dee's Café**  
1314 E. Carson St.  
412-431-1314  
People who go to Gooski's (in Polish Hill) also go to Dee's, but sometimes those people also go to the Lava Lounge. Thursday through Sunday you'll find ping pong tables and billiards upstairs. We don't know why, but you can't take your draft beer up there with you. If you do, you'll rile up the regulars.

**Intermission Lounge**  
1908 E. Carson St.  
412-381-3497  
Pool table and darts inside. It's about as exciting as its name.

**Jack's Bar**  
1121 E. Carson St.  
412-431-3644  
The longish shape to the bar makes it a good place for big groups of people to go.

**Jimmy D's**  
1707 E. Carson St.  
412-431-5095  
Downstairs: restaurant with old people. Upstairs: Dance floor with crazy kids. Darn those crazy kids.

**Lava Lounge**  
2204 E. Carson St  
412-431-0850  
Hit up this bar for 75-cent tacos (meat or veggie) on Tuesday nights. Check out the sunken pit in the cavernous back room.

**Margaritaville, Inc.**  
2200 E. Carson St.  
412-431-2200  
There's a pretty good reason that there's no one here at lunchtime, but some beer specials are good. Can get very crowded with student types. And don't forget to say the “Inc.,” as it's an important part of their brand identity.

**Mario's South Side Saloon**  
1514 E. Carson St.  
412-381-5610  
Karaoke Fridays, popular with grad students.

**Piper's Pub**  
1828 E. Carson St.  
412-381-3977  
[www.piperspub.com](http://www.piperspub.com)  
Good English food and great English beer, an overall nice place to go for a drink.

**Primanti Bros.**  
1832 E. Carson St.  
412-381-2583  
Live music in a crowded place.

**Roman Room**  
1224 E. Carson St.  
412-431-5910

**Shootz Café and Billiards**  
2305 E. Carson St.  
412-488-3820  
Inside the wide open bar and pool table area you should have plenty of room to relax.

**Smiling Moose**  
1306 E. Carson St.  
412-431-4668  
When it's busy, a lot of undergrads in a too-small place.
Like most narrow bars in the South Side, Smokin’ Joe’s has a three-sided bar facing massive beer coolers and an assortment of liquor. Know this: weekends are busy with a large college crowd. 50 beers on tap. 250 in the coolers. They also have an upstairs with a smaller bar and smaller beer selection.

Tiki Lounge
2003 E. Carson St.
412-381-TIKI
Any place where you have to walk through an ersatz Easter Island statue’s gaping mouth has got to be worth it for the kitsch value if nothing else.

Tuscany Café
1501 E. Carson Street
412-488-4475
Study in the café in the afternoon. Walk over to the bar in the evening.

Zythos
2108 E. Carson St.
412-481-2234
½ price martini specials Mondays, other specials as well. Some nights, live DJs play upstairs. Trendy mummy décor. King Tut is, like, sooo jealous.

Squirrel Hill Bars

Squirrel Hill Café (“Squirrel Cage”)
5802 Forbes Avenue
412-521-3327
Popular local bar – good atmosphere and good people – a little smoky.

Station Square Bars

Bar Louie
240 Station Square Drive
412-394-0050
www.barlouieamerica.com/stationsq.html
Pleasant atmosphere; has a nice patio area that offers a fantastic view on the river of glorious Pittsburgh at night. After 9pm it’s your typical bar atmosphere with music, people talking, and alcohol. Decent beer selection.

Hard Rock Café
230 W. Station Square Drive
412-481-7625
Indoor and outdoor seating. Food and beer. Rock n’ Roll.

Rebecca Tambellini
Station Square
412-232-3800
Bar atmosphere. Live Blues.

Red Star Tavern
240 Station Square Drive
412-394-0100
Good views of downtown with some patio seating in a retro-tavern chain bar.

Strip District

Déjà Vu Lounge
2106 Penn Avenue
412-434-1144
www.djavuloungepa.com
Come on by for gourmet pizza, sandwiches, and seafood dinner entrees. Sushi is available on Wed, Fri, and Sat. The martini selection is quite good.
Gene’s Last Chance in The Strip
2533-35 Penn Avenue
412-566-2000
They boast (?) 12 beers on tap and 10 flavors of wings. Happy hour is 5-7 Mon.-Fri.

Mixx Lounge
1807 Penn Avenue
Cheap bar food by day...nude dancers by night (6pm-2am). Next to Stan’s Market, you pervert.

Mullaney’s Harp and Fiddle
24th Street and Penn Avenue
412-642-6622
Very Irish and very authentic, right down to the tasty dishes from the pub kitchen (no potato famine here). Live Irish entertainment on Wednesday through Sunday.

Real Luck Café
1519 Penn Avenue
412-566-8988
The first floor, with a bar, jukebox, bumper pool, and deck, attracts primarily men. The upper level (bar, small dance floor, and pool table) attracts mostly women. A no-nonsense bar.

The World
1650 Smallman Street
A coffeehouse/bar with live music, The World (formerly known as Rosebud) is a slightly upscale establishment with an open interior, steel beams, high ceilings, and all. Smaller big-time acts usually play here, and the acoustics are good.

Thirty-First Street Pub
3101 Penn Avenue
412-391-8334
www.31stpub.com
Check out local and national indie bands at this bar. Be careful, though: sometimes, it’s a strip club.

Waterfront Bars

Bar Louie
244 West Bridge St.
412-462-6200
www.barlouieamerica.com/waterfront.html

Dance Clubs

If your class has anything in common with certain members of previous classes, you want to know where shake your moneymaker in this town. There is some good dancing to be had at Pittsburgh’s clubs, which simply must be experienced to be understood. If you go dancing in Station Square, expect to pay for parking. As for the Strip—you will probably pay for parking but might get lucky [with street parking]. The list below is certainly not exhaustive. Make sure to look at the Bar Guide and Live Music Guide for some other venues. Visit www.pghnightlife.com for more information.

Station Square

Matrix
7 E. Station Square
412-261-2220
Matrix is four dance clubs in one: Club Liquid (trance), Club Exit (house), Club Goddess (underground and top 40 hip-hop), and Club Velvet (Latin dance). Matrix can be a lot of fun with a large group of people, though sometimes having all the clubs in one place can leave you a little overwhelmed. And despite its sincerest efforts, Matrix is not going to be the same as your favorite club from LA or NYC. Nevertheless, here’s where much of Pittsburgh’s young, hip crowd goes to party. There is a dress code, which in Pittsburgh means no sneakers.
Margarita Mama’s
1 E. Carson St.
412-434-8100
Popular dance club, latest in a series at Station Square. A little townie-ish, which could probably be said for all the dance clubs in Pittsburgh.

Strip District

Bash
1901 Smallman Street
412-325-0499
Non-threatening club music. Every Friday is “Spoiled Rotten,” a promotion to attract female patrons. Roses and champagne are passed out, and there are manicures, massages, and tarot readings. There is never a cover here.

Club Chemistry
108 19th Street
412-391-0722
www.chemistrypittsburgh.com
Wed. is college night. Thurs. is Electronica, Friday and Saturday play 80’s music. This place has good dollar drink specials from 9-12.

Have a Nice Day Café
1700 Penn Avenue
412-201-1200
70’s and 80’s theme club with a dance floor and a $3-$5 cover. The clientele is, um…interesting: big hair, mullets, hockey jerseys and more.

Light Night Club
1501 Smallman Avenue
412-281-1585
Formerly Donazi’s, the Burgh’s only nightclub on the water. You can’t help but notice the plentiful aquariums, even in the coffee tables. Top 40 dance music and lots of big hair fills the air nightly. A true Pittsburgh experience. Warning: There is now a dress code.

Sanctuary
1620 Penn Avenue
412-263-2877
Years ago, Sanctuary was St. Elizabeth Catholic Church. Sanctuary uses its space beautifully. Beyond the modest Penn Avenue facade, the room opens and soars for three stories from the hardwood dance floor, culminating in a cupola where...O Christ, stop the review. With apologies to the 4th Year who wrote this, despite our best attempts, this isn’t Architectural Digest. Here’s the deal: Sanctuary used to be a church; now it’s a club. If you like to be served by women dressed in Catholic schoolgirl outfits, you’ll go bananas here. The music is standard club stuff, and though supposedly, “people—cool people—dress a little better to go (here),” don’t feel obligated. Unless you’re, like, totally not cool, cuz then you’ll need to, like, dress all cool and stuff. Totally.

Tequila Willie’s
1501 Smallman Street
412-281-3680
www.pghnightlife.com/tw_home.php
Located in the same complex as Light Night Club, with one cover charge getting you into both places. Don’t miss the cheese pretzels after a long night of dancing and liver trauma.

Touch
1400 Smallman Street
412-392-2227
A club with a zebra print awning. A mix of current music and old school hits.

Comedy Clubs

Funny Bone And Green Room
Station Square
412-281-3130
www.funnybonepgh.com
National comedy club where national comedy people do national comedy things.
Entertainment

Dave and Buster’s
The Waterfront
This is basically Chuck E’ Cheese’s for grown-ups. It’s a lot of fun, but will set you back a pretty penny if you aren’t careful.

Gooski’s
3117 Brereton Street
Polish Hill
412-681-1658
Hipster dive bar that hosts indie rock shows featuring both Pittsburgh bands and more nationally known artists.

The Waterfront
www.rockbottomrestaurantsinc.com/RockBottomWeb/ss/pittsburgh.asp
Dueling piano bar adjacent to Rock Bottom is a great spot to hit for birthdays and general celebration. Hand in your song request with a few bucks and you will be sure to be entertained.

Live Music

The Music Scene in Pittsburgh is in constant flux, especially with the recent closing of several venues, including the popular Attic/Club Laga in Oakland. Despite this change, several places are still available to see live music in Pittsburgh. This list, as others within this section, is not exhaustive, so look in the Bars, Theaters, and Performance Space sections for more options.

Club Café
56-58 S. 12th St.
South Side
412-431-4950
www.clubcafelive.com
This place has great live music most days of the week and delicious food (get the fries and the fried olives!). Good for folkies.

James Street Tavern
422 Foreland Street
North Side
877-253-4735
Cajun/Creole food and New Orleans Jazz. Live Jazz most days of the week, but check the website for the schedule. Takes reservations.

The Quiet Storm
5430 Penn Ave.
Bloomfield
412-661-9355
www.quietstormcoffee.com
Coffeeshop and vegetarian restaurant by day, with live music at night, at a trendy hippie joint with original artwork on the walls and little kids running around.

Karaoke

Don’t underestimate yinzers, folks—they love to croon. Some popular local Karaoke joints include Cappy’s Cafe (Shadyside on Fridays), Mario’s (South Side on Fridays), Nico’s Recovery Room (Bloomfield on Saturdays), and Ryan’s Pub and Grill (Regent Square on Sundays). Check out Pittsburgh’s Karaoke website at www.karaokepittsburgh.com.
Sports Bars

**Buffalo Blues**  
216 S Highland Ave  
Shadyside  
412-362-5837  
This sports bar and restaurant boasts two levels with multiple big screen TVs and a good bar menu. Check out the Mon. and Wed. specials...and the brownie dessert.

**Barry’s Pub**  
1109 E. Carson St  
South Side  
412-481-3480  
This is a neighborhood restaurant that dabbles in being a sports bar and spends most of its time after ten hosting karaoke.

**Sports Rock**  
1400 Smallman Street  
Strip District  
412-552-1000  
Sports Rock is a unique mix between a club, a sports bar, and Dave & Buster’s. If any of this sounds like your cup of tea, you will probably enjoy yourself. Or not.

Theaters

**Attack Theatre**  
4805-4809 Penn Ave.  
Bloomfield  
412-325-0654  
www.attacktheatre.com  
Professional Dance Studio at the Bloomfield/Garfield border offering performances throughout the region. Performing interactive and experiential dance.

**Benedum Center**  
719 Liberty Avenue  
Downtown  
412-456-6666  
Civic Light Opera, Pittsburgh Opera, Pittsburgh Ballet Theater, Broadway Series, and other events happen here.

**Byham Theater**  
101 Sixth Street  
Downtown  
412-456-1350  
During the summertime, shows classic films.

**Heinz Hall**  
600 Penn Avenue  
Downtown  
412-392-4900  
Home of the PSO, some of the Broadway Series, and other assorted events.

**O’Reilly Theater**  
621 Penn Avenue  
Downtown  
412-471-6070  
A newly-constructed, Graves designed, state-of-the-art theater. Home of the Pittsburgh Public Theater and the only thrust stage in Pittsburgh.

**City Theater**  
57 S. 13th Street  
South Side  
412-431-CITY

For up-to-date information on Pittsburgh entertainment, check out these websites.  
pollstar.com  
ticketmaster.com  
pittsburghlive.com  
pghgoth.com  
pittpunk.com  
users.telerama.com/~dan016/shows.html  
The Pittsburgh Show List is a monthly email list of upcoming events going on in the Punk, Hardcore, Metal, Ska, Indie Rock, Hip Hop and Experimental music scenes.  
www.elkconcerts.com/  
www.digitalcity.com/pittsburgh/  
www.pittsburgh.net  
www.thisishappening.com
GLBT Life in Pittsburgh

Pittsburgh can be a shock to the system for the newly transplanted GLBT person – your eyes might be starry with visions of ‘Queer As Folk’ club-hopping or you might be dreading the move to Steeltown from a more cosmopolitan locale. The former may be slightly disappointed in the lack of TV-quality hunks wandering Liberty Ave. (the show, while ‘inspired’ by Pittsburgh’s demographic similarity to Manchester, was actually filmed in Toronto) and the latter pleasantly surprised by how much there actually is to do for the inclined gay person in the so-called sleepy ‘Burgh. Contact MS III Amelia Pousson (pousson.amelia@medstudent.pitt.edu) for more info.

Food/drink specials most nights of the week:
Wednesday night is a rib dinner, Monday and Tuesday nights are sandwich nights, and Thursdays offer a seafood special.

Downtown Bars

House of Tilden
965 Liberty Ave.
412-391-9990
A favorite for Liberty Ave bar hopping, offering karaoke on Mondays and Thursdays, go-go dancers on Tuesdays and Fridays, and a retro dance party on Saturday nights. More men than women, but both are welcome, with somewhat of an older crowd than Pegasus.

Liberty Avenue Saloon
941 Liberty Ave.
412-338-1533
Another relaxed bar, with pool tables and games, popular for grabbing a drink in a laid back environment on a weekend night. Mixed crowd.

Sidekicks
931 Liberty Ave.
412-642-4435
A cocktail/piano bar open to both men and women, often serving as a quieter retreat from Pegasus or other Liberty Ave. dance clubs, or a date spot on special occasions.

Food/drinks specials most nights of the week: Wednesday night is a rib dinner, Monday and Tuesday nights are sandwich nights, and Thursdays offer a seafood special.

Oakland Bars

Holiday
4620 Forbes Ave.
412-682-8598
Has a rep as a Pittsburgh landmark, rumored to be a one time hang out of Andy Warhol. Stories abound about a mysterious mural behind the bar waiting to be restored. Dancefloor and house DJ pack the bar weekends with a smaller crowd weeknights. Mostly male hangout, often with folks from the nearby universities.

Polish Hill Bars

Donny’s Place / Leather Central
1226 Herron Ave.
412-682-9869
The crowd is primarily men (although Fridays the upper bar is mixed men/women), the music mostly country western, and the

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GLBT Bars and Dance Clubs

Pittmed Survival Guide

GLBT Bars and Dance Clubs

GLBT Dance Clubs

Downtown

Pegasus
818 Liberty Ave.
412-281-2131
A dance club with a very mixed crowd; gay men, straight women, gay women and straight men, all dancing below the DJ and the occasional gyrating go-go boy. Tues, Thurs are 18+, the remainder of the nights 21+. Days to note are the Wednesday drag show, while Thursday is generally the busiest night.

Strip District Bars

Brewery Tavern
3315 Liberty Ave.
412-681-7991
A gay-friendly, more down-tempo neighborhood bar, also on Liberty Ave.

C.J. Deighan's
2506 W. Liberty Ave.
412-561-4044
A pretty standard bar, with pool tables and friendly regulars, but with the unique twist that it is one of the only bars in Pittsburgh that attracts mostly lesbians. The crowd is somewhat older. Saturday nights are very popular here, keeping the friendly bar staff hopping.

Real Luck Café
1519 Penn Ave.
412-566-8988
A mixed club with both men and women. A downstairs bar holds a younger crowd, while the mirror-ball bedecked upper dance floor plays 80s music and has a slightly older crowd. Go-go boys on Fridays and Saturdays attract a full house.

North Side

Jazi's
1241 Western Ave.
412-231-9395
A bar/club in an old converted Victorian house. With multiple bars, and pool tables along with the requisite dance floor and a deck for good weather. Mostly men, with a predominately leather/Levi/uniform crowd.

Pittsburgh Eagle
1740 Ecker St.
412-766-7222
Built on the floor plan of an old department store, the bar has three floors—the first a traditional 'Burgh style bar with pool table, video games and beer specials, the 2nd floor housing a dance floor with pounding music and rotating DJs from around the USA and the 3rd floor that has mostly country music and dancing lessons. Crowd is mostly men.

Shadyside Bars

New York New York
5801 Ellsworth Ave.
412-661-5600
A two-floor bar located conveniently in Shadyside, the lower floor has a bar frequented by an older crowd of gay men in their 30s to 40s, mostly professionals. The upper floor, with a deck, a piano bar and a small restaurant, is more mixed, with many women coming here on Friday and Saturday nights to sit on the deck in good weather.

clothes mostly leather and Levis. A big space (multiple bars and decks) with both a lower bar (Leather Central) and upper bar (Donny's Place) populated with character (and characters) to spare, Donny's/Leather Central fills up most nights of the week, though the upper bar is really only open weekends.
GLBT Live Music

Club Café
South Side
56 S 12th Street.
412-431-4950
A live-music venue on the South Side, and a Pittsburgh institution since the mid-40s, the bar is very gay-friendly with many shows of interest to GLBT music fans. The club is open every night except Sunday from 6 pm on, and their calendar of shows is online at www.clubcafelive.com.

GLBT Dining & Shopping

For those who aren’t into bar and clubs, the following restaurants, cafés, and shops are either gay-owned, gay-frequented or at the very least, extremely gay friendly. All are good for people-watching, and many are also potential study spots.

Soba Lounge
5847 Ellsworth Ave. Shadyside
412-362-5656
Three-story restaurant in Shadyside serving pan-Asian cuisine in the granite-and murano-glass 1st and 2nd floor bar/restaurant, and sushi on the top floor at Umi.

Tuscany Café
1501 E. Carson St. South Side
412-488-4475
A Southside hangout spot and café, they host a Will and Grace viewing every Thursday at 9, but most other nights, either the front coffee area (with extensive menu of tempting pastries and desserts) or the back bar area is a nice place to hang out and mix reading with a little people-watching.

Square Café
1137 S. Braddock Ave. Regent Square
412-244-8002
Lesbian-owned eatery in Regent Square attracts locals and others for the tasty sandwiches and brunch fare as well as for the s’mores that can be roasted at the table. Their specialties include a salmon BLT and buttermilk pancakes.

Zenith Tea Room
86 S 26th St. South Side
412-481-4833
A great place for people watching, and maybe even picking up something cool for your apartment, the Zenith Tea room shares its name with the side-by-side antique shop-cum-art gallery and serves an ever-changing menu of vegetarian and vegan dishes.

The Beehive
1327 E. Carson St. South Side
412-488-4483
Coffee, snacks, free computing, a men’s restroom fronted by a fridge door and all the people watching your eyes can handle, this South Side coffee shop is a major hangout for the city’s alternative denizens. A smoking and a smoke-free side make this a fun non-Starbucks place to study no matter your position on cigarettes.

A Pleasant Present
2301 Murray Ave. Squirrel Hill
412-421-7104
Whether it is LGBT magazines, cards and pride items or a kitschy gift or two that you need, A Pleasant Present (located in Squirrel Hill just up the street from the GLCC) fits the bill. The staff is very friendly and they offer many locally-made lovely-scented candles, soaps and other more traditional gift-store items along with the kitsch, pride memorabilia and seasonal gag gifts.
GLBT Community Centers and Support

GLBT Community Center
5808 Forward Ave
412-422-0114
www.glccpgh.org
Their online calendar is a great heads-up to what is going on in Pittsburgh including gay-friendly religious services, speed-dating, potluck socials, shows, and more. The GLCC organizes OUTrageous drag-queen bingo every month and manages June’s Pride fest. They also provide a lending library and a support hotline.

Gay and Lesbian Neighborhood Development Association
412-808-3340
www.glenda.org
A social/volunteer organization that organizes and participates in several monthly volunteer projects in the community as well as pulling together one or two socials each month. The group has several hundred members with fewer “active” members but nonetheless provides a good way to easily meet other GLBT people in the area.

Persad Center
5150 Penn Avenue
412-441-9786
www.persadcenter.org
The nation’s second-oldest licensed mental health counseling center specifically created to meet the needs of the lesbian, gay, bisexual, and transgender community (LGBT) as well as those people infected with or affected by HIV.
We asked members of all classes to tell us their favorite places to dine, drink, party, shop and study in Pittsburgh, and their favorite things about school and the city. Here are some of the people, places, and events that made the cut. Winners denoted with an *.

**Best Thai**
- Bangkok Balcony*
- Thai Cuisine
- Typhoon
- My Thai
- Thai Place

**Best Indian**
- India Garden*
- Udipi
- Taj Mahal
- Indian Oven
- Sree’s
- Indica Bistro

**Best Italian**
- Girasole*
- Lidia’s
- Boca di Beppo

**Best Chinese**
- Orient Kitchen*
- Rose Tea Cafe
- P.F. Chang’s
- China Palace

**Best Korean**
- Korea Garden

**Best Mexican**
- Mad Mex*
- La Fiesta

**Best Sushi**
- Chaya*
- Nakama
- Umi
- Kiku

**Best Ethiopian**
- Abay

**Best Middle Eastern**
- Labad’s*
- Cashah
- Aladdin’s

**Best South American**
- La Feria*
- Green Forest

**Best Spanish**
- Mallorca

**Best Vietnamese**
- Tram’s Kitchen

**Best Vegetarian**
- Quiet Storm*
- Spice Island Tea House
- Square Cafe

**Best Vegan**
- Quiet Storm*
- Zenith Tea Room

**Best Wings**
- Mad Mex
- Buffalo Blues
- Quaker Steak & Lube
- Fatheads

**Best Seafood**
- Monterey Bay Fish Grotto*
- Joe’s Crab Shack
- Mitchell’s

**Best Burgers**
- Tessaro’s*
- Fathead’s
- Union Grill

**Best Ice Cream**
- Dave & Andy’s
Best slice of pizza
Minco's*
Pizza Amier's
Village Pizza
The O

Best desserts
Gullifty's*
Cheesecake Factory
Aladdin's
Crazy Mocha

Best cheesesteaks
Uncle Sam's*
South Side Steaks

Best hoagies
Uncle Sam's*
Sciulli's
Aiello's

Best Lunch Truck
O'Cha Thai Food (They'll call you honey, baby.)

Best Sandwich at Primanti's
Pastrami
Cheesesteak
Kielbasa
Cappicola and Egg
Ragin' Cajun Chicken

Best fries
The O*
Union Grill
Potato Patch at Kennywood
Fries

Best Brunch
Pamela's*
Crepes Parisiennes
Grand Concourse
Square Cafe

Best 24-hour Diner
Ritter's*
Tom's Diner
Eat & Park

Best Restaurant (Overall)
Baum Vivant
Monterey Bay Fish Grotto
Soba Lounge
Eleven
Cafe Sam
Kasbah

Best Coffee
Coffee Tree*
Grasso Roberto
51C
Rose Tea Cafe

Best Beer Selection
Sharp Edge*
D's
Bites and Brews

Best microbrewery
Church Brew Works*
Penn Brewery
Rock Bottom

Best place to grab a beer post-exam
Hemingway's*
Mad Mex
Peter's Pub
Fuel & Fuddle

Best milkshakes
Pop Stop (Children's Hospital)*
Steak & Shake

Best margaritas
Mad Mex*
Cozumel

Best martinis
Olive or Twist*
Deja Vu
Soba
Level
Bar Louie

Best Bar Specials
Bloomfield Bridge Tavern - $1 beers on Thursdays
Mad Mex - $6 Big Azz margaritas during Happy Hour
Hemingway's - $1 beers and 1/2 price food specials daily

Best Happy Hour
Mad Mex
Holiday Inn
Hemingway's
Bloomfield Bridge Tavern

Strongest Drink for Your $$
Mardi Gras*
Mad Mex
Panther Hollow Inn

Best Place to go Dancing
Sanctuary*
Touch
Club Havana
Matrix
Bikki
Level
80's night at the Upstage

Best Dartboard
Duke's
Shady Grove
Harp and Fiddle
Silky's
Best Date Place
Crepes Parisiennes
Phipps Conservatory
Isabela
Girasole
Monterey Bay Fish Grotto
Typhoon
Willow
Red Room
The Melting Pot
Bangkok Balcony

Best Beer Distributor
McBroom’s

Best PBL Room
Any in the north hall (sunny!)*
Ties: 460a, 464a, 468b, 734d

Best Study Spot
Anywhere but Scaife*
Coffee Tree
Panera
Falk
Schenley Visitors Center

Best Hipster Hangout
Beehive
Quiet Storm
Bloomfield Bridge Tavern
Gooski’s

Best place for pool
Fox and Hound
Shootz
Bloomfield Bridge Tavern
William Pitt Union
Dave and Buster’s
Duke’s

Best place to go out on a weeknight
Mad Mex
Mardi Gras
Shady Grove
Doc’s
Shadow Lounge

Best venue for live music
Club Cafe
Gooski’s

Best Study Spot
Anywhere but Scaife*
Coffee Tree
Panera
Falk
Schenley Visitors Center

Best Med School Sports Team
Kickball - The Lebanese
Elephant Brigade*
IM Football
IM Soccer
IM Volleyball

Best Market
Strip District

Best neighborhood to windowshop
Shadyside*
Squirrel Hill
South Side

Best Music Store
Paul’s Compact Discs

Best Bookstore
Barnes & Noble
Joseph Beth Booksellers
3 Penny Books

Best Run/Walk
Schenley Park
Frick Park

Best Biking
Frick Park
North Hills
Hartwood Acres Mountain
Biking

Best Place to play Bocce
Frick Park Bowling Green

Best Married Couple
The Laganas*
The Blatters
The Syres
The Basinspectorinskis

Best in Show
Stephen Esper

Most Eligible Bachelor
Rob Klune - MSII

See the Restaurant and Bar Guides for more details on these establishments.
Using the Restaurant Guide

The *Survival Guide* has always been a work-in-progress, and this one is no exception. We have tried to give complete listings of restaurants in the city, but even at press time your editors are learning about more restaurants that we forgot to list.

On the following pages, restaurants are first listed by cuisine, then by cost, then finally alphabetically with descriptions. If you would like to browse restaurants by neighborhood, go back to the Neighborhood section of the Survival Guide.

**Q:** What do those dollar signs mean?

**A:** Still on the vague side, these dollar signs are our reviewers’ attempts to give you the monetary run-down. These won’t tell you how good a restaurant is, but you will learn about costs.

- $ - $15 or less per person
- $$ - $15-$30 per person
- $$$ - $30-$50 per person
- $$$$ - more than $50 per person
# Pittsburgh Restaurants, according to cuisine

<table>
<thead>
<tr>
<th>Afro-Caribbean</th>
<th>American</th>
<th>Brazilian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kaya</td>
<td>Anthön’s Restaurant and Bakery</td>
<td>Green Forest Brazilian Restaurant and Lounge</td>
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<tr>
<td></td>
<td>Arria’s Restaurant and Bakery</td>
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<td></td>
<td>Bar Louie</td>
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<td></td>
<td>Boston Market</td>
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<td></td>
<td>Buffalo Blues</td>
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<td></td>
<td>Café Sam</td>
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<td></td>
<td>Café Zinho</td>
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<td></td>
<td>Cashbah</td>
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<td></td>
<td>Cheesecake Factory, The Chiodo’s Tavern</td>
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<td></td>
<td>City Grill</td>
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<td>Common Plea, The Dunning’s Grill</td>
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<tr>
<td></td>
<td>Duranti’s Restaurant</td>
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<td>Eat ‘n’ Park</td>
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<td>Fanattics</td>
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<td></td>
<td>Fat Head’s Saloon</td>
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<td></td>
<td>Fuel And Fuddle</td>
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<td></td>
<td>Garden Café At Wyndham Hotel, The</td>
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<td></td>
<td>Hard Rock Café</td>
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<tr>
<td></td>
<td>Hemingway’s</td>
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<td>Houlihan’s</td>
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<td>Jamie’s on the Square</td>
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<td>Johnny’s Place</td>
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<td>Kazansky’s Delicatessen</td>
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<td></td>
<td>Lombardozzi Restaurant and Bar</td>
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<tr>
<td></td>
<td>Max and Erma’s</td>
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<tr>
<td></td>
<td>Morton’s Restaurant</td>
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<td></td>
<td>Mozart Room/Garden Café</td>
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<tr>
<td></td>
<td>Mr. Ribbs</td>
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<td></td>
<td>Murray Avenue Grill</td>
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<td></td>
<td>Olive or Twist</td>
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<td></td>
<td>Original Oyster House, The Palomino’s Bar</td>
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<tr>
<td></td>
<td>Pamela’s</td>
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<td></td>
<td>Panera Bread</td>
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<td>Peter’s Pub</td>
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<tr>
<th>Breakfast</th>
<th>Brunch</th>
<th>BYOB</th>
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<td>Gab and Eat</td>
<td>Cashbah</td>
<td>Café Zinho</td>
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<td>Deluca’s</td>
<td>Quiet Storm</td>
<td>Alla Famiglia</td>
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<tr>
<td>Jojo’s Diner</td>
<td>Square Cafe</td>
<td>Girasole</td>
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<tr>
<td>Pamela’s</td>
<td>Sunny Ledge</td>
<td>II Valletta Italian Café</td>
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<tr>
<td>Lindo’s</td>
<td></td>
<td>Jozsa Corner</td>
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<td>La Filipiniana</td>
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<td>Lulu’s/Yum Wok</td>
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<td></td>
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<td>Maggie’s Mercantile</td>
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<tr>
<th>American, Bar</th>
<th>Asian Fusion</th>
<th>Cajun/Creole</th>
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<tr>
<td>Cappy’s Café</td>
<td>Bikki</td>
<td>James Street Tavern</td>
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<td>Church Brew Works</td>
<td>Soba Lounge</td>
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<td>Gators Saloon</td>
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<tr>
<th>Barbeque</th>
<th>Bagels</th>
<th>Cambodian</th>
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<tr>
<td>Aussom Aussie</td>
<td>Bagel Factory</td>
<td>Lemon Grass Cafe</td>
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<td>Big Sam’s Memphis BBQ</td>
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<td>Wilson’s Bar B-Q</td>
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<th>Bakeries</th>
<th>Breakfast</th>
<th>Chinese</th>
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<tr>
<td>Allegro Hearth Bakery</td>
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<td>China Palace</td>
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<tr>
<td>Enrico Biscotti Company</td>
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<td>Chinese House</td>
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<tr>
<td>Paddy Cake Bakery</td>
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<td>Chopsticks</td>
</tr>
<tr>
<td>Pretzel Shop</td>
<td></td>
<td>Golden China</td>
</tr>
</tbody>
</table>
RESTAURANTS

Golden Palace Buffet
How Lee
Jimmy Tsang's
Kim's Coffee Shop
Lulu's Noodles/Yum-Wok
Oriental Kitchen
P. F. Chang's China Bistro
Sesame Inn
Sichuan House
Szechuan Express
Yer's Gourmet
Young Bin Kwan

Coffee Shops
1889 Café
61C
Coca Coffee Lounge
The Beehive
Café Presto @ Pittsburgh Symphony
Coffee Tree Roasters
Craig Street Coffee and Deli
Crazy Mocha
Emma's Arts and Coffee Emporium
Fortune's Coffee Roastery
Grasso Roberto Specialty Café
Jitters Café
Katerbean
Kiva Han
La Prima Espresso
Nicholas Coffee and Tea company
Panera Bread Company
Quiet Storm, The
Rea Coffeehouse
The Red Room Café, The Roman Room
Starbucks
Tazzo D’Oro
Tuscany Café
USA Gourmet Inc.

