

ICAHN SCHOOL OF MEDICINE AT MOUNT SINAI

Insider's Guide to First Year
2014-2015

INFORMATION FOR YOUR FIRST YEAR | CREATED BY THE CLASS OF 2017

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WELCOME

Welcome to the Icahn School of Medicine at Mount Sinai! We can't wait to welcome you to campus next month, and we hope you're looking forward to the next four years!

We're sure you have many questions regarding medical school, Icahn, and New York. In order to help answer those, we've created this guide to first year. We hope you find it useful to get started. And remember, we – and the rest of the Class of 2017 – are always here to help and guide you! This guide includes information on:

ICAHN ESSENTIALS – maps, who's who, and more

ACADEMICS – what to expect in your first year classes

STUDENT GROUPS – get the inside scoop on everything happening on campus

YOUR NEIGHBORHOOD – everything you want to know about starting to live here

NEW YORK CITY – jumpstart your immersion in the greatest city in the world

So, enjoy the rest of the summer and we can't wait to see you in August!

Erin Duggan
Shradha Khadge
Nina Kogekar
James Yoon

Guide to First Year Editors, Class of 2017

Blake Le Grand
Vinay Patel
Nick Heitman

Guide to First Year Contributors, Class of 2017

ABOUT THE EDITORS



ERIN DUGGAN

Erin Duggan is a first year in the MD program. She graduated from Stevens Institute of Technology last May with a BS and MS in Chemical Biology. Here at Sinai she has been involved with Health Education Initiative-an outreach program that teaches elementary school children in Harlem about nutrition and diabetes, tutoring, and was the course representative for the Structures Course. In her free time she likes to travel to visit friends at other grad schools across the country while stopping at any local breweries or wineries along the way! Sinai is a very unique environment and there is much to do outside of school in our neighborhood and beyond. She is extremely excited to meet you and looks forward to introducing you to all that Sinai has to offer! Feel free to reach out to her at erin.duggan@mssm.edu

SHRADHA KHADGE

Shradha Khadge is a rising 2nd year medical student. Originally from Nepal, Shradha grew up on Long Island, and did her undergrad in Behavioral Neuroscience at Northeastern University in Boston, MA. She took a year off to do neuro research before coming to Sinai. This past year she has been involved with Sinai tours, Sinai Neuro Outreach Program (SNOP), EHHOP, MedStart, the flu drive, and the Community Health Fair. She's currently on the leadership board for Sinai Students for Students and will be assigning you to your awesome peer mentors :) If you have any questions about Sinai or just want to reach out, feel free to email her at shradha.khadge@mssm.edu.

NINA KOGEKAR

Nina Kogekar is a first-year MD student. Originally from Connecticut, she studied Biology at Swarthmore College. At Mount Sinai she has been involved in the Community Health Fair, a large scale health-screenings fair run by Sinai students that brings free preventative care screenings as well as live entertainment, food, and other fun activities to the East Harlem community. In her spare time, she enjoys singing, cooking, hiking, and exploring the city. Feel free to email her with any questions at nina.kogekar@mssm.edu

JAMES YOON

James Yoon is a rising second year MD student. Originally from Seoul, he grew up in New Jersey, and graduated from Columbia in 2013. He enjoys learning about health delivery in resource-poor settings, running in the park, and taking the MTA to go places. For questions, you can email him at james.yoon@mssm.edu

ABOUT THE CONTRIBUTORS

BLAKE LE GRAND

Blake is a first year MD student from New York, NY and graduated from Fordham University, Rose Hill Campus. Blake is the Latino Medical Students Association Northeast Regional Membership Chair, and is the Icahn School of Medicine LMSA Co-President. Additionally, he is involved in the Vascular Surgery Interest Group, a mentor with MedStart, and a mentor with MedDocs. He is involved with research in the Department of Orthopedic Surgery and research in the Department of Vascular Surgery. Blake's hobbies include playing competitive sports, watching movies, trying new cuisines, exploring all that New York has to offer. If you have any questions, feel free to reach out to him at blake.legrand@mssm.edu.

VINAY PATEL

Vinay Patel is about to start his second year here in the MD program. He was born in London and grew up in the Midwest, where he majored in microbiology at the University of Michigan (Go Blue!). At Sinai, he is involved in tutoring, First Generation Scholars, Student Council, EHHOP, and the Wellness Committee. Feel free to email with questions (vinay.patel@mssm.edu) – He looks forward to meeting all of you!

NICK HEITMAN

Nick is a first year in the MD/PhD program. He is from Wisconsin, but has been living in New York for the past three years. Nick graduated from the University of Wisconsin in 2011 and received a Master's degree in Biomedical Sciences from ISMMS in 2013. He has been involved with MedStart, EHHOP, and the Community Health Fair. He enjoys watching and playing sports, music, movies, and of course research. If you have questions, you can reach out to him at nicholas.heitman@mssm.edu.



MAPS

Central Park

Mount Sinai Doctors Faculty Practice
5 East 98th St.

The Women's Center Klingenstein Pavilion (KP)
1176 Fifth Ave.

The Kravis Children's Hospital Warren Alpert Pavilion (P)
1184 Fifth Ave.

Annenberg Building

Guggenheim Pavilion (GP)

Klingenstein Clinical Center (KCC)
Atrium: 1428 Med. Ave., 1450 Madison Ave.
Madison Ave. Entrance: 1468 Madison Ave.

Hess Center for Science and Medicine
1470 Madison Ave.

Mount Sinai Doctors Faculty Practice
10 East 102 St.

Center for Advanced Medicine (CAM)
5-17 E 102 St.

Icahn Medical Institute
1425 Madison Ave.

Security/Information Lost? Call 212-241-6068 or 46068 from a hospital phone.

Bus—M1, 2, 3, 4, 106

Food

Coffee Stand

Bookstore

Escalator

Stairs

Subway—at 96th St. and Lexington Ave.

Wheelchair Access

ATM

Icahn School of Medicine at Mount Sinai

Graduate School Administration: Annenberg - 5th floor

Levy Library: Annenberg - 11th floor

Medical School Admissions: Annenberg - 12th floor

Medical School Administration: Annenberg - 13th floor

Dean's Office: Annenberg - 21st floor

MSMC CEO Office: Icahn Medical Institute - 1st floor

MEETING ROOMS

Goldwurm Auditorium: Icahn Medical Institute - 1st floor

IMI Seminar Room: Icahn Medical Institute - 1st floor

Davis Conference Center: Hess CSM—2nd Floor

Hatch Auditorium: Guggenheim Pavilion - 2nd floor

Stern Auditorium: Annenberg - Mezzanine

Mount Sinai Doctors Faculty Practice
5 East 98th St.

The Women's Center Klingenstein Pavilion (KP)
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Davis Conference Center: Hess CSM - 2nd Floor

Hatch Auditorium: Guggenheim Pavilion - 2nd floor

Stern Auditorium: Annenberg - Mezzanine

Additionally, check out the interactive map of everywhere a medical student needs to know!
Available at <http://tinyurl.com/icahn-interactivemap>

ICAHN SCHOOL OF MEDICINE AT MOUNT SINAI ADMINISTRATION

The Icahn administration oversees the school. Over the next year, you'll get to work with them and know them quite well. We've designed this section to let you quickly get to know them and have an idea of who's who in the administration.

DEAN'S OFFICE



Dennis S. Charney, MD

Anne and Joel Ehrenkranz Dean of Icahn School of Medicine at Mount Sinai
Executive Vice President for Academic Affairs of the Mount Sinai Medical Center

DEPARTMENT OF MEDICAL EDUCATION (MedEd)

The Department of Medical Education (MedEd) runs the day-to-day of our experience here at Mount Sinai.

ADMINISTRATION

ADMISSIONS

CENTER FOR ANATOMY AND FUNCTIONAL MORPHOLOGY

CENTER FOR MULTICULTURAL AND COMMUNITY AFFAIRS

CURRICULAR AFFAIRS

OFFICE OF CURRICULUM SUPPORT

EDUCATIONAL SUPPORT

GLOBAL HEALTH

MEDICAL STUDENT RESEARCH OFFICE

MORCHAND CENTER FOR CLINICAL COMPETENCE

OFFICE OF STUDENT OMBUDSPERSON

STUDENT AFFAIRS/STUDENT AFFAIRS FACULTY ADVISORS

ADMINISTRATION

Location: Annenberg 13-30



David Muller, MD
Dean of Medical
Education



Michelle Sainte
Assistant Dean for
Academic Administration



Suzanne Garfinkle, MD
Director, Academy for
Medicine and the
Humanities



Reena Karani, MD
Director, Institute for
Medical Education



Nina Bastian
Associate Director,
Academic Administration



Jeanne Bernard
Marketing Manager



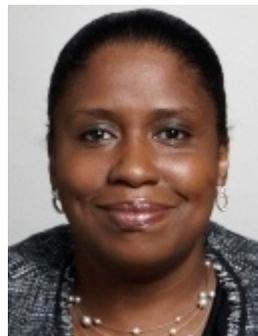
Darren Deoraj
Business Coordinator



Jennifer Galindo
Front Desk Receptionist



Julie Pozo-Cepeda
Special Events
Coordinator



Dorothy Sabb
Executive Assistant to
the Dean for Medical
Education

ADMISSIONS

Location: Annenberg 13-90



Valerie Parkas, MD
Associate Dean of
Admissions



Jessica Maysonet
Assistant Director



George Schreiner
Assistant Director, Non-
Traditional Programs



Sheila Abreu-Nunez
Admissions Coordinator



Deborah Alleyne
Admissions Coordinator



Diane Bailey
Admissions Coordinator



Chandni Chopra
Admissions Coordinator



Roland Pinzon
Recruitment Coordinator

CENTER FOR ANATOMY AND FUNCTIONAL MORPHOLOGY

Location: Annenberg 12-90



Jeffrey Laitman, PhD
Director



Ki-Mark Mak, PhD
Associate Professor



Anthony Pagano
Clinical Instructor



Joy Reidenberg, PhD
Professor



Phyllis Shaw, PhD
Associate Professor



Tarin Rivera
Program Coordinator



Torrence Wilson
Administrative Assistant

CENTER FOR MULTICULTURAL AND COMMUNITY AFFAIRS (CMCA)

Location: Annenberg 21-70



Gary Butts, MD
Associate Dean of CMCA;
Director of Diversity
Programs, Policy and
Community Affairs



Sharon Batista, MD
Associate Director of
Recruitment and
Retention



Denise Delbrune, MPA
Center of Excellence for
Minority Health Program
Manager



Carmen Duran-Santos
Office Manager and
Executive Assistant



Sherria McDowell, MPH
HCOP Program Manager



**Ann-Gel Palermo, MPH,
DrPH**
Associate Director of
Operations



Edward Poliandro, PhD
Director of Culture
Diversity in Medicine
Program



Edward Ronan, MD
Volunteer Consultant,
Academic Learning and
Support

CURRICULUM AND ASSESSMENT



Reena Karani, MD
Associate Dean for Undergraduate
Medical Education and Curricular
Affairs



Shashi Anand
Senior Director of Curricular and
Student Affairs



Rainier Soriano, MD
Co-Director of Curriculum;
Director, Educational Technology



David Bechhofer, PhD
Co-Director of Curriculum



Beverly Forsyth, MD
Director of Student Electives



Yasmin Meah
Director of Service Learning;
Medical Director of EHHOP

OFFICE OF CURRICULUM SUPPORT

Location: Annenberg 13-40



Susan Estevez
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Clinical Curriculum Manager



Julia Fiore
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Matthew Hall
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Linda Pepushaj
Year 1 Course Coordinator



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Clinical Coordinator

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Laboratory & Technology Manager



Eddie Lugo
Lab Support Coordinator



Herman Supoyo
Lab Technician

ENROLLMENT SERVICES

Location: Annenberg 12-70



Dale Fuller
Director of Student
Services



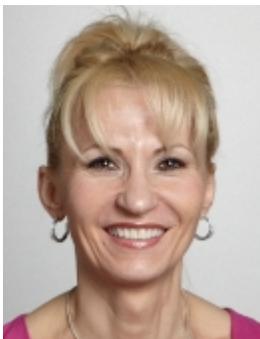
Nelson Pe
Registrar



Philip Parke
Bursar



Luke Phillips
Associate Registrar



Kamila Bryson
Assistant Registrar
(Anbg. 13-30)



Leonara Dasu
Student Loan Coordinator



Lillian Negrón
Financial Aid Coordinator

GLOBAL HEALTH

Location: Annenberg 12-15



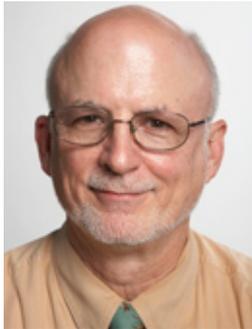
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Director of Global Health



Sigrid Hahn, MD
Associate Director



Nils Hennig, MD
Associate Director



Ramon Murphy, MD
Associate Director



Jonathan Ripp, MD
Associate Director



Braden Hexom, MD
Faculty



Renee Bischoff, MPH
Program Manager

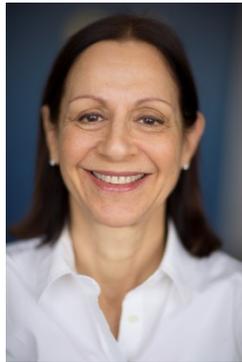


Jessica Batista
Program Assistant



Elena Rahona
MSGH Program Manager

MEDICAL STUDENT RESEARCH OFFICE (MSRO)



Karen Zier, PhD
Associate Dean for Medical Student
Research



Christina Wyatt, MD
Associate Director



Grace Oluoch
Program Administrator



Alecia Williams
Program Coordinator

MORCHAND CENTER FOR CLINICAL COMPETENCE

Location: Annenberg 13-98



Beverly Forsyth, MD
Director of the Morchand Center



Terry Sommer
Director of the Morchand Center



Alexis Medina
Program Assistant

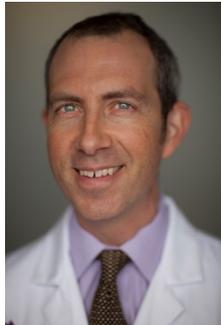
OFFICE OF STUDENT OMBUDSPEOPLE



Helen Fernandez, MD
Ombudsperson

STUDENT AFFAIRS

Location: Annenberg 13-30



Peter Gliatto, MD
Associate Dean for
Undergraduate Medical
Education and Student
Affairs



Shashi Anand
Senior Director of
Curricular and Student
Affairs



Jillian Aristegui
Student Affairs Manager



Pamela Bryndal
Program Coordinator



Mary Olsen, MSW
Disability Officer



Jeanneth Persaud
Visiting Student
Coordinator

STUDENT AFFAIRS FACULTY ADVISORS

Every incoming student is assigned an advisor, who will be your advisor for the next four years. The faculty advisors are your first link to the administration and any support you want. You can reach out to your advisor with questions regarding academics, personal issues, or really anything else.

