

UAB THE UNIVERSITY OF
ALABAMA AT BIRMINGHAM

Graduate Student Association



Graduate Student Newsletter

2012 Orientation Issue

Welcome New Graduate Students!

Carol Z. Garrison
President

Welcome to UAB Graduate School! Boundless opportunities await as you become an integral part of this university's globally renowned research and scholarship enterprise. UAB has, from its very beginnings, fostered an intensely collaborative, entrepreneurial culture that thrives to this day—a spirit of daring across disciplines that drives faculty and students to push the envelope in education, research and service.

In this fertile academic environment, you will be mentored by widely respected scholars, researchers and clinicians, as you engage in innovative academic programs that are consistently ranked among the nation's best. In *U.S. News & World Report* "Best Graduate Schools," UAB currently has 14 programs in the top 25, with four of those in the top 10.

You will also be among peers who are, like you, passionate about their fields, imaginative in their work, and dedicated to excellence in the classroom, lab and library. Just in the past year, our graduate students have won, among other honors, two NSF Graduate Fellowships, a Fulbright, and a highly competitive invitation to an annual meeting of Nobel laureates in Germany.

Our students are not only talented but diverse, as well. Ranked consistently in the top 10 universities nationally for diversity by *Princeton Review*, UAB is continually recruiting more minorities to graduate study through a host of programs, such as the NSF-funded "Bridge to the Doctorate," which enrolled 12 minority PhD candidates last fall alone.

UAB is delighted to have you as an active participant in our innovative, collaborative and diverse campus culture. We look forward to the new ideas and energy you will bring to your department and to your field, to the great strides you will make towards a rewarding career, and to your important role in UAB's impact on education, technology, health, and quality of life throughout our community and our world.

Sincerely,



Carol Z. Garrison

1070 Administration Building
701 20th Street South
205.934.4636
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Mailing Address:
AB 1070
1530 3RD AVE S
BIRMINGHAM AL 35294-0110

Welcome New Graduate Students!

On behalf of the UAB Graduate School we want to welcome you to your graduate program. We are pleased that you have chosen UAB for your graduate training and believe that you will be richly rewarded by your experiences at this outstanding research institution. We are proud of our graduate faculty and the national and international recognition which they have received for their teaching and research accomplishments. We are even more proud of our graduate students who distinguish themselves daily through their creativity, energy, and research successes. You will be greatly enriched by this community as you bring to it your own intelligence, ambitions, and dreams.

The staff members in the Graduate School Office in the Hill University Center and in the Graduate Biomedical Sciences (GBS) Office, located in the Shelby Building, are available to support your training and career development needs. The Graduate School staff is experienced and eager to help you in multiple areas including negotiation of administrative and financial issues, development of professional skills, and others as needed. The Graduate School Staff have oversight and administrative responsibility for all graduate programs except for the First Professional degree programs (MD, OD, and DMD) in the Schools of Medicine, Optometry, and Dentistry, respectively. Combined, the Graduate School offices provide day-to-day support and services of value to students and faculty in all of the graduate programs wherever they are located on the UAB campus.

We know that you will learn a lot, that you will work hard, transfer your own skills to others, suffer some set-backs, but also achieve small and great successes. Importantly, you will make friends and colleagues with whom you will remain in contact for the rest of your personal and professional life. Your career starts here and the goal of the Graduate School and the Graduate Biomedical Sciences staff members is to provide an environment in which you will excel.

Again, welcome!

Sincerely,



Bryan D. Noe, Ph.D.
Dean of the
Graduate School



Susan M. Rich, Ph.D.
Sr. Associate Dean for
Life Sciences



Jeffrey A. Engler, Ph.D.
Associate Dean for
Academic Affairs

Office of the Dean	The University of
504 Hill University Center	Alabama at Birmingham
1400 University Boulevard	Mailing Address:
205.975.8852	HUC 504
Fax 205.996.4409	1530 3RD AVE S
www.uab.edu/graduate	BIRMINGHAM AL 35294-1150

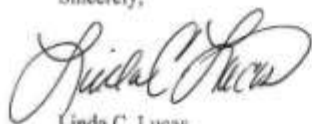
August 2012

Dear Graduate Student:

Welcome to UAB! We are delighted that you are joining our campus community. UAB is a richly diverse university that is among only 51 in the nation with Carnegie classifications of “community engagement” and “very high research activity.” As graduate students, you will play an integral part in that research, whether you are working in a lab or a clinic or a classroom or on stage. You will become part of a vibrant hub of arts, research, scholarship, and service, and I am confident you will grow tremendously as you advance in your chosen field.