Crepes
Crêpes Parisiennes

Dates
Bravo Franco
Church Brew Works
Del's Restaurant
Kaya
Laforet
Le Pommier
Lemon Grass Café
Palomino's
Peppercorns
Piccolo Piccolo
Pizza Rialto

Dessert (non-ice cream)
Grecianland Pastries
Gullifty's
USA Gourmet Inc.

Diner
Debbie's Diner
G&M Dog and Burger
Lee's Coffee Shop
Park Classic Diner
Ritter's Diner Restaurant
Tom's Diner

Eastern European
Old Europe

Ethiopian
Abay Ethiopian Restaurant, The (not yet open)

Fast Food
Ken-Taco Hut
Kentucky Fried Chicken
Lunch Trucks
McDonald's
Pizza Hut
Subway

Fries
The “O” (Original Hot Dog Shop)
Union Grill
Fuel and Fuddle

Filipino
La Filipiniana

Fine Dining
Alla Famiglia
Cafe Zinno
Cashbah
Deja Vu Lounge
Dish Osteria
Girasole
Grand Concourse Restaurant
Hyeholde
Isabela
Kiku Japanese Restaurant
La Strada
Lautrec
Le Pommier
Mallorca
Le Perroquet
Lucca
Poli Since 1921

Fondue
The Melting Pot

French
Bona Terra
Café du Jour
Laforet Restaurant
Le Perroquet
Le Pommier

French/Italian
Astiago Euro Cuisine

German
Max's Allegheny Tavern

Global Cuisine
Ray's Marlin Beach Bar and Grill
Spice Café Global Bar And Grill

Greek
Christos
Mike and Tony's Gyros & Shishabobs
## Restaurants, listed according to Category/Cuisine

### Groups
- Aladdin's Eatery
- Buca di Beppo
- Spathetti Warehouse

### Hungarian
- Jozsa Corner

### Ice Cream/Water Ice
- Baskin Robbins
- Cold Stone Creamery
- Dairy Queen
- Dave and Andy's Homemade Ice Cream
- Klavon's
- Rita's Italian Ice
- Scoops Plus
- Sarris' Ice Cream Parlor and Chocolate Factory

### Indian
- Bikki (fusion)
- India Garden
- India Palace
- Indian Oven
- Indica Bistro
- People's Indian Restaurant
- Prince Of India
- Sitar of Pittsburgh
- Star Of India
- Swagath
- Taj Mahal
- Taste of India Restaurant
- Udipi

### Irish
- Mullaney's Harp and Fiddle

### Italian
- Abruzzi's
- Alexander's Pasta Express
- Alla Famiglia
- Bravo Franco Ristorante
- Bruschetta's
- Buca Di Beppo
- Caffe Amante
- D'amico's
- Davio
- Del's Bar and Restaurant
- Dish Osteria And Bar
- Enrico Cafe
- Girasole
- Gramma Lena's Pizza
- Il Picolo Forno
- Il Pizzaiolo
- Il Valletto Italian Cafe
- Italian Village Pizza
- Joe Mama's Italian Deluxe
- La Cucina Fleagra
- La Regina Margherita Pizzeria
- La Strada
- Lidia's
- Lombardozzi Restaurant and Bar
- Lucca
- Mariani's Restaurant and Pleasure Bar
- Mezzanotte Cafe
- Mick Mcguire's
- Minutello's Restaurant and Lounge
- Papa J's Centro
- Paparazzi
- Pi
- Piccolo Piccolo
- Pino's Pizza Kitchen And Restaurant
- Soprano's
- Spaghetti Warehouse

### Japanese
- Chaya Japanese Cuisine
- Kiku Japanese Restaurant
- Koto Buki
- Nakama

### Korean
- Ginza
- Korea Garden Restaurant
- Winners Korean Food
- Young Bin Kwan

### Mediterranean
- Ali Baba
- Baba D's
- Cafe Allegro
- Cafe Zinho
- Casbah
- Casablanca Bistro
- Mediterranean Grill, The
- Open Flame
- Sarri's

### Mexican
- Baja Fresh
- Cozumel
- Fajita Grill
- Iguana Grill
- La Fiesta
- Mad Mex
- Qloba Mexican Grill
- Taqueria Taco Loco
- Veracruz

### Middle Eastern
- Aladdin's Eatery
- Amel's
- Casablanca Bistro
- Kassab's
- Khalil's II
- Labad's
- Nellie's
- Salem's Kitchen
- Salim's Middle Eastern Store And Deli

### Pan-Asian
- Cafe Asia
- Cafe Susu
- Rose Tea Cafe
- Silk Pagoda
- Soba Lounge
- Zaw's Asian Food

### Lunch
- Atria's Restaurant
- Cafe at the Frick

### Outdoor Dining
- Cafe du Jour
- Casbah

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*Restaurants, listed according to Category/Cuisine*
<table>
<thead>
<tr>
<th>Category/Cuisine</th>
<th>Restaurants</th>
</tr>
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<tbody>
<tr>
<td><strong>Parents</strong></td>
<td>Alla Famiglia, Bangkok Balcony, Baum Vivant, Bossa Nova, Cafe Sam, Cafe Zinho, Cashah, Church Brew Works, Dish Osteria, Grand Concourse Restaurant, Il Valletto, Kay, Kiku Japanese Restaurant, La Strada, Laforet, Le Pommier, Le Perroquet, Lemon Grass Cafe, Lidia's, Lucca, Mallorea, Max's Allegheny Tavern, Morton's, Nakama, Palomino's, Piccolo Piccolo, Poli Since 1921, Soba Lounge, Sushi Kim, Umi</td>
</tr>
<tr>
<td><strong>Pizza</strong></td>
<td>Aiello's Pizza, Angelo's Pizzeria, Antoon's Pizza, Calabria's Italian Restaurant, Capri Pizza, Domino's Pizza, La Regina Margherita, Pizzeria, Mario's Pizza, Milano's Pizza, Mineo's Pizza House, Napoli's Pizzeria, Pi, Pino's Pizza Kitchen, Pizza Amier, Pizza Italia, Pizza Perfectta, Regina Margherita Pizzeria, Rialto Pizza, Inc., Ron's Pizza Palace, Sciulli's Pizza, Six &amp; Slice, Village Pizza, Vince's Pizzeria</td>
</tr>
<tr>
<td><strong>South American</strong></td>
<td>La Feria, Tango Café</td>
</tr>
<tr>
<td><strong>Spanish</strong></td>
<td>Bossa Nova (tapas) Mallorca</td>
</tr>
<tr>
<td><strong>Steakhouse, Seafood</strong></td>
<td>Peppercorns, Subs and Sandwiches, Peppi's Olde Tyme Sandwich Shoppe</td>
</tr>
<tr>
<td><strong>Sushi</strong></td>
<td>Déjà Vu Lounge, Ginza, Sushi Kim, Sushi Too/Two/Three, Umi, Wholeys (on Saturdays, see business listings)</td>
</tr>
<tr>
<td><strong>Sushi, Japanese, Chinese</strong></td>
<td>New Dumpling House/Sushi House, Sushi Boat</td>
</tr>
<tr>
<td><strong>Sandwiches</strong></td>
<td>Atwood Deli, Bloomfield Sandwich Shop, Clem's Cafe, Castellano's, Craig Street Coffee and Deli, Drummond's Take-out and Deli, Jimmy John's Sandwiches, Nirvana Deli, Pittsburgh Deli Co., Primanti Brothers, Quizno's Subs, Schlotzsky's Deli, Subway, Uncle Sam's Gourmet Subs</td>
</tr>
<tr>
<td><strong>Thai</strong></td>
<td>Bangkok Balcony, Little Bangkok, Lulu's Noodles/Yum Wok, My Thai, Spice Island Tea House, Sree's, Thai Cuisine, Thai Food Kitchen, Thai Me Up, Thai Place, Thai Place Café</td>
</tr>
<tr>
<td><strong>Smoothie bar</strong></td>
<td>Jen's Juice Joint</td>
</tr>
</tbody>
</table>
## Vegetarian
- Maggie's Mercantile
- The Milky Way
- The Quiet Storm
- Sree's Veggie Café
- Zen Garden
- Zenith Tea Room

## View
- Caffe Amante
- Isabella

## Vietnamese
- Kim's Coffee Shop
- Pho’ Minh
- Tram's Kitchen

## Food, by Cost

<table>
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<tbody>
<tr>
<td>1889 Café</td>
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<td>61c</td>
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<td>Abay Ethiopian Restaurant</td>
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<td>Aiello's Pizza</td>
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<td>Allegro Hearth Bakery</td>
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<td>Angelo's Pizzeria</td>
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<td>Anthony's Restaurant and Bakery</td>
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<td>Antoon's Pizza</td>
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<td>Atwood Deli</td>
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<td>Aussom Aussie</td>
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<td>Baba D's</td>
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<td>Bagel Factory &amp; Bread Market</td>
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<td>Baja Fresh</td>
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<td>Baskin Robbins</td>
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<td>Beehive, The</td>
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<tr>
<td>Big Sam's Memphis BBQ</td>
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<tr>
<td>Bloomfield Bridge Tavern</td>
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<td>Bloomfield Sandwich Shop</td>
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<td>Boston Market</td>
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<tr>
<td>Bruegger's Bagels</td>
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<tr>
<td>Café Presto George @ Pittsburgh Symphony</td>
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<td>Café Susu</td>
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<tr>
<td>Calabria's Italian Restaurant</td>
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<tr>
<td>Cappy's Café</td>
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<td>Capri Pizza</td>
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<tr>
<td>Chinese House</td>
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<tr>
<td>Chiodo's Tavern</td>
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<tr>
<td>Christos</td>
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<td>Clems's Cafe</td>
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<td>Coca Coffee Lounge</td>
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<td>Coffee Tree Roasters</td>
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<td>Cold Stone Creamery</td>
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<td>Craig Street Coffee and Deli</td>
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<tr>
<td>Dairy Queen</td>
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<tr>
<td>Dave and Andy's Homemade Ice Cream</td>
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<td>Debbie's Diner</td>
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<td>Deluca's</td>
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<tr>
<td>Domino's Pizza</td>
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<td>Donsville Jamaica Restaurant</td>
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<tr>
<td>Drummond's Take-out and Deli</td>
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<tr>
<td>Dunnings Grill</td>
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<tr>
<td>Eat 'n' Park</td>
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<tr>
<td>Einstein Bagels</td>
</tr>
<tr>
<td>Emma's Arts and Coffee Emporium</td>
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<tr>
<td>Enrico Biscotti Company</td>
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<tr>
<td>Enrico Cafe</td>
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<tr>
<td>Fanatics</td>
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<tr>
<td>Fat Head's Saloon</td>
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<tr>
<td>Fortune's Coffee Roastery</td>
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<td>G&amp;M Dog and Burger</td>
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<tr>
<td>Gab and Eat</td>
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<tr>
<td>Gators Saloon</td>
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<tr>
<td>Golden Palace Buffet</td>
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<tr>
<td>Gramma Lena's Pizza</td>
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<tr>
<td>Grasso Roberto Specialty Café</td>
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<td>Grecianland Pastries</td>
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<td>Hambone's</td>
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<tr>
<td>Hard Rock Café</td>
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<td>Hemingway's</td>
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<td>Houlihan's</td>
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<td>How Lee</td>
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<tr>
<td>Iguana Grill</td>
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<tr>
<td>Il Piccolo Forno</td>
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<tr>
<td>Italian Village Pizza</td>
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<td>Jen's Juice Joint</td>
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<tr>
<td>Jimmy John's Sandwiches</td>
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<td>Jitters Café</td>
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<td>Joe's Crab Shack</td>
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<td>Johnny's Place</td>
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<td>Jojo's Diner</td>
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<tr>
<td>Joza Corner</td>
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<tr>
<td>Kassab's</td>
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<td>Katerbean</td>
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<tr>
<td>Kazansky's Delicatessen</td>
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<tr>
<td>Ken-Taco Hut</td>
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<tr>
<td>Kentucky Fried Chicken</td>
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<tr>
<td>Kim's Coffee Shop Vietnames and Chinese</td>
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<tr>
<td>Kiva Han</td>
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<tr>
<td>Klavon's</td>
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<tr>
<td>Korea Garden Restaurant</td>
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<tr>
<td>La Feria</td>
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<tr>
<td>La Fiesta</td>
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<td>La Filipiniana</td>
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<tr>
<td>La Prima Espresso</td>
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<tr>
<td>La Regina Margherita Pizzeria</td>
</tr>
<tr>
<td>Lee's Coffee Shop</td>
</tr>
<tr>
<td>Little Bangkok</td>
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<tr>
<td>Lulu's Noodles/Yum-Wok</td>
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<td>Lunch Trucks</td>
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<tr>
<td>Mariani's Restaurant and Pleasure Bar</td>
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<td>Mario's Pizza</td>
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<tr>
<td>McDonald's</td>
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<td>Mick McGuire's</td>
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<tr>
<td>Mike and Tony's Gyros &amp; Shinkabobs</td>
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<tr>
<td>Milky Way, The</td>
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<tr>
<td>Mineo's Pizza House</td>
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<tr>
<td>Minutello's Restaurant &amp; Lounge</td>
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<tr>
<td>Mr. Ribbs</td>
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<tr>
<td>Mullaney's Harp and Fiddle</td>
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<td>Murray Avenue Grill</td>
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<tr>
<td>Napoli Pizzeria</td>
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<tr>
<td>Napoli's Pizzeria</td>
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<tr>
<td>Nellie's</td>
</tr>
<tr>
<td>New Dumpling House/Sushi House</td>
</tr>
</tbody>
</table>

Restaurants listed according to Price Range
Nicholas Coffee and Tea company
Nirvana Deli
O (Original Hot Dog Shop), The
Open Flame
Orient Kitchen
Original Oyster House, The
Paddy Cake Bakery
Pamela's Panera Bread Company
Peppi's Olde Tyme Sandwich Shoppe
Pho' Minh
Pittsburgh Café
Pittsburgh Deli Co.
Pizza Amir
Pizza Hut
Pizza Italia
Pizza Perfecta
Pretzel Shop
Primanti Brothers
Prince Of India
Qdoba Mexican Grill
Quiet Storm, The
Quizno's Subs
Ray's Marlin Beach Bar and Grill
Rea Coffeehouse
Red Room Café, The
Regina Margherita Pizzaria
Rialto Pizza, Inc.
Rita's Italian Ice
Ritter's Diner Restaurant
Roman Room
Ron's Pizza Palace
Rose Tea Café
Ryan's Pub and Grill
Salem's Kitchen
Salim's Middle Eastern Store And Deli
Sari's Sarris' Ice Cream Parlor and Chocolate
Schlotzsky's Deli
Sciulli's Pizza

Scoops Plus
Silk Pagoda
Simple Treat Bakery
Star of Pittsburgh
Six & Slice
Soprano's
Southside Steaks
Spaghetti Warehouse
Spice Café Global Bar And Grill
Square Café, The
Sree's Veggie Café
Sree's
Starbucks Coffee Subway
Sushi Boat
Swagath
Szechuan Express
Tango Café
Taqueria Taco Loco
Taste of India Restaurant
Tasso D'Oro
Thai Food Kitchen
Thai Me Up
Tom's Diner
Tonic Bar and Grill
Tram's Kitchen
Tuscany Café
Udipi
Uncle Sam's Gourmet Subs
Veracruz
Village Pizza
Vince's Pizzeria
WG Grinder's
Winners Korean Food
Yen's Gourmet
Young Bin Kwan
Zaw's Asian Food
Zen Garden
Zenith Tea Room

Ali Baba
Atria's Restaurant and Tavern
Bar Louie
Buffalo Blues

Castellano's
China Palace
D'amico's
Del's Bar and Restaurant
Duranti's Restaurant
Fuel And Fuddle
Ginza
India Garden
Indian Oven
James Street Tavern
Jimmy Tsang's
Kaya
Khalil's II
Lindo's
Lombardozzi Restaurant and Bar
Lot 17
Mad Mex
Maggie's Mercantile
Max and Erma's
Max's Allegheny Tavern
Mediterranean Grill, The
My Thai
Penn Brewery
Peter's Pub
Rock Bottom Brewery
Sharp Edge, The
Spice Island Tea House
Star Of India
Sushi Two
Tessaro's
Taj Mahal
Thai Cuisine
Thai Place
Thai Place Café
USA Gourmet Inc.
Wilson's Bar B-Q

Abruzzi's
Alexander's Pasta Express
Amel's
Bossa Nova
Bravo Franco Ristorante
Bruschetta's
Buca Di Beppo
Café Asia
## Restaurants, listed according to Price Range

### $$$-$$$$
- Bangkok Balcony
- Cafe at the Frick
- Café Du Jour
- Cheesecake Factory, The
- Common Plea, The
- Girasole
- Grand Concourse Restaurant
- Kiku Japanese Restaurant
- La Strada
- Laforet Restraunt
- Lidia’s
- Lucca
- Morton’s Restaurant
- Pi
- Steelhead Grill
- Walnut Grill

### $$-$$$$$
- Alla Famiglia
- Nakama

### $$$-$$$$$
- Baum Vivant
- Hyeholde
- Isabella
- Lautrec
- Le Pommier
- Melting Pot, The

### $$$
- Asiago Euro Cuisine
- Bikki
- Bona Terra
- Cafe Allegro
- Cashab
- Davio
- Mallorca
- Peppercorns
- Piccolo Piccolo
- Poli Since 1921
- Sesame Inn
- Soba Lounge
- Sunny Ledge
- Sushi Kim
- Umì
### Restaurants, listed alphabetically

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Cuisine</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1889 Café</td>
<td>2017 E. Carson St. South Side</td>
<td>Café</td>
<td>$</td>
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<tr>
<td></td>
<td>412-431-9290</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Good coffee, good baked goods.</td>
<td></td>
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<tr>
<td>61c</td>
<td>1839 Murray Avenue Squirrel Hill</td>
<td>Coffee</td>
<td>$</td>
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<tr>
<td></td>
<td>412-521-6161</td>
<td></td>
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<tr>
<td></td>
<td>A good solid coffee shop. The coffee/espresso drinks are good, desserts and pastries tasty, and music always interesting. For a change of pace, try the freshly squeezed juice drinks or some granola. Keep you coffee card there (buy 10, get 1 free), and enjoy the outside seating on the patio.</td>
<td></td>
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<tr>
<td>Abay Ethiopian Cuisine</td>
<td>130 S. Highland Ave. East Liberty</td>
<td>Ethiopian</td>
<td>$$</td>
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<tr>
<td></td>
<td>412-661-9736</td>
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<td></td>
<td>Sharing food is an Ethiopian custom. Spicy dishes such as doro wat (chicken drumstick) and minchet abish (ground beef) are simmered in traditional berbere and other flavorful seasonings; dig in by scooping with injera (flatbread with a sourdough-style taste) rather than with standard utensils. Try the popular sampler platter for a taste of four. The cuisine, prepared by Ethiopian chefs, draws regulars from African nations. (Forks are available for the squeamish.). BYOB.</td>
<td></td>
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<tr>
<td>Abruzzi's</td>
<td>52 S. 10th Street South Side</td>
<td>Italian</td>
<td>$$</td>
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<tr>
<td></td>
<td>412-431-4511</td>
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<tr>
<td></td>
<td>Casual and authentic Italian restaurant featuring simple menu selections, elegantly prepared.</td>
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<tr>
<td>Aiello's Pizza</td>
<td>2112 Murray Avenue Squirrel Hill</td>
<td>Pizza</td>
<td>$</td>
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<tr>
<td></td>
<td>412-521-9973</td>
<td></td>
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<tr>
<td></td>
<td>The much-contested Pittsburgh pizza debate comes to a head at several Squirrel Hill locations, including this one. Some say Aiello’s so-so, others say it’s the best.</td>
<td></td>
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</tr>
<tr>
<td>Aladdin’s Eatery</td>
<td>5878 Forbes Avenue Squirrel Hill</td>
<td>Middle Eastern</td>
<td>$</td>
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<tr>
<td></td>
<td>412-421-5100</td>
<td></td>
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<tr>
<td></td>
<td>Good Middle Eastern food. Entrees average about $7. Try the Chicken Mishwi.</td>
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<tr>
<td>Alexander’s Pasta Express</td>
<td>5104 Liberty Ave. Bloomfield</td>
<td>Italian</td>
<td>$$</td>
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<tr>
<td></td>
<td>412-687-8741</td>
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<tr>
<td></td>
<td>Includes bar and dining room in back. Standard Italian fare with that Pittsburgh flare (waiter: there’s a fry in my salad!).</td>
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<tr>
<td>Ali Baba</td>
<td>404 S Craig Street Oakland</td>
<td>Mediterranean</td>
<td>$-$$$</td>
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<tr>
<td></td>
<td>412-682-2829</td>
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<td></td>
<td>Mediterranean food, but a touch more upscale than Nellie’s or Babà D’s. Don’t get all the desserts at once, or you’ll be swimming in rosewater.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alla Famiglia</td>
<td>804 E. Warrington Ave. Allentown</td>
<td>Italian</td>
<td>$$-$$$$</td>
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<tr>
<td></td>
<td>412-488-1440</td>
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<tr>
<td></td>
<td>Great for a romantic dinner of spicy Sicilian food, reservations recommended, BYOB.</td>
<td></td>
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</tr>
<tr>
<td>Allegro Hearth Bakery</td>
<td>2034 Murray Ave. Squirrel Hill</td>
<td>Bakery</td>
<td>$</td>
</tr>
<tr>
<td></td>
<td>412-422-5623</td>
<td></td>
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<tr>
<td></td>
<td>Awesome breads, good pastries but few varieties, reasonable prices.</td>
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<tr>
<td>Restaurant Name</td>
<td>Address</td>
<td>Cuisine/Style</td>
<td>Price Range</td>
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</tr>
<tr>
<td><strong>Amel's Restaurant</strong></td>
<td>435 McNeilly Rd., Baldwin Township</td>
<td>Middle Eastern</td>
<td>$$</td>
</tr>
<tr>
<td><strong>Angelo's Pizzeria</strong></td>
<td>4766 Liberty Ave., Bloomfield</td>
<td>Pizza, Sub</td>
<td>$$</td>
</tr>
<tr>
<td><strong>Anthon's Restaurant and Bakery</strong></td>
<td>6007 Penn Ave, East Liberty</td>
<td>American</td>
<td>$</td>
</tr>
<tr>
<td><strong>Antoon's Pizza</strong></td>
<td>247 Arwood Street, Oakland</td>
<td>Pizza</td>
<td>$</td>
</tr>
<tr>
<td><strong>Asiago Euro Cuisine</strong></td>
<td>301 Grant Street, Downtown</td>
<td>French/Italian</td>
<td>$$$</td>
</tr>
<tr>
<td><strong>Atria's Restaurant and Tavern</strong></td>
<td>115 Federal Street, North Side</td>
<td>American</td>
<td>$-$</td>
</tr>
<tr>
<td><strong>Atwood Street Deli</strong></td>
<td>219 1/2 Arwood Street, Oakland</td>
<td>Sandwiches, Pizza</td>
<td>$</td>
</tr>
<tr>
<td><strong>Aussom Aussie</strong></td>
<td>2701 Penn Ave., Strip District</td>
<td>Barbeque</td>
<td>$</td>
</tr>
<tr>
<td><strong>Bagel Factory &amp; Bread Market</strong></td>
<td>5885 Forbes Avenue, Squirrel Hill</td>
<td>Bagels</td>
<td>$</td>
</tr>
<tr>
<td><strong>Baba D's</strong></td>
<td>3531 Forbes Avenue, Oakland</td>
<td>Mediterranean</td>
<td>$</td>
</tr>
<tr>
<td><strong>Baja Fresh</strong></td>
<td>3615 Forbes Avenue, Squirrel Hill</td>
<td>Mexican</td>
<td>$</td>
</tr>
<tr>
<td><strong>Bangkok Balcony</strong></td>
<td>5846 Forbes Avenue, 2nd floor, Squirrel Hill</td>
<td>Thai</td>
<td>$$-$$$</td>
</tr>
</tbody>
</table>
**Bar Louie**
240 Station Square Drive  
Station Square  
412-394-0500  
www.barlouieamerica.com/stationsq.html

Pleasant atmosphere; has a nice patio area that offers a fantastic view on the river of glorious Pittsburgh at night. After 9pm it’s your typical bar atmosphere with music, people talking, and alcohol. Decent beer selection.

**Baskin Robbins**
5819 Forbes Avenue  
Squirrel Hill  
412-521-3100

Mmmmm… ice cream.

**Baum Vivant**
5102 Baum Blvd.  
Bloomfield  
412-682-2620

Easy to miss as you’re driving down Baum, but this chic restaurant is a great place to bring your parents or someone you love. Incredibly friendly staff and caviar—definitely the place for a special night.

**The Beehive**
1327 E. Carson Street  
South Side  
412-488-4483

Without a doubt some of the funkiest décor and people in the 'Burgh. Also, they have great coffee, decent desserts, some vegetarian food, excellent people watching. Only drawback is the smoke, which is copious.

**Big Sam’s Memphis BBQ**
1204 Brighton Rd  
North Side  
412-323-0333

Right around the corner from Wilson’s. Uncharted waters for this Survival Guide. Will you be the first? Citysearch gives it a 7.1.

**Bikki**
738 Bellefonte St.  
Shadyside  
412-683-5756

Rated one of Pittsburgh’s best new restaurants, but garners mixed reviews from students. Some enjoy the food, while others say that too many flavors abound and that prices are too high for what you get.

**Bloomfield Bridge Tavern**
4412 Liberty Ave.  
Bloomfield  
412-682-8611

Just across the Bloomfield Bridge on Liberty Avenue, and definitely worth the trip. A red ceiling, beer steins galore, good beer selection, and an acoustic open mike on Thursdays as well as bands on the weekend. Drum and Bass on Wednesdays adds a new dimension to the scene. The real bonus is the authentic Polish food…if you haven’t had a pierogi then you haven’t lived.

**Bloomfield Sandwich Shop**
4613 Liberty Ave.  
Bloomfield  
412-687-5958

Open morning to late afternoon, a tiny little shop serving some great sandwiches and breakfasts for not much money.

**Bona Terra**
908 Main Street  
Sharpsburg  
412-781-8210

Delicious, beautifully presented food in large portions. Get reservations.

**Bossa Nova**
123 Seventh Street  
Downtown  
412-232-3030

Delicious, beautifully presented food in large portions.
<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Cuisine</th>
<th>Location</th>
<th>Phone</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Boston Market</strong></td>
<td>5889 Forbes Avenue</td>
<td>American</td>
<td>Squirrel Hill</td>
<td>412-521-8550</td>
<td>Rotisserie chicken – fast. Basically a slightly upscale version of KFC.</td>
</tr>
<tr>
<td></td>
<td>5200 Baum Blvd.</td>
<td></td>
<td>Bloomfield</td>
<td>412-683-9752</td>
<td></td>
</tr>
<tr>
<td><strong>Bravo Franco Ristorante</strong></td>
<td>613 Penn Ave.</td>
<td>Italian</td>
<td>Downtown</td>
<td>412-642-6677</td>
<td>The ideal pre-theater stop for your favorite fine Italian foods.</td>
</tr>
<tr>
<td><strong>Bruegger's Bagels</strong></td>
<td>3714 Forbes Avenue</td>
<td>Bagels</td>
<td>Oakland</td>
<td>412-683-5966</td>
<td>Bagels, spreads, sandwiches, and coffee. Pick up a dozen before PBL.</td>
</tr>
<tr>
<td></td>
<td>1717 Murray Avenue</td>
<td></td>
<td>Squirrel Hill</td>
<td>412-421-5744</td>
<td></td>
</tr>
<tr>
<td></td>
<td>806 S. Aiken Ave.</td>
<td></td>
<td>Shadyside</td>
<td>412-683-9377</td>
<td></td>
</tr>
<tr>
<td><strong>Bruschetta's</strong></td>
<td>1831 E. Carson Street</td>
<td>Italian</td>
<td>South Side</td>
<td>412-431-3535</td>
<td>Great ambience and, yes, lots of bruschetta. Also featured is a create your own pasta dinner option (your choice from 4 pastas, 6 sauces, and 5 of 15 “accompaniments” like chicken, mushrooms, peppers, sausage, etc. Less than $10). Other entrees run from $14-25.</td>
</tr>
<tr>
<td><strong>Buca Di Beppo</strong></td>
<td>3 Station Square</td>
<td>Italian</td>
<td></td>
<td>412-471-7553</td>
<td>According to some, a fantastic, fun atmosphere, where enthusiastic table conversation and laughing out loud are never discouraged. To others, a noisy chain restaurant that slings out average Italian food. Regardless, it is a good place for a large group of people and the portions do their part in helping to make Pittsburgh one of the least healthy cities in a nation filled with unhealthy places.</td>
</tr>
<tr>
<td><strong>Buffalo Blues</strong></td>
<td>216 S. Highland Ave.</td>
<td>American</td>
<td>Shadyside</td>
<td>412-362-5837</td>
<td>This sports bar and restaurant boasts two levels with multiple big screen TVs and a good bar menu. Check out the Mon. and Wed. specials. Make sure to get the brownie with fudge and ice cream for dessert.</td>
</tr>
<tr>
<td><strong>Café Allegro</strong></td>
<td>51 S. 12th Street</td>
<td>Mediterranean</td>
<td>South Side</td>
<td>412-481-7788</td>
<td>Mediterranean restaurant with lots of good seafood.</td>
</tr>
<tr>
<td><strong>Cafe Asia</strong></td>
<td>5833 Forbes Avenue</td>
<td>Pan-Asian</td>
<td>Squirrel Hill</td>
<td>412-521-2080</td>
<td>Trendy pan-Asian restaurant. Good food, but they charge extra for noodles or rice to go with some dishes. You won’t be hungry afterwards, but they serve smaller portions than you might get at Lulu’s Noodles in Oakland.</td>
</tr>
<tr>
<td><strong>The Cafe at the Frick</strong></td>
<td>7227 Reynolds St.</td>
<td>Cafe, Lunch</td>
<td>Point Breeze</td>
<td>412-371-0600</td>
<td>Intimate outdoor dining and a favorite place to get lunch and tea in Pittsburgh.</td>
</tr>
</tbody>
</table>

Restaurants, Boston Market - The Cafe at the Frick
### Cafés

**Café Du Jour**  
1107 E. Carson Street  
South Side  
412-488-9695  
Intimate, Euro-style café that serves large portions.