STUDENT AFFAIRS FACULTY ADVISORS



Alicia Hurtado, MD
Faculty Advisor



Meredith Grossman, MD
Faculty Advisor



Sharon Edwards, MD
Faculty Advisor



Craig Katz, MD
Faculty Advisor



Roberto Posada, MD
Faculty Advisor



Gail Shust, MD
Faculty Advisor

HEALTH

The following two offices are also here to support students, but they are not part of the Department of Medical Education (MedEd). Going to Student Health/Student Mental Health is confidential and not reported to anyone in MedEd.

STUDENT HEALTH CENTER

Location: 17 East 102nd St, 4th Floor, Room D4-246



Lori Zbar, MD
Director of Student
Health



Laura Bienenfeld, MD
Staff Physician



Elizabeth Garland, MD
Staff Physician



Kimberly Suelto, BSN,
RN
Nurse

STUDENT/TRAINEE MENTAL HEALTH SERVICES



TBD



TBD

MEDICAL SUPPLIES

Comparison shop online ahead of time on Amazon, E-bay, etc. The small pharmacies on Madison will again have most simple items and equipment, e.g. blood pressure cuffs and bandages. For better selection but higher prices, try the CVS on 97th St and Lexington Ave. Last minute purchases can be also be made at the bookstore.

FILLING PRESCRIPTIONS

The cheapest place to go if they stock your medication is the employee pharmacy at Mount Sinai, which is on the MC level. Enter Annenberg, go down the escalator north of elevators, and stay to your left until you spot signs for the Pharmacy. If they don't have it, you should then try the CVS on 97th and Lex, the pharmacies on Madison south of the hospital, or the Duane Reade at 102nd and Madison.

DOCTOR'S VISITS

[Student Health](#) can accommodate most physical exams, illness visits, vaccine needs, and travel consultations. There is no co-pay, and students are seen regardless of insurance status. An appointment can be made via the MARC system on Blackboard, or you can call 212-241-6023 during office hours. For a primary care physician, you can contact [Primary Care Associates](#) or [Internal Medicine Associates](#) to select among Sinai doctors, or use [ZocDoc](#) to find other doctors in the city that accept your insurance. The student healthcare plan should also allow you to contact and make direct appointments with Sinai specialists.

ICAHN TRADITIONS

The Icahn School of Medicine might be relatively new as far as medical schools go, but that doesn't mean we don't have our traditions. Here are a few of our favorites!

FALL SEMESTER:

Pre-orientation hike & unofficial activities: come to NYC early and hang out with your new family

Orientation: 1 full week to get to know your new class.

White Coat Ceremony: The big ceremony of first year where you'll receive your new white coats and hear all the deans give speeches. Parents are invited!

Last Day of Anatomy: Come to anatomy wearing only your smock!

Annual Sinai Halloween Bash with the 2nd yrs: Come dressed in your goofiest, spookiest costume for some cider, dancing and good old fashioned fun.

Annual Memorial Service for Anatomy Donors

Winter Formal: Come together as a school for the all-school formal.

SPRING SEMESTER:

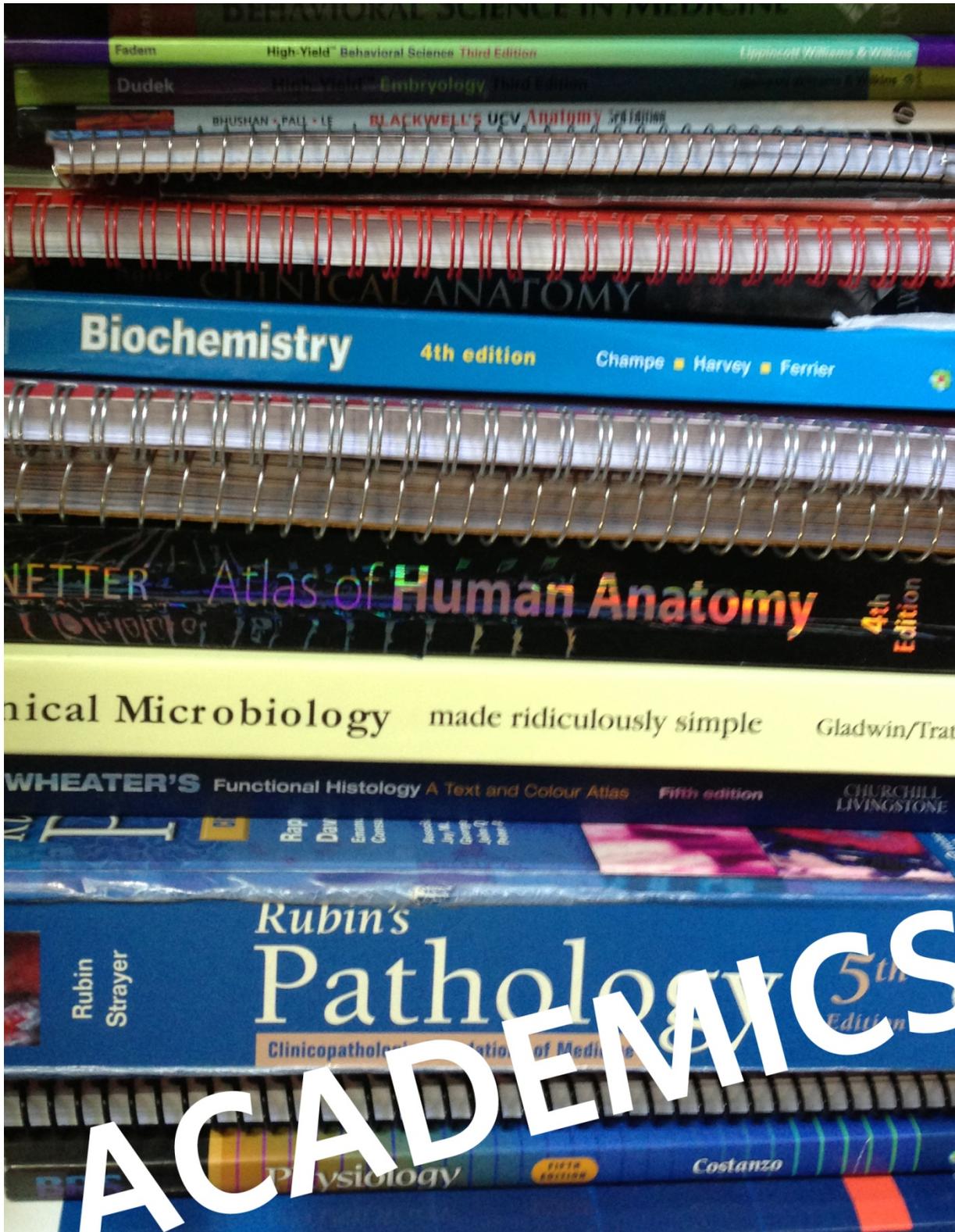
Ski Trip: Spend a weekend skiing, bowling, and tubing with your friends!

Match Day: Sure, we're not quite there yet, but the most important day of med school for many students!

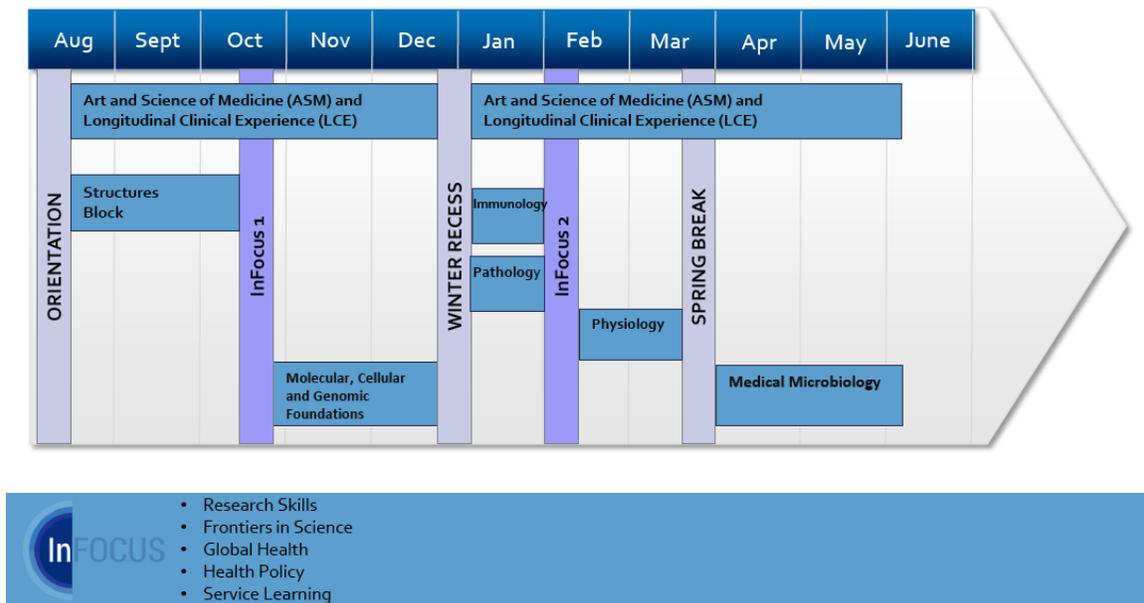
Revisit: Welcome your future classmates!

Spring Student-Faculty Dinner: Have dinner with the faculty you just spent the year with.

First Year Show: Reminisce and make fun of everything that happened first year!



YOUR FIRST YEAR COURSES



ALL YEAR

ART AND SCIENCE OF MEDICINE:

Course Director: Joanne Hojsak, MD and Joseph Truglio, MD

Your introduction to clinical medicine! During the first part of this two-year course, you'll be working in small groups to understand your role as a medical student and as a future physician. In this course you will begin to understand and demonstrate professional and ethical behavior in the context of clinical care. You will have some lectures on important topics, and then have time to breakout into small groups to discuss, demonstrate and debrief, as well as delve deeper into these areas. You'll learn how to conduct a thorough medical interview to obtain a complete medical history and perform the entire physical exam. You'll work with your classmates and standardized patients. You'll also get the chance to demonstrate these skills on real-life patients. There are opportunities to assess the skills you've learned with the midterm practical exam, an OSCE (Objective Structured Clinical Examination), where you get to demonstrate these specific skills at different stations and receive feedback in a timed, round-robin setting. The final exam for the first year places you in a standardized patient scenario wherein you become the doctor who must take a full medical history and physical exam and try to figure out what's going on – just like a real doctor!

ASM also includes the Longitudinal Clinical Experience (LCE), where you and a partner will follow a chronically ill patient during your first two years in medical school. You will attend appointments and complete various assignments that will help you gain a broad understanding of chronic disease and longitudinal care.

Books and Tips: *Bates' Guide to the Physical Examination & History Taking* is the only book recommended for this course, although many students don't use it but rely on materials from class and other references and resources on patient interviewing and physical examination. The book was given out as an iPad e-book this year. Additionally, David Berman (ISMMS '13) and Dr. Soriano have made an iPad e-book that goes over the physical exam; it is available through Blackboard.

FALL COURSES

STRUCTURES

Course Director: Jeffrey Laitman, PhD

Your first year will begin with the new 9-week Structures, a combination of embryology, anatomy and histology. In this course, you will simultaneously learn about human development (embryology) and the human body on both a macro (anatomy) and micro (histology) scale. The key of this block is to understand the origins of structures and the structures themselves. The embryology portion is exclusively lecture-based, and many of the lectures are taught by Drs. Keith Eddleman and Joanne Stone (authors of the book *Pregnancy for Dummies!*). In the gross anatomy portion, you will dissect a cadaver and observe the structural complexities of the human body firsthand. Lectures are given primarily by the animated Dr. Laitman and Dr. Reidenberg (an expert on whales--be sure to watch her on episodes of "Inside Nature's Giants"). Histology lectures are given by Dr. Shaw --a master of microstructure-- and Dr. Mak. Dr. Mak also helps in the anatomy lab and has an incredible knack for finding the most difficult structures. In addition, you will be exposed to several in-lab demonstrations and lectures by other faculty members who will discuss procedural technologies and other unique areas of interest within their specialty. Highlights of the semester include performing a guided laparoscopic surgery on a cadaver and getting to try out the da Vinci robot. The third component of the block, histology, explores the structure and function of specialized cells and tissues at the microscopic level, using digital slides to examine these elements. The new course has integrated these three content areas in such a way that you will learn how organs and structures develop and synchronously consider the gross anatomical and microscopic cellular structure of the body. Also of note, anyone having any trouble or concerns in specifically anatomy, or Structures in general, should take advantage of seeing Dr. Laitman as early as possible. He doesn't bite and really enjoys getting to know his students. He would be happy to discuss strategies to help you out or to assign a TA to work with you one on one. There is no shame in asking for help!!