As you begin your journey as a graduate student, I hope you will resolve to take advantage of all UAB has to offer. Attend campus events. Engage a mentor. Forge new friendships. Join the Graduate Student Association. Explore new and creative ideas, and discover how to bring them to fruition. This is the spirit of UAB – innovation, opportunity, ambition, and achievement – and we are excited that you have chosen to become a part of it!

Sincerely,



Linda C. Lucas
Provost

1019 Administration Building
701 20th Street South
205.934.0622
Fax 205.934.1221

Mailing Address:
AB 1019
1530 3RD AVE S
BIRMINGHAM AL 35294-0110

July 25, 2012

Welcome to UAB!

We are delighted that you are here. UAB is an amazing university in so many ways: the quality of its academic programs; the innovative nature of its research initiatives; the diversity of its students and faculty; the wealth of academic and cultural opportunities and events across the campus and in the city of Birmingham. As Vice Provost for Student and Faculty Success, I am committed to the on-going success of all graduate students at UAB.

In addition to dedicating yourself to your academic work, please take advantage of the many events and activities that you will hear about this coming year. During the fall semester, we have organized major events around the 2012 Presidential Election, Hispanic Heritage Month (September 15 – October 15); and LGBT Month (October) – just to mention a few.

Again, welcome. I look forward to meeting many of you during your time with us at UAB.

Sincerely,



Suzanne Austin, Ph.D.
Vice Provost for Student and Faculty Success
Professor of Epidemiology

Student and Faculty Success
503 Hill University Center
1400 University Boulevard
205.934.0290
Fax 205.934.2047

Mailing Address:
HUC 503
1530 3RD AVE S
BIRMINGHAM AL 35294-1150



Greetings fellow graduate students,

On behalf of the UAB Graduate Student Association (GSA) and the entire graduate student body, congratulations on your admission to the UAB Graduate School and welcome to UAB! Upon your enrollment in the Graduate School, you joined the ranks of your fellow UAB graduate students as a member of the GSA, your graduate student government.

The past few years have seen many of the GSA's ongoing initiatives come to successful fruition. The 2011-2012 academic year brought about the implementation of the GSA's Student Team for Executive and Professional Programming (STEPP), which works to facilitate GSA collaborations with other student groups and UAB Career Services to enhance professional training and career development opportunities for graduate students. We have also continued our commitment to positive representation of UAB by our ongoing funding of supplemental Travel Grants for eligible graduate students to present their work at academic and professional conferences worldwide.

In addition to the academic and professional initiatives the GSA supports, we are also committed to ensuring our students' quality-of-life needs are met. This August marks the 2nd anniversary of our medical assistance program, available to graduate students suffering the undue financial burden of a chronic illness or injury. We are also continuing to work closely with the university administration as many exciting improvements are planned and executed throughout campus, such as preparing for a facility upgrade for UAB Student Health Services and the development and implementation of a new on-campus transportation system.

This is an amazing time to be part of the UAB graduate student community and the GSA. We invite you to attend our monthly GSA Senate meetings, participate on a GSA committee, take advantage of the workshops and seminars hosted by our sponsored organizations, or simply attend one of the many social events we will be hosting throughout the year.

I wish you much success and happiness during your time as a UAB graduate student and beyond.

Sincerely,

Toni Marie Mueller
Graduate Student Association President
Graduate Biomedical Sciences- Neuroscience Theme

The GSA Orientation Newsletter:

Editor: *Chelsea R. Singleton (Epidemiology)*

Co-Editors:

Kelly L. Breland (Biology)
Elizabeth M. Bevan (Biology)
John W. Wright (Cell Biology)

Guest Writers:

Dean Bryan D. Noe, Ph.D., Dean Susan M. Rich, Ph.D., Associate Dean Jeffrey A. Engler, Ph.D., Suzanne Austin, Ph.D., Provost Linda Luca, Toni Muller

Getting Started At UAB!