**Café Presto**  
545 Penn Avenue  
Downtown  
412-232-0966  
Presto Foods (Strip District) runs this coffee shop. Small sandwiches and soups are available, and it's open later on evenings of PSO performances. It shares space with the PSO Store.

**Café Sam**  
5242 Baum Blvd.  
Bloomfield  
412-621-2000  
Popular place for families on graduation day - extensive menu with great American food in a comfortable, casual setting. According to the management, Dean Levine goes there.

**Café Susu**  
4635 Centre Avenue  
Oakland  
412-535-SUSU  
www.cafesusu.com  
Pan-asian bistro and coffee bar. The noodle bowls are plentiful and excellent; Internet access is available, and the blue upholstery is fantastic. Currently, there are Scrabble tournaments on Saturday afternoons and board games available at other times. Service may not be the quickest.

**Café Zinho**  
283 Spahr St.  
Shadyside  
412-363-1500  
Excellent Mediterranean/American style food. Food is delicious with a good selection of seafood. BYOB, bring a date or your parents, but leave your Visa and Amex at home; Zinho’s only accepts cash and personal checks.

### Restaurants

**Caffe Amante**  
120 Fifth Place  
Downtown  
412-391-1226  
Nestled into 5th Ave Place, great food and service are highlighted by spectacular views of Point State Park.

**Calabria’s Italian Restaurant**  
4911 Penn Ave.  
Bloomfield  
412-362-3446  

**Cappy’s Café**  
5431 Walnut St.  
Shadyside  
412-621-1188  
Vegetarian-friendly and boasts a grease free menu.

**Capri Pizza**  
123 N. Highland Ave.  
East Liberty  
412-363-1250  

**Casa Blanca Bistro**  
212 6th St.  
Downtown  
412-281-3090  
An intimate dining experience and an adventurous dinner menu influenced by the flavors of Morocco, Spain, and France. Don’t miss the bellydancers on Thursdays.

**Casbah**  
229 S. Highland Ave.  
Shadyside  
412-661-5656  
www.bigburrito.com  
Another Big Burrito restaurant, Casbah has Americanized Mediterranean cuisine. Don’t blanch at the “Americanized,” though, as the food is superior. The menu includes steak, lamb, tajine, seafood, and some foie gras thrown in for good measure. The wine list is quite good, and the bartenders know how to
make a mean Gimlet. The food is expensive, but worth the cost for parents or a date. Even someone’s mother, who eats nothing but meat and potatoes, enjoyed the food.

**Castellano’s Deli**
210 Federal Street  
North Side  
412-231-5753

It has been called an homage to Pittsburgh’s two favorite pastimes: sports and drinking. 3 floors. The first features a deli counter (must try the chicken salad). The second floor is a full bar, and the third is a draft bar. Dig the sports memorabilia.

**Chaya Japanese Cuisine**
2104 Murray Avenue  
Squirrel Hill  
412-422-2082

www.chayausa.com

Good sushi and other Japanese food at this tiny little restaurant.

**The Cheesecake Factory**
415 S. 27th Street  
South Side  
412-431-7800

Chain restaurant with an extensive menu and to-die-for cheesecake. Expect a long wait on the weekends.

**China Palace**
5440 Walnut St.  
Shadyside  
412-687-7423

Restaurant and lounge. Though most med students rate Pittsburgh Chinese food as mediocre, China Palace gets good reviews from most. Good lunches, long waits for dinner—get takeaway, it’s much faster.

**Chinese House**
4506 Liberty Ave.  
Bloomfield  
412-621-0995

Take-out Chinese.

**Chiodo’s Tavern**
107 W. Eighth Ave.  
Homestead  
412-461-3113

Huge amounts of Pittsburgh memorabilia decorate the ceiling and walls. The outdoor patio and picnic tables are key in the warmer months. A large tabletop shuffleboard provides entertainment. They have a full kitchen and approximately 70 different imports, as well as a “mystery sandwich,” which is might tasty. Don’t ask what’s on it; they won’t tell ya.

**Chopsticks Chinese Restaurant**
2018 Murray Avenue  
Squirrel Hill  
412-421-1920

**Christos**
130 Sixth Street  
Downtown  
412-261-6442

**Church Brew Works**
3525 Liberty Ave.  
Bloomfield  
412-688-8200

www.churchbrew.com

Continuing Pittsburgh’s odd tradition of converting old churches into dens of sin, Church Brew Works is a former house of holy that now is the site of a brewery and restaurant. Some claim to be closer to God since the conversion. Their beer is quite good, with seasonal brews on rotation throughout the year. Tasty fusion entrees and slightly cheaper pizzas make up the menu, with plates running $15-$20. Good spot if the family comes to town.

**City Grill**
2019 E. Carson St.  
South Side  
412-431-1770

Brunchy, Euro kind of place.
<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Type</th>
<th>Rating</th>
<th>Phone</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Clem’s Cafe</strong></td>
<td>Route 22 W.</td>
<td>Sandwiches</td>
<td></td>
<td>724-459-8334</td>
<td>Good if passing through. Pulled pork sandwiches.</td>
</tr>
<tr>
<td><strong>Coca Coffee Lounge</strong></td>
<td>3811 Butler Street</td>
<td>Art Gallery</td>
<td></td>
<td>412-621-3171</td>
<td>Sip coffee while you check out designer furnishings and artwork. They serve tasty breakfast and lunchables Tues-Sat with Sunday Brunch, and small plates for dinner on Fri. from 6-10. This place is cool, and it rubs off on its patrons.</td>
</tr>
<tr>
<td><strong>Coffee Tree Roasters</strong></td>
<td>5542 Walnut St.</td>
<td>Coffee Shop</td>
<td></td>
<td>412-344-4780</td>
<td>A popular study spot amongst med students. Great coffee and a warehouse-like interior.</td>
</tr>
<tr>
<td><strong>Cold Stone Creamery</strong></td>
<td>5800 Forbes Ave.</td>
<td>Ice Cream</td>
<td></td>
<td>412-422-2291</td>
<td>Ice cream in the following sizes: “like it,” “love it,” and “gotta have it.” Enough said.</td>
</tr>
<tr>
<td><strong>Cozumel</strong></td>
<td>5507 Walnut St.</td>
<td>Mexican</td>
<td></td>
<td>412-621-5100</td>
<td>Cozumel isn’t really known for its food (average Mexican), but rather its margaritas and weekend Salsa and Meringue lessons. Lessons are from 10-10:30 Friday and Saturday nights with dancing from 10:30-2 when the bar closes. Tuesday is hip-hop night.</td>
</tr>
<tr>
<td><strong>Craig Street Coffee and Deli</strong></td>
<td>305 S. Craig Street</td>
<td>Coffee Shop, Deli</td>
<td></td>
<td>412-683-9993</td>
<td>Cool little café along Craig St. The sandwiches are tasty (rumor has it the apple-and-brie-on-Baguette is killer, when available), as are their other small lunch foods. Convenient, albeit sparse, outdoor seating on those nice days, and extra seating in the indoor porch area for those not so nice days.</td>
</tr>
<tr>
<td><strong>Craig Street Coffee and Deli</strong></td>
<td>305 S. Craig Street</td>
<td>Coffee Shop, Deli</td>
<td></td>
<td>412-683-9993</td>
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<td></td>
<td>412-683-9993</td>
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</tr>
<tr>
<td><strong>Common Plea, The</strong></td>
<td>308 Ross Street</td>
<td>Continental</td>
<td>$$$</td>
<td>412-281-5140</td>
<td>Rub shoulders with judges and attorneys in a private club-atmosphere. Dishes reflect heavy Italian influences.</td>
</tr>
</tbody>
</table>
Crêpes Parisiennes
732 Filbert Street
Shadyside
412-683-2333
This little café serves crêpes all different ways: sweet, savory, you name it. Lunch daily except Monday. Lunch crêpes are only served until an hour before close; sweet crêpes until close.

Dairy Queen
1223 E. Carson St.
South Side
412-481-8288

D’Amico’s
4744 Liberty Ave.
Bloomfield
412-682-2523
It’s tasty. Get reservations if you can because sometimes it’s busy.

Dave and Andy’s Homemade Ice Cream
207 Atwood Avenue
Oakland
412-681-9906
Another must, especially for those not allergic to ice cream. Creative variety of homemade flavors that change often. If you don’t get it in the waffle cone, made before your eyes, you are a failure. Tasty yogurts and sorbets also available, but stay away from the fat-free, sugar-free stuff. Note that they do close early: 10pm.

Déjà Vu Lounge
2106 Penn Avenue
Strip District
412-434-1144
www.djauloungepa.com
Come on by for gourmet pizza, sandwiches, and seafood dinner entrees. Sushi is available on Wed, Fri, and Sat. The martini selection is quite good.

Del’s Bar and Restaurant
4428 Liberty Ave.
Bloomfield
412-683-1448
www.delsrest.com
Great Italian food. Traditional menu with some specials and choice of quality beverages.

DeLuca’s
2015 Penn Ave.
Strip District
412-566-2195
Classic Pittsburgh greasy spoon, known for their breakfast fare.

Dish Osteria And Bar
128 S. 17th Street
South Side
412-390-2012
Charming, simple, stylish, bustling. Bring a date, your parents, your out-of-town friends. On the weekends the bar attracts a small but stylish crowd with some hip house music.

Domino’s Pizza
4717 Liberty Ave.
Bloomfield
412-681-1700
Delivers to Bloomfield, Lawrenceville, Shadyside, Squirrel Hill, Oakland, and Pitt and CMU campuses.

Donsville Jamaica Restaurant
6008 Broad St.
East Liberty
412-361-1631
Specialties include curry chicken and pepper steak.
<table>
<thead>
<tr>
<th>Restaurants</th>
<th>Pittmed Survival Guide</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Drummond’s Take-out and Deli</strong></td>
<td></td>
</tr>
<tr>
<td>6514 Frankstown Ave.</td>
<td><strong>Sandwiches</strong></td>
</tr>
<tr>
<td>East Liberty</td>
<td>$</td>
</tr>
<tr>
<td>412-665-0648</td>
<td></td>
</tr>
<tr>
<td><strong>Dunning’s Grill</strong></td>
<td></td>
</tr>
<tr>
<td>1100 S. Braddock Regent Square</td>
<td><strong>American</strong></td>
</tr>
<tr>
<td>412-243-3900</td>
<td>$</td>
</tr>
<tr>
<td>Dunning’s is a great restaurant/bar</td>
<td></td>
</tr>
<tr>
<td>with delicious American fare and a</td>
<td></td>
</tr>
<tr>
<td>friendly neighborhood feel. A great</td>
<td></td>
</tr>
<tr>
<td>place to get a “Pittsburgh Salad”</td>
<td></td>
</tr>
<tr>
<td>or some fried comfort food. Wash it</td>
<td></td>
</tr>
<tr>
<td>all down with an impressive</td>
<td></td>
</tr>
<tr>
<td>selection of beers.</td>
<td></td>
</tr>
<tr>
<td><strong>Duranti’s Restaurant</strong></td>
<td></td>
</tr>
<tr>
<td>128 N. Craig St. Oakland</td>
<td><strong>American</strong></td>
</tr>
<tr>
<td>412-682-1155</td>
<td>$$$</td>
</tr>
<tr>
<td>Traditional American food, known</td>
<td></td>
</tr>
<tr>
<td>for holding large group gatherings</td>
<td></td>
</tr>
<tr>
<td>in their banquet rooms.</td>
<td></td>
</tr>
<tr>
<td><strong>Eat ‘n’ Park</strong></td>
<td></td>
</tr>
<tr>
<td>1816 Murray Avenue</td>
<td><strong>American</strong></td>
</tr>
<tr>
<td>Squirrel Hill</td>
<td>$</td>
</tr>
<tr>
<td>412-422-7203</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.eatnpark.com">www.eatnpark.com</a></td>
<td>Open and serving breakfast all night long. Best 3am eatery ever.</td>
</tr>
<tr>
<td><strong>Einstein Brothers Bagels</strong></td>
<td></td>
</tr>
<tr>
<td>4910 Baum Blvd Oakland</td>
<td><strong>Bagels</strong></td>
</tr>
<tr>
<td>412-688-0813</td>
<td>$</td>
</tr>
<tr>
<td>Drive-thru bagels.</td>
<td></td>
</tr>
<tr>
<td>in Benedum Hall, main floor</td>
<td></td>
</tr>
<tr>
<td>Oakland</td>
<td></td>
</tr>
<tr>
<td>Newly-opened bagelry in the</td>
<td></td>
</tr>
<tr>
<td>engineering building; good for a</td>
<td></td>
</tr>
<tr>
<td>quick bite if you don’t want to go</td>
<td></td>
</tr>
<tr>
<td>up to Presby.</td>
<td></td>
</tr>
<tr>
<td><strong>Eleven</strong></td>
<td></td>
</tr>
<tr>
<td>1150 Smallman St. Strip District</td>
<td><strong>American</strong></td>
</tr>
<tr>
<td>412-201-5656</td>
<td>$$$-$$$$</td>
</tr>
<tr>
<td><strong>Emma’s Arts and Coffee Emporium</strong></td>
<td></td>
</tr>
<tr>
<td>4407 Butler Street Lawrenceville</td>
<td><strong>Coffee Shop</strong></td>
</tr>
<tr>
<td>412-683-8992</td>
<td></td>
</tr>
<tr>
<td><strong>Enrico</strong></td>
<td></td>
</tr>
<tr>
<td>5863 Ellsworth Ave. Shadyside</td>
<td><strong>Italian</strong></td>
</tr>
<tr>
<td>412-661-1050</td>
<td>$</td>
</tr>
<tr>
<td>This new Italian restaurant is part</td>
<td></td>
</tr>
<tr>
<td>of the Enrico Biscotti Co., whose</td>
<td></td>
</tr>
<tr>
<td>biscotti bakery is located in the</td>
<td></td>
</tr>
<tr>
<td>Strip. Features simple, traditional</td>
<td></td>
</tr>
<tr>
<td>Italian dinners. Wine list</td>
<td></td>
</tr>
<tr>
<td>exclusively features Italian</td>
<td></td>
</tr>
<tr>
<td>vintners. Excellent homemade</td>
<td></td>
</tr>
<tr>
<td>desserts. Great for an outdoor</td>
<td></td>
</tr>
<tr>
<td>lunch on a warm day.</td>
<td></td>
</tr>
<tr>
<td><strong>Enrico Biscotti Company</strong></td>
<td></td>
</tr>
<tr>
<td>2022 Penn Avenue Strip District</td>
<td><strong>Bakery</strong></td>
</tr>
<tr>
<td>412-281-2602</td>
<td>$</td>
</tr>
<tr>
<td><a href="http://www.enricobiscotti.com">www.enricobiscotti.com</a></td>
<td>Who knew that Pittsburgh could support a place whose primary product is biscotti? Well, it does, so you can now strike “Poor Biscotti Selection” from your list of things to gripe about Pittsburgh.</td>
</tr>
<tr>
<td><strong>Enrico Café</strong></td>
<td></td>
</tr>
<tr>
<td>Behind Enrico Biscotti Strip District</td>
<td><strong>Italian (light lunch)</strong></td>
</tr>
<tr>
<td>412-362-3030</td>
<td>$</td>
</tr>
<tr>
<td>Outdoor seating hidden from the</td>
<td></td>
</tr>
<tr>
<td>action of Penn Ave., with light</td>
<td></td>
</tr>
<tr>
<td>lunch available. Some days, the</td>
<td></td>
</tr>
<tr>
<td>proprietor is serving tasty quiches</td>
<td></td>
</tr>
<tr>
<td>and snappy conversation.</td>
<td></td>
</tr>
<tr>
<td><strong>Fajita Grill</strong></td>
<td></td>
</tr>
<tr>
<td>5865 Ellsworth Ave. Shadyside</td>
<td><strong>Mexican</strong></td>
</tr>
<tr>
<td>412-362-3030</td>
<td>$</td>
</tr>
<tr>
<td>Excellent Mexican food, but way</td>
<td></td>
</tr>
<tr>
<td>overpriced: girls, have your</td>
<td></td>
</tr>
<tr>
<td>boyfriend bring you. Nice outdoor</td>
<td></td>
</tr>
<tr>
<td>patio. BYOB.</td>
<td></td>
</tr>
</tbody>
</table>
**Restaurants**

<table>
<thead>
<tr>
<th>Restaurant Name</th>
<th>Address</th>
<th>Cuisine</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fanatics</strong></td>
<td>1704 Shady Avenue</td>
<td>American</td>
<td>412-422-5040</td>
</tr>
<tr>
<td></td>
<td>Squirrel Hill</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>A quiet little sports bar – nothing special, but a good place for cheap food and drinks.</td>
<td></td>
</tr>
<tr>
<td><strong>Fat Head’s Saloon</strong></td>
<td>1805 East Carson St.</td>
<td>American</td>
<td>412-431-7433</td>
</tr>
<tr>
<td></td>
<td>South Side</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>[<a href="http://www.fatheads.com">www.fatheads.com</a>]</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Always crowded, this fabulous bar and burger joint will be sure to impress. Love the wings.</td>
<td></td>
</tr>
<tr>
<td><strong>Fortune’s Coffee Roastery</strong></td>
<td>2005 Penn Ave.</td>
<td>Coffee Shop</td>
<td>412-471-5557</td>
</tr>
<tr>
<td></td>
<td>Strip District</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Big fun for the hot beverage connoisseur.</td>
<td></td>
</tr>
<tr>
<td><strong>Fuel And Fuddle</strong></td>
<td>214 Oakland Avenue</td>
<td>American</td>
<td>412-682-3473</td>
</tr>
<tr>
<td></td>
<td>Oakland</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>The microbrew feel (and deal). There are some TVs to watch sports and lots (100+) of different beers to choose from. If you drink all 100 different types of bottles you get a plaque on the wall as a member of their Beer Cult. Good place to go after exams for lunch or a nice cold one.</td>
<td></td>
</tr>
<tr>
<td><strong>G&amp;M Dog and Burger</strong></td>
<td>4830 Liberty Avenue</td>
<td>Diner</td>
<td>412-681-8276</td>
</tr>
<tr>
<td></td>
<td>Bloomfield</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Breakfasts and lunch; M-F 6a.m.-5pm, Saturday 7am-2pm.</td>
<td></td>
</tr>
<tr>
<td><strong>Gab and Eat</strong></td>
<td>1073 Washington Ave.</td>
<td>Breakfast</td>
<td>412-276-8808</td>
</tr>
<tr>
<td></td>
<td>Carnegie</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Breakfast and lunch only.</td>
<td></td>
</tr>
<tr>
<td><strong>Garden Café At Wyndham Hotel, The</strong></td>
<td>3454 Forbes Avenue</td>
<td>American</td>
<td>412-683-2040</td>
</tr>
<tr>
<td></td>
<td>Oakland</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Standard nice hotel restaurant, with a pretty good breakfast buffet.</td>
<td></td>
</tr>
<tr>
<td><strong>Gators Saloon</strong></td>
<td>4624 Liberty Ave.</td>
<td>Bar</td>
<td>412-605-0703</td>
</tr>
<tr>
<td></td>
<td>Bloomfield</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Youngish neighborhood bar with “emphasis on sports” (read: lots of TVs but not quite a sports bar). Good food and home to several dart leagues.</td>
<td></td>
</tr>
<tr>
<td><strong>Ginza Korean &amp; Japanese Restaurant</strong></td>
<td>239 Arwood Street</td>
<td>Sushi, Korean</td>
<td>412-682-9226</td>
</tr>
<tr>
<td></td>
<td>Oakland</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>A husband and wife team of chefs, with authentic Korean food (spiced to your liking), and fresh sushi made daily.</td>
<td></td>
</tr>
<tr>
<td><strong>Girasole</strong></td>
<td>733 Copeland St.</td>
<td>Italian</td>
<td>412-682-2130</td>
</tr>
<tr>
<td></td>
<td>Shadyside</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>This little Italian joint is in the basement, but it couldn’t be more charming. Outside seating when the weather is warm. Fish, chicken and meat dinner specials daily, in addition to good pasta dishes. Call ahead to put your name on the list.</td>
<td></td>
</tr>
<tr>
<td><strong>Golden China</strong></td>
<td>2209 Murray Avenue</td>
<td>Chinese</td>
<td>412-422-1800</td>
</tr>
<tr>
<td></td>
<td>Squirrel Hill</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kosher Chinese food.</td>
<td></td>
</tr>
<tr>
<td><strong>Golden Palace Buffet</strong></td>
<td>3607 Forbes Avenue</td>
<td>Chinese</td>
<td>412-687-2288</td>
</tr>
<tr>
<td></td>
<td>Oakland</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Buffet after 5 pm.</td>
<td></td>
</tr>
</tbody>
</table>
**RESTAURANTS**

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Type</th>
<th>Price</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gramma Lena’s Pizza</td>
<td>5802 Bryant St.</td>
<td>Pizza</td>
<td>$</td>
<td>412-661-3000</td>
</tr>
<tr>
<td>Grand Concourse Restaurant</td>
<td>Station Square</td>
<td>Fine Dining</td>
<td>$$$-$$</td>
<td>412-261-1717</td>
</tr>
<tr>
<td>Gullifty’s</td>
<td>1922 Murray Avenue</td>
<td>American, Dessert</td>
<td>$</td>
<td>412-521-8222</td>
</tr>
<tr>
<td>Hambone’s</td>
<td>4207 Butler Street</td>
<td>Bar</td>
<td>$</td>
<td>412-681-4318</td>
</tr>
<tr>
<td>Gulliffy’s</td>
<td>1922 Murray Avenue</td>
<td>American, Dessert</td>
<td>$</td>
<td>412-521-8222</td>
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<td>Bar</td>
<td>$</td>
<td>412-681-4318</td>
</tr>
</tbody>
</table>

**Restaurant Information**

- **Grand Concourse Restaurant**: Originally the Pittsburgh and Lake Erie Railroad yards, this historic site was adopted by the Pittsburgh History and Landmarks Foundation in 1976. Kept in the spirit of its heritage, special care has been taken to restore the unique architecture and atmosphere of the original railroad buildings on the site. The restaurant offers fine dining: your basic nice place where Mom and Dad put you on display (“We’re only in town for a few days to help Mackenzie settle in…she’s just starting medical school here”). Guys should probably wear a tie, and a jacket would be better.


- **Grecianland Pastries**: 1500 E Carson Street South Side $ The desserts here are beyond compare; some call them the best in Pittsburgh. The selection is fantastic, and if you like baklava or kataife, you’re in luck.

- **Green Forest Brazilian Restaurant**: 655 Rodi Rd. Penn Hills $ Brazilian churrascaria: all-you-can-eat meat and a salad bar.

- **Houlihan’s**: #15 Freight House Station Square $ Your basic Americana food, e.g., Applebee’s, TGI Friday’s.
How Lee
5888 Forbes Avenue
Squirrel Hill
412-422-1888
Cheap Chinese food. Period.

Hyeholde
Corapolis Heights Road
Moon Township
412-264-3116
www.hyeholde.com
Did you ever eat dinner in a castle? If you've eaten at this restaurant, you have.

Iguana Grill
1120 E. Carson St.
South Side
412-390-0490
Have a Corona with that giant burrito.

Il Piccolo Forno
207 21st Street
Strip District
412-281-7080
For cappuccino, homemade pizza, and other Italian specialties plus the atmosphere. If you're lucky, the grandpa will serenade you.

Il Pizzaiolo
703 Washington Rd.
Mt. Lebanon
412-344-4123
Very good Italian. Truly Italian-style pizza and antipasto. No reservations, but worth the drive and the wait.

Il Vailetto Café and Restaurant
4626 Forbes Avenue
Oakland
412-621-3550
Quaint restaurant with enclosed porch seating. Italian specialities and home made desserts… BYOB.

India Garden
328 Arwood Street
Oakland
412-682-3000
Tasty Indian food, with all-you-can-eat lunch buffets for $6.95. Good atmosphere, with Indian music videos playing on the TV screens. Go with a group and experience Indian cuisine as it's meant to be experienced: family-style, sharing plates, and trying just a bit of everything. Half price dinner from 11PM-1AM, and 10% student discount with ID.

India Palace
4519 Centre Ave.
Oakland
412-687-0515
Pretty good Indian food - some prefer it to Indian Garden.

Indian Oven
2020 Murray Avenue
Squirrel Hill
412-422-8950
Lunch buffet $6.95. Very good Indian food by the same folks who run People's in Bloomfield which is regarded as among the best in town.

Indica Bistro
257 North Craig St.
Oakland
412-605-0500
www.indicabistro.com
Beautiful Indian restaurant with light regional Indian food, very authentic. Menu changes often, usually with 15 entrée items available. Great lunch buffet for $9.99.

Isabela
1318 Grandview Ave.
Mount Washington
412-431-5882
Beautiful view and tasty food.
**Italian Village Pizza**  
5886 Forbes Avenue  
Squirrel Hill  
412-422-1300  
New York-style pizza; 2 slices plus 16 oz fountain drink = $3.29.

**James Street Tavern**  
422 Foreland Street  
Cajun/Creole  
North Side  
412-323-2222  
Cajun/Creole food and New Orleans Jazz. Live Jazz most days of the week, but check the website for the schedule. Takes reservations.

**Jamie's on the Square**  
435 Market Street  
American  
Downtown  
412-471-1722  
A little something for everyone. Everything from burgers to veal scaloppine.

**Jen's Juice Joint**  
733 Copeland St.  
Smoothie bar  
Shadyside  
412-683-7374  
Standard selection of smoothies, and not the best you've ever had (we're talking to you, Californians), but does the trick when you're hurting for some fruit and frozen yogurt. Salads and light food also available.

**Jimmy John's Sandwiches**  
3444 Forbes Avenue  
Sandwiches  
Oakland  
412-681-9010  
Can be a little heavy on the sauce, but otherwise good food, good service, and reasonable prices.

**Jitters Café**  
5541 Walnut St  
Coffee Shop  
Shadyside  
412-621-2316  
Average coffeehouse. The coffee leaves something to be desired, and it's a little cramped for studying, but it is less expensive and packed than Starbucks, and does have outdoor seating when the weather's nice.

**Joe Mama's Italian Deluxe**  
3716 Forbes Avenue  
Italian  
Oakland  
412-621-7282  
Pittsburgh's only “Italian Diner.” All-you-can-eat pasta bar on Mondays.

**Joe's Crab Shack**  
5 Station Square  
Seafood  
Station Square  
412-690-2404  
Has a great patio on the river. Eat some seafood, watch the fountain shows.

**Johnny's Place**  
256 North Craig Street  
American  
Oakland  
412-681-4681  
Good food, great service. Run by just Johnny and his wife, this restaurant and bar closes for a bit during the afternoon as they go for their daily run to the Giant Eagle.

**Joejo's Diner**  
110 20th St.  
Breakfast and Lunch  
Strip District  
412-261-0280  
The food here is good (especially the omelettes) and very quick. Don’t be scared off by the line or the divey interior.

**Jozsa Corner**  
4804 2nd Ave.  
Hungarian  
Greenfield  
412-422-1886  
BYOB, must make reservation in advance, call for hours.
## RESTAURANTS

### Kassab's
1207 E. Carson Street  
Middle Eastern  
South Side  
412-381-1820  
Good, cheap Middle Eastern food. Try the Shwarma.

### Katerbean
1108 S. Braddock  
Coffee Shop  
Regent Square  
412-244-8942  
A quiet coffee shop with a friendly feel, a few munchies and good, cheap coffee. On nice days you can sit outside and watch the people go by. The cafe is non-smoking.

### Kaya
2000 Smallman Street  
Afro-Caribbean  
Strip District  
412-261-6565  
www.bigburrito.com/kaya  
More food and atmosphere from the folks at Big Burrito, this time with an Afro-Caribbean twist. With half off all drinks during happy hour, Monday-Friday, it's a good place to socialize with a small to medium-sized group of people, and there's outdoor seating when the weather brightens. The food is good and moderately priced, and there are always some interesting fish dishes to be had.

### Kazansky’s Delicatessen
2201 Murray Avenue  
American  
Squirrel Hill  
412-521-4555  
www.kazanskysdeli.com  
Good, large sandwiches with funny names, soups, and Jewish specialties such as matzoh ball soup and kasha. Also sells 6-packs, lunch meat, and other food.

### Ken-Taco Hut
117 South Bouquet Street  
Fast Food  
Oakland  
412-683-2443  
One-stop fast food if you can’t handle the O.

### Kentucky Fried Chicken
5501 Penn Ave.  
Fast Food  
Bloomfield  
412-362-5516

### Khalil’s II
4757 Baum Blvd.  
Middle Eastern  
Oakland  
412-683-4757  
$12 yummy Middle Eastern food with large portions.

### Kiku Japanese Restaurant
Station Square  
Japanese  
412-765-3200  
Has won many awards for good cuisine, and one of the first places in Pittsburgh to serve sushi. Nice interior décor, resembling a Japanese teahouse.

### Kim’s Coffee Shop
5447 Penn Ave.  
Chinese,  
Bloomfield  
412-362-7019  
Local joint with cheap pan-Asian fare at $5-$8 per entrée)—but no coffee! Recommended dishes include the Pho, Thai beef, and shrimp with curry and lemon grass.