Books and Tips: The lecture powerpoints are very thorough. The assigned book for Embryology was *The Developing Human, Clinically Oriented Embryology 8th Ed.* by Moore and Persaud. Some students have also found *Board Review Series (BRS) Embryology* or *High Yield Embryology* to be useful. Finally, an extremely complete study (called "Diamond Review Guide") guide is posted on the Student Council website on Blackboard; many students have used the study guide as the basis for Embryo studying.

For anatomy, the assigned book has been *Gray's Anatomy for Students 3rd Ed.* Many people prefer to use it as more of a reference source; students have also used the *Big Moore* and *Baby Moore* books. As for Atlases, *Grant's* is the most detailed, however *Netter* was a common favorite. *Netter* also makes great flash cards that use many of the important images from the atlas. All students must buy the Grant's dissector for the course, and you will probably want 1-2 for your group in the lab itself (you won't want to take it outside of lab). As for exams, studying old exams/study guides was a must, and these resources can be found on the Student Council page on Blackboard. Read the dissector before each lab and stay on top of anatomy throughout the year. In addition, TAs will hold a review session a few days before the midterm and final - during these, they will review some of the most high-yield information before your exams! These review notes will cover the boards of the small group rooms on the 12th floor, but don't worry, they won't be erased before the weekend, so you can go through the rooms at your own leisure later. In addition, since the course will be a fast paced one over 9 weeks and you don't have any other competing foundational science courses

while you are taking Structures, you should avail yourselves of the TA's by reaching out to them early and frequently. Don't shy away from asking questions of the TA's and the faculty during this course.

The required text for the histology component is *Wheater's Functional Histology*, although many students do not use a text during this class. Everything you need to know will be in the lab or lecture slides and will be reviewed in the histology TA reviews.

INFOCUS WEEK 1

InFocus is a week-long course after the Structures Block finishes in October. InFocus is an exciting part of the new curriculum. These in-depth experiences will be offered throughout your four years of medical school. The content for each InFocus period is targeted to your training level. Since you will be required to have a scholarly product by graduation, the InFocus week in the fall will focus on critical research skills and important content areas such as community health, service learning, and health policy. In addition, there will be an introduction to career planning services and opportunities at Sinai.

MOLECULAR, CELLULAR AND GENOMIC FOUNDATIONS (MCG)

Course Director: David Bechhofer, PhD

The rest of fall semester will consist of MCG, a course that focuses on understanding cellular mechanisms and genomics. MCG will give you the basis for signaling, gene expression, regulation, differentiation and metabolism, and it will help you discover how errors in these pathways can lead to disease. In addition to lectures, you will attend a series of presentations where you will meet patients that suffer from specific disorders, gaining insight into the clinical manifestations and lifestyle changes associated with these conditions. Case-based, small group discussions will further elaborate on the mechanisms discussed in class. You will also have a chance to participate in an optional but cool pharmacogenetic testing experience during the genomics portion of the course. The amount of material covered increases as the course progresses, so absolutely keep up with the material

Books and Tips: *Essential Cell Biology, 3rd edition*, Alberts et al., 2010, and *Lippincott Illustrated Reviews: Biochemistry, 4th edition* by Champe, Harvey, and Ferrier, 2008 are recommended by the course director. However, everything you need to know is in the lectures! Many of the professors post lecture syllabi online that are extremely detailed. All lecture PowerPoints are also online, which makes things really easy.

SPRING COURSES

IMMUNOLOGY

Course Director: Karen Zier, PhD

Immunology will teach you how the immune system works to fight off infection, as well as problems that arise when the immune system fails or responds inappropriately. The first section of the course focus on basic immunology, followed by clinical applications of these core concepts in later lectures. The course lectures are supplemented by small group discussions focusing on clinical cases involving immunology.

Books and Tips: *Basic Immunology* by Abbas is the required book and many students find it helpful. Everything you need to ace the course is right in there, with nice illustrations. Reading Abbas will

clarify anything you don't understand in the lectures, which are also very thorough. Also be on the lookout for excellent TA reviews, as well as a giant review guide ("Marin") on the Student Council page in Blackboard.

PATHOLOGY

Course Director: Margret Magid, MD

General Pathology serves as an introduction to the molecular basis of disease, focusing on concepts such as inflammation, cell injury and cancer. This course will be the final course dealing with human structure in the curriculum. Since second year is predominantly systems pathology, it provides an excellent foundation for the courses you will take the following year. Lectures will be accompanied by labs, where you will examine digital images and learn to recognize abnormal tissue at the microscopic and macroscopic levels. These labs will often have an additional component where you will head to the anatomy lab and observe gross specimens that are presented by the pathology residents.

Books and Tips: The three books recommended by the course director are *Abbas Basic Pathology 8th Ed.* (similar to the Abbas Immuno book), *Rubin's Pathology 6th Ed.*, and *Robbins and Cotran Pathologic Basis of Disease 8th Ed.* Students also used BRS Pathology or Goljan Rapid Review Pathology for the course. Since pathology and pathophysiology are a large portion of Step I, these review books will come in handy in the future. The Powerpoint presentations are excellent, so many students do not use a textbook. Some students found flashcards to be extremely helpful. There is also a complete glossary on Blackboard that details all the terms and concepts with images. Dr. Magid also gives a comprehensive review at the end of the course that is extremely helpful.

INFOCUS WEEK 2

InFocus 2 is another week-long course occurring at the end of January, after Immunology and Pathology finish. InFocus 2 will build on material from InFocus 1 and include critical research skills and knowledge development in global health, service learning, health policy and careers in medicine.

PHYSIOLOGY

Course Director: Staci Leisman, MD

Physiology is one of the most useful as well as most difficult classes of first year. The course focuses on the physical and chemical processes that control normal bodily functions, and is taught by an organ systems approach. You begin with the autonomic nervous system, followed by the cardiovascular, respiratory, gastrointestinal, renal, and endocrine systems. Physiology consists of lectures, small groups, patient presentations, and labs. These labs include experiment-based discussions as well as human simulators. Highlights of the course include interactive sessions where anesthesiologists demonstrate physiologic principles on high fidelity patient simulators.

Books and Tips: The required texts are *Costanzo's Physiology*, which is an excellent book that presents the material in a straightforward manner. Many students also like BRS Physiology, which is also written by Costanzo and is mainly an outline of the required text (but reads much faster). Lecture powerpoints are detailed enough to study for this class but additional resources are lecture syllabi if they are posted, diagrams, review sheets and practice questions from Student Council.

POST-SPRING BREAK

MEDICAL MICROBIOLOGY

Course Directors: Roberto Posada, MD and Daniel Caplivski, MD

Medical Microbiology will introduce you to all those pathogens you get from eating raw foods, drinking unsanitary water and sitting on the subway next to that guy who's sneezing. You will learn about almost all the clinically relevant pathogens, from bacteria and viruses to fungi and parasites. Mechanism of disease, epidemiology, diagnosis, and treatment options will be emphasized for each organism. The course also addresses the growing concerns of hospital-acquired infections and antibiotic resistance. In addition to lectures, there are case-based small group discussions and labs that teach you various diagnostic techniques. Dr. Caplivski also offers students the opportunity to attend Microbiology Bedside Rounds, during which students examine microscopic specimens at a lab and round on patients one morning. At the end of the year, each student will receive a case history and an unknown sample and be asked to identify the pathogen in question. You will also learn how important it is to never walk barefoot, eat chicken, touch anything, or simply breathe air. Welcome to medical school!

Books and Tips: The official textbook is *Murray's Medical Microbiology 6th Edition*, although many students found *Clinical Microbiology Made Ridiculously Simple* to be the most helpful book. *Lippincott's Microcards* are helpful for testing yourself. The TA review sessions were also extremely helpful in consolidating the information about each pathogen, and the powerpoint slides used in these reviews will be available on Blackboard. New to our class was an online resource called "Sketchy Micro" which is a series of illustrated nonsensical stories that uses memory triggers to help you remember bacteria and their properties. Some students also used excel charts that organized the pathogens and their characteristics. Other resources included First Aid and Firecracker (an online question bank).

FLEXTIME

The new curriculum includes one protected half-day per week that allows you to pursue self-directed learning and leadership opportunities outside of the required coursework. The time will also allow you to meet milestones that you will need to achieve by certain deadlines. You can take classes in the library, complete IRB training, meet with community partners or meet with mentors during this time. You can also use this as time to pursue shadowing opportunities or begin engaging in research (especially since you will have a required scholarly product by graduation). In addition, some content sessions will be scheduled during Flex Time such as how to find a mentor, careers in science and medicine, how to seek feedback, compliance sessions, and career meetings - these are generally posted in advance so check the google calendar. Basically, this is really protected time for you to meet your milestones and really grow as a medical student!

GENERAL STUDY ADVICE

Med school is quite different than undergrad, but you're definitely up to it! The most important thing to remember is that everyone has different approaches to studying, and you should do whatever works best for you. Plus, your strategies may change during the year. That said, here are some tips that made studying a bit easier for many in our class.

1. Never forget that it's pass/fail.

Don't stress out – if you think you know the material, you're probably ready to take the exam.

2. You can take exams when you are ready and wherever you are comfortable.

Gone are the days of being squeezed into a 300-person lecture hall and having to conform to strict exam schedules! Take them over the test period window, wherever you are most comfortable (as long as you complete them within the exam window, of course!) whether that's your bedroom, at home, or across the globe. A wired connection is strongly encouraged.

3. Keep up with the material.

Review everyday after class so that you never get too far behind. It'll keep the material manageable and help you understand the next day's topics. Plus, you'll remember everything better long-term! The new curriculum avoids the perils of having multiple overlapping classes. This means that, for the most part, you will be able to focus on one foundational science area at a time. But, this also means that courses will move pretty fast and so keeping up with the material is going to be key. You should really utilize the great student resources like peer tutors, senior tutors and review sessions during the year to help keep on top of your learning.

4. In that vein, read before class!

Try to quickly read the material before class. It'll help make lectures clearer.

5. Review books can be your friend.

Don't think about the boards yet, BUT the Board Review Series (BRS) and High Yield books can be very helpful to simplify the material and focus your studying.

6. If you're a group studier, work in a group. But don't stress out if you're not!

If you've found you do well studying with others, that can be a great way to approach the material. But don't stress out if everyone around you is doing it and you aren't – many students prefer studying on their own!

7. Take advantage of the resources at Icahn.

We have lots of resources here, so utilize them! Meet with your advisor, talk with older students, attend TA review sessions, meet with faculty and use the peer tutor program (sinai.tutors@gmail.com). Make sure to go to the Student Council page on Blackboard, where you'll find study guides and old exams. Also, check your inbox for study guides from friendly upperclassmen.

FROM STUDENTS THEMSELVES

WHAT DID YOU FIND MOST DIFFICULT ABOUT FIRST YEAR?

“Adjustment to the workload while still trying to balance life and extracurriculars. It can be difficult until you find the balance that works for you.”

“Balancing extracurricular commitments. It’s easy to overextend yourself too much in the beginning and you may to scale back to a manageable level of activities outside of class.”

“The amount of information presented, and knowing what to know.”

“So many resources and figuring out which worked for you for each class.”

“The adjustment was hard, and figuring out the right way to study. You have to tweak your study technique for each class until you find out what you're comfortable with.”

“The transition from summer/a year off to the intense, fast-paced nature of medical school. You have to basically relearn how to be a student while adapting to a new level of rigor, a new city, and new people.”

“The transition. You may not realize it, but far more people than you may perceive have difficulty adjusting to first year - it's hard. Just recognize that you're not alone.”

“Having to study all the time.”

“Having too much fun!”

HOW DID YOU MANAGE WORK-LIFE BALANCE?

“Prioritize a few non-academic activities. Decide that a certain activity is REQUIRED for you.”

“Preserve who you are throughout this experience. Do what you need to do to keep your sanity. Go to the gym, play your sport, read your poetry, paint, take a walk.”

“Get out of the ISMMS bubble! See other friends. Don’t feel like you can’t go away on a weekend.”

“Schedule in fun time. Otherwise you could just go on studying forever. There will be no limit to studying if you don’t place one on yourself.”

“Remember that it’s pass-fail. But also remember that you need to pass. Find the happy balance between learning enough to pass and not stressing out about getting every question right.”

“Studying a little every day helps you keep up with the work and gives you flexibility to take time off when there are fun things to do.”

“Figure out how and when you study the best, ie if you learn best by reading a textbook or just reviewing slides then don’t waste your time attending lecture or if you’re a lecture person then go to lecture. It’s all about being as efficient and effective with your study/learning time.”

“Don’t feel pressured by what your classmates are doing-we all have a different happy balance.”

WHAT DID YOU LEARN ABOUT STUDYING AND STAYING HAPPY?

“You need to take breaks!”

“Get a tutor early – don’t wait!”

“When you take good care of yourself (ie make time for exercise, healthy food, friends) studying becomes more efficient and maybe even enjoyable!”

“Remember to be aware of what is actually important/exciting about the material.”