### Kiva Han
420 S Craig Street  
Coffee Shop  
Oakland  
412-687-6355  
www.kivahan.com/shops.html  
3533 Forbes Avenue  
Oakland  
412-682-5354  
The one on Craig is a popular place to study (especially among the CMU folks), with larger tables than the one on Forbes. Great chai, hot or iced. Buy 10 beverages, get one of your choice free (even a large ‘specialty drink’). While the Survival Guide generally eschews chains, the coffee at Starbucks’, though far short of amazing, might be better than the junk served here. You decide.
<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Cuisine</th>
<th>Price</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Klavon's Ice Cream Parlor</strong></td>
<td>2801 Penn Avenue</td>
<td>Ice Cream</td>
<td>$</td>
<td>412-434-0451</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Korea Garden Restaurant</strong></td>
<td>414 Semple Street</td>
<td>Korean</td>
<td>$</td>
<td>412-681-6460</td>
</tr>
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<td></td>
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<td></td>
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</tr>
<tr>
<td><strong>Koto Buki</strong></td>
<td>9801 Babcock Boulevard</td>
<td>Japanese</td>
<td>$$</td>
<td>412-369-7885</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td><strong>La Cucina Fleagra</strong></td>
<td>2114 Murray Avenue</td>
<td>Italian</td>
<td>$$</td>
<td>412-521-2082</td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
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</tr>
<tr>
<td><strong>La Feria</strong></td>
<td>5527 Walnut St., 2nd floor</td>
<td>South American</td>
<td>$</td>
<td>412-682-4501</td>
</tr>
<tr>
<td></td>
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<td></td>
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</tr>
<tr>
<td><strong>La Fiesta</strong></td>
<td>344 Atwood Street</td>
<td>Mexican</td>
<td>$</td>
<td>412-687-8424</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>La Filipiniana</strong></td>
<td>5321 Butler Street</td>
<td>Filipino</td>
<td>$</td>
<td>412-781-8724</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>La Prima Espresso</strong></td>
<td>811 Liberty Avenue</td>
<td>Coffeeshop</td>
<td>$</td>
<td>412-471-4590</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td><strong>La Regina Margherita Pizzeria</strong></td>
<td>516 Lincoln Ave.</td>
<td>Italian, Pizza</td>
<td>$</td>
<td>412-761-1077</td>
</tr>
<tr>
<td></td>
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<td></td>
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<td></td>
</tr>
<tr>
<td><strong>La Strada</strong></td>
<td>620 Liberty Ave.</td>
<td>Italian</td>
<td>$$$</td>
<td>412-697-2800</td>
</tr>
<tr>
<td></td>
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</tr>
<tr>
<td><strong>Labad's</strong></td>
<td>1727 Penn Ave.</td>
<td>Middle East</td>
<td>$$-$$</td>
<td>412-261-0419</td>
</tr>
<tr>
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<td></td>
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</tr>
</tbody>
</table>

Klavon's is a classy old-fashioned ice cream parlor that used to be a drugstore. It has an old soda fountain and a little museum section displaying pharmaceutical elixirs and concoctions. Try one of their milkshakes.

Korea Garden Restaurant is the best Korean cooking in Pittsburgh. Two members of the class of 2004 born in Korea gave it the nod. Please direct any and all complaints accordingly.

Koto Buki is a classy old-fashioned ice cream parlor that used to be a drugstore. It has an old soda fountain and a little museum section displaying pharmaceutical elixirs and concoctions. Try one of their milkshakes.

La Cucina Fleagra is a classy old-fashioned ice cream parlor that used to be a drugstore. It has an old soda fountain and a little museum section displaying pharmaceutical elixirs and concoctions. Try one of their milkshakes.

La Feria is a classy old-fashioned ice cream parlor that used to be a drugstore. It has an old soda fountain and a little museum section displaying pharmaceutical elixirs and concoctions. Try one of their milkshakes.

La Fiesta is a classy old-fashioned ice cream parlor that used to be a drugstore. It has an old soda fountain and a little museum section displaying pharmaceutical elixirs and concoctions. Try one of their milkshakes.

Q: What Mexican restaurant on Atwood has half-price food after 10 pm AND a lunch buffet? A: La Fiesta! It's a good choice for those times when you don't feel like dealing with the crowd, smoke, noise, or lack of light at Mad Mex. BYOB.

BYOB, great garden for the summertime with good food, watch out for slow service.

A lovely coffeeshop that unfortunately closes as the working crowd heads home.

Authentic Italian pizza fired in a wood brick oven. Also in Lawrenceville.

La Prima Espresso is a classy old-fashioned ice cream parlor that used to be a drugstore. It has an old soda fountain and a little museum section displaying pharmaceutical elixirs and concoctions. Try one of their milkshakes.

Authentic Italian pizza fired in a wood brick oven. Also in Lawrenceville.

A 2003 Best of Pittsburgh. Prime ingredients, an extensive wine cellar, and a martini bar complement the cosmopolitan atmosphere. Some say this place is overrated and overpriced.

Some say the most authentic Middle Eastern food to be had in Pittsburgh. Try the lentil soup.

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Some say the most authentic Middle Eastern food to be had in Pittsburgh. Try the lentil soup.
Laforet Restaurant
5701 Bryant St. Highland Park $-$ $$
412-665-9000
Tiny French bistro that is quite a gem, if not usually well advertised—in fact, rated one of Pittsburgh’s best restaurants and the top in French cuisine.

Lautrec
1001 Lafayette Drive European, Fine Dining Farmington $$$
800-422-2736
www.nemacolin.com/dining.asp
An hour out of town, but tres fancy food at this restaurant, located at Nemacolin Woodlands Resort & Spa.

Le Perroquet
709 Bellefonte St. French Shadyside $$
412-687-1022
Traditional French dishes such as Coq au Vin and Bouillabaisse, as well as fresh seafood and steaks. Prix fixe dinner is $20.03 and includes soup or salad, a main dish, and dessert. $10.03 for prix fixe lunch. Eat outside and feel just like you are back in the Quartier Latin. Bring your parents. In fact, have them bring you.

Lemon Grass Cafe
124 6th Street Cambodian Downtown $$
412-765-2222
Pittsburgh’s only Cambodian restaurant. A favorite among the theater and symphony-going crowd. Reservations are a must.

Lidia’s
1400 Smallman Street Italian Strip District $$-$ $$
412-552-0150
The Pittsburgh restaurant of PBS cooking star Lidia Bastianich. Northern Italian food in plentiful portions.

Lindo’s
947 Western Ave Breakfast, Greek North Side $-$ $$
412-231-0110
Breakfast plus gyros equals almost heaven. Everything is delicious, except sometimes the coffee.

Little Bangkok
907 S. Millvale Avenue Thai Oakland $ 
412-681-8770
Don’t blink or you’ll miss this gem of a Thai place. Mainly carryout but cheap, huge portions.

Lombardozi Restaurant and Bar
4786 Liberty Ave. Italian, American Bloomfield $$
412-682-5785
Large dining room with spacious seating area; fine seafood, veal, and other dishes. Homemade tiramisu.

Lot 17
4617 Liberty Ave. American, Bar Bloomfield $$-$ $$
412-687-8117
Replacing Aussie’s, this modern bar/restaurant has American cuisine and a dark wood and brick interior.
Aside from Uncle Sam's, Lucca may be Oakland's only "fancy" restaurant. That is, it would be a swell place to take your parents or a date. It features a wide range of European cuisine accompanied by one of Pittsburgh's largest wine cellars. The covered outdoor seating (with heat lamps!) makes the porch available most of the time.

Lulu's Noodles/Yum-Wok
400 S. Craig Street  Chinese, Thai
Oakland  $  
412-687-7777
Cool restaurant with high ceilings and funky colors. The food is inexpensive, and you get huge portions. Try the Thai Iced Tea, Pan-Fried Noodles, and smoothies. BYOB.

Lunch Trucks
Thackeray St.  Fast Food
Oakland  $  
These trucks are very popular among students, especially on the nice days where you can outside and enjoy the weather. There are some Thai food trucks and a couple of trucks serving Indian food. You can tell the better trucks from the not-so-good ones by observing the amount of time people are willing to wait in line to get some grub.

Mad Mex
370 Atwood Street  Mexican
Oakland  $-$  
412-681-5656
A favorite place to hit up for their BigAzz margaritas, ever-changing selection of microbrews, and good food (a unique twist to your traditional Mexican cuisine; try the burritos with chickpeas!). Gets even better when you find out about their specials: Half off food for students M-Th from 2-4 pm and 11-1 every night, and half-priced margaritas from 4:30-6:30 and 9-11 every weekday. (A personal recommendation: go with the frozen fruit blends over the mediocre regular margaritas on the rocks.)

The architecture of the restaurant, while it can lend itself to a "cozy and cavernous" atmosphere, is sometimes more accurately described as "way too crowded and suffocating." Nevertheless, it's a can't miss. Careful with the margaritas, though, as one will knock out the lightweights, and three will leave even the big guys a bit dizzy.

Maggie's Mercantile
320 Atwood Street  Vegetarian
Oakland  $$-$  
724-593-5056
A brand new vegetarian and organic café, featuring a really wide range of mock meat dishes that are *actually* tasty and a light and refreshing atmosphere. Closed on Tuesdays. BYOB.

Mallorca
2228 E. Carson Street  Spanish
South Side  $$$-$$$$
412-488-1818
www.mallorcarestaurant.com
Colorful service, excellent selections, tasteful atmosphere.

Mariani's Restaurant and Pleasure Bar
4729 Liberty Ave.  Italian
Bloomfield  $  
412-682-9603
Great Italian food (The Class of 2006 says: Try the Chicken Parmigiana) and a that sounds like a strip joint - but it's just a friendly local bar.

Mario's Pizza
1113 S. Braddock  Pizza
Regent Square  $  
412-243-8899

Restaurants, Lucca - Mario's Pizza
Max and Erma's
5533 Walnut St.
Shadyside
412-681-5775
Shadyside's equivalent of TGI Friday's, with various locations around Pittsburgh. Try the tortilla soup.

Max's Allegheny Tavern
537 Suismon Street
North Side
412-231-1899
www.maxsalleghenytavern.com
Spatzle, schnitzel, sausage, and other hearty German food in this quaint restaurant. Happy Hour: 5-7 M-F

McDonalds
120 Penn Circle West
East Liberty
412-362-5248

Mediterranean Grill, The
5824 Forbes Avenue
Squirrel Hill
412-521-5505

Melting Pot, The
Station Square
412-261-3477
Chain restaurant that does fondue right. It’s expensive, but worth it for a classy date or a night out with the folks. If you’re going with your sweetie, call ahead and reserve one of the cozy back booths.

Mezzanotte Café
4621 Liberty Ave.
Bloomfield
412-688-8070
Italian food in a cool dining room. Great house salad; dinner entrees are a tad rich and pricey ($14-19), but definitely stay for the divine tiramisu. Recommended for lunch.

Mick McGuire's
22 Graeme Street
Downtown
412-566-8659
The quintessential Irish Pub. Come early on St. Patrick's Day to secure your place for the day-long party in Market Square

Mike and Tony's Gyros & Shiskabobs
1414 E. Carson St.
South Side
412-431-2299
“The Greek answer to McDonald's.”

Milky Way, The
2120 Murray Avenue
Squirrel Hill
412-421-3121
Hummus, pizza, and other things vegetarian and kosher. Good falafel.

Milano's Pizza II
3606 5th Avenue
Oakland
412-681-2858
Who knew such great pizza was this close to school?

Mineo’s Pizza House
2128 Murray Avenue
Squirrel Hill
412-521-2053
Pizza and ice cream. Voted best in Pittsburgh (under constant debate).

Minutello's Restaurant & Lounge
226 Shady Ave. Apt. 108
Shadyside
412-361-9311
Not the best Italian food in the city... in fact, it's pretty bad.

Monterey Bay Fish Grotto
1411 Grandview Ave.
Downtown
412-481-4414
Best seafood in the city.
Morton's of Chicago - The Steakhouse
625 Liberty Ave. Downtown $$$
412-261-7141
Elegant and fashionable, Morton's offers the best steak in Pittsburgh.

Mozart Room/Garden Café
600 Penn Avenue (Heinz Hall) Downtown $$
412-392-4879
Heinz Hall's restaurant; it's open before Symphony performances. Additionally, the drinks at Heinz Hall are quite large.

Mr. Ribbs
1315 Fifth Avenue Downtown $
412-281-4292
Some of the best BBQ in Pittsburgh.

Mullaney's Harp and Fiddle
2329 Penn Ave. Strip District $
412-642-6622
Very Irish and very authentic, right down to the tasty dishes from the pub kitchen (no potato famine here). Live Irish entertainment on Wednesday through Sunday.

Murray Avenue Grill
1720 Murray Avenue Squirrel Hill $
412-521-1272
$12-15/entrée for dinner, a few vegetarian options, good salads and pastas. Try the brownie sundae dessert.

My Thai
5401 Walnut St., 3rd floor Shadyside $–$$
412-688-8424
Extremely friendly service but inauthentic Thai food in a quaint atmosphere. Better Thai is available in Squirrel Hill and Bloomfield.

Nakama
1611 E. Carson St. South Side $$$–$$$$
412-381-6000
At this Japanese steakhouse and sushi bar they'll cook your meat right in front of you. Bring a big group.

Napoli Pizzeria
2006 Murray Avenue Squirrel Hill $
412-521-1744
Some say best, others say worst, cheap pizza in Squirrel Hill; they sell beer too.

Nellie's Sandwiches
3524 Fifth Avenue Oakland $
412-683-7144
Good Mediterranean food: small, quaint place for lunch. Solid shwarmas, gyros, and baba ganoush. Finding a table is hit or miss.

New Dumpling House/Sushi House
2138 Murray Avenue Chinese/Japanese Squirrel Hill $
412-422-4178
OK Chinese food.

Nicholas Coffee and Tea Company
23 Market Square Downtown $–$$
412-261-4225
An impressive selection of teas, decent coffee, and snacks.

Nirvana Deli
731 1/2 Filbert St. Shadyside $
412-682-5150
This place does corned beef like Disney World does Mickey Mouse. Heavy on the meat, light on the ambiance (and the chairs).

The “O” (Original Hot Dog Shop)
3901 Forbes Avenue Fast Food, Fries Oakland $
412-488-1295

Restaurants, Morton’s of Chicago - The O
A Pittsburgh classic. Seriously. The place to
go for the after-hours munchies, attracting
undergrads and all manner of Yinzers on
those party nights. Piles of grease-infested
fries for a small fee. Slick n’ oily pizza for a
touch more. And, of course, hot dogs, which
really are good (as far as hot dogs go). They
even hawk different quantities of beer, and
though you can get a 40 here, you can’t drink
it: Mr. Happy Police Officer will be sure to
remind you, should you forget.

**Oishii**
119 Oakland Avenue  
Oakland  
412-687-3335  
[www.oishiibento.com](http://www.oishiibento.com)

A fantastic alternative to lunch in the Presby
cafeteria. Cheap, delicious bento boxes and
freshly made sushi.

**Old Europe**
1209 E. Carson Street  
South Side  
412-488-1700

**Olive or Twist**
140 Sixth Street  
Downtown  
412-255-0525

A modern martini bar with a respectable
menu. A favorite for happy hour, after Pirate
games, or following a cultural event.

**Open Flame**
2103 Murray Avenue  
Squirrel Hill  
412-422-8170

Gyros and other Mediterranean food.

**Orient Kitchen**
4808 Baum Blvd.  
Shadyside  
412-683-3300

Great for late night carryout or dining in. One
of the more authentic Cantonese-style
cuisines in Pittsburgh.

**The Original Fish Market**
1001 Liberty Avenue,  
Liberty Center  
Downtown  
412-227-3657

One of the best seafood restaurants in the
city. The menu reflects the fresh catch of the
day, and there’s a great selection of sushi and
sashimi.

**Original Oyster House, The**
20 Market Place  
Downtown  
412-566-7925

Average food with lots of atmosphere at one
of the oldest restaurants in the city.

**P. F. Chang’s China Bistro**
148 West Bridge St.  
Waterfront  
412-464-0640

Chain restaurant with a wide variety of
Chinese entrees.

**Paddy Cake Bakery**
4763 Liberty Ave.  
Bloomfield  
412-621-4477

Sweet-smelling Bloomfield bakery. Specializes
in decorated cakes, wedding cakes; Monday-
Sat. 6-6.

**Palomino’s Bar**
4 Gateway Center  
Downtown  
412-642-7711

Described as “upscale casual;” make
reservations if you go when the parents are in
town. Great service and ambience, excellent
quality food at reasonable prices.

**Pamela’s**
3703 Forbes. Avenue  
Oakland  
412-683-4066

Like its counterparts in Shadyside and
Squirrel Hill, best known for its breakfasts,
with an incredible variety of deliciously-
topped pancakes and the best corned beef
hash in town. A common place to head to after an early-ending exam. The long line can look intimidating on weekends, but the service is quick so the line moves along in no time … wait it out for this one.

5813 Forbes Avenue
Squirrel Hill
412-422-9457
The world’s best pancakes. A must for out of town visitors or hungry med students. This one closes early (3 or 4 pm).

5527 Walnut St.
Shadyside
412-683-1003
Go to one of the other ones if you can; this one gets extremely crowded and just doesn’t have the ambiance…or the farm implements. Most popular for brunch. The service often borders on horrific.

Panera Bread Company
3800 Forbes Avenue
Bagels, Coffee Shop
Oakland
412-683-3727

3401 Blvd. of the Allies
Oakland
412-683-9616

5430 Centre Ave.
Shadyside
412-687-2177
Free refills on drinks/coffee and bread samples make this a popular place to study. Great soup

1711 Murray Avenue
Squirrel Hill
412-421-3111

Papa J’s Centro
212 Boulevard of the Allies
Italian
Downtown
412-391-7272
This Italian restaurant has plenty of charm and deck seating in good weather. Packed during the week, but not weekends. Good for large groups.

Paparazzi
2100 E. Carson St.
Italian
South Side
412-488-0800
Live jazz from time to time.

Park Classic Diner
3893 William Penn Hwy.
Diner
Monroeville
412-373-6395
Amazing diner food, including 30+ varieties of milkshakes and huge burgers. Good if you’re out in Monroeville.

Penn Brewery
800 Vinial Street
American, Bar
North Side
$–$$
412-237-9402
www.pennbrew.com
A genuinely fun place to go with cool entertainment and its own brand of beer. Featuring live music performed by Dixieland, jazz, R&B, and traditional German bands. Their beer includes Penn Pilsner, Penn Lite and Penn Dark. Octoberfest is a lot of fun, and three out of four medical students agree that it’s good beer here. Live music Friday and Saturday nights 8p-12a. No cover. Did we mention beer?

People’s Indian Restaurant
5147 Penn Ave.
Indian
Garfield
$–$
412-661-3160
Rumored to be the best Indian restaurant in the ‘Burgh. Fairly inexpensive.

Peppercorns
3821 Willow Ave.
Steakhouse, Seafood
Castle Shannon
$–$$
412-344-7856
A very nice restaurant; take a date or your parents.
<table>
<thead>
<tr>
<th>Name</th>
<th>Type</th>
<th>Location</th>
<th>Phone</th>
<th>Specials</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Peppi's Olde Tyme Sandwich Shoppe</strong></td>
<td>Subs and Sandwiches</td>
<td>Strip District</td>
<td>412-562-0125</td>
<td>Respectable cheese steaks and an impressive array of specialty sandwiches. $6 gets you a large cheesesteak, freshcut fries and something to wash it down. One wall is an homage to the Pirates…the other wall is bare and lonely. They are open until 3am on Fri. and Sat.</td>
</tr>
<tr>
<td><strong>Peter's Pub</strong></td>
<td>American</td>
<td>Oakland</td>
<td>412-681-7465</td>
<td>Great bar for happy hour on Fridays (especially during Anatomy when you'll have class until 4 or 5; bring Dr. Schumann along). Yuenglings are $1 and they serve free wings and veggies. Downstairs has lots of booths to relax in, while upstairs can feature a DJ and dance floor when Peter feels like it. Another good bar for post-exam or post-events (e.g. the Talent Show) gatherings (have your VP call to get specials and reserve that top floor).</td>
</tr>
<tr>
<td><strong>Pho' Minh</strong></td>
<td>Vietnamese</td>
<td>Bloomfield</td>
<td>412-661-7443</td>
<td>Tiny eatery in Bloomfield offers some of the best, cheapest Vietnamese food around (nothing over $6.50).</td>
</tr>
<tr>
<td><strong>Piccolo Piccolo</strong></td>
<td>Italian</td>
<td>Downtown</td>
<td>412-261-7234</td>
<td>Upscale dining in a romantic setting. For those rare occasions when you wish to impress.</td>
</tr>
<tr>
<td><strong>Pino's Pizza Kitchen and Restaurant</strong></td>
<td>Italian</td>
<td>Squirrel Hill</td>
<td>412-521-3121</td>
<td>Good fancy pizza, more upscale than Napoli's or Mineo's. Take a date or your parents here.</td>
</tr>
<tr>
<td><strong>Pittsburgh Café</strong></td>
<td>American</td>
<td>Oakland</td>
<td>412-687-3330</td>
<td>Only a few different appetizers served, but over 120 beers to choose from and patio dining when it's sunny.</td>
</tr>
<tr>
<td><strong>Pittsburgh Deli Co.</strong></td>
<td>Deli</td>
<td>Shadyside</td>
<td>412-682-DELI</td>
<td>Delicious sandwiches and heavenly pickles for cheap. Bar upstairs.</td>
</tr>
<tr>
<td><strong>Pizza Amier</strong></td>
<td>Pizza</td>
<td>Squirrel Hill</td>
<td>412-422-2000</td>
<td>Only a few different appetizers served, but over 120 beers to choose from and patio dining when it's sunny.</td>
</tr>
<tr>
<td><strong>Pizza Hut</strong></td>
<td>Pizza</td>
<td>East Liberty</td>
<td>412-683-6300</td>
<td>Only a few different appetizers served, but over 120 beers to choose from and patio dining when it's sunny.</td>
</tr>
<tr>
<td><strong>Pizza Italia</strong></td>
<td>Pizza</td>
<td>Bloomfield</td>
<td>412-621-8960</td>
<td>Only a few different appetizers served, but over 120 beers to choose from and patio dining when it's sunny.</td>
</tr>
</tbody>
</table>
### RESTAURANTS

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Cuisine</th>
<th>Location</th>
<th>Price</th>
<th>Phone</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pizza Perfectta</td>
<td>258 S. Highland Ave</td>
<td>Pizza</td>
<td>Shadyside</td>
<td>$</td>
<td>412-661-9991</td>
<td>So-so food, no seating. Decent pizza delivery.</td>
</tr>
<tr>
<td>Poli Since 1921</td>
<td>2607 Murray Avenue</td>
<td>Seafood</td>
<td>Squirrel Hill</td>
<td>$$$</td>
<td>412-521-6400</td>
<td>Fine seafood dining; get reservations, perhaps when your parents are here.</td>
</tr>
<tr>
<td>Pretzel Shop</td>
<td>2316 E. Carson Street</td>
<td>Bakery</td>
<td>South Side</td>
<td>$</td>
<td>412-431-2574</td>
<td>A South Side secret. Fresh baked pretzels, baked sandwich rolls, decadent brownies. Can’t get cheaper than this. Look for the pretzel flag over the sidewalk.</td>
</tr>
<tr>
<td>Primanti Brothers</td>
<td>2 Market Place</td>
<td>Sandwiches</td>
<td>Downtown</td>
<td>$</td>
<td>412-261-1599</td>
<td>A must go. Don’t be caught claiming that you have never been since Pittsburghers will give you that look. Yeah, that one. Instead of getting a sandwich with coleslaw and fries on the side, Mssrs. Primanti save you the trouble of utensils by combining them all together in a large sandwich. Popular for lunch and not even close to healthy. And for those days when you want that post-exam beer and it’s too early for the bars to be open, you can count on these guys serving you a nice cold one at 10 in the morning.</td>
</tr>
<tr>
<td>Quaker Steak &amp; Lube</td>
<td>110 Andrew Drive</td>
<td>Sandwiches</td>
<td>Waterfront</td>
<td>$</td>
<td>412-494-3344</td>
<td>Great wings.</td>
</tr>
<tr>
<td>The Quiet Storm</td>
<td>5430 Penn Ave.</td>
<td>Coffee Shop, Vegetarian</td>
<td>Bloomfield</td>
<td>$</td>
<td>412-661-9355</td>
<td>Trendly hippie but comfy café with nightly local performances. Features an ever-increasing menu of tasty vegetarian/vegan treats. Neighborhood regulars feast often on Sunday brunch and gourmet ethnic meals at Tuesday night supper club ($10 for a 3-course meal).</td>
</tr>
<tr>
<td>Quizno’s Subs</td>
<td>4052 Liberty Ave.</td>
<td>Sandwiches</td>
<td>Bloomfield</td>
<td>$</td>
<td>412-682-1266</td>
<td></td>
</tr>
</tbody>
</table>

hours), and a Pittsburgh original. They live for you to ask, “What’s your No. 1 seller?” so don’t disappoint.

Come here for great vegetarian Indian selections.

Large burritos, tacos and quesadillas that you watch being made, with 5 unique salsas to pick from. Home of the Annual Burrito-Eating Contest. Check out the upstairs bar sometime; they have a good selection of imported Latin American beers and happy hour specials every day.
Ray’s Marlin Beach Bar and Grill
5121 Butler Street  Global
Lawrenceville  $  
412-781-6771
www.raymarlinbeach.com
Yes, it’s all the way out in Lawrenceville. But where else can you find sunny South Florida recreated for the eyes as well as the taste buds? The walls are coated in bright pastels with tiny palm trees, with a wooden mermaid statue hovering over the bar and a stuffed marlin perched on another wall. Seafood dishes are really good (they get shipments of fresh seafood from FL). Try the meatloaf, too. Downstairs dive bar features good cheap beer and tropical drinks.

Rea Coffeehouse
Woodland Rd  Coffee Shop
Shadyside  $  
412-365-1100
Pronounced “ray,” Chatham College sponsors this coffeehouse which hosts music and various events.

The Red Room Café
134 S. Highland Ave.  American/Fondue
East Liberty  $$$-$$$$  
412-362-5800
Red Room has a great feel and a wine list to match. Dark red walls, heavy curtains and overstuffed lounge chairs give the place a chic ambience. Large windows face the setting sun, and if you need to smoke you can step out onto their urban patio. RR is home to lots of tasty entrees and appetizers including wonderful mushroom, bleu cheese and chocolate fondues.

Regina Margherita Pizzaria
3801 Butler Street  Pizza
Lawrenceville  $  
412-434-5800
Authentic (and delicious-smelling) Neapolitan pizzas made in a wood-fire oven. Also try the Italian desserts.

Rialto Pizza, Inc.
623 Greenfield Ave.  Pizza
Greenfield  $  
412-421-2121
Great variety, prices, and quality. Great deals listed in Pittsburgh circulars.

Rita’s Italian Ice
5880 Forbes Avenue  Ice Cream
Squirrel Hill  $  
412-421-6320
Italian ice, gelati, frozen custard. Large ice = $2. Very popular on a nice night; only open during summertime.

Ritter’s Diner
5221 Baum Blvd.  Diner
Bloomfield  $  
412-682-4852
Classic diner food and waitresses with a lot of ‘character’. Home to many after a late night at the bars or clubs. Jukeboxes at every table.

Rock Bottom Brewery
171 East Bridge Street  American
Waterfront  $$-$$$  
412-462-2739
Adjacent to Sing Sing. Moderate price with great food.

Roman Room
1224 E. Carson St.  Café
South Side  $  
412-431-5910

Ron’s Pizza Palace
1830 E. Carson St.  Pizza
South Side  $  
412-381-7410

Restaurants, Ray’s Marlin Beach Bar and Grill - Ron’s Pizza Palace
# RESTAURANTS

<table>
<thead>
<tr>
<th>Restaurant Name</th>
<th>Address</th>
<th>Cuisine</th>
<th>Phone</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rose Tea Café</td>
<td>5880 Forbes Avenue, Squirrel Hill</td>
<td>Asian</td>
<td>412-421-2238</td>
<td>Eccentric Asian menu—specializing in tea and tapioca—very different. East Asian soul food will make you homesick.</td>
</tr>
<tr>
<td>Ruth’s Chris Steak House</td>
<td>6 PPG Plaza, Downtown</td>
<td>Steak</td>
<td>412-391-4800</td>
<td></td>
</tr>
<tr>
<td>Ryan’s Pub and Grill</td>
<td>607 S. Braddock, Regent Square</td>
<td>American</td>
<td>412-241-0464</td>
<td>Decent bar food with Karaoke on Sundays.</td>
</tr>
<tr>
<td>Salem’s Kitchen</td>
<td>S. Bouquet, near Post office, Oakland</td>
<td>Middle Eastern</td>
<td>412-366-1838</td>
<td>Huge plates of delicious curried lamb, kufta or chicken, served with rice and salad, all for 5 dollars. And it’s the only place I know that serves Muslim-ok’d Halal meats.</td>
</tr>
<tr>
<td>Salim’s Middle Eastern Store And Deli</td>
<td>4705 Centre Avenue, Oakland</td>
<td>Middle Eastern</td>
<td>412-621-8110</td>
<td>Conveniently you can have a very tasty dinner, get your Middle Eastern groceries, and buy a cell phone all in the same place.</td>
</tr>
<tr>
<td>Sari’s</td>
<td>2109 Murray Avenue, Squirrel Hill</td>
<td>Mediterranean</td>
<td>412-421-7208</td>
<td>Kosher pizza. Pretty good.</td>
</tr>
<tr>
<td>Sarris’ Ice Cream Parlor and Chocolate</td>
<td>511 Adams Ave, Canonsburg</td>
<td>Ice Cream</td>
<td>724-745-4042</td>
<td>Old fashioned ice cream parlor: huge scoops, brass rails. The chocolate palace and candy shop are also worth the trek down I-79 S.</td>
</tr>
<tr>
<td>Schlotzsky’s Deli</td>
<td>3600 Forbes Avenue, Oakland</td>
<td>Sandwiches, Deli</td>
<td>412-687-6113</td>
<td></td>
</tr>
<tr>
<td>Sciulli’s Pizza</td>
<td>3404 Fifth Avenue, Oakland</td>
<td>Pizza</td>
<td>412-687-9287</td>
<td>Good pizza.</td>
</tr>
<tr>
<td>Scoops Plus</td>
<td>4709 Liberty Ave, Bloomfield</td>
<td>Ice Cream</td>
<td>412-687-2014</td>
<td>No idea what the ‘Plus’ is about; old-fashioned Italian ice, though.</td>
</tr>
<tr>
<td>Sharp Edge Beer Emporium</td>
<td>302 South Saint Clair St, Friendship</td>
<td>American, Bar</td>
<td>412-661-3537</td>
<td>They specialize in very thin pizza and hamburgers; also an excellent selection of Belgian beers and 100 more.</td>
</tr>
<tr>
<td>Sichuan House</td>
<td>1900 Murray Avenue, Squirrel Hill</td>
<td>Chinese</td>
<td>412-422-2700</td>
<td></td>
</tr>
<tr>
<td>Silk Pagoda</td>
<td>4070 Beechwood Boulevard, Squirrel Hill</td>
<td>Pan-Asian</td>
<td>412-521-8620</td>
<td>Good delivery specials.</td>
</tr>
</tbody>
</table>
## Restaurants

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Type</th>
<th>Price</th>
<th>Phone Number</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Simple Treat Bakery</strong></td>
<td>4734 Liberty Ave.</td>
<td>Bakery</td>
<td>$</td>
<td>412-681-4833</td>
<td></td>
<td>Mmmmmm...</td>
</tr>
<tr>
<td><strong>Six &amp; Slice</strong></td>
<td>5719 Bryant St.</td>
<td>Pizza</td>
<td>$</td>
<td>412-362-3442</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Soba Lounge</strong></td>
<td>5847 Ellsworth Ave.</td>
<td>Asian Fusion</td>
<td>$$$</td>
<td>412-362-5656</td>
<td><a href="http://www.bigburrito.com">www.bigburrito.com</a></td>
<td>Part of the Big Burrito Company Group, Soba is a chic pan-Asian restaurant perfect for a nice date or a dinner with your parents if they are a little adventurous with their food tastes. Specialties include fantastic sushi (see Umi), seared tuna, and dumplings.</td>
</tr>
<tr>
<td><strong>Soprano's</strong></td>
<td>1627 Penn Avenue</td>
<td>Italian</td>
<td>$</td>
<td>412-281-4991</td>
<td></td>
<td>The chef from Klein’s, a downtown restaurant that closed ten years ago, resides here. Rumor has it that this Italian food is top notch, and the price is right.</td>
</tr>
<tr>
<td><strong>Spaghetti Warehouse</strong></td>
<td>2601 Smallman Street</td>
<td>Italian</td>
<td>$</td>
<td>412-261-6511</td>
<td><a href="http://www.meatballs.com">www.meatballs.com</a></td>
<td>An Italian chain restaurant for the corporate whore in you. Why not try something a little more authentic?</td>
</tr>
<tr>
<td><strong>Spice Café Global Bar And Grill</strong></td>
<td>328 Arwood Street</td>
<td>Global</td>
<td>$</td>
<td>412-682-1900</td>
<td></td>
<td>Located on the lower level of India Garden, this new restaurant brings you food from all over the world to just one meal—I'm talking from Italian appetizers to Korean entrees to Mexican desserts, and all in the comforts of the African décor. Half priced food from 4-6 and 11-1 every night, and half priced drinks from 5-7 pm. 20 beers on tap.</td>
</tr>
<tr>
<td><strong>Spice Island Tea House</strong></td>
<td>253 Arwood Street</td>
<td>Thai</td>
<td>$$$</td>
<td>412-687-8821</td>
<td></td>
<td>Take a tour through Southeast Asia in this dimly lit, quickly crowded favorite. Weekday lunch is 20% off the menu price. BYOB.</td>
</tr>
<tr>
<td><strong>The Square Café</strong></td>
<td>1137 S. Braddock</td>
<td>American</td>
<td>$</td>
<td>412-244-8002</td>
<td></td>
<td>Square Café serves breakfast and lunch. Dinner is only served on Fridays and Saturdays. Cuisine includes traditional brunch foods as well as some more modern European fares. Breakfast/brunch is fantastic, and the café offers $4.99 specials daily. The café is always busy, but the food is worth the wait. Also, they have delicious coffee served in beautiful mugs and incredibly attentive service.</td>
</tr>
<tr>
<td><strong>Sree's Veggie Café</strong></td>
<td>2107 Murray Avenue</td>
<td>Vegan</td>
<td>$</td>
<td>412-781-4765</td>
<td><a href="http://www.srees.com">www.srees.com</a></td>
<td>$4 vegan/vegetarian dinner. Check the weekly menu at the website.</td>
</tr>
<tr>
<td>RESTAURANTS</td>
<td>Pittmed Survival Guide</td>
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</tr>
<tr>
<td><strong>Sree’s</strong></td>
<td><strong>Steelhead Grill</strong></td>
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</tr>
<tr>
<td>606 Main Street</td>
<td>112 Washington Place</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Sharpsburg</td>
<td>Marriott City Center</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>1-800-390-SREE</td>
<td>Downtown</td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>412-394-3474</td>
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</tr>
<tr>
<td>Everything is served family-style. Great for large groups.</td>
<td>Fantastic food. This place should come to mind when planning dinner prior to a concert or hockey game at Mellon Arena.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Star Of India</strong></td>
<td><strong>Subway</strong></td>
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</tr>
<tr>
<td>412 S. Craig Street</td>
<td>4728 Liberty Ave.</td>
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</tr>
<tr>
<td>Oakland</td>
<td>Bloomfield</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>412-681-5700</td>
<td>412-578-0188</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>High quality Indian food, although somewhat pricey.</td>
<td>6401 Penn Ave.</td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>East Liberty</td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>412-363-4480</td>
<td></td>
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</tr>
<tr>
<td><strong>Starbucks</strong></td>
<td><strong>Butler and Penn</strong></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>4765 Liberty Ave.</td>
<td>Lawrenceville</td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>Bloomfield</td>
<td>3707 Forbes Avenue</td>
<td></td>
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<td><strong>Sunny Ledge</strong></td>
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<td>5124 Fifth Ave.</td>
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<td><a href="http://www.sunnyledge.com">www.sunnyledge.com</a></td>
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<td>Billed as a boutique hotel and tea room, Sunny Ledge serves tea, dinner, and Sunday brunch.</td>
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<td>Sushi Boat</td>
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<td>128 Oakland Avenue</td>
<td>121 Oakland Avenue</td>
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<tr>
<td>Sushi, Japanese, Chinese</td>
<td>Indian</td>
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<td>Oakland</td>
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<tr>
<td>412-681-1818</td>
<td>412-688-8737</td>
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<tr>
<td>Storefront with upstairs seating that serves much more than sushi, though the veggie rolls are a good price and the sushi decent. Many different noodle/rice and meat combinations (Japanese and Chinese) come in huge portions for cheap. A good place to go for lunch between classes, and if you eat there enough and the seas are right, you may just spot the Captain.</td>
<td>South Indian cuisine.</td>
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<tr>
<th>Sushi Kim</th>
<th>Szechuan Express</th>
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<tr>
<td>1241 Penn Ave.</td>
<td>125 Oakland Avenue</td>
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<td>Sushi, Japanese</td>
<td>Chinese</td>
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<td>Strip District</td>
<td>Oakland</td>
</tr>
<tr>
<td>$$$</td>
<td>$</td>
</tr>
<tr>
<td>412-281-9956</td>
<td>412-670-0126</td>
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<tr>
<td>The Sushi World Guide Online says “Awesome and Affordable.” Also highly recommended in <em>Pittsburgh Magazine.</em></td>
<td></td>
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<tr>
<th>Sushi Three</th>
<th>Taj Mahal</th>
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<tbody>
<tr>
<td>299A Beverly Road</td>
<td>7795 McKnight Road</td>
</tr>
<tr>
<td>Sushi, Japanese</td>
<td>Indian</td>
</tr>
<tr>
<td>Mount Lebanon</td>
<td>$</td>
</tr>
<tr>
<td>$88</td>
<td>412-364-1760</td>
</tr>
<tr>
<td>412-344-7874</td>
<td>Readers of <em>Pittsburgh Magazine</em> rate this place the best Indian food in town. Authentic, inexpensive food and music.</td>
</tr>
<tr>
<td><a href="http://www.sushi3-too.com">www.sushi3-too.com</a></td>
<td>5904 Bryant Street Highland Park 412-365-3000</td>
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<thead>
<tr>
<th>Sushi Too</th>
<th>Tango Café</th>
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<tr>
<td>5432 Walnut Street</td>
<td>5806 Forward Ave.</td>
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<tr>
<td>Sushi, Japanese</td>
<td>South American</td>
</tr>
<tr>
<td>South Side</td>
<td>$</td>
</tr>
<tr>
<td>$88</td>
<td>412-421-1390</td>
</tr>
<tr>
<td>412-68-SUSHI</td>
<td>Argentinean coffee, desserts, and pastries here are heavenly. Tango dancing some nights.</td>
</tr>
<tr>
<td><a href="http://www.sushi2-too.com">www.sushi2-too.com</a></td>
<td><a href="http://www.tangocafe.com">www.tangocafe.com</a></td>
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</table>

<table>
<thead>
<tr>
<th>Sushi Two</th>
<th>Taqueria Taco Loco</th>
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<tr>
<td>2122 E. Carson Street</td>
<td>1412 E. Carson St.</td>
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<tr>
<td>Sushi, Japanese</td>
<td>Mexican</td>
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<tr>
<td>South Side</td>
<td>$</td>
</tr>
<tr>
<td>$88</td>
<td>412-488-8858</td>
</tr>
<tr>
<td>412-431-SUSHI</td>
<td>Authentic, casual Mexican cuisine, considered tops in Pittsburgh.</td>
</tr>
<tr>
<td><a href="http://www.sushi2-too.com">www.sushi2-too.com</a></td>
<td>[<a href="http://www.taqueriatolec">www.taqueriatolec</a> locals.com](<a href="http://www.taqueriatolec">http://www.taqueriatolec</a> locals.com)</td>
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<thead>
<tr>
<th>Taste of India Restaurant</th>
<th>Taste of India Restaurant</th>
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<tbody>
<tr>
<td>4320 Penn Ave.</td>
<td>Indian</td>
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<tr>
<td>Bloomfield</td>
<td>$</td>
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<tr>
<td>412-681-7700</td>
<td>412-362-3676</td>
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<tr>
<td>Really good coffee and cappuccino. Yummy desserts and good (but kind of expensive) paninis. Fantastic brunch on Sunday mornings.</td>
<td></td>
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<tr>
<th>Tazzo D’Oro</th>
<th>Tazzo D’Oro</th>
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<tr>
<td>1125 N. Highland St.</td>
<td>Café</td>
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<tr>
<td>Highland Park</td>
<td>$</td>
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<tr>
<td>412-362-3676</td>
<td>412-362-3676</td>
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<tr>
<td>Really good coffee and cappuccino. Yummy desserts and good (but kind of expensive) paninis. Fantastic brunch on Sunday mornings.</td>
<td></td>
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</tbody>
</table>
### Tessaro’s

4610 Liberty Ave.
Bloomfield
412-682-6809

The sickest burgers going. Easily the best to be had in this fair city; if you don’t believe it, consider this: the *Post-Gazette* has run “Best Burger in the ‘Burgh Besides Tessaro’s” stories. Really great seafood and steaks and beers. Tessaro’s is noisy, smoky, and crowded, with a 15-30-minute wait for a table on weekends, but it’s worth it.

### Thai Cuisine

4627 Liberty Ave.
Bloomfield
412-688-9661

Lovely BYOB Thai restaurant in Bloomfield; very authentic food and vegetarian menu available. Try the pad thai, musman curry, or spicy basil noodles. They’ll spice it up to your liking.

### Thai Me Up

1925 E. Carson Street
South Side
412-488-8893

Very cheap, very small, and quite good.

### Thai Place

5528 Walnut St.
Shadyside
412-687-8586

Completely average Thai food... visit Thai Cuisine if you’re looking for better food and service. Spicy if you ask nicely.

### Thai Place Café

311 S Craig Street
Oakland
412-622-0133

Casual spin-off of Shadyside’s Thai Place.

### Tonic Bar and Grill

971 Liberty Avenue
Downtown
412-456-0460

Stong drinks, trendy atmosphere, and a contemporary menu. A must try.

### Tram’s Kitchen

4050 Penn Ave.
Bloomfield
412-682-2688

Cheap, authentic Vietnamese food. Bit of a hole-in-the-wall, but popular and rated by *Pittsburgh Magazine* readers as best in Burgh.

### Tuscany Café

1501 E. Carson Street
South Side
412-488-4475

Study in the café in the afternoon. Walk over to the bar in the evening.

### Udi

4141 Old William Penn Hwy.
Monroeville
412-373-5581

Good Indian food. Down the hill from the Temple.

### Umi

5847 Ellsworth Ave.
Shadyside
412-362-6198

The last of the Shadyside Big Burrito establishments, Umi adjoins Soba and sells excellent, albeit expensive, sushi. If you believe (or care about) what the editors of *Pittsburgh Magazine* think, the chef of Umi was voted best chef in the city for 2003.

### Uncle Sam’s Gourmet Subs

210 Oakland Avenue
Oakland
412-621-1885

One of the must places to go in Pittsburgh. You've got two to choose from (the other's in

---

Restaurants, Tessaro’s - Uncle Sam’s Gourmet Subs
Squirrel Hill and no excuses not to go. Uncle Sam’s is large subs from veggie to cheese steak with all the fixins and fries, together at last. Close proximity to Scaife makes it great for lunch or night before interim exam binges.

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Type</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>5808 Forbes Avenue</td>
<td>American</td>
<td>$</td>
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<tr>
<td>Squirrel Hill</td>
<td>412-521-7827</td>
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<tr>
<td>Great subs and sweet potato fries.</td>
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**Union Grill**

- **Address**: 413 S Craig Street
- **Type**: American
- **Price**: $$$
- **Phone**: 412-681-8620

Nicer bar atmosphere than most, plus some solid, “honest” American food. Amazing waffle fries. Microbrews are on tap, with some good burgers and salads available. Not a bad place to take the folks for a low-key lunch or dinner, especially when the nice outdoor seating is open.

**USA Gourmet Inc.**

- **Address**: 1016 North Lincoln Ave. Coffee Shop, Dessert
- **Type**: North Side
- **Price**: $$
- **Phone**: 412-231-8222

If you’re looking for a special cake, you will find it here. They also offer pastries, soups, and sandwiches. M-F 7a-3:30p Sat 7a-1:30p.

**Veracruz**

- **Address**: 3715 Forbes Avenue
- **Type**: Oakland
- **Price**: $ $ $
- **Phone**: 412-688-0766

Again, decent and fresh Mexican food, but with more of an authentic feel than the chargrilled atmospheres of neighbors Qdoba or Baja Fresh. Check out their Mexican grocery store down on Semple Street and buy yourself some real hot sauce and Jarritos drink. Students get 10% off (show your ID).

**Village Pizza**

- **Address**: 810 Ivy St.
- **Type**: Shadyside
- **Price**: $ $ $
- **Phone**: 412-682-6878

A favorite after hours spot for Pittmed students looking for a prophylactic hangover cure. Be sure to treat the owners with the respect they deserve, or you might not get your pizza.

**Vince’s Pizzeria**

- **Address**: 5107 Penn Ave.
- **Type**: Garfield
- **Price**: $412-362-4450

Take-out Italian food

**Vincent’s Pizza Park**

- **Address**: 998 Ardmore Blvd.
- **Type**: Wilkinsburg
- **Price**: $412-271-9181

Very popular pizza. A little far but one of the best slices the ‘Burgh has to offer.

**Walnut Grill**

- **Address**: 5500 Walnut St.
- **Type**: Shadyside
- **Price**: $$-$ $$
- **Phone**: 412-688-8220

Located just above Shady Grove off Walnut Street, Walnut Grill has typical American style dishes. Good selection of steaks and seafood including seared Ahi tuna and salmon, but some dishes are a little expensive for what you get.

**WG Grinder’s**

- **Address**: 4765 Liberty Avenue
- **Type**: Bloomfield
- **Price**: $412-682-8000

Sandwich chain in Bloomfield; M-Sat. 6am-11pm, Sun. 7am-9pm.

**Wheel Deliver**

- **Address**: 412-421-9346

Technically, not a restaurant, Wheel Deliver will place an order for you at certain restaurants and bring it to your door for a fee. Even if you don’t want to order food through them, their brochure is a collection of menus and other info and can be handy when you’re trying to decide where to eat.
Willow
634 Camp Horne Road  American
412-847-1007  $$-$-$$
www.willowpgh.com
Classy - a nice place to impress your parents or a date. Nine dining rooms.

Wilson’s Bar B-Q
700 North Taylor Ave.  BBQ
North Side  $$
412-322-RIBS (7427)
You know that any place that calls itself “Ribilicious” takes its barbecue seriously.
Situatued among the Mexican War Streets, Wilson’s serves the standards: ribs, chicken, beans, and greens.

Yen’s Gourmet
4219 Murray Ave.  Chinese
Squirrel Hill  $
412-421-5500
Popular Chinese restaurant.

Young Bin Kwan
4305 Main Street  Korean, Chinese
Bloomfield
412-687-2227
Serves a mix of Korean and Chinese dishes; Cooking tables are available.

Zaw’s Asian Food
2110 Murray Avenue  Pan-Asian
Squirrel Hill  $
412-521-3663
Take out only at this tiny storefront kitchen. Watch your dinner being made only feet away! It’s pretty good, so there may be a wait.

Zen Garden
5882 Forbes Ave.  Vegetarian
Squirrel Hill  $
412-422-7188
www.zengardenrestaurant.com
All-vegetarian food and inexpensive, interesting pseudo-meat preparations.

Zenith Tea Room
86 South 26th Street  Vegetarian
South Side  $
412-481-4833
www.mamarama.net/zenith.htm
Vegetarian restaurant with rotating menu, vegan options, and a fine selection of teas. Our sources say that the food is best on Wednesdays and that the quality tends to taper off as the week progresses. Vintage clothes and antiques on sale here as well.
## By Business Category

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Accessories

Coach Leather
5430 Walnut St
Shadyside
412-802-6971

Cosmetique De'Stefino
5533 Walnut St
Shadyside
412-681-7345
Fun jewelry, scarves, purses, etc.

Headgear Hatquarters of Pittsburgh
216 Fifth Avenue
Downtown
412-261-5755

La Niche
813 Copeland Way
Shadyside
412-683-3373
The women who owns and runs this fabulous little store hand carries her merchandise back from Paris. Jewelry, scarves, and other accessories.

Amusement Parks

Kennywood Park
4800 Kennywood Boulevard
West Mifflin
412-461-0501
www.kennywood.com
Kennywood is Pittsburgh's only amusement park, full of hours of fun and excitement for all ages. It's been in existence since 1902, and is one of the oldest amusement parks in the nation. As such, it's got a fascinating history; you'll get a taste of it during your Mon Valley experience. The park features 31 major rides, some of which are traditional and others modern. Roller coaster enthusiasts will love the three wooden roller coasters: the Thunderbolt (still one of the top 10 wooden coasters in the nation after 33 years), the Jackrabbit (built in 1921, has a famous “camel-back” double dip), and the Racer (built in 1927- a twin-track racing coaster with a reverse curve). Other coasters include the brand-new Phantom’s Revenge steel coaster (drops of 228-feet drop and speeds of 82 mph!), and the indoor Exterminator (a roller coaster in the dark). Kennywood also has three water rides and fourteen Kiddieland rides. The newest feature, Garfield’s Nightmare, updates the “Old Mill” ride built in 1902. Mini golf, paddleboats and Skycoaster are separate charges. Kennywood is also home to Pittsburgh's best french fries- be sure to stop at the Potato Patch to experience them! To get there, take Braddock Avenue to the Rankin Bridge. At the end of the bridge, make a left on Route 837. If you're not sure, follow the yellow Kennywood arrows.

Sandcastle Water Park
100 Sandcastle Drive
Homestead
412-462-6666
www.sandcastlewaterpark.com
Sandcastle is Kennywood's wet cousin, and boasts 15 “wet, wild and wacky” waterslides, adult and kiddie pools, and the “world's largest hot tub” (36' x 18'). Surrounding it all is the Lazy River, a gently flowing stream where you can float on an inner tube for hours. A giant wave pool was recently added to the park. Thrill-seekers can try the 85-ft high-speed slide. Non-water attractions include beach volleyball, a Formula 1 go-kart Speedway, miniature golf, and a boardwalk. Park hours vary. Sandcastle is located on Route 837. From I-376, take Exit 5 toward Homestead. Take the exit ramp off the Homestead High-Level Bridge, and the park is located next to the Waterfront shopping, restaurant and entertainment complex.
**Antiques**

**Accent on Antiques**  
276 Freeport Road  
Fox Chapel  
412-828-5098

**Antiques of Shadyside**  
4806 Liberty Ave.  
Bloomfield  
412-621-4455  
Buy antiques, jewelry, and repairs

**Arsenal Antiques, Inc.**  
3803 Butler Street  
Lawrenceville  
412-681-3002  
[www.arsenalantiques.com](http://www.arsenalantiques.com)  
Furniture, garden statuary, and other collectables from the past 150 years.

**Bloomfield Antiques and More**  
4510 Liberty Ave.  
Bloomfield  
412-638-9057

**McDonough’s Antiques**  
3617 Butler Street  
Lawrenceville  
412-681-8858  
Solid old furniture that just might be worth something.

**Now & Then Antiques & Collectibles**  
1023 E. Carson St.  
South Side  
412-431-1373

**Scavengers Antiques and Collectables**  
3533 Butler Street  
Lawrenceville  
412-682-6781  
open Wed.-Sat. 11-6  
Antiques and collectibles specializing in the 50s and 60s

**South Bank Galleries**  
1300 E. Carson St.  
South Side  
412-488-6688

**Swoon**  
4020 Butler Street  
Lawrenceville  
412-681-1801  
Antiques and such for the home and garden; vintage clothing and accessories. There are monthly Tarot readings here…boo!

**The Wild Goose**  
1033 S. Braddock  
Regent Square  
412-731-1690

**Twice Loved Antiques**  
6328 Butler Street  
Lawrenceville  
412-781-5600  
Wed.-Sat. 11-4  
5 rooms of antiques. Don’t be fooled by the rundown house illusion.

**Very Cherry**  
1923 E Carson St.  
South Side  
412-488-1200

**Apparel**

**Ambiance Boutique**  
1039 S. Braddock  
Regent Square  
412-243-5523

**Banana Republic**  
5542 Walnut St.  
Shadyside  
412-681-2220  
Business casual. Great for finding appropriate Clinical Experiences gear.
**Chico's**  
Fifth Avenue Place  
Downtown  
412-471-6556

**Culture Shop**  
1602 1/2 E. Carson St.  
South Side  
412-481-8284  
Indian fashion imports.

**Hiphop City**  
6003 Penn Ave  
East Liberty  
412-363-7488

**J. Crew**  
5433 Walnut St  
Shadyside  
412-683-8021

**Luxx Inc.**  
1003 E. Carson St.  
South Side  
412-381-6775  
Clothes for the year 2110.

**Pittsburgh Jeans Co.**  
2222 E. Carson St.  
South Side  
412-381-5326  
The jeans take a shoehorn to get into, but they're so worth it.

**Slacker**  
1321 E. Carson St.  
South Side  
412-381-3911  
[www.slackernet.com](http://www.slackernet.com)  
Shop here to look 13 and disaffected.

**The GAP**  
5434-36 Walnut St  
Shadyside  
412-683-8588

**United Colors of Benneton**  
5513 Walnut St.  
Shadyside  
412-621-5560  
Great women's suits, business casual, and dresses. Men's business casual upstairs. A fashionable European-esque alternative to Banana Republic.

**Apparel, Children's**

**Maria's**  
4718 Liberty Ave.  
Bloomfield  
412-687-3370  
[www.merantegifts.com](http://www.merantegifts.com)  
Children's special occasion clothing (holidays, weddings, christenings).

**Apparel, Men's**

**Charles Spiegel For Men**  
5841 Forbes Avenue  
Squirrel Hill  
412-421-9311

**Enrico International Hair Designer**  
3516 Fifth Ave.  
Oakland  
412-682-3738

**Jos. A. Bank Clothiers**  
527 Smithfield Street  
Downtown  
412-261-4220

**Moda**  
5401 Walnut St.  
Shadyside  
412-681-8640  
Men's clubbing clothes. A little pricey, good if you want to dress to impress on your trip to NYC. Also some nice ties.
Specialty clothing
1023 Fifth Avenue
Downtown
412-391-1288
An old-school men’s clothing store where you’ll never have to pay for your alterations, no matter how many Primanti’s sandwiches you eat. The big-and-tall selection is also quite good.

The Time Bomb
200 S. Highland
Shadyside
412-661-2233
Urban menswear

Apparel, Scrubs

American Discount Uniform
4772 Liberty Ave.
Bloomfield
412-578-6786
Uniform supplier near West Penn hospital.

Life Uniform
3501 Forbes Avenue
Oakland
412-682-6373
A place to get the scrubs and lab coats you’ll need for anatomy lab. Keep your lab coat around for Neuro and Micro labs in the spring.

Uniforms USA
3708 Fifth Avenue
Oakland
412-681-1820
Another place to check out for anatomy scrubs.

Apparel, Women’s

Allure
4730 Liberty Ave.
Bloomfield
412-687-6390
Beautiful, funky jewelry pieces and colorful, expensive tropical cruise ship clothes. M-F: 10:00 am-6:00 pm, Sat: 10:00 am-5:00 pm.

Ann Taylor
5407 Walnut St
Shadyside
412-681-8906
Women’s Business Casual.

Dina Ellen
817 S. Aiken Ave
Shadyside
412-621-6133
Girls—great for a formal dress or your favorite Michael Stars T-shirt. Hours: M-Sat 10am-5:30pm.

E.B. Pepper
5411 Walnut St.
Shadyside
412-683-3815
If you don’t own a pair of jeans under $100 this is the place to find them. Also has dresses.

Full Moon
808 Ivy St
Shadyside
412-682-7827
Best place for a dress for the Black Bag Ball. A little pricey but sooo worth it. Don’t let the proximity to Village Pizza fool you. Also has trendy jewelry.
Maxalto
5426 1/2 Walnut St.
Shadyside
412-683-0508
Women's dresses, and trendy clothing. You can drool but probably not buy.

Rue 21
3605 Forbes Avenue
Oakland
412-681-1266
Trendy cute styles, voted best clothing store in Oakland by this year's Pitt News. Of course, they also voted Rolling Rock as the second best "good" beer around, so you make the call.

Monroeville Mall
412-372-8515

Strawberry
Gulf Tower
Downtown
412-391-3613
Women's clothing on the younger, trendier side.

Zeto Boutique
5530 Penn Ave.
Friendship
412-362-1141
www.zeto-clothing.com
Trendy clothes that go to all kinds of chi-chi boutiques, designed right here in the 'burgh. You won't find this place during the day - open only at night on Penn Ave. First Fridays, or by appointment

Art - Retail

One World Gallery
5824 Forbes Avenue
Squirrel Hill
412-421-9500
www.oneworldgallery.com
Fine art, hand colored photography, prints and posters.

Art Galleries

Also see Art Gallery/Performance Spaces section in nightlife guide

Artists Image Resource at Foreland Street
518 Foreland Street, 2nd Floor
North Side
412-321-8664
www.artistsimageresource.org
This small gallery exhibits contemporary art with a focus on prints. The building also houses a printmaking studio.

Associated Artists of Pittsburgh Gallery
937 Liberty Avenue
Downtown
412-263-2710

Sugar Boutique
3703 Butler Street
Lawrenceville
412-681-5100
www.sugarboutique.com
A very girly boutique with clothing and accessories from emerging designers.

The Pussycat
5862 Forbes Avenue, Suite 1
Squirrel Hill
412-521-5977
Lingerie & swimsuits. Yes, for women, jerk.

Victoria's Secret
5505 Walnut St.
Shadyside
412-687-8550
If you don't know, we can't tell you.
Businesses

**Boxheart**
4523 Liberty Ave.
Bloomfield
412-687-8858
[www.boxheart.org](http://www.boxheart.org)
Fine art gallery with all items (including art objects and jewelry) available for retail; one of Pittsburgh's few small galleries with regular hours.

**Center For Contemporary Craft**
2100 Smallman Street
Strip District
412-261-7003
[www.contemporarycraft.org/home.html](http://www.contemporarycraft.org/home.html)
Tue.-Sat.: 9:00 am-5:00 pm
This gallery has interesting exhibits of crafty contemporary art, and the gift shop is nice as well.

**Coca Coffee Lounge**
3811 Butler Street
Lawrenceville
412-621-3171
Sip coffee while you check out designer furnishings and artwork. They serve tasty breakfast and lunchables Tues-Sat with Sunday Brunch, and small plates for dinner on Fri. from 6-10. This place is cool, and it rubs off on its patrons.

**Concept Art Gallery**
1031 S. Braddock
Regent Square
412-242-9200

**Eclectic Art and Framing Gallery**
3401 Butler Street
Lawrenceville
412-687-0123
[www.eclecticartgallery.com](http://www.eclecticartgallery.com)
Fine art paintings, prints, and custom frames.

**Edge Studio**
5411 Penn Ave.
Friendship
412-441-9699
Fancy architectural firm that has a pretty darn cool art gallery.

**Emma's Art & Coffee Emporium**
4407 Butler Street
Lawrenceville
412-683-8992
A Victorian style café with art and antiques along with gourmet coffee, teas, desserts, and light lunches.

**The Frame**
5200 Forbes Avenue
Oakland
412-862-2801
CMU's student-run art gallery. The undergrads put on some funky shows, but it's usually open only Friday evenings.

**Gallery on 43rd Street**
187 43rd Street
Lawrenceville
412-683-6488
Fine art and craft, by western PA artists. Paintings, sculpture, pottery, photography, jewelry, weaving, you name it.

**Hawk Studios and Gallery**
5167 Butler Street
Lawrenceville
412-781-7849
[www.hawkstudios.com](http://www.hawkstudios.com)

**Katz Plaza**
Penn Avenue, next to the O'Reilly Theater
Downtown
A public sculpture exhibit designed by Louise Bourgeois and Daniel Urban Kiley.

**Penn Ave Pottery**
1905 Penn Avenue
Strip District
412-281-9394
Pottery made by local and national artists. There's a lot of pretty stuff, which also happens to be a tad pricey. Some jewelry exists there.
<table>
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<th>Art Galleries - Art Studios</th>
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<td>3700 Penn Avenue</td>
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<tr>
<td>412-956-4806</td>
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<tr>
<td>Wed.-Sat. 11-3; Local artists and custom framing.</td>
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<td><strong>Regina Gouger Miller Gallery</strong></td>
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<td>Purnell Center, CMU</td>
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<td>Oakland</td>
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<tr>
<td>412-268-3618</td>
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<tr>
<td>artservser.cfa.cmu.edu/</td>
</tr>
<tr>
<td>A three-story art gallery that exhibits contemporary art, both from international artists and CMU's School of Art. Free admission.</td>
</tr>
<tr>
<td><strong>Ron Donoughe Studio</strong></td>
</tr>
<tr>
<td>266 Main Street</td>
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<tr>
<td>Lawrenceville</td>
</tr>
<tr>
<td>412-216-1914</td>
</tr>
<tr>
<td><a href="http://www.donoughe.com">www.donoughe.com</a></td>
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<tr>
<td>Custom murals and commissioned oil paintings by Don.</td>
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<tr>
<td><strong>Silver Eye Center For Photography</strong></td>
</tr>
<tr>
<td>1015 E. Carson St.</td>
</tr>
<tr>
<td>South Side</td>
</tr>
<tr>
<td>412-431-1810</td>
</tr>
<tr>
<td>Small gallery that shows international and local artists working in photography. Consistently excellent exhibits.</td>
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<tr>
<td><strong>Slaughterhouse Gallery and Studios</strong></td>
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<tr>
<td>5136 Butler Street</td>
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<tr>
<td>Lawrenceville</td>
</tr>
<tr>
<td>412-782-6858</td>
</tr>
<tr>
<td><a href="http://www.slaughterhousegallery.com">www.slaughterhousegallery.com</a></td>
</tr>
<tr>
<td>A community of artists and artisans.</td>
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<tr>
<td><strong>Studio 5013</strong></td>
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<tr>
<td>5013 Penn Ave.</td>
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<tr>
<td>Garfield</td>
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<tr>
<td>412-365-0553</td>
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<tr>
<td><strong>Sunshine in the City/Iron Eden</strong></td>
</tr>
<tr>
<td>2200 Penn Avenue</td>
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<tr>
<td>Strip District</td>
</tr>
<tr>
<td>412-227-0223</td>
</tr>
<tr>
<td>An urban art gallery full of surprise treasures.</td>
</tr>
<tr>
<td><strong>Watercolors Gallery</strong></td>
</tr>
<tr>
<td>901 Penn Avenue</td>
</tr>
<tr>
<td>Downtown</td>
</tr>
<tr>
<td>412-201-4003</td>
</tr>
<tr>
<td><a href="http://www.watercolorsgallery.com">www.watercolorsgallery.com</a></td>
</tr>
<tr>
<td><strong>Wood Street Gallery</strong></td>
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<tr>
<td>601 Wood Street</td>
</tr>
<tr>
<td>Downtown</td>
</tr>
<tr>
<td>412-471-5605</td>
</tr>
<tr>
<td><a href="http://www.pgharts.org/art/woodstreet.cfm#">www.pgharts.org/art/woodstreet.cfm#</a></td>
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<tr>
<td><strong>Art Studios</strong></td>
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<tr>
<td><strong>Glenn Greene's Stained Glass Studio</strong></td>
</tr>
<tr>
<td>635 S. Braddock</td>
</tr>
<tr>
<td>Regent Square</td>
</tr>
<tr>
<td>412-243-2772</td>
</tr>
<tr>
<td><strong>Liquid Stone Studio</strong></td>
</tr>
<tr>
<td>4810 Penn Ave.</td>
</tr>
<tr>
<td>Garfield</td>
</tr>
<tr>
<td>412-362-9711</td>
</tr>
<tr>
<td><a href="http://www.liquidstonestudio.com">www.liquidstonestudio.com</a></td>
</tr>
<tr>
<td>I've never explored this place from the inside, but they make all kinds of artistic furniture out of concrete.</td>
</tr>
<tr>
<td><strong>Pittsburgh Glass Center</strong></td>
</tr>
<tr>
<td>5472 Penn Ave.</td>
</tr>
<tr>
<td>Friendship</td>
</tr>
<tr>
<td>412-365-2145</td>
</tr>
<tr>
<td><a href="http://www.pittsburghglasscenter.org">www.pittsburghglasscenter.org</a></td>
</tr>
<tr>
<td>Offering classes throughout the year, the Glass Center invites students to its 16,000+ square foot facility to learn about hot glass, flame working, coldworking, casting and kilnworking. Glassworking is an expensive hobby, but the center offers fair rates and state-of-the-art facilities. Visit their beautiful gallery M-F 10 a.m.-4 p.m. or by appointment (extension 201).</td>
</tr>
</tbody>
</table>
**Art Supply**

**Artist & Craftsmans Supply**  
6000 Penn Circle South  
East Liberty  
412-363-6400  
Bi-level arts and crafts bonanza. The best, most enjoyable art store in Pittsburgh.