“You’re going to get a lot of resources and people are going to use different books, websites, practice questions, methods to study. It’s important to choose what works for you as early as possible and stick with it because there is way more out there than anyone has time for.”

“TAKE THE EXAMS ON FRIDAY...It is Pass/Fail! Don’t kill yourself studying all weekend when you could have taken it on Friday and had 2 days off to regroup and relax. This is my single biggest piece of advice for first year. Sometimes you really just need a day off.”

“It’s all about balance. P/F is a beautiful thing for this reason. You can put down the books at a certain point and just say, OK that’s enough for the day, I can pass.”

“Sinai has some of the happiest med students that I know, and I think it’s because we value a good work-life balance and have other interests outside of medicine that we make time for. While you are a med student, it isn’t the only thing that defines who you are. Remember to live life.”

“Take a deep breath and don't take everyone's advice. What worked for one person may not work for the next. It's really about trying different styles and figuring out what works for you.”

“I struggled with feeling of frustrations because I went to medical school to treat patients and little of the first two years is spent seeing patients. I found shadowing to be a great way to re-center my focus and remind myself why I was in medical school in the first place.”

“Be sure to spend time learning things that aren't tested on class exams. Meet patients, read about medicine in the news, practice what you learned in ASM.”

“Surround yourself with positive people who will be your support throughout this time and whom you trust.”

“Don't hesitate to get in touch with Student Mental Health. They are a strong support and are very helpful no matter where your issues lie.”

“You are in NYC. Enjoy your time and remember that medical school is not supposed to be a time where you put your life on hold for some future ambition. Enjoy and have fun.”

PLACES TO STUDY

LEVY LIBRARY

The Levy Library, entrance on the 11th floor of Annenberg, is a two-story library that boasts panoramic views of New York City, including Central Park. There are large tables, individual cubicles, and group study rooms. The library also offers an extensive array of public computers and printers for your use. Sometimes, you may stumble upon a sleeping student, resident, or even attending in one of the lounge chairs!

ANNENBERG 12TH FLOOR SMALL-GROUP ROOMS

Many first-year small-group sessions take place in these rooms, but when they are not in use, students often use them for studying. The large whiteboards can be great for writing or drawing structures, charts, pathways, and more! First-years also have lockers in these rooms, so it can be especially convenient if you want to leave your stuff there while getting food in the middle of a long study session.

ANNENBERG ATRIUM

In the atrium of the main hospital entrance, there are many tables and chairs around the Starbucks cafe. Although it can get pretty crowded and busy during lunch, this area is basically deserted after hours and can provide a great alternative study location.

NYU LIBRARY (BOBST)

Located on the south side of Washington Square Park in the heart of the NYU campus, Bobst Library has numerous private rooms, cubbies, and great views of the park. A favorite study location is the 8th floor, as the north side provides a view of the arch and all of uptown. The food nearby is unbeatable, from Five Guys to Mamoun's falafel and Chipotle. One caveat is that this area does get a bit crowded during NYU's finals period.

CENTRAL PARK

In the spring, summer, and fall, Central Park becomes one of the most popular studying locations for Icahn students. Several entrances to the park are located only a few steps from the hospital's 5th avenue exit. Grab a blanket and get some sun, or stay cool while relaxing on a bench in the shade. If you sit close enough to the hospital, you can still access the school's wireless network.

STARBUCKS (96th and Madison)

For those who want to get out of the ISMMS campus but still stay close to home, the Starbucks down the street is a perfect option. There is free wireless, and you'll have easy access to an espresso if you're feeling drowsy. Unfortunately, there is also limited seating space.

LE PAIN QUOTIDIEN (97th and Madison / 88th and Lexington / 84th and Madison)

There are many branches of this chain restaurant across NYC. Although the food is a bit on the pricier side, it has extensive table space and can be a great option for when you want to grab a latte and camp out for a bit. Again, just watch out because it can get pretty crowded around meal times.

HEAVENLY REST STOP (90th and 5th)

This cafe is nestled between the Guggenheim Museum and the church next door. In addition to inside space, it has tables out on the sidewalk. There are even tables right outside of the cafe doors within the church, and it's really easy to study there. This is a hideaway study location that is also incredibly cool!

EAST HARLEM CAFÉ (104th and Lexington)

You'll hear this many times over, but Sinai has the great advantage of being located right between the Upper East Side and East Harlem. There are so many gems in the East Harlem neighborhood, and this cafe is definitely one of them. Incidentally, many Icahn students will hold fundraisers or performances here too--so come a little early to get some work done, and then stay to cheer on your classmates!

YURA ON MADISON (92nd and Madison)

This place has the best food and desserts! The tables are small but well-lit, and it is definitely worth trying out. However, it gets really crowded during lunchtime or right when school gets out.



Student life is extremely vibrant at Icahn, and a large part of that is due to so many student organizations. Below are many of the organizations currently active at Icahn. And if you have one you want to start, go for it – instructions are below!

Also, be sure to check out the Student Activities Fair on September 11, from 5-7pm. Organizations will be tabling and you'll be able to talk with the group leaders and find out more!

STUDENT ORGANIZATIONS AT ICAHN

AMERICAN MEDICAL STUDENTS ASSOCIATION (AMSA)

AMSA is a student governed, national organization committed to representing the concerns of physicians-in-training. Contact: ismms.amsa@gmail.com

AMERICAN MEDICAL WOMEN'S ASSOCIATION (AMWA)

The American Medical Women's Association is an organization which functions at the local, national, and international level to advance women in medicine and improve women's health. We achieve this by providing and developing leadership, advocacy, education, expertise, mentoring, and strategic alliances. Contact: nina.kogekar@mssm.edu

ANESTHESIOLOGY INTEREST GROUP

An interest group started by medical students to raise awareness and promote anesthesiology as a field of study. We provide students interested in anesthesiology information about the match process, research and careers in the field. Contact: mark.bailey@mssm.edu

ASIAN PACIFIC AMERICAN MEDICAL STUDENTS ASSOCIATION (APAMSA)

The APAMSA is a national organization of medical and pre-medical students committed to addressing the unique health challenges of Asian and Pacific Islander American (APIA) communities. APAMSA serves as a forum for student leaders to engage these health issues and develop initiatives and projects addressing those needs. The local, regional, and national activities of APAMSA aim to promote the health of the APIA community and help healthcare workers understand how to care for APIA patients in a culturally sensitive manner. Finally, APAMSA provides an important venue for medical students to meet, exchange experiences, and develop personally and professionally through leadership and service. Contact: Shingo Kihira (shingo.kihira@mssm.edu), Jason Lee (jason.j.lee@mssm.edu), Vernon Wu (vernon.wu@mssm.edu), and Nancy Yang (nancy.yang@mssm.edu) for more info.

BIOTECHNOLOGY ASSOCIATION

The mission of the Sinai Biotech Association is to foster interdisciplinary connections and promote innovative thinking within academia and industry. Members have the opportunity to actively explore and contribute to scientific, regulatory, and business aspects of translational research. Email: sinaibiotech@gmail.com

MOUNT SINAI CHRISTIAN FELLOWSHIP

The aim of this group is to provide weekly fellowships for all Mount Sinai students exploring the Christian faith and the ways it intersects with medicine. Contact: mountsinaicf@gmail.com

MOUNT SINAI COMMUNITY HEALTH FAIR

The Community Health Fair aims to create an opportunity for East and Central Harlem community members to take an active role in maintaining and improving their health by providing free access

to health screenings and bilingual health information and resources. The event's slogan, "Our Health Our Future: Nuestra Salud Nuestro Futuro," emphasizes this message.

East and Central Harlem are communities that have historically experienced a disproportionate health burden of chronic disease and illness. As such, the Community Health Fair offers screenings for more than 20 different health conditions, including diabetes, vision and hearing, blood pressure, behavioral health, and obesity. Attendees will be able to watch physical activity demonstrations as well as meet with doctors and other health professionals from local community based organizations. In addition, over 40 health education and counseling resource tables will be available to provide information in both English and Spanish.

The annual event will include live entertainment, local performance artists, children's activities, and a prize raffle. Over 300 community residents attended last year's Community Health Fair, including adults and children, as well as over 150 hospital and student volunteers. Contact: mssmcommunityhealthfair@gmail.com

COMMUNITY HEALTH IMPROVEMENT PROJECT (CHIP)

Our mission is to foster health education and awareness in the East Harlem community through a combination of preventative screenings and educational seminars. Contact: chipmssm@gmail.com

CONSULTING INTEREST GROUP (CIG)

The mission of CIG is to develop awareness and skills related to the broad field of consulting, to provide opportunities for mock and real world application of these skills, and to create a community of people who can network with each other and seek/provide mentorship in career development.

DERMATOLOGY INTEREST GROUP

This interest group seeks to provide students interested in dermatology with information about careers in the field and the residency match process. We encourage students with a variety of interests to attend our events, particularly the clinical skills night, which builds skills that are valuable not only in dermatology but in all medical and surgical specialties. Email: SinaiDermGroup@gmail.com

DOCTORS FOR AMERICA

Doctors for America is a national movement of physicians and medical students in all 50 states working together to improve the health of the nation and to ensure that everyone has access to affordable, high quality health care. The Sinai Chapter and its many partners have been conducting outreach, trainings, and enrollment clinics in NYC to improve health insurance access. We encourage anyone with an interest in health policy advocacy to join, as we have the capacity to jumpstart work on many other issues aside from insurance. Email: mountsinaidfa@gmail.com

THE DOULA PROJECT

As abortion doulas, we provide continuous compassionate care and emotional, physical and informational support to women before, during, and after their abortion procedures. Email: caroline.eden@mssm.edu, lara.crystal-ornelas@mssm.edu, katherine.niemeyer@mssm.edu

EAST HARLEM HEALTH OUTREACH PARTNERSHIP (EHHOP)

In recognition of the lack of access to healthcare that still affects so many despite health care reform, our mission is to create a health outreach partnership with the East Harlem community. We provide quality healthcare to uninsured residents of East Harlem.

Consistent with our belief that proper health care is a right, not a privilege, we are committed to providing primary preventive care, diagnosing and treating illness, and fostering health awareness through education and advocacy. As part of our intent to care comprehensively for our patients, we serve as a bridge to medical and social support resources that we cannot ourselves provide.

We offer confidential, compassionate care in a safe, respectful environment. We aim to establish a positive approach to medicine by creating shared goals with our patients. We seek to empower them to participate actively in their physical and emotional well being in order to enhance the effectiveness of our services.

As medical students, we commit to serving our patients' health care needs, and, in so doing, commit to expand our own knowledge, skills, and ideals. We strive to rededicate ourselves continually to our roles as future physicians, strengthening our respect for medicine as students, so that we may maintain our commitment throughout our careers. Contact: Ehhopclinic@mssm.edu

EMERGENCY MEDICINE INTEREST GROUP

The Emergency Medicine Interest Group provides Mount Sinai students with opportunities to learn about and get involved with Emergency Medicine on campus. We host several events exploring the work of emergency medicine physicians and the application of clinically relevant coursework to ED cases. Additionally, EMIG connects students with physician mentors, shadowing opportunities, and information on emergency medicine research. For more information, contact our group leaders: cheyenne.falat@mssm.edu, daniella.schocken@mssm.edu, or eleanor.roberts@mssm.edu

FIRST GENERATION SCHOLARS

First Generation Scholars Program (FGS) is a free one-on-one mentoring program designed to guide high school seniors of the East Harlem community through the college application process, primarily focusing on the personal essay component. The student and mentor pair meet at least once a week to discuss the application progress for eight sessions total.

GLOBAL HEALTH CASE COMPETITION

The Global Health Case Competition Student Organization is the group that organizes the team to be sent from the Icahn School of Medicine to Emory University for the annual global health case competition in the Spring. Information about the competition can be found here: http://globalhealth.web.emory.edu/what/student_programs/case_competitions/index.html. Contact: john.rhee@mssm.edu

MEDICAL GENETICS INTEREST GROUP

Our mission is to introduce students to the field of Medical Genetics and encourage students to explore the different areas of this field. Contact: geneticsinterestgroup@gmail.com

GERIATRICS INTEREST GROUP

The geriatrics interest group aims to provide interested students with information about the field by facilitating their interaction with the faculty of the geriatrics department. It also seeks to do community service that benefits older adults while simultaneously providing students with the opportunity to interact and learn from older adults. Email interest group leaders Rocky or Kira for more information: rocco.ferrandino@mssm.edu or kira.xie@mssm.edu

GREENING MOUNT SINAI

Greening Mount Sinai is a comprehensive initiative that seeks to promote and implement green programs across the medical center and in our community. Recently students have been working to implement a compostable waste removal program in Aron; this should be complete in fall 2014.

Students work closely with physician and administrative advocates of the hospital's greening initiative. Email: varun.kejriwal@mssm.edu

HANDS ON SCIENCE

Hands On Science develops and hosts monthly shows on KidZone TV of the Kravis Children's Hospital. Pediatric in-patients have to miss school and the related educational and social experiences, thus we hope to bring hospitalized children science education and social interactions to make their time here more enjoyable. Our shows always include at least one hands-on science experiment that is appropriate for pediatric in-patients and many opportunities for them to participate. We welcome all medical students to participate and believe that the experiences with Hands On Science can be extrapolated to improve our care for pediatric patients in clinical setting.

HEALTH EDUCATION OUTREACH

The mission of this group is to educate elementary school students about nutrition, diabetes, and the benefits of a healthy lifestyle.