**CMU Art Store**  
CMU University Center, 5000 Forbes Avenue  
Oakland  
412-268-2968  
bizservweb.pc.cc.cmu.edu/artstore/index.html

**Mary Davis Craft Shoppe**  
5208 Butler Street  
Lawrenceville  
412-781-1046  
Crafts for showers, weddings, and cake decorating supplies.

**Studio K**  
4027 Butler Street  
Lawrenceville  
412-621-4414  
Fine art and crafts, custom framing.

**Top Notch Art Centre**  
411 S Craig Street  
Oakland  
412-683-4444

**Utrecht Art Supply**  
1945 E. Carson St.  
South Side  
412-432-1945  
www.utrechtart.com  
Decent chain art store.

**Automotive**

**Armstrong Auto Body**  
5470 Penn Ave.  
Garfield  
412-661-4958

**Jiffy Lube**  
5125 Baum Boulevard  
Oakland  
412-687-7447  
Good for a cheap oil change.

**Joe Dilorio’s Auto Body Shop**  
117 W. 7th Ave.  
Homestead  
412-461-7722

**Monro Muffler Brakes and Service**  
5525 Penn Ave.  
Friendship  
412-362-7900

**Pep Boys**  
936 S Millvale Avenue  
Oakland  
412-578-0478

**Rudy Molnar Service Center**  
5500 Baum Blvd.  
Shadyside  
412-682-5700  
An honest, hard-working bunch of guys.

**Bakeries**

**Allegro Hearth Bakery**  
2034 Murray Avenue  
Squirrel Hill  
412-422-5623  
Tasty crusty bread.
Balcer Bakery
2126 E. Carson St.
South Side
412-431-6193
Decent neighborhood bakery. T-Th: 5:30am-1pm, F: 5:30am-3pm, closed Mon. & Sun.

Breadworks
2110 Brighton Road
North Side
412-231-7555
A ridiculous array of seriously tasty bread, the same stuff served at many of Pittsburgh’s restaurants. Unless you live in the neighborhood or are passing through, it’s something of a trek to get here, but if you appreciate good bread it is worth the pilgrimage.

Chahine Bakery
2130 Murray Avenue
Squirrel Hill
412-422-2998
Middle Eastern market and deli.

Jenny Lee Bakery
430 Market Square
Downtown
412-471-6861
Good donuts, friendly service.

Kunst Bakery
3610 Forbes Avenue
Oakland
412-621-0577
Great, old-fashioned bakery. Try the rainbow cookies, if they have them.

Mckees Rocks Bread Company
1717 Penn Avenue
Strip District
412-765-3545
Great specialty breads can be found here and they often have samples available: obey the siren song of the street bakers luring you into the store.

Prantl’s Bakery
5525 Walnut St.
Shadyside
412-621-2092
Some say the best bakery in Pittsburgh. Great specials every day. Amazing chocolate mousse cake.

Rolladin’ Bakery
2120 Murray Avenue
Squirrel Hill
412-521-5555
Kosher coffee, cakes.

Simple Treat Bakery
2119 Murray Avenue
Squirrel Hill
412-521-6323
Kosher.

Sunseri Sunrise Bakery
1906 Penn Avenue
Strip District
412-255-1100
Fresh bread, donuts, other baked goods, and coffee.

Sweetie Sweetie
1103 S. Braddock
Regent Square
412-243-7730

Banks

Bell Federal Savings And Loans
201 N Craig Street
Oakland
412-682-0700

Citizens Bank
4701 Liberty Ave.
Bloomfield
412-682-3902
3718 Fifth Avenue
Oakland
412-683-1111
BANKS

First National Bank
1712 East Carson Street.
South Side
412-381-8000

Great American Federal
250 Summiet Park Drive
412-490-0220

Iron and Glass Bank
1114 East Carson Street
South Side
412-488-5200

National City
4612 Forbes Avenue
Oakland
412-681-4200

3700 Fifth Avenue
Oakland
412-687-7670

1730 Murray Avenue
Squirrel Hill
412-421-5818

5601 Walnut St.
Shadyside
412-363-3401

Its bank and ATM are on Walnut for those of you who plan never to leave a five block radius in Shadyside. Also, the only ATM on Walnut that accepts deposits.

217 N. Highland Ave.
Shadyside
412-665-4040

Duke Federal Credit Union
2800 Sarah St.
South Side
412-431-6843

Eureka Bank
3455 Forbes Avenue
Oakland
412-681-8400

Fidelity Bank
2034 Penn Avenue
Strip District
412-402-1000

Shadyside
412-363-3401

The bank and ATM are on Walnut for those of you who plan never to leave a five block radius in Shadyside. Also, the only ATM on Walnut that accepts deposits.

217 N. Highland Ave.
Shadyside
412-665-4040

Parkvale Bank
3520 Forbes Avenue
Oakland
412-687-1200

1940 Murray Avenue
Squirrel Hill
412-373-4828
PNC Bank
4761 Liberty Ave.
Bloomfield
412-681-2111

4101 Butler Street
Lawrenceville
412-682-4435

4022 Fifth Avenue
Oakland
412-621-0300

4600 Fifth Avenue
Oakland
412-683-7161

Corner of Penn and Highland
Shadyside
412-661-4025

If you plan on being one of those people that
lives in Scaife Hall you may want to go with
PNC because the ATM in Scaife is PNC (11th
floor cafeteria). Also has ATMs on Walnut St.

Sky Bank
4319 Butler Street
Lawrenceville
412-681-8390

United-American Savings Bank
1812 East Carson Street
South Side
412-431-9191

Barbers

Dan Cercone’s
4720 Liberty Ave.
Bloomfield
412-621-7797

Local guys that’ll chat you up while you’re
getting your haircut. Nothing fancy.

Oscar’s Barber Shop
5437 Penn Ave.
Garfield
412-665-0565

Bath and Body

Caswell-Massey
Fifth Avenue Place
Downtown
412-471-7222

Bath supplies and body care.

Jay Design Soap and Gifts
4603 Butler Street
Lawrenceville
412-683-1184

www.jaydesign.com
Luxury handcrafted soap products (Fight
Club?). Many to choose from. I never thought
soap could be so beautiful. For real, yo.

L’Occitane
5521 Walnut St.
Shadyside
Aromatherapy, haircare, etc.
### Bead Stores

- **Sephora**
  - Location: 5526 Walnut St., Shadyside
  - Contact: 412-687-2484
  - Description: Two walls—one with cologne and one with perfume. Great makeup although pretty pricey—the friendly staff will spend hours finding the perfect eye shadow with you.

- **Crystal Bead Bazaar**
  - Location: 4504 Butler Street, Lawrenceville
  - Contact: 412-687-1513
  - Description: Beads and stuff made out of them.

- **Pittsburgh Knit And Bead**
  - Location: 1708 Shady Avenue, Squirrel Hill
  - Contact: 412-421-7522
  - Website: [www.knitandbead.com](http://www.knitandbead.com)
  - Description: A cool little spot for all of your beading and knitting needs, including classes.

- **The Bead Mine**
  - Location: 1703 E. Carson St., South Side
  - Contact: 412-381-8822
  - Description: For all your beading needs.

### Beer Distributors

- **Craig Beer Distributing Company**
  - Location: 313 N. Craig Street, Oakland
  - Contact: 412-621-7200

- **McBroom Distributor**
  - Location: 1200 S. Braddock, Regent Square
  - Contact: 412-241-2500

- **Mellinger Beer Distributor**
  - Location: 402 Semple Street, Oakland
  - Contact: 412-682-4396

- **Pistella's Beer**
  - Location: 5514 Penn Ave., Friendship
  - Contact: 412-361-0915
  - Hours: M-F 10-9, Sat. 9-9.

- **University Beverage Center**
  - Location: 114 Atwood Street, Oakland
  - Contact: 412-687-7232

### Bicycle Shops

- **Biketek Pittsburgh**
  - Location: 5839 Forbes Avenue, Squirrel Hill
  - Contact: 412-521-6448

- **Gatto Cycle Shop**
  - Location: The Factory, 7501 Penn Ave., Wilkinsburg
  - Contact: 412-731-9200
  - Description: A fairly large bicycle shop with bikes in all price ranges. They also carry a wide selection of clothes and accessories.

- **Kraynick’s Bike Shop**
  - Location: 5003 Penn Ave., Bloomfield
  - Contact: 412-621-6160
  - Description: The place is the most insane collection of bicycle parts you are likely to ever see. They have four floors of jam-packed madness, some of which you need a flashlight to explore. Also has community workstands. Must be seen to be believed. New, used, and antique bikes available.
**Pittsburgh Pro Bicycles**
2012 Murray Avenue
Squirrel Hill
412-521-2453
www.pghprobikes.com
An excellent bicycle shop specializing in nicer road and mountain bikes, but with a selection from all price ranges. They have a great service department, and the staff are helpful and friendly; ask for Chuck.

**Book Stores**

**Barnes And Noble**
1723 Murray Avenue
Squirrel Hill
412-521-3600

**Bradley's Book Outlet**
2019 Penn Avenue
Strip District
412-281-3014
Overstock books of all flavors.

**Caliban Book Shop**
410 S Craig Street
Oakland
412-681-9111

**Campus Book Store**
3610 Fifth Avenue
Oakland
412-681-9770
Undergraduate book store.

**City Books**
1111 E. Carson St.
South Side
412-481-7555
Used books. ‘Nuf said.

**Eljay's Used Books**
1309 E. Carson St.
South Side
412-381-7444
More used books. Because the world can never have enough books that are used.

**Got Used Bookstore**
3601 Forbes Avenue
Oakland
412-687-2780
www.gotused.com

**Health Center Bookstore**
3527 Forbes Avenue
Oakland
412-658-8911; 412-658-8915
www.pitt.edu/~healthbc

**Jay's Bookstall**
3604 Fifth Avenue
Oakland
412-683-2644
Right on Fifth, across from Children's, is Pittsburghs’ independent bookstore heaven. Absolutely packed with books, and pictures of Jay with every living famous writer. Just try and get him to talk to you.

**Pinkser's Books And Judaica**
2028 Murray Avenue
Squirrel Hill
412-421-3033
www.judaism.com

**The Big Idea**
504 South Millvale Ave.
Bloomfield
412-OUR-HEAD
www.thebigideapgh.org
Easy to miss but a cool find for the liberals among us. A collectively-run bookstore. Free coffee and friendly conversation with the volunteers, as well as a collection of Chomsky, Zinn, others, and hand-made books upstairs. Used CDs as well.

**Three Penny Books**
1827 Murray Avenue
Squirrel Hill
412-422-5420
Used books.
Townsend Booksellers
4612 Henry Street
Oakland
412-682-8030
http://www.abebooks.com/home/townsendbks/

University Of Pittsburgh Book Center
4000 Fifth Avenue
Oakland
412-648-1455

Bowling Alleys

Arsenal Bowling Lanes
212 44th Street
Lawrenceville
412-683-5992
Cheap beer, bowling, rock’n’roll, and sometimes bingo. It can get pretty crowded.

Wissman’s Forward Lanes
5844 Forward Avenue
Squirrel Hill
412-422-5844
Not too many lanes, but a good place to bowl. 70’s retro vibe and beer on tap. Upstairs.

Candy and Chocolate

Candy Rama
3340 Smallman Street
Strip District
412-683-2288
Wholesale candy.

212 Fifth Ave.
Downtown
412-281-7350

Candy World
Strip District
This store sells candy in the front to the lure the kids in with their irresistible confections. Once there, they find the entire back of the store stocked with knives, swords, and more martial arts equipment than an 80’s ninja movie. Soon, the children are part of the evil Foot Clan, and do the bidding of their Master, Shredder.

Carol Wayne Chocolates
3805 Forbes Avenue
Oakland
412-682-2898

Chocolate Celebrations
1705 E. Carson St.
South Side
412-488-1808
Chocolate, milkshakes. Run, don’t walk.

Mon Aimee’s Chocolates
2101 Penn Avenue
Strip District
412-395-0022
www.monaimeechocolat.com/index.htm
Fresh chocolates, varieties of chocolate gelato, and chocolate products from approximately 30 countries. All that plus great service from Mon Aimee herself. Great for stocking stuffers and adventurous chocoholics.

The Chocolate Moose
732 Filbert St.
Shadyside
412-688-8800
www.thechocolatemoose.com
They will dip anything in chocolate, and I mean anything.

The Chocolate Moose
5830 Forbes Avenue
Squirrel Hill
412-422-2208

Cards & Gifts

**Cards Plus**
5854 Forbes Avenue
Squirrel Hill
412-421-7778
Greeting cards.

**Joan's Hallmark Shop**
4748 Liberty Ave.
Bloomfield
M-Sat: 9:30 am-6:00 pm; Sun: 10:00 am-2:00 pm.

**Kards Unlimited**
5522 Walnut St.
Shadyside
412-622-0500
The best card and gift bag selection I've ever seen. Everything is funky, colorful, and original, and not ridiculously expensive for being on Walnut St.

**Merante Gifts**
4723 Liberty Ave.
Bloomfield
412-682-3370
[www.merantegifts.com](http://www.merantegifts.com)
Fun gifts, cookbooks and cookware. Open M-F 9:30-5:30, Sat. 9:30-5.

**Signatures**
1722 Murray Avenue
Squirrel Hill
412-521-1492
A wonderful selection of papers and cards for the serious stationary consumer.

**Sincerely Yours**
2 PPG Place, Suite 10
Downtown
412-471-9687
Stationary and souvenirs.

Carpets

**Classic Persian Carpets**
2218 Murray Avenue
Squirrel Hill
412-421-7330
Rugs, restoration, cleaning.

**Custom Carpet**
2212 Murray Avenue
Squirrel Hill
412-521-6280

Climbing Walls

**Climb North**
2468 Wildwood Rd.
Wildwood
412-487-2145
Hard bouldering and some toprope.

**The Climbing Wall**
The Factory, 7501 Penn Ave.
Wilkinsburg
412-247-7334
Top rope, lead and large bouldering facilities. Rentals and instruction available.

Comics

**Phantom Of The Attic**
406 S. Craig Street
Oakland
412-621-1210
Community Development

Penn Avenue Arts Initiative
5530 Penn Ave.
Friendship
412-441-6147
www.pennavenuearts.org
The easiest way to get access to the thriving arts scene on Penn Ave. is to attend First Fridays (evenings of arts, music, and performance on the first Friday of each month), sponsored by the Arts Initiative.

Sprout Fund
4920 Penn Ave.
Friendship
412-325-0646
www.sproutfund.org
Local organization striving for the revitalization of Pittsburgh neighborhoods. Sponsors AMP, a 3-month-long set of performances and displays in the arts, as well as mural projects and other public art works.

Thomas Merton Center
5125 Penn Ave.
Garfield
412-361-3022
www.ThomasMertonCenter.org
Community organizing center with members who have been working for Peace and Justice in Pittsburgh since 1972; materials available on issues of war, poverty, racism, oppression, and environmental preservation.

Convenience Stores

A&M Market
5224 Penn Ave.
Garfield
At the corner of Penn & Atlantic.

G&K Grocery Kart
5482 Penn Ave.
Friendship
412-361-8930

Manno’s Italian Market and Deli
937 Mellon St.
Highland Park
412-363-9998

Penn Aiken Dairy
5401 Penn Ave. (Penn & Aiken)
Garfield
412-361-5634
Tiny grocery store with eatery and beer distributor. Open 10am-12am.

People’s Grocery
5136 Penn Ave.
Garfield
Open M-F 6:30-7:30

Sandy’s Deli
925 Mellon St.
Highland Park
412-661-4040

Uni-Mart
5724 Ellsworth Ave.
Shadyside
412-363-8390
It’s a 7-11 without the gas. 24 hrs.

Walnut Market
5901 Bryant St.
Highland Park
412-661-8720

Computers

A1-Pc Computer Shops Inc.
2629 Murray Avenue
Squirrel Hill
412-422-2680
Cooking School

Food Glorious Food
5906 Bryant St.
Highland Park
412-363-5330
www.foodgloriousfoodonline.com
Gourmet gift shop and cooking school, with lots of hands-on classes and demonstrations for the public.

Costumes

Abmayr Costume Service
4610 Liberty Ave.
Bloomfield
412-683-7369
This little shop doesn’t look like much from the outside, but once you’re through the doors you’ve got costumes and masks galore. Friendly owners offer Halloween rentals for $25-$75. Open M-Sat.

Costume World
1690 Smallman Street
Strip District
412-281-3217
www.costumeworld.com
You can rent and buy costumes here. They’re nice, but very pricey.

Spotlight Costumes
1503 E. Carson St.
South Side
412-381-7733
Good if you’re in a jam for the Halloween party.

Cruises

Gateway Clipper Fleet
Station Square
Station Square
412-355-7980
www.gatewayclipper.com
The Fleet operates old-fashioned ferry boats, and offers a wide range of cruises, from the Goodship Lollipop (for kids) to dinner/dance cruises (like the one you should attend during Orientation). Narrated sightseeing tours are also available.

Just Ducky Tours
5 Station Square
412-402-DUCK
www.justducktours.com
For a fun-filled tour of both land and water, check out these tours. You’ve seen them before in other cities: Tours are in a vintage World War II amphibious vehicle manned by a guy with an amped up megaphone quacking down the street. Five tours each day from April through October and November, weekends as well. Check the website for current prices.

Day Care Centers

Carlow Children’s Center
3333 Fifth Avenue
412-578-6314

Carnegie Mellon University Children’s Center
1060 Morewood Avenue
412-268-2149

Carriage House Children’s Center
5604 Sisquoy Street
412-421-0300
There's a get-well room for kids too sick for school, but not sick enough to require parental care.

Interplay Child Care Center
1400 S. Braddock
Regent Square
412-371-6255

Jewish Community Center
5738 Forbes Avenue
412-521-8010

Maltida Theiss Child Development Program
373 Burrows Street
412-383-1550

Nannies & Grannies Exclusively, Inc.
100 McKnight Park Dr.
412-367-6222

National Association for the Education of Young Children
1834 Connecticut Avenue, NW
Washington, DC 20009-5786
202-232-8777
800-424-2460

PA Western Region Day Care Licensing Office
800-222-2149
First line of advice in finding a day care: start right away. Finding a good daycare/pre-school with openings is not easy and may take time. Visit the place; and be sure to call ahead to let them know you are coming... but be vague and drop by as unannounced as possible. Spend time there and go with your gut instinct. Following is a listing of some facilities that are available.

Rodman Street Baptist Church
611 Rodman Street
412-362-1933

Shady Lane School
100 N. Braddock Avenue
412-243-4040

Small Wonders at UPMC
425 N. Craig Street
412-687-3677
For students, faculty, and staff at Pitt.

Tender Care Learning Centers
5030 Center Avenue
412-683-1779
Great outdoor play area and loving teachers.

Toddlin Time Day Care Center
5806 Bryant St.
Highland Park
412-362-9022

Day Spas

Clipps
1117 S. Braddock
Regent Square
412-731-3500

Tip To Toe Day Spa
2205 Murray Ave #1
Squirrel Hill
412-421-8004
By appointment only.

Delis

Also see Restaurant Listings.

Murray Avenue Kosher
1916 Murray Ave.
Squirrel Hill
412-421-1015
Kosher supermarket and deli.
Speedy Gourmet
2108 Murray Avenue
Squirrel Hill
412-421-0142
Takeout/deli.

Department Stores

Also see Malls.

Kaufmann's
400 Fifth Avenue
Downtown
412-232-2000
Big, old-style department store, complete with a bakery, post office, salon, and multiple restaurants.

Lord and Taylor
514 Smithfield Street
Downtown
412-261-3000
Pricier than Kaufmann's, also owned by the May Company.

Saks Fifth Avenue
513 Smithfield Street
Downtown
412-263-4800

Discount Stores

$ Max
4715 Liberty Ave.
Bloomfield
412-687-8807

Big K Liquidators
5152 Penn Ave.
Garfield
412-661-2573

Family Dollar
Penn Ave. & South Pacific Ave.
Garfield

Drug Stores

Bloomfield Drug Store
4727 Liberty Ave.
Bloomfield
412-682-4909
www.bloomfielddrug.com
Standard neighborhood drug store with free delivery.

CVS
3440 Forbes Avenue
Oakland
412-687-4181
Open 24 hours.

Eckerd
3700 Forbes Avenue
Oakland
412-681-1332

Rite Aid
209 Arwood Street
Oakland
412-621-4302

5504 Walnut St.
Shadyside
412-681-5144
Open until 10pm—if you're too late you'll have to go to Unimart.

Murray & Forbes
Squirrel Hill
412-521-3900
### BUSINESSES

<table>
<thead>
<tr>
<th>Drug Stores</th>
<th>Fitness</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wilson’s Drug Store</strong>&lt;br&gt;4101 Penn Ave.&lt;br&gt;Bloomfield&lt;br&gt;412-621-6471&lt;br&gt;Hours: 9:00 am-8:00 pm weekdays; 9:00 am-5:00 pm weekends.</td>
<td><strong>Radio Shack</strong>&lt;br&gt;4643 Baum Boulevard&lt;br&gt;Oakland&lt;br&gt;412-681-2100&lt;br&gt;3606 Forbes Avenue&lt;br&gt;Oakland&lt;br&gt;412-681-6550&lt;br&gt;5823 Forbes Avenue&lt;br&gt;Squirrel Hill&lt;br&gt;412-521-6356</td>
</tr>
<tr>
<td><strong>Centre Cleaners</strong>&lt;br&gt;4615 Centre Avenue&lt;br&gt;Oakland&lt;br&gt;412-683-6466</td>
<td><strong>Sharper Image</strong>&lt;br&gt;2 Mellon Bank Center #2&lt;br&gt;Downtown&lt;br&gt;412-391-7787&lt;br&gt;www.sharperimage.com</td>
</tr>
<tr>
<td><strong>Footers Dry Cleaning</strong>&lt;br&gt;4609 Forbes Avenue&lt;br&gt;Oakland&lt;br&gt;412-682-1983</td>
<td><strong>Engraving</strong></td>
</tr>
<tr>
<td><strong>Squirrel Hill Dry Cleaning &amp; Tailoring</strong>&lt;br&gt;2014 Murray Avenue&lt;br&gt;Squirrel Hill&lt;br&gt;412-421-5445</td>
<td><strong>Engrave Yard</strong>&lt;br&gt;5872 Forbes Avenue&lt;br&gt;Squirrel Hill&lt;br&gt;412-521-2133&lt;br&gt;Engraved gifts and awards. Also, the worst named shop EVER.</td>
</tr>
<tr>
<td><strong>Vacca’s Tailor Shop</strong>&lt;br&gt;4623 Liberty Ave.&lt;br&gt;Bloomfield&lt;br&gt;412-621-2691&lt;br&gt;Dry cleaning and tailoring.</td>
<td><strong>Fabric</strong></td>
</tr>
<tr>
<td><strong>Gene Sanes Upholstery</strong>&lt;br&gt;1645 Penn Avenue&lt;br&gt;Strip District&lt;br&gt;412-471-8224&lt;br&gt;www.genesanes.com&lt;br&gt;A fabric shop that specializes in reupholstery.</td>
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### Dry Cleaning

<table>
<thead>
<tr>
<th>Footers Dry Cleaning</th>
<th>Electrical Supply</th>
</tr>
</thead>
<tbody>
<tr>
<td>4609 Forbes Avenue&lt;br&gt;Oakland&lt;br&gt;412-682-1983</td>
<td><strong>Service Electrical Supply Company</strong>&lt;br&gt;5200 Penn Ave.&lt;br&gt;Garfield&lt;br&gt;412-363-1800&lt;br&gt;Electrical supply equipment, light bulbs, etc.</td>
</tr>
<tr>
<td><strong>Squirrel Hill Dry Cleaning &amp; Tailoring</strong>&lt;br&gt;2014 Murray Avenue&lt;br&gt;Squirrel Hill&lt;br&gt;412-421-5445</td>
<td><strong>Electronics</strong></td>
</tr>
<tr>
<td><strong>Vacca’s Tailor Shop</strong>&lt;br&gt;4623 Liberty Ave.&lt;br&gt;Bloomfield&lt;br&gt;412-621-2691&lt;br&gt;Dry cleaning and tailoring.</td>
<td><strong>Carl’s TV Services</strong>&lt;br&gt;5025 Penn Ave.&lt;br&gt;Garfield&lt;br&gt;412-362-2264&lt;br&gt;Electronics repair.</td>
</tr>
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### Electronics

| **C. S. Kim Karate Inc.**<br>5100 Liberty Ave.<br>Bloomfield<br>412-621-9111<br>www.cskimkarate.com<br>Offering Karate classes for children and adults. | **Fitness** |
Florists

Blossoms and Wicks
3701 Butler Street
Lawrenceville
412-681-2011
European-style florist with imported flowers, orchids, topiary, candles, and aromatherapy.

Gidas' Florist
3719 Forbes Avenue
Oakland
412-621-1300

Harris Brothers Florist
511 Market Street
Downtown
412-281-1425

Hepatica
1119 S. Braddock
Regent Square
412-241-3900

J&R Flowers
4774 Liberty Ave.
Bloomfield
412-682-0799
www.jandrflowers.com
Smells heavenly. Flowers, fruits and gourmet baskets, plants, and balloons. M-F: 9:00 am-5:00 pm; Sat: 9:00 am-2:00 pm.

Leslie Park Floral
4607 Butler Street
Lawrenceville
412-682-1678
Flowers and plants.

Oliver Flowers
5837 Forbes Avenue
Squirrel Hill
412-421-0350

Fitness

Curves For Women
1701 Murray Avenue
Squirrel Hill
412-421-4400
www.curvesinternational.com

Dance Alloy
5530 Penn Ave.
Friendship
412-363-4321
www.dancealloy.org
Nice large dance facility. Offering community classes and professional dance company, as well as outreach to community. Classes vary from Hip hop to Middle-Eastern dance to Ballet to social dancing. Check the website for pricing.

Southside Athletic Club
1212 E. Carson St.
South Side
412-488-1120

Trimudra Center
4061 Penn Ave.
Bloomfield
412-403-0705
Hatha yoga, children's and adults’ karate, tai chi.

USA Professional Karate Studio
2601 Murray Ave.
Squirrel Hill
412-521-1676

Yoga Sadhana, “Breathe”
1113 E. Carson St., Suite 302
South Side
412-481-YOGA
www.jump.to/yoga
**Florists**

**Orr’s Flowers of Shadyside**  
731 South Aiken Ave.  
Shadyside  
412-621-3114

**Roxanne’s Dried Flowers**  
2115 Penn Avenue  
Strip District  
412-281-6950  
This store smells like heaven. You can buy premade dried floral arrangements, or make your own. They also sell candles and knick knacks for the home and garden.

**Shackelford And Maxwell’s Flowers**  
120 Meyran Avenue  
Oakland  
412-681-7962

**Silverblatt’s Flowers**  
2144 Murray Avenue  
Squirrel Hill  
412-421-7500

**Squirrel Hill Flower Shop**  
1718 Murray Avenue  
Squirrel Hill  
412-421-3300

**Furniture**

**Babyland Youth and Teen Furniture**  
5542 Penn Ave.  
Friendship  
412-362-1222  
[www.babylandpa.com](http://www.babylandpa.com)  
Everything related to kids’ furniture.

**Casablanca Gallery**  
5868 Forbes Avenue  
Squirrel Hill  
412-521-3818  
Moroccan crafts.

**Contempo**  
2032 Murray Avenue  
Squirrel Hill  
412-422-0104  
Modern furniture. Futuristic, even.

**Custom Decorators**  
5523 Penn Ave.  
Friendship  
412-361-8101  
Reupholstery, slipcovers, drapes, and furniture repair.

**Ikea Pittsburgh**  
Robinson Towne Center, 2001 Park Manor Boulevard  
Robinson  
412-747-0747  
Furniture, housewares, low prices, and cafeteria.

**Norka Futon**  
5846 Forbes Avenue  
Squirrel Hill  
412-521-4469

**Options**  
2000 E. Carson St.  
South Side  
412-481-7322  
Futons and futon accessories for those who want a nicer futon than IKEA can supply.

**Perlora**  
2220 E. Carson St  
South Side  
412-431-2220  
Trendy (read: expensive) furniture. Wacky colors and crazy shapes, however, do not necessarily good furniture make. If you’re going to lay down this kind of dough, you’re much better off at Weisshouse in Shadyside, where you’ll find much better looking stuff and be recognized for the refined person you are.
Pottery Barn  
5520 Walnut St.  
Shadyside  
412-683-1960  
Nice place to shop for the new apartment—at least if an item’s on sale.

T's Upholstery Studio  
3611 Butler Street  
Lawrenceville  
412-687-1988  
I pity the fool who doesn’t get their custom reupholstery, window treatments, fabric, bedspreads, etc. here.

Weisshouse  
5511 Walnut St.  
Shadyside  
412-687-1111  
www.weisshouse.com  
Classic modern furniture. It’s way more expensive than you can probably afford, but the stuff is timeless: Le Corbusier, Earnes, Breuer, and all those fancy-pants designers are on display. They have sales every so often that are worth checking out (although probably still too expensive for you). Also featured are cute household goodies that probably you can afford, and are unlikely to find elsewhere in the city.

Gardening

Beechwood Garden Center  
5875 Ellsworth Ave  
Shadyside  
412-361-3336

Gifts

A Pleasant Present  
2301 Murray Avenue  
Squirrel Hill  
412-421-7104  
www.apleasantpresent.com  
Fancy and funny cards, gifts, and accessories.

Bucket of Joy  
4312 Butler Street  
Lawrenceville  
412-687-0652  
www.bucketsofjoy.com  
Buckets of joy has galvanized buckets filled with stuff that people love. Try the pasta, popcorn, or golf buckets. They will also make custom buckets for all occasions.

E House Company  
1511 E. Carson St.  
South Side  
412-488-7455  
www.city-net.com/~ehouseco  
Nifty recycled gifts, including toasterboard coasters, license plate purses, organic cotton clothing, and jewelry.

Irish Design Center  
303 S Craig Street  
Oakland  
412-682-6125  
Authentic Irish keepsakes.

Journeys of Life  
810 Bellefonte St.  
Shadyside  
412-681-8755  
A great knick-knack shop. Incense, windchimes, jewelry boxes, ceramic toads, dream catchers.

Kawaii Gifts  
5413b Walnut St  
Shadyside  
412-687-2480  
Hello Kitty!, authentic Japanese kimonos, and the most key chains you’ll ever see in one store. I guess you’ll have to see for yourself.
Pittsburgh Symphony Store  
545 Penn Avenue  
Downtown  
412-392-3313  
This gift shop caters to your classical music and sparkly ballerina needs.

Sacred Heart of Jesus Store  
4515 Liberty Ave.  
Bloomfield  
412-683-4001  
The place to go for all things Christian.

Ten Thousand Villages  
5824 Forbes Avenue  
Squirrel Hill  
412-421-2160  
A non-profit store featuring fairly traded handicrafts from around the world.

The Mole Hole  
1729 Penn Avenue  
Strip District  
412-281-7060  
www.pittsburghmolehole.com  
A gift shop with a wide variety of gaudy figurines and snowball globes aplenty. This is definitely a GFGGS (Good For Grandma Gifts Store).

The Pitt Shop  
3939 Forbes Avenue  
Oakland  
412-648-2606  
Load up on cool Pitt gear here.

Toad Flax  
5500 Walnut St  
Shadyside  
412-621-2500

Transformation Treasures  
5210 Butler Street  
Lawrenceville  
412-782-5549  
www.transformationtreasures.com  
Crafts, furniture and accessories made out of recycled or salvaged materials. Creativity abounds.

Wicks and Beans  
2207 Murray Avenue  
Squirrel Hill  
412-422-1606  
Coffee and gifts.

Gifts, Imported

Casa Percussion  
5878 ½ Forbes Avenue  
Squirrel Hill  
412-521-3818  
A very cool store specializing in percussion instruments and interesting trinkets from Africa.

Snow Lion Imports  
201 S. Craig Street  
Oakland  
412-687-5680  
Tons of treasures, including beautiful beaded items.

Grocery Stores

East End Food Co-Op  
7516 Meade St.  
Wilkinsburg  
412-242-3598  
www.eastendfoodcoop.com  
Member-owned and operated Co-op. Excellent produce. Cafe serves excellent vegetarian snacks and meals. Members receive discounts, but membership not required.

Farmer’s Choice  
2123 Penn Avenue  
Strip District  
412-391-1762  
Cheap, bulk meats of many varieties. Now you know where to stock up for the BBQ you’ll surely want to throw the 2nd years before the much-loathed Step I.
Foodland
4401 Liberty Ave.
Bloomfield
412-621-2511
Big store reported to have pretty good deals.

Giant Eagle
910 Freeport Rd., Waterworks Mall
Aspinwall
412-781-6605
Same layout as the Waterfront’s.

6320 Shakespeare St.
Shadyside
412-963-6200
Shakespeare’s Giant Eagle never has a line.

5550 Centre Ave
Shadyside
412-681-1500
You might spend a half-hour in line at the Giant Eagle on Centre Ave.

2021 Wharton Ave.
South Side
412-963-6200

Edgewood Town Centre
1705 S. Braddock
Swissvale
412-963-6200

Schwartz’s Market
1317 E. Carson St.
South Side
412-431-0915
Homemade sausage is a specialty.
Mmm…sausage.

Shadyside Market
412-682-5470
Shadyside
5414 Walnut St.
Small gourmet market. Great for a special gourmet meal. You don’t want to shop here for groceries normally—you’ll see a 330% markup.

Shop and Save
713 E. Eighth St.
Homestead
412-462-9505
Across the railroad tracks from the Waterfront.

Stan’s Market
1809 Penn Avenue
Strip District
412-434-4799
Cheap cheap cheap produce in this open air market.

Whole Foods
5880 Centre Ave
Shadyside
412-441-7960
Best place to pick something up for a potluck.
A more expensive alternative to Giant Eagle but all organic. Delicious café as well.

Wholey’s
1627 Penn Avenue
Strip District
412-261-7292
http://www.wholey.com
Pronounce it incorrectly, and you’ll expose yourself as the ignorant interloper that you are. Ignore the pronunciation rules you learned in third grade: it’s “wool-ies,” not “hole-ies,” and it features a great selection of fresh and frozen seafood. The sushi man at the store’s entrance is a local celebrity. Specialty foods and produce make up the rest of the store; be ready for surprises. All three have cheap, bulk meats of many varieties.
Now you know where to stock up for the BBQ you’ll surely want to throw the 2nd years before the much-loathed Step I.

Wholey’s Poultry
Penn Avenue and 16th Street
Strip District
412-391-8743
From the same people who bring you all that seafood.
**Grocery, Asian**

**Dae Han Oriental Food Store**
326 Arwood Street
Oakland
412-682-2111
The service may not have a smile, but for rice, tofu, ramen, hot, soy, and sesame sauces, miso paste, and lots of knickknacks, this is a great place. Korean videos in stock, too.

**Goods Oriental Food Market**
Penn Avenue and 22nd-23rd Streets
Strip District
A small but good Chinese market.

**Kim DO Oriental Grocery**
1808 Penn Ave.
Strip District
412-338-6588

**Lotus**
Penn Avenue and 17th Street
Strip District
412-281-3050
Large Asian supermarket with fresh produce and tofu as some main features.

**Oriental Grocery**
5813 Forward Avenue
Squirrel Hill
412-281-9956

**Tokyo Japanese Food Store**
5853 Ellsworth Ave.
Shadyside
412-661-3777

**Grocery, International**

**Turquoise International Food And Gift**
1823 Murray Avenue
Squirrel Hill
412-422-7750
International grocery store.

**Donatelli’s Italian Food center Inc.**
4711 Liberty Ave.
Bloomfield
412-682-1406
Who needs the Strip when Donatelli’s is around? Great little italian food store with fresh pasta and imported cheeses. Open M-Sat. 8-6, and Sun. 8-1:30.

**Groceria Italiana**
237 Cedarville St.
Bloomfield
412-681-1227
Lovely Italian grocery with homemade fresh pastas, frozen raviolis with all sorts of fillings, friendly service. M-Sat. 9-6, Sun. 10-2.

**Groceria Merante**
McKee and Bates Streets
Oakland
Delicious imported Italian cheese, pickled veggies, olives, meats, fresh Italian bread, and lots of good fresh fruit. The Merante sisters run this place like the part of Oakland culture it is.

**Pennsylvania Macaroni Company**
2010-12 Penn Avenue
Strip District
412-471-4330
www.pennmac.com
Great selection of fresh pasta, bread, nuts, Italian meats, cheeses, sauces, bulk olive oil, and a small produce section makes this a one-stop shop before your big Italian cooking adventure.

**Grocery, Indian**

**Kohli's Indian Imports**
319 S Craig Street
Oakland
412-621-1800
It's in the back of an Indian video rental store. Fairly decent prices for all your dal, garam, and basmati needs.
PrestoGeorge Fine Foods  
1728 Penn Avenue  
Strip District  
412-471-0133  
Not to be confused with Progesterone. The cheapest fresh pasta in the Strip and a great coffee selection.

Sunseri Brothers  
Penn Avenue and 19th Street  
Strip District  
412-255-1100  
Wholesale Italian food, with a new bakery across the street.

Grocery, Korean  
The New Sam Bok Oriental Foods  
1735 Penn Ave.  
Strip District  
412-261-9377  
You can find Korean specialties—even prepared bulgogi (tasty beef for frying)—in the frozen section. On Saturdays, check out the barbecue stand outside for the excellent scallion pancakes and classic Chicken-on-a-Stick.

Grocery, Mediterranean  
Stamoolis Brothers  
2020 Penn Ave.  
Strip District  
412-471-7676  
Greek and Mediterranean foods including six varieties of fresh feta.

Grocery, Mexican  
Reyna's Foods  
2023 Penn Ave.  
Strip District  
412-261-2606  
An amazing spice selection, full line of Goya products, and assorted Mexican staples.

Grocery, Middle Eastern  
Labad's  
1727 Penn Ave.  
Strip District  
412-261-0419  
This Lebanese grocer offers cheap chickpeas, pita bread, and tahini, among others.

Salim's Middle Eastern Store And Deli  
4705 Centre Avenue  
Oakland  
412-621-8110  
Conveniently you can have a very tasty dinner, get your Middle Eastern groceries, and buy a cell phone all in the same place.

Grocery, Turkish  
Café Anatolia  
24 Market Square  
Downtown  
412-261-3890  
Turkish grocery and products.

Hair Salons  
Aiken's Quality Cuts  
4523 Centre Avenue  
Oakland  
412-681-9949  
Class of 2006 says: Aiken's Quality Cuts does a nice job for people of color.
**Aisha's Beauty Salon**
5506 Penn Ave.
Friendship
412-363-5645
Hair cutting, styling, braiding, hair relaxing services.

**Andrew Leo**
5416 Walnut St. #2
Shadyside
412-621-9793
Expensive. Unfriendly service.

**Concetta Varlotta Hair Salon**
5873 Forbes Ave.
Squirrel Hill
412-521-1500
Plus waxing.

**Dean of Shadyside Salon**
5404 Centre Ave.
Shadyside
412-621-7900
Lots of medical students go to this salon, whose owners also design wigs for cancer patients at nearby Shadyside hospital. Expect to pay $30-$40 for a haircut.

**Debbie's Coiffures**
4613 Centre Ave.
Oakland
412-683-0126

**Hair by Damian**
5713 Centre Ave.
Shadyside
412-661-7000

**Hair Friends**
116 Oakland Avenue, 2nd Floor
Oakland
412-681-9243

**Hair Inc.**
723 Filbert St.
Shadyside
412-688-8444
Good place for highlights—ask for Monique. Hair cuts run from $35-50. Lee or Jeff will do a fantastic job.

**Hair Spray**
4615 Liberty Ave.
Bloomfield
412-578-0113
Tu-Th 10-7, F 10-8, Sat 9-5.

**Hendrix House of Hair**
5826 Jackson St
Highland Park
412-362-4947

**J. Destefino Hair Fashions**
5533 Walnut St.
Shadyside
412-681-7345
This is another popular upscale salon in Shadyside. Prices for a hair cut are in the $40s and up. Ask for Craig - he's fabulous.

**Lewis' Hair Salon**
813 S. Aiken Ave
Shadyside
412-682-4063
Provides an excellent cut and shampoo but your going to pay for this one. Men's cuts start around $16, women's around $30.

**Mariano Louis Hair Styling Salon**
2303 Murray Avenue
Squirrel Hill
412-521-1608

**Page's Beauty Boutique**
2021 Murray Avenue
Squirrel Hill
412-421-2631
Personality Beauty Salon
5815 Forbes Avenue
Squirrel Hill
412-521-4465
Recommended for a decent cut in the $10 and up range for men and women. This establishment was noted to provide a reliable cut with a touch of charm and personality.

Philip Pelusi
4754 Liberty Ave.
Bloomfield
412-682-4330
1814 Murray Avenue
Squirrel Hill
412-521-1200
1700 E. Carson St.
South Side
412-488-6618

Raffaele Hair Styling for Men
2140 Murray Avenue
Squirrel Hill
412-422-0246

Russell Kopf Hair Care Center
5150 Liberty Ave.
Bloomfield
412-682-3436
Open M-Sun., $10 haircut on Sundays. Specialty: hair color

Safi’s Hair Salon
2105 Murray Avenue
Squirrel Hill
412-521-6988
Haircuts: men’s from $14, women’s from $17.

Shear Visions Family Hair Care Center
1829 Murray Avenue
Squirrel Hill
412-422-0123

Supercuts
3611 Forbes Avenue
Oakland
412-682-4440
219 S. Highland
412-361-5510
Guys: get your $12 chop here. Call 1/2 hour ahead to avoid waiting

The Golden Razor
4776 Liberty Ave.
Bloomfield
412-681-8100
Open Tu-Sun, 7:30am-7pm.

Timothy’s Salon
5843 Forbes Avenue
Squirrel Hill
412-421-4553

Yolanda’s Hair Design & Tanning Salon
4606 Liberty Ave.
Bloomfield
412-682-7056
Open Tu 10-6, W-Th 10-8, F 10-6, Sat 9-4.

Hardware Stores

Bloomfield Hardware
4517-19 Liberty Ave.
Bloomfield
412-682-3432
Local ACE Hardware with friendly owner.

Forbes Oakland True Value
3612 Forbes Avenue
Oakland
412-682-5338
### Hardware Stores - Jewelers

<table>
<thead>
<tr>
<th>Business</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Home Depot</strong></td>
<td>400 N Highland Ave. East Liberty</td>
<td>412-363-9150</td>
</tr>
<tr>
<td><strong>Oakland Hardware Store</strong></td>
<td>4605 Centre Avenue Oakland</td>
<td>412-621-3028</td>
</tr>
<tr>
<td><strong>T and T Hardware</strong></td>
<td>2112 E. Carson St South Side</td>
<td>412-431-5326</td>
</tr>
</tbody>
</table>

#### Impound Lot

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tow Pound</strong></td>
<td>30th St. (follow it all the way to the end and you’ll see it)</td>
<td>412-255-2500</td>
</tr>
<tr>
<td></td>
<td>Strip District</td>
<td></td>
</tr>
<tr>
<td></td>
<td>412-255-2500</td>
<td></td>
</tr>
</tbody>
</table>

Where to go when the city steals your car and ransoms it.

#### Incline

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Duquesne Incline</strong></td>
<td>1220 Grandview Ave. Station Square</td>
<td>412-381-1665</td>
</tr>
<tr>
<td><strong>Monongahela Incline</strong></td>
<td>Station Square</td>
<td>412-442-2000</td>
</tr>
</tbody>
</table>

#### Jewelers

<table>
<thead>
<tr>
<th>Business</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Antique Jewelry</strong></td>
<td>1709 Murray Avenue Squirrel Hill</td>
<td>412-421-5531</td>
</tr>
<tr>
<td><strong>Cheryl W.</strong></td>
<td>5817 Forbes Avenue Squirrel Hill</td>
<td>412-422-9099</td>
</tr>
<tr>
<td><strong>Henne Jewelers</strong></td>
<td>5501 Walnut St. Shadyside</td>
<td>412-682-0226</td>
</tr>
<tr>
<td><strong>Orr’s Jewelers</strong></td>
<td>5857 Forbes Avenue Squirrel Hill</td>
<td>412-421-6777</td>
</tr>
<tr>
<td><strong>Ranallo’s Jewelers</strong></td>
<td>5152 Liberty Ave. Bloomfield</td>
<td>412-682-5115</td>
</tr>
<tr>
<td><strong>Squirrel Hill Jewelry</strong></td>
<td>1925 Murray Avenue Squirrel Hill</td>
<td>412-421-9243</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.antiqueandestate.com">www.antiqueandestate.com</a></td>
<td></td>
</tr>
<tr>
<td><strong>Stonebraker Jewelers</strong></td>
<td>1112 S. Braddock Regent Square</td>
<td>412-243-1554</td>
</tr>
<tr>
<td><strong>William Penn Jewelers</strong></td>
<td>1837 Murray Avenue Squirrel Hill</td>
<td>412-521-7364</td>
</tr>
</tbody>
</table>
**Kitchen Supply**

**Kool Kitchens**
3052 Smallman Street
Strip District
412-825-9475
www.koolkitchens.com

**Custom Kitchens**
Wholey's Balcony Cookware
1725 Penn Avenue
Strip District
412-261-5513
Cookware, cutlery, ceramics, linens, gadgets, and other really overpriced stuff for your kitchen and home.

**Williams Sonoma**
5514 Walnut St.
Shadyside
412-688-9220
Great for the gourmet, though a little pricey for those with loans.

**Relax And Wash**
3407 Forbes Avenue
Oakland
412-681-1360
24-hour, bright and shiny laundromat with TVs and comfy seats.

**Leather Goods**

**Roberta Weissburg Leathers**
5415 Walnut St.
Shadyside
412-681-8188
Best place in Pittsburgh for a leather coat, although they start at around $300. All hand made by the owners. If you're lucky enough to be around in the summer for the sidewalk sale, the prices are cut in half.

**Laundromats**

**Bloomfield Laundromat**
4626 Liberty Ave.
Bloomfield
Hours: 7:00 am-9:30 pm, last wash at 8:45 pm.

**D & L Cleaners**
4315 Saline Street
412-661-0118

**Liberty Launderette & Dry Cleaners**
4507 Liberty Ave.
Bloomfield
412-687-1960
Open daily from 8:00am-9:00 pm.

**Libraries**

**Carnegie Library Of Pittsburgh**
4400 Forbes Avenue
Oakland
412-622-3114
www.clpgh.org
Mon-Thurs: 10:00 am-8:00 pm; Fri-Sat: 10:00 am-5:30 pm; Sun: 1:00 pm-5:00 pm
When you get sick of studying in Scaife and the coffee shops (or just want a non-medical book), check out the Carnegie Library, just around the corner from the Music Hall. It's got bunches of books, a big audio-video section, and an upstairs featuring long, polished wood tables and those cool brass lamps with green lamp shades. Library cards are “free to the people;” just take proof of your residency in Allegheny County or register online.
Carnegie Library of Pittsburgh - East Liberty
130 S. Whitfield Street
East Liberty
412-363-8232
Mon-Wed: 11:00 am-7:00 pm; Thurs-Sat: 10:00 am-5:00 pm.

Carnegie Library Southside Branch
2205 E. Carson St.
South Side
412-431-0505
www.clpgh.org/locations/southside/
Mon, Thurs: 12:00 pm-7:00 pm; Tues, Wed: 10:00 am-5:00 pm; Fri, Sat: 10:00 am-3:00 pm.

Carnegie Library Squirrel Hill Branch
5801 Forbes Avenue
Squirrel Hill
412-422-9650
Mon-Wed: 10:00 am-7:00 pm; Thurs-Sat: 10:00 am-5:00 pm; Sun: 1:00 pm-5:00 pm
Books! For free! This branch is newly remodeled. Lots of light and new furniture.

Hunt Institute for Botanical Documentation
5000 Forbes Avenue
Oakland
412-268-2434
huntbot.andrew.cmu.edu
Mon-Fri: 9:00 am-12:00 pm; 1:00 pm-5:00 pm
Loads of botanical art, located on the top floor of CMU’s Hunt Library.

Locksmith
Squirrel Hill Hardware And Locksmith
2004 Murray Avenue
Squirrel Hill
412-422-7354

Luggage
Rynn’s Luggage
1922 E. Carson St.
South Side
412-481-8862

Mailing Services

A & A Mail Service
815 Copeland Way
Shadyside
412-683-6160
M-F 9am-6pm; Sat. 11am-4pm;
Photocopying & Post Office.

A & A Mailing Services
1717 Murray Avenue
Squirrel Hill
412-682-6160
Packaging/copying/faxing.

Mailboxes, etc.
414 S. Craig Street
Oakland
412-687-6100

Malls

Century III Mall
3075 Clairton Rd.
West Mifflin
412-653-1220
www.century-3-mall.com/
There are various ways to get to Century III: here’s one. Follow directions to the Waterfront, but rather than exit the bridge, continue to the end and turn right onto Eighth Ave. At the end of Eighth Ave., follow sign to West Mifflin (not to Carson St.). You’ll go onto a ramp and will be dumped onto a new road. At the next light, turn right onto Lebanon Rd. Follow this road
all the way until you reach a huge intersection with a McDonalds and lots of other stores visible straight ahead. Turn right to go to the Wal-Mart.

**Edgewood Town Centre**
1700 S. Braddock Ave.
Swissvale
Forbes Ave through Squirrel Hill and Frick Park to S. Braddock. Right onto S. Braddock and continue until see the shopping center on the left.
Giant Eagle, K-Mart, restaurants

**Galleria**
1500 Washington Rd.
Mt. Lebanon
412-561-4000
www.galleriapgh.com/
Public trans: 41C
50 specialty stores and a movie theatre.

**Grove City Outlets**
Intersection of I-79 and Route 208
Grove City
1-888-545-7221
www.primeretail.com
**Driving Directions:** I-279 N to I-79 N. There will be plenty of signs to guide you as you get close. Enormous outlet complex, including Coach, J. Crew, and many, many others.

**Monroeville Mall**
Monroeville
Business Route 22
412-243-8511
www.monroevillemall.com
**Driving Directions:** 376 E to Monroeville, exit on Business Rt. 22

**Miracle Mile Shopping Center**
William Penn Hwy. (Business Rt. 22)
Monroeville
same as Monroeville mall
Stores: Marshalls, TJ Maxx, Old Navy.

**Parkway Center Mall**
1165 McKinley Lane
Greentree
412-922-1741
Public trans: 36B,D, 38C
**Driving Directions:** I-279 S, past Fort Pitt tunnels
Stores: 80 stores, K-Mart, CompUSA

**Robinson Towne Center/Robinson Mall/ The Pointe**
Park Manor Boulevard
Robinson
Robinson Center: 412-391-7887
Mall: 412-788-0816,
Pointe: 412-787-0722
www.shoprbinsonmall.com
Public trans: 28X, 25A,D, 26E
**Driving Directions:** I-376 W to I-279 S, follow signs towards the airport and take 22/30 West. Exit at signs for Robinson Towne Center
Stores: Towne Center: IKEA, DSW Shoe Warehouse, TJ Maxx, Marshalls, Office Max/Office Depot, Old Navy, CostCo, restaurants.
Mall: Kaufmann’s, Lazarus, Sears. Pointe:
WalMart, Sam’s Club, Pier 1, Target, Best Buy, Quaker Steak and Lube (all-you-can-eat wings night)

**Ross Park Mall**
1000 Ross Park Mall Drive
North Hills
412-369-4400
http://www.simon.com/mall/
default.aspx?ID=158
**Driving Directions:** I-279 N to McKnight Road. Go through many lights until you can see the signs for the mall.
Stores: JCPenney, Kaufman’s, Lazarus, Sears, Eastern Mountain Sports.
**South Hills Village**
Route 19 and Fort Couch Road
Bethel Park
412-831-2900

**Public trans:** 35A, 41C, 42S (Take the “T”)

**Driving Directions:** Take Liberty Bridge and Tunnel to 19 S, follow it a while.

**Stores:** Standard mall

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**The Waterfront**
285 East Waterfront Drive
Homestead
412-476-8889

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

**Public trans:** 64A, 61C, 59U

**Driving Directions:** From Squirrel Hill, drive south over the Parkway bridge and you’ll reach Lilac Street. Turn left and then a quick right onto Beechwood Blvd. Continue on Beechwood. Cross the Homestead Hi-Level Bridge (over the Monongahela River). Be in the right lane as you cross the river, and at the first light turn right, down the ramp. Turn right on the second street; that’s Waterfront Drive.

**Stores:** Love it or hate it, chances are that once you get to Pittsburgh you’ll have to go to the Waterfront sooner or later. The Waterfront is a collection of stores and restaurants at the former site of the Homestead Works, one of the largest steel mills in the world (note the smokestacks). It’s fun day or night, with a wide array of stores, bars, and restaurants. Open Monday through Thursday, 10-9, Fri. and Sat., 10-10, and Sunday, 12-6.

**Apparel**
Abercrombie & Fitch (412-461-4915)
Abercrombie (412-461-5040)
American Eagle Outfitters (412-462-9722)
Ann Taylor Loft (412-462-9719)
Children’s Place (412-462-9582)
D.E.M.O. (412-461-6358)
Dress Barn (412-464-2840)
Express (412-462-9390)
Filene’s Basement (412-461-6801)
Gap/Adult Body (412-461-5877)
Gap Kids Baby (412-462-1525)
Hollister’s (412-461-7318)
Kauffman’s (412-485-5100)
Lane Bryant (412-461-1697)
Limited Too (412-462-7215)
Linton’s (412-461-2600)
Marshall’s (412-476-0193)
Old Navy (412-476-9121)
PAC SUN (412-476-8747)
TJ Maxx (412-464-8455)
Victoria’s Secret (412-462-9412)
Wet Seal (412-461-4882)
Wilson’s Leather (412-461-3530)

**Accessories and Shoes**
Claire’s Boutique (412-462-6110)
Designer Shoe Warehouse (412-464-5190)
Gordon’s (412-464-1007)
Journeys (412-461-6477)
King’s Jewelers (412-462-2928)
New Balance Pittsburgh (412-464-1002)
Sunglasses Hut (412-461-3457)

**Home/Leisure**
Barnes and Noble (412-462-5743)
Bath and Body Works (412-462-9037)
Bed Bath & Beyond (412-464-5331)
Best Buy (412-476-8061)
Dick’s Sporting Goods (412-476-9940)
GNC (412-461-1381)
Lowes Home Improvement (412-461-8002)
Michael’s Crafts (412-461-4920)
Pier 1 Imports (412-464-6631)
Radio Shack (412-464-9771)
Yankee Candle (412-461-5156)

**Discount/Grocery**
Giant Eagle (412-464-6600)
Target (412-464-2522)

**Specialty**
Omaha Steaks (412-462-9710)
Peteo (412-461-1229)
Ulta Salon & Cosmetics (412-461-4913)

**Dining at the Waterfront**
Bar Louie (412-462-6400)
Bravo’s (412-461-1444)
Boston Market (412-461-7052)
CHICK-FIL-A (412-462-9202)
Damon’s (412-476-0200)
Eat ‘N’ Park (412-464-7275)
McDonald's (412-461-1002)
Mitchell's Fish Market (412-476-8844)
Panera Bread (412-464-1244)
P.F. Chang's (412-464-0640)
Popeye's Chicken (412-464-1860)
Red Robin (412-461-2044)
Rock Bottom Brewery (412-462-2739)
Starbucks (412-461-2500)
Steak and Shake (412-461-6545)
TGI Friday's (412-462-8443)
Uno's Chicago Bar & Grill (412-462-8667)

Entertainment
Dave and Buster's (412-462-1500)
Improv (412-462-5233)
Loews Theatre (412-462-6923)
Sing Sing (412-461-7426)

Services
First Commonwealth Bank (412-461-8433)
GetGo (412-462-9092)
Office Depot (412-464-4801)
Waterfront Apartments (412-476-3377)

The Waterworks
800 Freeport Rd.
Aspinwall
412-366-2252

Public trans: 1A, 91A, 4U, 94B

Driving Directions: Head away from Oakland on Fifth Ave. Continue straight at the intersection with Penn Ave. Fifth becomes Washington Boulevard. At the light at the end of Washington Blvd., be in the center lane and turn left. Very quickly, bear right onto the Highland Park Bridge and cross the Allegheny River. Take the first exit off the bridge - it's a sharp right! At the end of the ramp, continue straight. Go through several traffic lights, and the you can’t miss the Giant Eagle, Marshall's, TJ Maxx, Barnes and Noble, Old Navy, Dick's Sporting Goods, Jo-Ann Fabrics, movie theatre, restaurants, Pier 1 huge strip mall on your left.

Massage
LiHong's China Massage and Integrated Body Works
4021 Butler Street
Lawrenceville
412-681-8550
30 min $28, 45 min $42, 60 min $52. The sign goes to great lengths to explain that this is a legitimate massage parlor with licensed massotherapists.

Magical Hands Massage Therapy
5817 Forward Avenue
Squirrel Hill
412-422-2284
Cheap rates.

Therasuna Massage Therapy
4546 Penn Ave.
Bloomfield
412-682-7576
By Don Vogel, certified massage therapist.

Military

Broadway War Surplus
909 Liberty Avenue
Downtown
412-391-3331
Military surplus.

Movie Theaters

Carmike 10 Cinema
South Hills Village
Bethel Park
412-835-7700

Carmike Maxi-Saver 12
2001 Mountain View Drive
West Mifflin
412-655-8700
Second-run bargain movies near Century III Mall.
### Movie Theaters

<table>
<thead>
<tr>
<th>Business Name</th>
<th>Address</th>
<th>Phone</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Carmike Galleria 6</strong></td>
<td>1500 Washington Road, Mount Lebanon</td>
<td>412-531-5551</td>
<td></td>
</tr>
<tr>
<td><strong>Cinemagic Manor Theatres</strong></td>
<td>1729 Murray Ave., Squirrel Hill</td>
<td>412-422-7729</td>
<td>4 screens, showing half indie, half mainstream.</td>
</tr>
<tr>
<td><strong>Cinemagic Squirrel Hill Theatre</strong></td>
<td>5824 Forward Avenue, Squirrel Hill</td>
<td>412-421-7900</td>
<td>Half indie, half mainstream movie selection.</td>
</tr>
<tr>
<td><strong>Denis Movie Theater</strong></td>
<td>685 Washington Rd., Mt. Lebanon</td>
<td>412-343-7300</td>
<td>Often features indie or foreign films.</td>
</tr>
<tr>
<td><strong>Dependable Drive-In</strong></td>
<td>Clinton Rd., Moon Township</td>
<td>412-264-7011</td>
<td><a href="http://www.dependabledrivein.com">www.dependabledrivein.com</a></td>
</tr>
<tr>
<td><strong>Harris Theater</strong></td>
<td>809 Liberty Avenue, Downtown</td>
<td>412-471-6070</td>
<td>A Pittsburgh Filmmakers’ theater; specializes in art house/independent films.</td>
</tr>
<tr>
<td><strong>Loews Cineplex</strong></td>
<td>300 Waterfront Drive, Waterfront</td>
<td>412-462-6923</td>
<td>Ubiquitous movie theater that you’ll probably go to 90% of the time because you love stadium seating, crowded parking lots, and high ticket prices. Get there before 5pm for matinee prices. Buy tix ahead of time at <a href="http://fandango.com">fandango.com</a> for $1 surcharge.</td>
</tr>
<tr>
<td><strong>Manor Theater</strong></td>
<td>1720 Murray Avenue, Squirrel Hill</td>
<td>412-422-7729</td>
<td></td>
</tr>
<tr>
<td><strong>Melwood Screening Room</strong></td>
<td>477 Melwood Avenue, Oakland</td>
<td>412-682-4111</td>
<td><a href="http://www.pgffilmmakers.org">www.pgffilmmakers.org</a></td>
</tr>
<tr>
<td><strong>Rangos OMNIMAX Theater, Carnegie Science Center</strong></td>
<td>1 Allegheny Avenue, North Side</td>
<td>412-237-3400</td>
<td></td>
</tr>
<tr>
<td><strong>Regent Square Theater</strong></td>
<td>1035 S. Braddock Ave., Regent Square</td>
<td>412-681-5449</td>
<td>A Pittsburgh Filmmaker’s theatre that shows arthouse and foreign films.</td>
</tr>
<tr>
<td><strong>Showcase Cinemas</strong></td>
<td>9700 McKnight Road, North Hills</td>
<td>724-935-5770</td>
<td>Parkway Manor Drive, Robinson</td>
</tr>
<tr>
<td><strong>Showcase Cinemas East</strong></td>
<td>3455 William Penn Highway, Monroeville</td>
<td>412-824-4425</td>
<td></td>
</tr>
</tbody>
</table>
**Allegheny Cemetery**
4734 Butler St.
Bloomfield and Lawrenceville
412-682-1624
[www.alleghenycemetery.com](http://www.alleghenycemetery.com)

This beautiful cemetery is far too much of a secret to Pittmed students. Chartered in 1844, Allegheny (the sixth oldest rural cemetery in the country) houses Pittsburgh citizens dating from the French and Indian war, who were moved there from Trinity Cathedral. A must-see with beautiful architectural landmarks and grounds in the style of English gardens.