HEALTH POLICY INITIATIVE

The Health Policy Initiative (HPI) is a non-partisan organization dedicated to educating the Mount Sinai community about health policy. It is responsible for planning the annual Health Policy Day for Icahn School of Medicine at Mount Sinai students. Additionally, HPI organizes a series of lectures, journal clubs and other events regarding health policy, and publicizes these to the community.

MOUNT SINAI HISTORY OF MEDICINE

The Mount Sinai History of Medicine is an organization intended to bring fascinating lectures related to the medical field's rich history. From novel public health initiatives to intriguing stories about historical events, the organization's topics aim to show the Mount Sinai community how far medicine has come. Contact: sinai.history.of.medicine@gmail.com

HUMAN RIGHTS & SOCIAL JUSTICE SCHOLARS PROGRAM

The Human Rights & Social Justice Scholars (HRSJ) program is a unique and multidisciplinary program in conjunction with the Department of Medical Education, Center for Multicultural Affairs (CMCA), the Global Health Center, and Physicians for Human Rights that offers a group of first year medical students a comprehensive curriculum in healthy equity, human rights, and social justice through mentorship, research, advocacy, and coursework. The mission of HRSJ is to provide students the knowledge, skills and experience necessary to be effective agents of social change in the health of local, national and global communities. Contact: mountsinaiphr@gmail.com

IHI (INSTITUTE FOR HEALTHCARE IMPROVEMENT) SINAI CHAPTER

Our group represents the local chapter of the Institute for Healthcare Improvement (IHI). IHI is a reliable source of energy, knowledge, and support for a never-ending campaign to improve health care worldwide. They aim to improve the lives of patients, the health of communities, and the joy of the health care workforce. Our chapter seeks to incorporate these values and practices into the medical school community by bringing together interested students to develop competency in quality improvement methodology, brainstorm ideas, and implement projects. We host events including case presentations, documentary screenings, and interest panels throughout the year. Contact: inisinai@gmail.com

INTERNAL MEDICINE INTEREST GROUP

The aim of this group is to provide pre-clinical exposure to the field of internal medicine and allow students to learn about careers in the field from current physicians. Contact: medicine.icahn@gmail.com

INTERVENTIONAL RADIOLOGY INTEREST GROUP

The Interventional Radiology interest group aims to provide interested students with information about the field by facilitating their interaction with the faculty in Interventional Radiology. Contact: rocco.ferrandino@mssm.edu.

KIDNEY KIDS

Kidney Kids is an organization in which students can serve as a buddy to pediatric patients on dialysis. Contact: kidneykids.isom@gmail.com

LATINO MEDICAL STUDENT ASSOCIATION (LMSA)

The Latino Medical Student Association unites and empowers medical students through service, mentorship and education to advocate for the health of the Latino community. Its mission is to recruit Latinos into higher education, educate the public and one another about Latino health issues, advocate for increased Latino representation in health related areas, and promote awareness about social, political and economic issues as they relate to Latino health. It also serves to create a support network for Latino students.

Contact: seom.sinai@gmail.com

LGBTQPM

To develop educational, social, and advocacy programs within Mount Sinai and in conjunction with various LGBTQ professional, student, and health organizations throughout the New York City area. Contact Jake, Scott for more information at james.connolly@mssm.edu, or scott.jelinek@mssm.edu.

THE MAIMONIDES SOCIETY

The Maimonides Society is ISMMS's Jewish Student Organization. The Maimonides Society is dedicated to enriching ISMMS student life through community service, lecture events and social activities. Contact: scott.weinreb@mssm.edu

MED DOCS

MedDOCS (Medical Discovery of Careers) is a 9-week after-school program held twice each year (fall and spring) to teach local high school students about the heart and to provide an introduction to the health care field. Through lectures, small group activities, lab experiences, and panels, students learn the anatomy and physiology of the heart, participate in discussions about diseases of the heart and cardiovascular system, see and touch real hearts, learn emergency medical techniques, discuss the importance of nutrition and healthy living, and learn how to take a patient's medical history. First- and second-year Sinai students serve as small group teachers and mentors. Contact: mount.sinai.meddocs@gmail.com

MEDICAL ETHICS STUDENT ORGANIZATION (MESO)

MESO's mission is to provide a regular venue for the Mount Sinai community to explore ethical issues in clinical practice and research. At our monthly Center-wide Ethics Luncheons, all members of the Sinai community are invited to discuss bioethical dilemmas. Once a semester we host evening panel discussion on a salient topic in ethics of particular interest to students. We also provide the opportunity for students to sit in on the Mount Sinai Hospital Ethics Committee meetings. Contacts: john.rhee@mssm.edu, caroline.eden@mssm.edu, christopher.hernandez@mssm.edu, sinaimeso@gmail.com

MEDICAL MANDARIN

Medical Mandarin provides a place for students to learn and practice medical Mandarin through formal classes, structured conversation, and community service events. Class content reinforces

history taking and physical exam skills. We speak with physicians who practice in both English and Mandarin speaking communities in order to obtain their perspectives on the challenges of working with these populations. We organize events with the goal of interacting with and educating the local Mandarin-speaking community about healthcare issues. Contacts: lawrence.ku@mssm.edu, nancy.yang@mssm.edu, haoming.xu@mssm.edu

MEDICAL STUDENTS FOR CHOICE

Medical Students for Choice is dedicated to ensuring that women receive the full range of reproductive healthcare choices. MSFC recognizes that one of the greatest obstacles to safe and legal abortion is the absence of trained providers. As medical students and residents, we work to make reproductive health care, including abortion, a part of standard medical education and residency training. Contact: msfcsinai@gmail.com

MEDICINA EN ESPAÑOL

We aim to promote increased Spanish communication skills and cultural competency among our future physicians. We hope these skills will allow us to better serve our Spanish speaking patients at Mount Sinai, at our clinical affiliates, at our global health sites, and within the community.

MEDS VISIT PEDS

Meds Visit Peds helps brighten the days of children who are inpatients at the Kravis Children's Hospital. Medical students spend time in The Zone, a 3,000 square foot state-of-the-art therapeutic play and educational environment within the hospital, engaging kids in pursuits from painting to playing board games to battling on the Wii. Students may also visit patients at the bedside and bring activities to their rooms. It's a wonderful way to help make a child's hospital stay more enjoyable and to have fun at the same time! Contact: medsvisitpeds@gmail.com

MEDSTART

Each summer, MedStart provides East Harlem middle school students with a free, week-long science and medicine camp that teaches basic knowledge and clinical skills needed to recognize and manage diseases endemic to their urban setting. During this interactive, hands-on learning experience, students gain greater awareness of the environmental risk factors that predispose them to illness and become certified in the components of basic life support that allow them to provide healthcare in their local community. Held at the Mount Sinai Medical Center and advised by the Center for Multicultural and Community Affairs, the MedStart summer program has received tremendous attention and support from local parents, schools, and businesses for its educational and service-oriented outreach efforts.

Due to our increasingly successful summer camp programs, MedStart is expanding its community outreach efforts and developing a weekend curriculum that provides education and mentorship to students throughout the year. In Spring 2014, we will be holding two events in addition to our summer experience: one on the brain and nervous system, and another on drug awareness and sexual health. Research surveys conducted at the beginning and end of each summer camp have demonstrated that the MedStart program has led to significant improvements in middle school student's knowledge of health and disease as well as their attitudes towards science and medicine. With the continuation of a weekend program, we are building upon that foundation to reinforce the knowledge presented in the summer camp and expanding our curriculum towards other areas of health and disease. It is our hope that with year-round immersion in an interactive and engaging science and medicine curriculum, MedStart students will promote the health of their community and be motivated to continue to pursue science and medicine in the future. Contact: Margeaux.Oliva@mssm.edu, John.Nathanson@mssm.edu

MEDICAL STUDENTS MAKING IMPACTS (MSMI)

Medical Students Making Impacts (MSMI) is a student run organization since 2001, which is dedicated to educating current and future medical professionals about global health through exposure, involvement and service. By forging long-lasting sustainable relationships with medically underserved communities, MSMI inspires medical students and doctors to recognize their potential in a world of health need. Contact: msmi.general@gmail.com

MUSLIM STUDENTS ASSOCIATION (MSA)

The Muslim Student Association serves to provide a community and culture in which both Muslim students at Mount Sinai and other interested individuals can learn about and practice the religion of Islam and fortify their spirituality. Contact: sinai.msa@gmail.com

OB/GYN INTEREST GROUP

The OB/GYN Interest Group's mission is to connect students with physicians in order to gain an inside look at the profession through physician and student panels and hands-on events in order to expose and foster the interest in Obstetrics and Gynecology. Contact: marielle.young@mssm.edu, juliajeffries@mssm.edu

OPHTHALMOLOGY INTEREST GROUP

This interest group seeks to provide students interested in ophthalmology with information about various aspects of careers in ophthalmology, as well as about the residency match process. It also aims to provide students with resources and access to faculty members in the Department of Ophthalmology at Mount Sinai. Contact: ophthalmologyinterestgroup@gmail.com

ORTHOPEDICS INTEREST GROUP

The Orthopedic Interest Group offers students a way to learn more about Orthopedics, connect with department mentors and research opportunities, as well as find other like-minded students with an interest in Orthopedics.

PALLIATIVE CARE INTEREST GROUP

Palliative Care focuses on treating a patient's quality of life, providing patients with relief from the symptoms, pain, and stress of any serious illness. The Palliative Care Interest Group seeks to advance the role of palliative care in medicine by raising students' awareness of the complicated ethical, political, and social questions surrounding the care of patients suffering from serious illness. We hope to develop students' ability to listen, speak to, and ultimately build a relationship with their patients in a way that maximizes quality of life in any medical setting. Contact: ian.kwok@mssm.edu, amalia.kane@mssm.edu

ISMMS PARENT'S GROUP

ISMMS Parents' Group is a student run organization at the Icahn School of Medicine that aims to support medical students, PhD students, residents, and fellows who are parents or plan to become parents. As the average age of medical students increases and more students start families during their medical education, we see the need to create a sense of community for people who are managing the competing priorities of family and academics. The ISMMS Parents' Group works to create this community by hosting a variety of events, including workshops on topics such as balancing school and family and raising a child in New York City, and casual meetings where parents can bring their children and relax with other Mount Sinai families. Contact: ismmsparentsgroup@gmail.com

PEDIATRICS INTEREST GROUP

To recruit future pediatricians and to educate them about the range of options available with the pediatrics department and hospital at the Icahn School of Medicine at Mount Sinai. Contact: mssmpeds@gmail.com

PLASTIC SURGERY INTEREST GROUP

The Plastic Surgery Interest group aims to foster interest in plastic and reconstructive surgeries as possible career choices. We hope that through consideration of plastic surgery among a wide range of career choices, students will have enough information to make appropriate and fulfilling career choices. Contact: sinai.psig@gmail.com

PHYSICIANS FOR A NATIONAL HEALTH PROGRAM (SINAI CHAPTER)

The purpose of our chapter is to educate the student body on single-payer healthcare and to advocate for a single-payer healthcare system.

PRENATAL PARTNERS

Prenatal Partners is a program that pairs an expectant mother who may not have a personal support system with two medical students for the duration of the pregnancy. The student partners serve as a support network for the expectant mother and attend her prenatal care appointments with her. We also host discussion groups and speaker events that are open to the whole ISMMS community. Email: SinaiPrenatalPartners@gmail.com

PRIMARY CARE PROGRESS

PCP works to foster awareness, advocacy, and community in Primary Care for interested medical students. We lead workshops teaching skills like public narrative speaking and motivational interviewing. We also collaborate with other student groups with similar goals to put together events like Primary Care Week, a showing of *The Waiting Room*, and monthly Journal Club meetings. Finally, we work with our community partners to discover and encourage new types of innovation in Primary Care. For more information about us and our events, email: pcpmountsinai@gmail.com

ICAHN SCHOOL OF MEDICINE PROJECT SUNSHINE CHAPTER

Project Sunshine holds recreational events for pediatric patients and their families during trips to the doctor. Volunteers spend time in the general pediatrics, pediatric cardiology, and inborn errors of metabolism clinics in Annenberg, and help entertain children and siblings during their waiting time with reading and art activities. Appointments go all day, so volunteers are welcome at almost any time during the week! Contact: sinaiprojectsunshine@gmail.com

PSYCHIATRY INTEREST GROUP

Psychiatry Interest Group (PIG) is an interest group dedicated to spreading awareness about careers in psychiatry, to educating students about the state of mental health care today, and to contemplating its future.