**The Andy Warhol Museum**
117 Sandusky Street
North Side
412-237-8300
[www.warhol.org](http://www.warhol.org)

Pittsburgh’s most hyped cultural addition, The Warhol is the most comprehensive single-artist museum in the U.S. and is dedicated to one of the Twentieth Century’s most defining figures. With a collection of over 4,000 works, around 500 of which are on display at any one time, there’s a lot to see. Even if Warhol doesn’t make you salivate, there is usually an ongoing special exhibit, centered around another artist or theme. Check out Good Fridays:
Every Friday from 5-10 pm something different is going on, from DJs to performance art to movie screenings. Prices vary depending on the event, but the cash bar is a constant, and admission gives you access to the gallery as well. $3 admission with student ID, $5 adults. If you drive, note that you will have to either park many blocks away and walk or pay for parking ($5, 1 block north on Sandusky), as there are absolutely no meters nearby.

**Carnegie Museum Of Art**
4400 Forbes Avenue
Oakland
412-622-3131
[www.cmoa.org](http://www.cmoa.org)

Tue-Sat: 10:00 am-5:00 pm; Sun: 12:00 pm-5:00 pm

Way too many people never make it over to this enormal cultural complex, despite it being a mere ten minutes from Scaife. The permanent collection of the MOA includes major holdings of Impressionist, Post-Impressionist, and 19th and 20th century American paintings. The museum also houses some very cool contemporary installations. Admission is free with Pitt or CMU IDs, otherwise it’s $5 with student IDs, $8 for adults, and $5 for children over 3. Price includes admission to the Carnegie Museum of Natural History.

**Carnegie Museum Of Natural History**
Oakland
412-622-3131
[www.clpgh.org/cmnh](http://www.clpgh.org/cmnh)

The Museum of Natural History, attached to the Museum of Art, holds one of the most complete exhibits of dinosaurs in the country as well as an outstanding gem and mineral collection. Go with a bunch of friends during the week for some seriously fun self-directed
learning. Admission prices and hours are the same as for the Art Museum.

The Carnegie Science Center
One Allegheny Avenue
North Side
412-237-3400
www.carnegiesciencecenter.org
This museum features loads of hands-on exhibits and four theaters, including a planetarium and the Rangos Omnimax Theater which, as of this writing, is showing The Human Body (if you don’t feel compelled to see it, then you’re in the wrong field). Also home to UPMC SportsWorks which is full of fun virtual challenges and sporting events: Race against a virtual Jackie Joyner Kersee or scale the 25-foot climbing wall. Lots of fun things for adults and kids. $14 gets you in to everything, $18 includes the Omnimax ($8 on its own).

East Ohio Street
North Side
Bordered by Cedar Avenue to the West and East Street to the East, there are three blocks of East Ohio Street lined with bars and shops. With names like JR’s Bar, Ike’s Barber and Styling Salon, and Schrlm’s (Schrhm’s?), Garden Café, there’s nothing remotely yuppy or nouveau about this place. There is, however, an inscrutable segment of street, beginning at 521 E Ohio packed with five photography stores: Pittsburgh Custom Darkroom, Photo Lab, Bernie’s Photo, Pittsburgh Camera Exchange, and the Museum of Photo History. They’re all crammed next to each other and offer cameras, new and used, as well as repairs, processing, and anything else you can think of that’s related to cameras.

Fallingwater
Route 381
Mill Run
724-329-8501
www.wpconline.org/fallingwaterhome.htm
The architectural masterpiece and world-famous home designed by Frank Lloyd Wright in 1936 for the Kaufman family. The home is built over a waterfall in the beautiful Laurel Highlands roughly 1.5 hours from Pittsburgh. It has been voted one of the America’s most architecturally significant buildings. Tours provided. Reservations usually required, but not usually hard to get. Tues.-Sun., 10 am-4 pm, Mid-March-Thanksgiving, some Dec. weekends.

Fort Pitt Blockhouse and Museum
101 Commonwealth Place
Point State Park
Downtown
412-281-9284
The oldest building in Pittsburgh and its associated museum. Learn about the French and Indian War and other local history.

The Frick Art and Historical Center
7227 Reynolds Street
Point Breeze
412-371-0600
www.frickart.org/home
Tue-Sun: 10:00 am-5:00 pm
This center is a six-acre complex of museums and historic buildings which include the magnificent Clayton, the restored home of Henry Clay Frick. Also located on the grounds is the Frick Art Museum which features a permanent collection of pre-19th century European paintings, sculptures, and decorative objects, and temporary exhibits from around the world and the Car & Carriage Museum. Tea offered Tuesday-Sunday at the Café and visitors are welcome to picnic on the grounds. There are admission fees to tour Clayton ($8 students, $10 adults), but free to visit the museums. Reservations required to tour Clayton.
The Mattress Factory
500 Sampsonia Way
North Side
412-231-3169
Tues-Fri: 10:00 am-5:00 pm; Sat: 10:00 am-7:00 pm; Sun: 1:00 pm-5:00 pm
www.mattress.org
Unique museum of contemporary art featuring room-size environments created by in-residence artists: definitely worth checking out. There are some remarkable permanent exhibits, as well one that rotates: James Turrell’s tremendous Into the Light just wrapped up; check their website for what’s next. As of this writing, construction is ongoing, making the Mattress Factory a bit tricky to find. Follow the street signs or ask people in the neighborhood if you miss it. Adult admission is $8, students $5 and everyone free on Thursday.

The Mexican War Streets
North Side
Contained within the North Side and stretching from Brighton Road to Arch Street and North Avenue to the hill, the Mexican War Streets were laid out in 1848, the streets’ names derived from the generals and battles of the Mexican-American War. Except for the Mattress Factory and a few churches, it is a completely residential neighborhood. The tree-lined streets are lovely, the adjoining turn of the (last) century brick houses cozy, making for a pleasant, brief stroll. If you’re in the neighborhood, you have not one, but two barbecue joints from which to choose.

The National Aviary
Arch Street
North Side
412-323-7235
Open 9:00 am-5:00 pm daily
www.aviary.org
It’s doubtful that when you think of Pittsburgh, you think of birds, but by mandate of Congress, Pittsburgh is home to The National Aviary. There are more than 600 birds and 200 species in all their screeching, cooing, and otherworldly sounding glory. In addition to smaller displays, there are two large rooms in which you can amble and the birds roam free, whizzing by overhead and underfoot and doing their business wherever they please. The birds are quite astounding, both in look and sound, and despite the fact that it’s the “national” aviary, birds come from throughout the world (a good thing, since the most interesting birds are not from North America). If you’re lucky, you may leave with a free memento, a bird’s way of thanking you for coming. Admission is $5 for adults; no student discount.

The Nationality Classrooms
Cathedral of Learning, 1st through 3rd floors
Oakland
412-624-6000
www.pitt.edu/~natrooms
Mon-Fri: 9:30 am-2:30 pm; Sat: 9:30 am-2:30 pm; Sun: 11:00 am-2:30 pm
Discover 27 classrooms in the Cathedral of Learning that depict Pittsburgh’s diverse ethnic roots through authentic architectural and decorative styles, pre-1787. The hours are a little funky, so check the website for times, or just walk around and peek in your head to open rooms. Tours are given Saturday and Sunday: adults $3, seniors $2, and children 8-18 $0.50. May be closed for holidays.

Phipps Conservatory and Botanical Gardens
One Schenley Park
Oakland
412-622-6914
www.phipps.conservatory.org
Mon-Sun: 9:30 am-5:00 pm; open until 9:00 pm on Fridays.
In its 13 themed rooms (e.g., the desert room, orchid room, and the fruit and spice room) and its outdoor gardens, this impressive Victorian “crystal palace” building houses more plants than you can imagine. If that’s not enough, there’s also a butterfly garden in warmer months, many children’s programs, seasonal displays, and an amazing bonsai
collection. Not to mention the 12,000 square foot Tropical Forest Conservatory or the even bigger greenhouses, both in construction and set to open soon. Adult admissions are $7.50, students $5.50, and children 2-12 $4.50, but there’s also a lovely, free outdoor garden.

The Pittsburgh Children’s Museum
10 Children’s Way
North Side
412-322-5058
www.pittsburghkids.org
With a dining facility called Pecaboo Café and exhibits featuring Sesame Street and Mr. Rogers, the Children’s Museum is not exactly geared toward those without kids or visiting nieces and nephews. Should you have the aforementioned, this is a cute place to take the wee ones for an afternoon. And, if you’re running out of ideas for where to hold your next birthday party, look no further! Current expansion with the former Buhl Planetarium (relocated to the Carnegie Science Center) is underway and slated for completion in the fall of 2004. Admission is $5 for adults, $4.50 for children, and $3.50 for everyone on Thursday.

Pittsburgh Zoo and Aquarium
1 Wild Place
Highland Park
412-665-3640
www.pittsburghzoo.com
Open every day, except Thanksgiving, Christmas, and New Years. Free parking. Gorgeous aquarium.

Riverview Park
North Side
Allegheny Observatory: www.pitt.edu/~aobstrry Lecture Series:
www.phyast.pitt.edu
Situated at Pittsburgh’s northern terminus, atop a hill, sits Riverview Park. At the crest of the park is the Allegheny Observatory, owned by the University of Pittsburgh. An ongoing lecture series is open for all to attend and takes place the 3rd Friday of each month. The park itself contains a broad, one-way (for cars, at least), tortuous road with ample walking/jogging/biking space on both sides. There are also a number of cross country trails zigzagging through the park. The view of the rest of the city and surrounding area is lovely, though a bit blocked by all the green during the summertime.

Senator John Heinz Regional History Centre
1212 Smallman Street
Strip District
412 454-6000
Tue.-Sat.: 10:00 am-5:00 pm
www.pghhistory.org
A visit to this museum dedicated to local history is time well spent. The exhibits are thorough and often have a sense of humor; they have dedicated past exhibits to toys, Isaly’s (say chipped ham), pioneer life, and, of course, the 57 varieties of Heinz. $7.50 is the adult admission price, $6.00 for students with ID, and $3 for a kid between 3 and 18.

Music - Retail

720 Records
5943 Penn Ave
East Liberty
412-661-7330

Brave New World
3495 Bates Street
Oakland
412-682-5007
Punk, metal, and indie rock. Great selection, if it’s your thang.

Dave’s Music Mine
1210 E. Carson St.
South Side
412-488-8800
Hypervinyl
5819B Forward Ave
Squirrel Hill
412-422-7746
Techno music and DJ supplies.

Jerry’s Records
2136 Murray Ave.
Squirrel Hill
412-421-4533

Paul’s CDs
4526 Liberty Ave.
Bloomfield
412-621-3256
members.aol.com/paulstore/
Along with Jerry’s Records in Squirrel Hill, probably the best music store in Pittsburgh. Don’t let its smallness fool you: they have an extensive collection of rock and jazz (and Fela Kuti), with some world music and electronica thrown in. Great selection of indie rock and lesser known bands. Most CDs are $15, and if they don’t have something, ask them to order it for you and they’ll still only charge you $15.

Record Graveyard
333 N Craig Street
Oakland
412-683-6332

The Exchange
1709 E. Carson St.
South Side
412-488-7001
Hip-hop.

Musical Instruments

Acoustic Music Works
2142 Murray Avenue
Squirrel Hill
412-422-0710
Steve, the co-owner, is a super nice guy. This is a player's shop and they are willing to talk trades or just let you play the 1930's Gibson 00 you’ve had your eye on.

Pittsburgh Guitars
1409 E. Carson St.
South Side
412-431-0700
www.pittsburghguitars.com
They offer guitar lessons as well as a selection of guitars (new and vintage) and other instruments. They also buy guitars.

Nail Salons

Nail Club
2016 Murray Avenue
Squirrel Hill
412-422-7709

Nail Studio I
4524 Liberty Ave.
Bloomfield
412-681-2666
M-F: 10:00 am-7:00 pm, Sat: 10:00 am-6:00 pm. Walk-ins okay.

Notary Public

Jed’s Notary Service
4035 Penn Ave.
Bloomfield
412-687-TAGS

Nutritional Supplements

General Nutrition Center
3721 Forbes Avenue
Oakland
412-682-5008
5530 Walnut St.
Shadyside
412-621-6512
Be the buffest med student you can be, but careful: these OTC wonder drugs are not FDA approved.
Opticians

**2020 Opticians**  
4203 Murray Ave.  
Squirrel Hill  
412-421-2020

**Eye Physicians Optical**  
532 S. Aiken Ave., Suite 412  
Shadyside  
412-683-5510

**Oakland Fashion Optical**  
311 S Craig Street  
Oakland  
412-621-2523

**Peter’s Optical Shoppe**  
124 Oakland Avenue  
Oakland  
412-681-8913

Party Supplies

**Mike Feinberg Company**  
1736 Penn Avenue  
Strip District  
412-471-2922  
Party supplies, favors, gags, lights; Mike Feinberg’s got your cheap (fun) crap.

**Mike the Balloon Guy and Company**  
7708 Abbot St.  
412-371-4899  
[www.miketheballoonguy.com](http://www.miketheballoonguy.com)  
The most amazing balloon-blower we’ve seen in a long time. Lots of other party services available, like clowns, handwriting analysts, petting zoos (to relive those PBL memories), and stilt walkers.

**Papermart**  
5000 Baum Boulevard  
Oakland  
412-681-8900  
The place to satisfy all your needs for fun party goods.

Schorin Company  
1800 Penn Avenue  
Strip District  
412-281-0650  
[www.schorin.com](http://www.schorin.com)  
Stock up on paper products for your next shindig here. If it’s going to be a classy event, you can get plastic champagne glasses.

Pets

**Alan’s Pet Shop**  
2229 Murray Avenue  
Squirrel Hill  
412-521-2770

**All God’s Creatures Pet Salon**  
4516 Liberty Ave.  
Bloomfield  
412-682-5636  
Grooming by appointment.

**Animal Rescue League of Western PA**  
6620 Hamilton Ave.  
Point Breeze  
412-661-6452

**Animal’s Place Pets and Supplies**  
5493 Penn Ave.  
Garfield  
412-362-8780  
[animalsplacepets@aol.com](mailto:animalsplacepets@aol.com)

**Dog Licensing at City-County Building**  
414 Grant Street  
Downtown  
412-255-2575

**Dubblebbee’s Dog Grooming**  
945 Mellon St.  
Highland Park  
412-361-4681

**East End Grooming Salon**  
840 Graham Bvld.  
Wilkinsburg  
412-256-4900  
They have a tight schedule, so if they can’t fit
If you own a pet bird, or you want to, then this is the store for you. If not, move along, nothing to see here. The shop owner, Don, is as personable with your avian friends as he is to his customers. His toys are a bit pricey, but his nail clipping and wing snipping service is very reasonable ($15 for both with a complimentary beak polishing). Also, he provides boarding for $10/day. The fee includes food, housing and a lot of free time outside the cage. More importantly, you get peace of mind, since you know your bird is in good hands.

**Photography**

**Bernie’s Photo Center**
525 E. Ohio Street
North Side
412-231-1717
[cameras@berniesphoto.com](mailto:cameras@berniesphoto.com)
[www.berniesphoto.com/ie.shtml](http://www.berniesphoto.com/ie.shtml)

**Camera Repair Service Inc.**
433 Market Street
Downtown
412-261-5225
[www.camerarepairservice.com](http://www.camerarepairservice.com)

**Camera Service Center**
427 E. Ohio Street
North Side
412-323-0771
This little camera shop does a nice job with camera tune-ups.

**Photo Antiquities**
531 E. Ohio Street
North Side
412-231-7881

**Picteresque Photography and Gifts**
4300 Butler Street
Lawrenceville
412-688-0240
Put their photos or your own on tiles, t-shirt, coffee mugs and other exciting objects.

**Pittsburgh Camera Exchange**
529 E. Ohio Street
North Side
412-422-6372
[www.pghcamex.com](http://www.pghcamex.com)
Buy, sell, or trade your camera or photography supplies here. You can get a good deal, but look carefully. They have an impressive collection of antique cameras.
**Pittsburgh Custom Darkroom**
521 E. Ohio Street
North Side
412-321-2100

**Plumbing, Heating**

**Alescio Plumbing and Heating**
5002 Penn Ave.
Garfield
412-441-1933

**Post Offices**

Check [www.usps.com](http://www.usps.com) for hours at all locations.

**Bloomfield Post Office**
5182 Liberty Ave.
Bloomfield
412-682-4572

**Oakland Post Office**
347 S. Bouquet Street
Oakland
800-275-8777
You can also buy stamps at the Gift Shoppe in Children's, the stamp machien in WPIC (De Soto entrance), or the stamp machine in the Presby-Falk Clinic walkway.

**Downtown Post Offices**
1402 Fifth Avenue Suite 2
Downtown
412-642-0792

700 Grant Street Suite A
Downtown
412-642-0769

336 Fourth Avenue Floor 1B
Downtown
412-642-1151

625 Stanwix Street Suite 104
Downtown
412-642-2158

**East Liberty Post Office**
6360 Broad Street
East Liberty
412-661-7981

**South Side Post Office**
1731 E. Carson St.
South Side
412-431-1057

**Squirrel Hill Post Office**
1800 Murray Ave.
Squirrel Hill
412-421-4953

**Pottery**

**Color Me Mine**
5887 Forbes Avenue
Squirrel Hill
412-421-2909
Paint your own pottery. Yee-haw.

**The Glazing Pot**
1302 E. Carson St.
South Side
412-431-1318
Remember the time you wanted to paint a freshly kilned vase? Well, now's your chance.

**Printing Services**

**Budget Printing Center**
4114 Penn Ave.
Bloomfield
412-683-7777

**Copy Cat**
3945 Forbes Avenue
Oakland
412-624-0552

**Fedex Kinko's (24 Hr.)**
3710 Forbes Avenue
Oakland
412-687-2752
Produce

Engel's Market
2124 Murray Avenue
Squirrel Hill
412-421-2425
Fresh fruits/vegetables.

Farmer's Market
County Building, Grant Street
Downtown
412-422-6523
through 11/27, every Friday, 11:00 am - 1pm

S. 18th and Sidney St.
South Side
412-422-6523
Open through 11/27, every Tuesday, 3:30 pm-7:30 pm.

Carrick Shopping Mall
Brownsville and Parkfield Roads
Carrick
412-422-6523
Approx. May-Thanksgiving, every Wed., 3:30pm - 7:30pm.

Penn Circle West
East Liberty
412-422-6523
Approx. May-Thanksgiving, every Wed., 3:30p-7:30pm

Home Depot Parking Lot
East Liberty
Every Sat., Year-round, 6am-noon

Pittsburgh Zoo Parking Lot
Highland Park
412-422-6523
Approx. May-Thanksgiving, every Wed., 3:30pm-7:30pm

Shoe Repair

Squirrel Hill Shoe Repair
2205 Murray Avenue
Squirrel Hill
412-521-3355

Ted Narducci Shoe Repair
4768 Liberty Ave.
Bloomfield
412-683-6672
Classic shoe repair shop with shoewear-in-progress everywhere, open 9-6 daily.

Shoes - Retail

Athletes Foot
800 S. Aiken Ave
Shadyside
412-621-2997
M-Sat. 12pm-8pm; Sun 12pm-5pm; Student Discount 10%.

Choices
5416 Walnut St
Shadyside
412-687-7600
Great for those who crave a shoe collection like Carrie on “Sex and the City” (Prada, Jimmy Choo, etc.).

Littles Shoes
5850 Forbes Ave.
Squirrel Hill
412-521-3530
Some say this shop, now over 85 years in business, has the best quality footwear in Pittsburgh; others say that Littles is overrated and overpriced.

New Balance Footwear
3810 Forbes Avenue
Oakland
412-697-1333
Ten Toes
5502 Walnut St.
Shadyside
412-683-2082
Arguably the best place for shoes in Pittsburgh.

Skating Rinks

Neville Ice Arena
220 21st Street
South Side
412-687-5283
Indoor public ice skating, and college hockey games.

PPG Ice Skating Rink
4 PPG Place
Downtown
412-394-3641
Winter got you down? Why not embrace it? The PPG Rink is dramatically situated among the towering glass walls of PPG Place. Add a huge Christmas tree to the mix and you have guaranteed wintertime fun. Adults $5, children $4, and skate rentals $3. Open seasonally.

Schenley Skating Rink
Schenley Park
Oakland
412-422-6523
www.city.pittsburgh.pa.us/parks/html/schenley_skating_rink.html
Roller hockey May - Sept. In December you’ll want to grab your ice skates from the closet, your Pitt ID, and get in some nice outdoor ice time. Open seasonally. Check online for fees.

Sports Complexes

Heinz Field
Allegheny Ave, follow North Shore Drive
North Side
412-323-1200
www.steelers.com/facility/
Can’t shell out the money for Steeler’s tickets but are desperate to see if the seats really are as yellow as they look from afar? Not to worry: your beloved Pittsburgh Panthers play their home football games at Heinz Field as well. Is this city great, or what?

PNC Park
115 Federal Street
North Side
412-323-5000
1-877-893-BUCS (tickets)
www.pirateball.com
Home of the Pittsburgh Pirates, it’s a great place to see a baseball game: the stadium is open to the rivers and the sun, and no seat feels like it’s a bad one. Prices range from $9 to $35. On Monday night, you can get a seat for $5 with a college ID. Same deal on Tuesday nights with a Giant Eagle Advantage card.
Storage

A-1 Self Storage
Baum & Melwood
Oakland
412-621-5947

Street Vendors

Strip District Street Vendors
Strip District
Selection varies with the season (except for Steeler's paraphernalia: enough hats and pants and shirts to clothe a small country), including sun glasses, used books, fake designer handbags, woven sweaters from Central and South America, cheap t-shirts, and did we already mention?—more Steelers stuff.

Tailors

Alberto & Pasquale
2025 Murray Avenue
Squirrel Hill
412-421-5515
Tailor/alterations/rug & leather cleaning.

Footer's Dry Cleaners & Tailors Inc.
5864 Forbes Ave.
Squirrel Hill
412-421-0400

New Oakland Tailor
234 Meyran Avenue
Oakland
412-682-8028

Tanning

Bella Tanning
4573 Liberty Ave.
Bloomfield
412-681-TANN

The Bare Tan
5883 Ellsworth Ave.
Shadyside
412-361-2154

Heavenly Tan
1141 S. Braddock
Regent Square
412-241-4900

Yolanda's Tanning
4606 Liberty Ave.
Bloomfield
412-682-7056
M-Th 10-9, F 10-7, Sat 9-5; from May-September open Sun 11-4.

Tattooing, Piercing

Eye Candy
314 N Craig Street
Oakland
412-621-1679
http://www.eyecandytattoos.com/#

Hot Rod Piercing
115 Oakland Avenue
Oakland
412-431-6077
http://www.hotrodbodypiercing.com/

Inka-Dinka-Doo
3627 Butler Street
Lawrenceville
412-683-4320
www.inkadinkadoo.net
Feed some ink to your macrophages and they will proudly display it for you for a long, long time. You may also be pierced here.

Monster Tattoo
4514 Liberty Ave.
Bloomfield
412-681-6881
Visit Reverend Dice (yes, that's his name) for your custom tattooing needs. 10 years experience, 100% sterilization and all materials single-use.


**Theaters**

**Carnegie Music Hall/Drue Heinz Lecture Series**
4400 Forbes Avenue
Oakland
412-622-8866
www.pittsburghlectures.org
Part of the same complex as the Museum of Natural History and the Museum of Art, the Carnegie Music Hall hosts the Drue Heinz Lecture featuring extraordinary writers, commentators and thinkers on stage. The schedule for 2005-2006 is available on the website above.

**Pittsburgh Public Theater**
O’Reilly Theater, 621 Penn Ave.
North Side
412-316-1600
www.ppt.org
20 Million dollar project built in the last decade. 650 Seats in a unique thrust (on three sides of the stage) configuration. 12$ tix for students and people 26 and under. On Fri/Sat, this is at the door only.

**Travel**

**STA Travel**
118 Meyran Avenue
Oakland
412-683-1181

**University Travel**
3955 Forbes Avenue
Oakland
412-621-3492

**Used Clothing/Furniture**

**Diva’s by Monica**
1100 E. Carson St.
South Side
412-481-5001
Funky resale shop offering clothing and some furniture.

**East End Community Thrift Shop**
5123 Penn Ave.
Garfield
412-361-6010
Friendly volunteer-run thrift store which funds the Thomas Merton Center next door. One of the only thrift shops in the ‘Burgh which accepts vouchers from people in need. Open Tu-F: 10:00 am-4:00 pm, and Sat: 12:00 pm-4:00 pm.

**Tobacco**

**Continental Smoke Shop**
2210 Murray Avenue
Squirrel Hill
412-422-4444
You shouldn’t smoke but if you must, watch out for the HUGE Rottweiler that lives in this shop.

**Toy Stores**

**S.W. Randall Toyes and Giftes**
806 Ivy St.
Shadyside
412-687-2666
Toyes, toyes, toyes, and giftes, giftes, giftes.
### Goodwill
5210 Liberty Ave. (Liberty Avenue & Baum Boulevard)
Bloomfield
412-687-8840
[www.goodwillpitt.org](http://www.goodwillpitt.org)
One of the bigger Goodwill stores in Pittsburgh, it’s a good place to donate those acid-wash jeans you won’t ever wear again. Or, you can pick up a pair for your next 80’s party. Furniture available upstairs.

509 E. Ohio Street
North Side
412-322-5666
[www.goodwillpitt.org](http://www.goodwillpitt.org)
Not nearly as big as the one in East Liberty or Southside, but with many more portraits of Elvis.

2700 E. Carson St.
South Side
412-481-5390
[www.goodwillpitt.org](http://www.goodwillpitt.org)
Enormous Goodwill that carries furniture, tons of clothes, and other random stuff. Some excellent finds if you’re willing to look.

### Red, White, and Blue Thrift Store
890 Saw Mill Run Boulevard
West Mifflin
412-381-1060
The Cadillac of resale stores.

### Awakening of the Senses
3629 Butler Street
Lawrenceville
412-682-7627
Art lives here, as well as locally-produced soaps (Fight Club?), lotions, soy candles, and antiques.

### The Cuckoo’s Nest
1513 E. Carson St.
South Side
412-481-4411
Magic effects and supplies. Amaze your family! Wow your friends! Learn how David Copperfield hypnotizes German supermodels and dupes the world into thinking he’s cool!

### Video Games

#### EB Games
5889 Forbes Avenue
Squirrel Hill
412-421-4410
[www.ebgames.com](http://www.ebgames.com)

#### Video Rental

#### Blockbuster Video
3804 Forbes Avenue
Oakland
412-325-0777
2010 Wharton St.
South Side
412-488-9215
6300 Forbes Avenue
Squirrel Hill
412-521-5556
5438 Baum Blvd
Shadyside
412-621-7888
**BUSINESSES**

**Classic Video**
735 Copeland St. (across from Starbucks)
Shadyside
412-621-3232
cathy@cvideoonline.com
11,000 movies—but not alphabetized.
Browsing is easier than finding.

**Crazy Mocha**
4525 Liberty Ave.
Bloomfield
412-681-5225
Amazing independent film collection in the back of this little coffee shop.

**West Coast Video**
4614 Liberty Ave.
Bloomfield
412-682-3900
Open M-Sat 10am-11pm, Sun 11am-11pm.

1900 Murray Avenue
Squirrel Hill
412-422-5800

**Groovy**
1304 E. Carson St.
South Side
412-381-8010
Do you miss your toys from the 80s (or 70s)? Shut up, you do too. Well, they’re all here, along with your old lunchboxes.

**Hey Bette**
5892 Ellsworth Ave
Shadyside
412-363-0999
Resale vintage clothing and collectibles from the 1900’s -1970’s. Can be expensive but there is the occasional good find.

**Yesterday’s News**
1405 E. Carson St.
South Side
412-431-1712
Vintage clothes.

**Visitor’s Center**

**Pittsburgh Visitors Center**
425 6th Avenue
412-281-7711
Not exactly recreation, but they may be able to help you figure out what to do with your folks when they visit.

**Vintage Items**

**Avalon Clothing and Shoes**
115 Arwood Street
Oakland
412-621-1211
www.avalonexchange.com
Trendy vintage clothes.

**Crimes Of Fashion**
4628 Forbes Avenue
Oakland
412-682-7010
Some very nice (if overpriced) vintage clothing.

**Wholesalers**

**Costco**
202 Costco Drive
Robinson
412-490-2204
www.costco.com

**Sam’s Club**
3621 William Penn Hwy.
Monroeville
412-856-7162
www.samsclub.com
Wine and Spirits

Gateway Wine And Spirits
5001 Baum Boulevard
Oakland
412-682-1099

Palate Partners
2013 Penn Avenue
Strip District
412-391-8502

Here you’ll find the most eclectic of the wine offerings in Pittsburgh, with this shop that specializes in small, lesser known wines from around the world. As a distributor, they can’t sell you wine on the spot, but with a $50 minimum order and two days to wait, they’ll get you all the wine you can drink. Also, $10 wine tasting on the first and third Fridays of every month.

Wine and Spirits
5430 Centre Ave.
Shadyside
412-688-1938

6320 Shakespeare St.
Shadyside
412-645-2028
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