PUBLIC HEALTH INTEREST GROUP

This interest group aims to highlight the world in public health for anyone interested in the public health field. With the great amount of flexibility and variations with an MPH degree, it can get a little unclear as to what a public health career can entail. Whether you're at Icahn School of Medicine, just getting an MPH degree, getting an MD/MPH, or simply have an interest in public health, this group will show you what the endless possibilities are for you in the public health field. Contact: publichealthcareers@gmail.com

RADIATION ONCOLOGY INTEREST GROUP

The Radiation Oncology Interest Group exists to make this small field more accessible to Sinai medical students. As the interest group of a little-known field with a competitive residency application process, our goal is to work with the Rad Onc department to explain the field to students, connect students with research opportunities and mentors, reveal the "secrets of the match," and help students decide if rad onc is for them. Contact: roig.mssm@gmail.com

REMEDY

REMEDY is an organization that is dedicated to actively promoting the recovery of unused medical equipment, supplies and medications for the purpose of global aid, waste reduction and cost-effectiveness. Mount Sinai's REMEDY collects unused medical equipment from various departments throughout the hospital and donates them to agencies abroad. Our equipment has been used on a variety of medical initiatives, including medical trips to Haiti, Honduras, and Ghana. Contact: mssmremedy@gmail.com

THE ROSSI MED-ED NEWSLETTER

The Rossi is a student-run, medical education newsletter; it is a formal mechanism to showcase model educators, highlight key education research, foster medical trainee engagement in the medical education community and nurture their development into medical education leaders. Contact: TheRossiNewsletter@gmail.com

SINAI ARTS

SinaiArts is our creative outlet, showcasing student talent and connecting students with the arts within Mount Sinai and throughout New York City. Including but not limited to music, visual arts, dance, theatre, and literature. Our signature events: open mic coffeehouses, art salons, and the end of year show. Contact: arts.mssm@gmail.com

STUDENT NATIONAL MEDICAL ASSOCIATION (SNMA)

Student National Medical Association (SNMA) is committed to supporting current and future underrepresented minority medical students, addressing the needs of underserved communities, and increasing the number of clinically excellent, culturally competent and socially conscious physicians. Contact: seom.sinai@gmail.com

STUDENTS FOR EQUAL OPPORTUNITY IN MEDICINE (SEOM)

SEOM is committed to supporting current and future underrepresented minority medical students, addressing the needs of underserved communities, and promoting the recruitment and retention of Black and Latino medical students. Contact: seom.sinai@gmail.com

STUDENTS FOR INTEGRATIVE MEDICINE

Students for Integrative Medicine (SIM) seeks to provide a community and forum for students interested in Integrative Medicine. SIM aims to expose students to the use of Integrative Medicine techniques across the spheres of healthcare and wellness. To achieve these objectives, SIM connects students with practitioners of Complementary and Alternative Medicine, and empowers students with tools of Integrative Medicine for their personal and professional use. Contact: sinaiintegrativemed@gmail.com

SINAI STUDENTS FOR SEXUAL HEALTH

We aim to equip students with the awareness, knowledge, and skills to effectively interact with patients surrounding issues of sexual health while promoting healthy sex among our community. Contact: mountsinai.sexualhealth@gmail.com

STUDENTS FOR STUDENTS

Students for Students is a student-led organization that is dedicated to supporting and guiding medical students with peer mentorship. Contact: sinaistudentsforstudents@gmail.com

SURGERY INTEREST GROUP

To provide students with the resources, information, and access to Mount Sinai faculty involved in the Mount Sinai Medical Center Department of Surgery. This organization aims to allow students to gain a better understanding of the different surgery residencies and careers in surgery.

TUTORING AT THE ADOLESCENT HEALTH CENTER

TAHC (Tutoring at the Adolescent Health Center) is a student run volunteer organization to provide tutoring for struggling students who use the Adolescent Health Center. TAHC tutors provide free tutoring to underserved and at-risk youth to help them succeed in school and maximize their potential. Contact: AHCTutoring@gmail.com

TRANSPLANT INTEREST GROUP

The transplant interest group serves multiple functions. Primarily it connects interested students with opportunities to shadow and scrub in on transplant procedures, both procurements and transplantations. It also holds educational and informative events, such as resident panels, suturing workshops, and special lectures. In general it serves to connect medical students interested in transplant with transplant-related events. Contact: ltpx.contact@gmail.com

UROLOGY INTEREST GROUP

The Urology Interest Group introduces first, second, and third year students to the field of urology through regular meetings with Mount Sinai urology attendings and residents. This interest group also serves to link students with urologists for research opportunities. Providing students with OR schedules for "hands on" experience in Urology is also an important goal of this group. Contact: SinaiGU@gmail.com

THE VAGINA MONOLOGUES/V-DAY CAMPAIGN

To raise awareness about the reality of violence against women and girls, and to channel creative energy to make a difference as a part of the V-Day Campaign. Contact: vdaymountsinai@gmail.com

VASCULAR SURGERY INTEREST GROUP

The Vascular Surgery Interest Group aims to expose medical students to the unique field of Vascular Surgery in order to aid students in effectively selecting a specialty for training. There is a strong emphasis on research opportunities in the field, as well as learning about the new integrative pathway residency. Contact: sinaivsig@gmail.com

WIKIPROJECT MEDICINE AT MOUNT SINAI

Organize Mount Sinai medical students, clinicians, and other healthcare professionals to edit Wikipedia articles through the non-profit Wiki Project Med (WPMEDF), with the goal of developing high quality medical articles that will be read by millions of people each month. Contact: wikimed.sinai@gmail.com

WELLNESS COMMITTEE

The Wellness Committee is a student organization dedicated to improving the mental, physical, and emotional wellbeing of students at Mt. Sinai. Through research, we monitor the general wellness of the student body, and then serve as an agent of change in both student life and academic curriculum. This is accomplished by providing students with resources to learn how to maintain their wellness, as well as by serving as liaisons between administration and student body on the

aspect of student wellbeing. Our efforts are supplemented by corresponding with other MSSM wellness related organizations, forming the Wellness Coalition. Contact: mtsinai.wellness@gmail.com

WOMEN IN SCIENCE

The Women in Science (WiS) group has been established to advocate for the professional and personal goals of the female graduate students and post-doctoral researchers associated with the Mount Sinai School of Medicine (MSSM). The WiS group aims to provide a network of support and mentorship, extend access to professional development and outreach opportunities, and foster an ongoing discussion of concerns specific to the early stages of a female scientist's career.

ISMMS WOMEN'S NETWORK

The Mount Sinai Women's Network is an organization that seeks to create a community of support, provide mentorship opportunities, advance career development, and engage in advocacy for the advancement of women in medicine and science. Contact: sinaiwomensnetwork@gmail.com

HOW DO I START A NEW ORGANIZATION?

Is there an organization you'd like to see? Starting a new organization at Icahn is easy! Just follow these instructions:

1. Come to the Student Council Financial Management Team meeting and present your group idea!
 - a. The dates/times will be available on BlackBoard under the Student Council Page
2. Have a good idea of what you want to do:
 - a. What kinds of activities are you planning?
 - b. For whom are you planning them?
 - c. How many times a semester will you do them?
3. Is there a group that already does what you want to do?
 - a. Can you be just a branch of it?
4. Do you want funding?
 - a. How much?
 - b. Ask for the Student Council Organization Excel form, which you can email in advance of the meeting
5. Do you have a faculty advisor? You're going to need one!
6. Voting for approval is usually done at the meeting itself, which includes the proposed budget
7. If your group needs to be recognized before the next meeting, please email student.treasurer@mssm.edu making that clear, and they will try to do the process via email.



Mount Sinai straddles two extremely diverse neighborhoods: the Upper East Side and East Harlem. This section will help you get to know the services and offerings available in both these areas.

MAIL

POST OFFICE (3rd Ave between E 90th and 91st Sts)

Even in this glorious brave new digital age you might need to occasionally send someone some good old-fashioned paper. Or vinyl records. You never know! This is where you can go to do so. Note that they are closed on Sunday, and have abbreviated hours on Saturday. You can find their hours on their [website](#).

JUST NEED SOME STAMPS?

The small pharmacies on Madison Ave between 97th and 98th, as well as the Duane Reade at 102nd will sell you small booklets of stamps. There are outgoing letter mailboxes on the north east corner of East 99th St/Madison Ave and within the doorway of Aron Hall. There is a FedEx box in Annenberg by the escalators down to the basement.

RECEIVING A PACKAGE AT ARON HALL

The concierge at Aron Hall will sign for all packages delivered to the building and log it into the system, which will send you a notification via email. You can also see if you have received a package by checking the monitor in the Aron Hall lobby. Just notify the concierge that you have received a package, and they will retrieve it for you. Note, USPS deliveries addressed to Aron Hall are first processed by the Sinai mail room and may take an extra day to make it to Aron Hall even if the tracking states that it has been delivered.

BANKING

All the major national banks have branches within fairly easy access of Sinai. If you haven't signed up for a bank account at any yet, or your bank doesn't have a presence in NYC, most students and New Yorkers would recommend Chase. Not only do they have by far the most ATMs in the city (including in every Duane Reade pharmacy), they also have the ATMs in the hospital.

CHASE

The most ATMs and branches in NYC including the hospital ATMs makes them the clear winner if you are signing up for a new account. The hospital ATMs are located near the cafeteria; go behind the stairway to the second floor of Guggenheim Pavillion, and you'll find the two ATMs. The nearest full-service branch (where you'll need to go to sign up or talk to a banker) is at 2nd and 93rd.

CITIBANK

Also a large NYC bank, Citibank has many locations around the city. They have an ATM-only branch at 97th and Madison and a full-service branch at Madison and 91st.

HSBC

The World's Local Bank is fairly local to Sinai. HSBC has a fairly decent presence in NYC and has banks in almost every major city across the globe. Their great advantage is global fee-free withdrawals at any HSBC branch. But they're not as big in NYC as either Chase or Citibank, so if you don't use them already and don't plan to do a lot of international travel, probably best to stick with one of the others. The nearest branch is at 90th and Madison.

BANK OF AMERICA

While they have a much smaller presence in the city than the first two banks, they do have an ATM-only branch at Madison and 96th and a full-service branch at Lexington and 86th.

TD BANK

Similar to Bank of America, they have a smaller presence in the city. There is a full-service branch at 3rd and 96th.

WELLS FARGO

Although they have a fairly decent presence throughout the city, they are absolutely the smallest of the major four banks and the least convenient to Sinai. The closest branch is at 3rd Ave and 78th.

STAYING ACTIVE

ARON HALL GYM

There is a gym located on the first floor of Aron, the student residence hall. It has a wide array of cardio and weight-lifting equipment and is open 24 hours/day. Some days you will spot Dr. Charney, the Dean of Icahn, bench-pressing like a boss here. There is also a “stretch” room and dance/yoga studio across the hall. If that’s not enough for cardio, check out the newly renovated basketball courts located at the south side of Aron Hall.

92nd STREET Y (Lexington Avenue and 92nd St)

Icahn students can sign up for daily passes to the 92nd Street Y [here](#). Your pass gives you access to all the facilities, which include a large cardio room, weight lifting room, a pool, and even indoor basketball courts! Also, the Y holds weekly classes, which range from yoga to Pilates to Zumba and more. They also have a steam room and a sauna in the locker rooms.

STEEP ROCK BOULDERING (97th St and Lexington Ave)

A fun and new way to stay in shape. The courses constantly change, so you won’t get bored after visiting a couple times.

CENTRAL PARK

Central Park is the largest of green spaces in Manhattan, stretching north from the Midtown neighborhood at 59th St to 110th St, and from 5th to 8th Avenues. Walk or run around the Central Park reservoir, lake or any of the trails, or join the Icahn running club for group runs. You can also bike—see below.

BIKING

Biking can be a fast, cheap, and fun way to get around the city! Just be sure to be careful if you’re not in an area with bike lanes. Many students like to buy used bikes if they think they’ll bike a lot. Additionally, as of Spring 2013, NYC has caught up with most European cities and added a bike share program called Citi Bike. Sign up for \$95 a year, and get unlimited 45 minute rides! Unfortunately, however, bike stands are currently located exclusively below 61st St.

RANDALL’S ISLAND

If you have some downtime: consider taking the 103rd St. footbridge to Randall’s Island and enjoying putt-putt golf or utilizing the many soccer and baseball fields here.

ZOG SPORTS

[Zog Sports](#) has intramural sports teams for almost everyone’s interests with memberships reimbursed up to 50% by our Alumni Association (your class’s Athletic Reps will provide details). Soccer, dodgeball, and lacrosse are popular sports played by Icahn students in this league.

CHELSEA PIERS

In this enormous sports and entertainment complex, located on the piers at 23rd Street and 12th Ave, you can bowl, golf, ice skate, spend an afternoon at the spa, drink at Chelsea Brewing Company, take some swings in the batting cage or go to trapeze school!

RIVERSIDE PARK (BIKING/KAYAKING)

Riverside Park is a park that runs along the west side of Manhattan. The biking (or rollerblading/running/walking) trail runs along the side of the Hudson River, allowing you to zoom from Battery Park all the way to Fort Tryon (~204th St.) with only a smattering of traffic lights in your path. Take a bus over there and rent a bike, or ride your own to and through the park! In the summer, kayaks can be rented for lessons in an enclosed part of the Hudson River.

GROCERIES

GOURMET GARAGE (96th and Park Ave.)

Half grocery store, half gourmet store. Expect higher prices on some items here. Produce quality is above average here.

ASSOCIATED SUPERMARKET (96th St and Lex Ave.)

The most confusingly laid out grocery of all time, but learn to navigate those narrow aisles and you will find heavily discounted generic brands (e.g. Super A) in many categories. Produce quality can be a bit of a letdown.

LANE FARM'S MARKET (97th St and Madison Ave)

The closest supermarket to Aron Hall. Selection is quite limited and prices are slightly higher than Associated Supermarket. Produce can be hit-or-miss here.

FAIRWAY MARKET (86th St and 3rd Ave)

Quality selection and decent prices a short walk away. They also have cheap delivery.

SUPER FI EMPORIUM (104th St and Lexington Ave)

Larger than Associated and closer than Fairway. Produce is decent here.

FRESH FROM THE FARM (96th St and Lexington Ave)

Go here for some decent produce on your way back from Associated.

WHOLE FOODS MARKET (Columbus Ave and 97th St)

Prices here are among the most competitive in the city, and the two-floor store is enormous and has pretty much everything you'd expect in any Whole Foods. The Columbus Square area where it is located also has many other stores including Michael's, TJ Maxx, and Crumbs. Just take the M96 crosstown or walk across the park if it's nice outside; it's about 15 minutes either way.

COSTCO AND TARGET (East 117th St by the FDR)

For those mega-shopping trips. Get here from Aron by either NYC taxi (~\$10) or subway to 116th St and walking 4 of the long blocks. A taxi stand will bring you and your wholesale paper towels and frozen goodies back to Aron for about ~\$9.

TRADER JOE'S (72nd and Broadway, 14th St and 3rd Ave, or 23rd St and 6th Ave.)

Widely known for their selection of organic and select products, most of which are very well priced. Get here from Aron by taking the M96 crosstown bus to the 96th St subway station and taking the 1,

2, or 3 train to 72nd St.

MOUNT SINAI GREEN MARKET (99th St and Madison Ave.)

Open Wednesday's June 25th to November 26th from 8am - 5pm with vegetables, fruits, and farm fresh products.

K&D WINE AND LIQUORS (96th and Madison Ave)

Has decent prices for liquor in the area.

VINYL WINES (Lex Ave between 96th and 97th St)

For a unique selection of wines.

WEST COAST WINE AND LIQUOR (Lex Ave between 93rd and 94th St.)

There is nothing at all West Coast about this place, but it may eke out better deals than K&D on certain products.

MISTER WRIGHT FINE WINES & SPIRITS (89th St and 3rd Ave)

One of the largest wine and liquor stores within walking distance. Prices are competitive for the area.

WAREHOUSE WINES AND SPIRITS (Broadway at Astor Pl.)

So finals are over; need to restock the bar? This spacious store by NYU has selection and prices rarely seen in Manhattan.

NOTE ABOUT BEER

Due to a NYC law, stores are prohibited from selling both beer and liquor, so you won't find any beer being sold at the liquor stores. You can find smaller selections of beer (you won't find many craft beers) at the aforementioned grocery stores or any CVS or Duane-Read.

DINING AROUND CAMPUS

No place has food like NYC! If you haven't already spent time in the city, you will love the sheer diversity of options available as well as the creativity and sometimes even the prices! You will absolutely not go without great food options during your time at Icahn! Icahn students tends to spend a lot of their time around the school, so we're listing some of our favorite options around campus here. But be sure to check out the NYC dining later in this guide for suggestions for when you head downtown (which we do frequently)!

To help you find a restaurant around Sinai, we are using the following codes: T = take-out, D = delivery, H = healthy options, C = café/no need to order a full meal, S = order on Seamless, L = good study spot

EAST HARLEM CAFE (East 104th at Lex)

A true Puerto Rican influenced café, locally owned and operated! Free WiFi, good coffee, and a friendly vibe for studying.

T / C

CHAMPIGNON (Madison Ave between 96th and 97th Sts)

Great sandwiches, salads, and coffee. Healthy options and decadent desserts. They have a few tables, so it tends to get busy, but during off-hours can be a nice place to study.

T / H / C / L

BLOCKHEADS (81st St and 2nd Ave)
Cheap margaritas (☺) and Tex Mex, 'nuff said.
T / D / S

CILANTRO (89th St and 2nd Ave)
Mexican. Monday nights are fajita nights—great discounts!
T / D / S

EL PASO TAQUERIA (104th and Lex as well 97th between Madison and Park)
There are two of these Mexican places: on the southwest corner is the takeout place, while the one on the southeast has a larger, fancier dining area. A traditional local destination for authentic Mexican dishes and margaritas.
T / D / S

SARABETH'S (Madison Ave between 92nd and 93rd Sts)
Excellent brunch spot, with heavenly baked goods. Check out the pumpkin waffle, the ricotta-lemon pancakes, or the eggs Benedict! Treat yourself here one morning, you won't regret it.
T / D / H / C / S

BARKING DOG (94th St and 3rd Ave)
Another fine brunch option, perhaps a little more cozy, laid back, and less expensive than Sarabeth's.
T / D / H

EFFY'S CAFE (92nd St and 3rd Ave)
A more spacious café than Champignon with similarly delicious sandwiches, albeit a short walk away. There is free WiFi and many tables, which makes this a good study or writing destination.
T / D / H / C / S / L

EL AGUILA (104th and Lex Ave)
Every neighborhood worth its salt, no less Spanish Harlem, needs its dirt cheap burrito and taco joint. Don't be put off by the silly décor and the crowd of Spanish-speaking patrons: you will eat your fill and enjoy an array of self-serve salsas for \$6 or less, and it's open 24/7. A great place for weaning yourself off of that nagging Chipotle addiction.
T / D / S

LUPITA'S (2nd Ave between 105th and 106th)
A true hole in the wall East Harlem gem. More expensive than El Aguila but the portions and quality make it a great visit. They have around four seats if you want to dine in, but most take out. Try the enchiladas, the chorizo, and fantastic guacamole.
T / D

PLAZA CAFÉ DELI AND ICAHN SALAD (Mount Sinai Guggenheim Pavilion 1st floor and Icahn Building 1st floor, respectively)
Don't forget that Mount Sinai has its own great lunch deals if you need to grab something quickly! Premium sandwiches are built to order with fine meats and ingredients for ~\$5.25 with your ID, and healthy salads topped with meat can be had for less than \$5. There's also sushi and kosher items.
T / H / C

THREE GUYS DINER (96th and Madison Ave)

A typical New York diner with hundreds of menu items, and prices to match Madison Ave and smallish booths. Expect decent portions of American, Greek and Italian fare. Good for breakfast, small groups, or taking out large groups with picky eating preferences.

T / D / H / C / S

ATOMIC WINGS (2nd Ave between 94th and 95th)

Hey, it's a chain, but sometimes you gotta have those spicy wings. Visit this little wing shop and load up on buckets of 50 wings apiece, with special flavors ranging from Teriyaki to Jerk BBQ.

T / D / S

BAGEL EXPRESS (2nd Ave between 93rd and 94th Sts)

You want some solid New York bagels? Maybe a dozen with some lox and schmear to get you through those tiring 9am lectures? This is the place to load up. They deliver too: see [GrubHub](#).

T / D / H / C / S

THE KIOSK (116th and Park Ave.)

Small, intimate Moroccan place that offers hookah as well.

T / D

MOUSTACHE (102nd and Lexington Ave)

This is Middle Eastern place is a fine destination for falafel, kebab plates, babaganoush, and freshly baked pitas with delicious hummus. Also has WiFi and accommodates patrons studying/writing in the afternoon.

T / D / S

BRICK LANE CURRY (93rd and 3rd Ave)

Recently opened and featured on Man vs. Food. Some of the finest flavored English-style curries to be found in the city: there are a dozen available with any protein option, and all are worth trying once. If you want to experience a wildfire in your mouth, take the Phaal Curry Challenge, which comes with a certificate and a free beer at the far end of perhaps the most insanely spicy dish to be served in the city.

T / D / S

JOY BURGER BAR (Lexington Ave and 100th St.)

East Harlem's own burger joint serving up great burgers, sandwiches, salads, and thick milkshakes.

T / D / C

CHINATOWN EAST (3rd Ave and 92nd St.)

All you can eat sushi and all you can drink for roughly \$40 per person including tax and tip: a popular place for sake bombing outings, with a divey ambience good for large groups.

T / D

PIO PIO (91st St and 1st Ave)

Cheap Peruvian cuisine with a green sauce to die for!

T / D

SHAKE SHACK (86th St and Lexington Ave.)

One of the more famous New York burger joints, with a flagship in Madison Square Park (23rd St and 5th Ave). Try the Shack Stack, combining a cheesy portabella with a juicy burger patty.

T / C

ENTHAICE (90th St and 3rd Ave.)

Delicious local Thai restaurant. Some students have been known to order dinner from here 4 days in a row on Seamless (especially during finals).

T / D / H / S

BAREBURGER (1st Ave on the corner of 87th St)

An organic burger place close by Mount Sinai that specializes in all types of specialty burgers and sides. A must try if you like to indulge in burgers and fries.

OTTOMANELLI BROTHERS (Lexington and 93rd St)

This is the holy grail of burgers in the area. They are moderately priced, juicy, and have various options for burger combinations. They also have really good food in general. They're also on Seamless for those late night cravings.

T / D / S

PIZZA AROUND CAMPUS

A med student's go to item! So ubiquitous and delicious that we're giving it its own section.

LITTLE LUZZO'S (96th and Lex, right by the 6 train)

A fine local Italian-owned pizzeria where the TV is usually playing soccer and the margherita (plain) slices are \$2. Also, lasagna slices for \$6.

T / D / C

FAMOUS ORIGINAL RAY'S (95th and 2nd)

Right across the street from Merrion Sq. A respectable New York chain. Open late. Appreciate large slices and chunky toppings here.

T / D

SAN MATTEO PIZZA (90th and 2nd)

For a fine lunch after a nice little walk. Along with fantastic brick oven slices, they have panouzzo here: grilled sandwiches similar to a calzone, but more like a pizza: crispy on the outside and warm and cheesy on the inside.

T / D

UNO CHICAGO GRILL (86th between 2nd and 3rd Ave)

What, are you serious? You're in New York now. You don't need to go to these places anymore. Stop sitting down, waiting forty minutes and tipping for a mushy bucket of dough that calls itself "deep dish". Turn right around and go to the shining beacon of red and white right across the street called...

T / D

LITTLE ITALY PIZZA (86th between 2nd and 3rd Ave)

Open all night and the fluorescent lights here are brighter than the Sun (E 86th between 2nd and 3rd Av). They have cheap slices here (two slices and a soda for \$5) and you know what, it's done in two minutes and on a late drizzly night when the 6 train kicks you off at 86th because of track work, this stuff really hits the spot before you walk back to Aron.

PIZZA AROUND NEW YORK

LOMBARDI'S PIZZA (take 6 train to Spring St)
America's first pizzeria!

GRIMALDI'S PIZZA (Brooklyn side of the Brooklyn bridge)
Walk over the Brooklyn Bridge, and then have pizza at this famous NYC pizzeria! Just be prepared to wait in line, as this place fills up by 4pm just about every day of the week.

JOE'S PIZZA (Carmin St. at 6th Ave, West Village)
A Village favorite for late night eats.

BLEECKER ST PIZZA (Bleecker St and 7th Ave)

PATSY'S PIZZERIA (117th St and 1st Ave)

ARTICHOKE BASILLE'S PIZZA (14th St, btwn 2nd and 1st Ave and Macdougall below 3rd St.)
Wildly cheesy, rich goodness that hits the spot after a hard night out, although their popularity has driven the price up to an equally wild \$4.50 per slice.

FAMOUS BEN'S PIZZA OF SOHO (Spring and Thompson)
The place used for the exterior of the pizzeria in the Men in Black movies—and the pizza is good, go figure. Watch out for aliens.



FUN, SIGHTSEEING AND DEALS

New York City. The crossroads of the world. You'll quickly find that NYC offers a wealth of opportunities in every realm (nightlife, arts, sports, and much more!). The best way to make sure you don't get overwhelmed is to find things you are already interested in! Learn the NYC grid system for getting around – it will become your best friend. To learn the subway system, some students have recommended [HopStop](#), which has a mobile app for transit directions. Google and Apple Maps are also great to get to know the city.

Check out the following websites for menus, reviews and deals for everything from restaurant and bar specials, to spa discounts, health and fitness discounts (such as yoga, dance classes, boot camps, etc), tours and more:

- [Yelp.com](#)
- [Timeout.com/NewYork](#)
- [Livingsocial.com](#)
- [NYMag.com](#)
- [Seamless.com](#)
- [Menupages.com](#)
- [OpenTable.com](#)

CLASSIC NEW YORK ACTIVITIES

You know, the touristy stuff. These are great things to try with friends from out of town...

BROOKLYN BRIDGE/GRIMALDI'S

Take the 6 to Brooklyn Bridge; walk or bike across, and eat pizza at [Grimaldi's](#), one of New York's oldest pizzerias, on the Brooklyn side.

SOHO

Go shopping in SoHo (the area South of Houston); take the 6 train towards City Hall and get off at Spring Street. Also a great neighborhood for celebrity sightings!

STATEN ISLAND FERRY/STATUE OF LIBERTY

Take the Staten Island Ferry (take the 4/5 to the Bowling Green stop). Enjoy a free ride across the New York Harbor! This ferry usually serves commuters traveling between Staten Island and Lower Manhattan, but is a great way for everyone else to see New York City's working waterfront (and the Statue of Liberty).

TOP OF THE ROCK

Enjoy panoramic views of NYC at the top of the Rockefeller Center (generally better and less touristy than the Empire State Building). The main entrance is located on 50th St between Fifth and Sixth Avenues (take the 6 to 59th St and walk). There is also a museum and other attractions to enjoy before you take the elevator to the observation deck and enjoy a dramatic view of New York City that you just can't get anywhere else.

NYC RESTAURANT WEEK

For approximately three weeks in the summer and winter, many top New York restaurants will offer 3-course, pre-fixed lunch and dinner menus for \$24.07 and \$35, respectively. Make sure to make reservations at the most popular places far in advance. This is a great way to experience some

of the top chefs in the city (and the world!) while still on a student's budget. But even if you can't make it, lots of NYC restaurants offer ~\$25 meals year-round at lunch!

PERFORMING ARTS

BROADWAY

Plays and musicals are performed in the 40 professional theatres located in the Theatre District centered along Broadway. Check out the full listings online, at www.broadway.com, and make sure to get discount tickets from the Mount Sinai Recreation Office (below)! You can also do Student Rush tickets, and Times Square has discounts up to 40% off for same-day Broadway shows at the TKTS booth by the red stairs. Check out each show's website for more information.

LINCOLN CENTER

NY Philharmonic, Metropolitan Opera, New York City Ballet and other (local and visiting) arts groups!

CENTRAL PARK

In addition to doing the "normal" park activities, you can also see concerts or shows for free in the summer. Some of the best-known ones:

- a) Concerts at [Summerstage](#)
- b) [Shakespeare in the Park](#)
- c) [Good Morning America](#) concert series

RECREATION OFFICE

Mount Sinai's Recreation Office (19 E 98th St, Room 2F) has fantastic discounts to Broadway shows, sports tickets (Mets, Yankees, Knicks, US Open and more), hotels, spas, health clubs and museums. They also sell discounted movie tickets (\$6-\$8, depending on which theater and when the movie came out). They also usually have some nice giveaways when you drop by to buy tickets!

MISCELLANEOUS

- Get free tickets to attend a TV taping of [The Daily Show](#), [The Colbert Report](#) or [Saturday Night Live](#). Generally all you have to do is stand in line but check their websites for more information.
- Visit [Comedy Cellar](#), [Upright Citizens Brigade](#) or countless other stand-up/improv comedy gigs.
- Visit bowerypresents.com for listings of great concerts all around NYC.

MUSEUMS

MUSEUM MILE

Mount Sinai is on Museum Mile, a stretch of 5th Avenue that includes many of the top art and history museums in the city. Many students suggest going through the museums in the following order:

- Metropolitan Museum of Art
- Guggenheim Museum
- Museum of the City of New York
- The Frick Collection
- Museo del Barrio
- Jewish Museum

Note: Admission to the some New York museums (Met and Natural History) is by “suggested donation.” Others, such as the Museum of the City of New York, are free with presentation of an Icahn ID. Most of the museums with an entrance fee have a weekly afternoon/evening where it is waived: check [online](#) for details.

THE MUSEUM OF MODERN ART (MoMA)

MoMA has one of the most important collections of modern and post-modern art in the world as well as an excellent contemporary collection. It also generally gets excellent temporary exhibitions. If you’ve ever taken an art history class, chances are that you looked at works in MoMA. Enter on either 53rd or 54th Street between 5th and 6th Ave. To get there, take the 6 down to either 51st or 59th St and walk a few blocks.

THE WHITNEY MUSEUM OF AMERICAN ART

The Whitney has an excellent American collection as well as constantly changing temporary exhibitions. The space is a bit small, but get there while you can: they’re moving down to the High Line in 2015, and the building is unique. Plus, it’s located 75th and Madison!

THE CLOISTERS MUSEUM AND GARDEN

The Cloisters, the branch of The Metropolitan Museum of Art devoted to the art and architecture of medieval Europe, was assembled from architectural elements, both domestic and religious, that date from the 12th-15th centuries. The building and its gardens are treasures in themselves, effectively part of the collection housed there. Take the M4 bus on Madison Avenue to the last stop—one of the best scenic rides of Upper Manhattan.

THE AMERICAN MUSEUM OF NATURAL HISTORY

Located between 77th and 81st Sts, on Columbus Ave, the AMNH has many fascinating rotating exhibits (recent ones focused on the brain and bioluminescent creatures) and one of the largest collections of specimens (32 million!) in the world. It also hosts “One Step Beyond,” a monthly series with live music and dancing.

The Cannibal

BEER & BUTCHER

CHARCUTERIE

SAUSAGES

- SMOKED KIELBASA
BACON & DILL POTATOES 11
- LAMB & GRUYERE SAUSAGE
FAVA BEANS, SNAP PEAS, LEMON 14
- THAI SAUSAGE
PEANUTS, JALAPENO, SCALLION 11
- BOUDIN NOIR
SPRING ONION, SOUR
CHERRY MOSTARDA 11

TARTARS

- STEAK TARTARE
BEARNAISE, CRISPY SHALLOTS 1
- LAMB TARTARE
RED ONION, CAPERS
MARISSA ATOLI, EGG YOLK
- BEEF HEART TARTARE
GARLIC MAYO, CAPERS, CORN
TABASCO, PARMIGIANO

COUNTRY HAM BO

- SELECTION OF THREE
BISCUIT, HONEY

MEATS

BITES

- HOUSE BEEF JERKY 6
- NORTH CAROLINA PEANUTS 8
- HOUSE MADE PRETZEL, YELLOW MUSTARD 5
- STEAMED ARTICHOKE, THOUSAND ISLAND 9
- SPRING ONION, SOFT POACHED EGG, COUNTRY HAM GREMOLATA 9

VEGETABLES

- BRUSSELS SPROUTS, LEMON, WHITE ANCHOVY 6
- RADISHES, SMOKED EGG GRIBICHE, MINT 9
- BROCCOLI RABE, GARLIC BREAD, PARMESAN CREAM 7
- LA, TATSOI, TURNIP, BEIRB, NU SETE HEART
- RADICCHIO, BEEF TENDON, CARRAN CHI I, BRESA INTO
- LEMON VINAIGRETTE 15

MEAT

RADISH

DINING
& NIGHTLIFE

DINING AROUND NEW YORK

Note that some of these places are super popular, so it can be a long wait if you go at peak time without a reservation, e.g., 7pm on a Friday, although not all take reservations.

DINOSAUR BBQ (125th St and Riverside)

Some would call it the best BBQ in NYC! Definitely worth the trip (take the 6 up to 125th St and take any crosstown bus over), but lines are long. Make sure to try the chicken wings!

THE HALAL GUYS (53rd St and 6th Ave)

The chicken and rice at this street cart is world famous and a NYC must. Easily outclassing the Halal fare served by other vendors around the city for a reasonable price of \$6 per plate. There is a kiosk nearby with squeeze bottles of white, red, and barbecue sauce. If you think you can handle the spice, hit the red sauce and prepare for a nuclear mouthsplosion.

ZOMA (113th St and 8th Ave)

Go with a group! Ethiopian food is eaten communally with your hands using large pieces of spongy bread. It's on a short ride on the M2/M3/M4 bus.

CARACAS (7th St and 1st Ave)

Excellent Venezuelan eatery in the East Village featuring scrumptious arepas—Venezuelan sandwiches.

MAMOUN'S FALAFEL (St. Marks Place and 2nd Ave or MacDougal St. and 3rd St.)

Best falafel in the city, open 'til 5 AM, and near most of the bars you might hit on a weekend.

KATI ROLL (39th St and 6th Ave or MacDougal St and 3rd St.)

Serves Indian Street food on paratha griddled breads with deals on 2+ rolls, and open late.

THE SUNBURNT CALF (W 79th St and Amsterdam)

An endless brunch and booze deal for \$25 makes this Aussie-flavored gastropub a popular destination for Upper West Siders coming down from a hard night. They can accommodate larger groups if you call ahead; if you are adventurous, try visiting their original location in the East Village, the Sunburnt Cow (E 9th and Ave C).

SMORGASBURG (Brooklyn)

Smorgasburg happens in two locations every weekend: Saturdays at East River State Park on the Williamsburg waterfront, and Sundays at Brooklyn Bridge Park's Pier 5. Both locations are open from 11 am to 6 pm and feature packaged and prepared foods, beverages, and more from purveyors from New York City and across the region, for a total of 75-100 vendors. The markets are always open, rain or shine.

AMY RUTH'S (116th St between Adam Clayton Powell and Lenox Ave)

A great take on classic southern style cooking. Definitely the best place in the area to get the famous Chicken and Waffles.

BARBOUNIA (Park Ave between 19th and 20th St)

This is a MUST go if you want to experience a famous bottomless NYC brunch. For \$18, it's all you can drink for 4 hours. Reservations are a must and should be made at least a week in advance.

E&J LUNCHONETTE (3rd Ave between 73rd and 74th St)

EJ's Luncheonette is known to have the best breakfast on the Upper East Side of New York. Come for Breakfast... Stay for Dinner.

JUNIOR'S CHEESECAKE

Located in various spots throughout the city, the original is still in Brooklyn. They are known for having the most succulent cheesecake in the city.

CRUMBS BAKE SHOP

Also located in various locations in the city, if you are finishing up at a venue and want a desert snack, this is definitely a must try. Known for their cupcakes and coffees.

ETHNIC CUISINE HOTSPOTS

Any of these neighborhoods have a fantastic array of restaurants. Get out there and explore!

- Brighton Beach (B train to the last stop in Brooklyn) for Russian food
- Jackson Heights (Queens) for Indian food
- Flushing (Queens, Union St. and Main St. by the 7 train stop) for Asian (Chinese, Korean, etc) food
- Chinatown for Chinese food (take the 6 down to Canal Street)
- K-Town (32nd and Broadway) for Korean food and karaoke
- Washington Heights (A, C, or 1 train up to 168th St and north of it) for all types of great Dominican cuisine and nightlife
- Arthur Ave (near Fordham in the Bronx) for the "real" Little Italy experience
- Astoria (N/Q stops between Broadway and Ditmars in Queens) for Greek food

NIGHTLIFE

LOCAL

EARL'S BEER AND CHEESE (Park Ave between 97th and 98th Sts)

Great rotating craft beers and cheeses—including a tasty kimchee and pork grilled cheese sandwich, and a beer cheese platter fit for sharing. An unusually laid back vibe. It's small and a typical after-shift destination for Sinai folks, so don't be surprised if it's crowded.

ABV (Lex between 97th and 98th Sts.)

Owned by the same folks that run Earl's. Wide selection of beers and wines, and many delicious tapas-style dishes. The crowd is typically heavy on young professionals and couples from the neighborhood.

LEXINGTON SOCIAL (Lex between 103rd and 104th)

Scrumptious tapas dishes for ~\$9 each, with inspired Spanish Harlem style cocktails (think smoky mescal and aged cachaça).

MERRION SQUARE (95th and 2nd Ave)

Don't be fooled by the subway construction occurring right out front: this divey sports bar is very much open and a great destination for a low-key night. A \$2 pool table is in the back, and a pair of

solid drink specials runs all night long: one free burger with your first beer, or a basket of wings with your first pitcher.

THIRD AVENUE ALE HOUSE (3rd Ave between 92nd and 93rd)

For a great modern American tavern, come here and discover a wide array of fine beers on tap and some fantastic bar fare, like jalapeno cheese pretzels. Spacious dining area in the rear.

KINSALE TAVERN (93rd St & 3rd Ave)

Great Irish sports bar with \$3 pints—all day, every day!

CAMARADAS (2241 1st Ave at E 115th Street)

This restaurant is a worker's public house where camaraderie is built atop of a fine selection of wine, great beers, excellent music and an innovative blend of the tapas tradition with Puerto Rican cuisine.

THE DUCK (112th St and 2nd Ave)

A true dive bar for East Harlem: cheap drinks, friendly bartenders, and cheesy, trashy, décor. The real bar is in the back, so don't be confused by the fake "bar" in the front.

FOX AND FIDDLE (Madison Ave between 97th and 98th Sts.)

Generally an older crowd, good for quieter dinners or a tavern meal with the parents.

AROUND THE CITY

UPPER WEST SIDE (especially Columbus and Amsterdam in the 80s)

This area features a row of dive bars, including Brother Jimmy's, Jake's Dilemma, The Gin Mill, and Bourbon Street. Check out The Dead Poet if you're looking for innovative cocktails.

LOWER EAST SIDE, EAST VILLAGE

Head down to the Lower East Side for a fun night out; take the 6 train to Bleecker or Spring Street and walk east or northeast for the Village. The places there range from sports bars to lounges to clubs - definitely a great area to find a birthday venue! Class favorites include People Lounge, Affaire, The Delancey, Blue and Gold Tavern, Gallery Bar, Ella, and Solas. Cabs can be easily found on Houston St. to return to Aron Hall at any time of night for about ~\$20.

WEST VILLAGE, GREENWICH VILLAGE

You may wind up here after the place you were going to in the East Village was too packed, and you decide to slum it with the college crowd. Start around Bleecker and McDougal and spiral outward: you'll run across the Comedy Cellar where Louis CK films his TV show, along with jazz clubs featuring top-tier artists. Prepare to be accosted on the street with drink specials and the steamy grime of endless dive bars. A quieter indoor German biergarten, Lederhosen, is hiding over on Grove St., and there is an Artichoke Basille's here, if you love late-night insanely cheesy pizza. If you happen to be here in the daytime, try a delicious cappuccino or sandwich at Caffè Reggio, featured in classic movies such as *Serpico* (1973) and *Shaft* (1971).

CHELSEA, MEATPACKING, WEST SOHO

A sprinkling of notoriously selective clubs and lounges predominate the nightlife on this west side strip, which has only picked up momentum since the installation of the High Line and hotels like The Standard catering to nightlife tourists. Think 10AK, Greenhouse, Marquee, Cielo: places that attract celebrities, A-list DJs, and flashy crowds. Prepare to bleed cash and fight a crowd on any weekend night unless you can get on the list for somebody's party. Weekday promotions (on a Tuesday or Wednesday) might allow for reasonably spontaneous outings.

WILLIAMSBURG

The mecca of all things hipster happens to be a Brooklyn destination not too far from Sinai. Brooklyn Bowl is a popular dance hall that happens to have a few bowling lanes; indie movie theaters like Nitehawk are clustered here; there is a solid bar scene that starts around Bedford (check out Radegast Hall, a fine German-style Biergarten) and trickles west to the East River, where beautiful views of the New York skyline can be found (like the above picture taken from East River State Park). This neighborhood is for indie music, laid back food and beers, fixed-gear bikes and vintage arcade games (for those, try Barcade toward the east). To get here, take the 6 to Union Sq. and then the L to Bedford Ave. Cabs back to Aron Hall, hailable from Bedford, Driggs, or Metropolitan Ave, will run your group around \$30.