Blazer ID & Email

A BlazerID is a unique user name that allows access to a number of UAB computer services and facilities. A valid BlazerID is required to access the residential hall computer network (ResNet), the UAB wireless network (UABWifi), campus email, campus computer lab, class registration, etc.

The BlazerID Central page is located at www.uab.edu/blazerid. The BlazerID Signup / Registration form is at the bottom of the page.

BlazerNET

BlazerNET is the official portal to the UAB community of intranets and key software – the most reliable source of UAB information for faculty, staff, and students. You can access BlazerNET from any computer on or off campus. Simply visit <http://blazernet.uab.edu> or click to the login page from the UAB Quicklinks drop down menu on UAB's main website, www.uab.edu. Signing in is simple; just use your existing BlazerID (user name) and strong password.

Course Enrollment Registration

Students must register for all work taken for graduate credit unless their individual department indicates otherwise. The UAB class schedule can be found at <http://blazernet.uab.edu> under the Student Resources tab in the Registration Tools box. The class schedule lists courses and other work to be offered and gives full details on prerequisites, registration dates, and procedures. Newly admitted graduate students must register in person at the Hill University Center during the assigned, open, or late registration periods.

Professional Development

Through its Professional Development Program, the Graduate School offers courses and workshops designed to help graduate students, post-doctoral fellows, and other academic professionals develop communication and other career-enhancing skills. Current offerings include courses on writing, funding, and presentation skills. More information is available at:

<http://www.uab.edu/careerservices/>.

Among the resources provided by career services is **Dragon Trail**, which is an online career management site that includes professional development tools designed for graduate students.

CampusCard

With the UAB CampusCard, the official UAB ID, students can

- Access UAB athletic and cultural events, the Campus Recreation Center, and libraries;
- Enjoy discounts on software purchases at the bookstore and tickets to on and off-campus events through the UAB ticket office;
- Make debit card purchases at campus dining facilities and other locations on and off campus.

You can have your CampusCard made in Hill University Center, room 158, Monday through Thursday from 8 a.m.-5:30 p.m. and Friday from 8 a.m.-5 a.m. Bring a photo ID. For more information, call 996-6273, visit www.uab.edu/campuscard, or email campuscard@uab.edu.

Parking

If you are motoring around campus, you will need to register your vehicle with Parking and Transportation Services. Student permits may be purchased for an annual or semester fee. You may park only in the lot designated on the permit. For more information, go to UAB Parking and Transportation Services at 608 Eighth Street South on Monday through Friday from 7:30 a.m.-4:30 p.m., call 934-3513, or visit www.uab.edu/parking. Graduate students may apply for commuter parking (Lot 15) or deck parking in the 5th Avenue Deck, the 9th Avenue Deck, and the 10th Avenue Deck. Deck parking permits also permit parking in commuter parking (Lot 15). Commuter parking

rates are \$70 for one semester and \$130 for one year. Deck parking permits are \$105 for one semester and \$200 for one year and are limited in number.

Health Services

Participation in the Health Insurance Program is required for most students. These students will be automatically enrolled in the Health Insurance program unless they submit a waiver. All students may access the services of UAB Student Health for illness or well-patient care. Hospitalization and major medical insurance coverage is available at attractive rates to students, as well as spouses and children of eligible graduate students. Visit www.uab.edu/studenthealth and www.vivahealth.com for additional information on the Student Health Plan and insurance coverage.

A Student Dental Health Program is available to students enrolled in the schools of Dentistry, Medicine, Nursing, and Optometry. For more information, visit room 245 of the School of Dentistry or call 934-5234 after noon.

Campus Safety

The UAB Police Department is responsible for all police security on the UAB campus. The UAB Police Headquarters at 1117 14th Street South is open 24 hours a day, seven days a week. The business number is 934-4434. In an emergency, call 934-3535 or 911.

You can also reach the police department from the “HELP” telephones located through-out campus in yellow boxes topped with blue lights. A HELP telephone automatically dials the police when you lift the receiver.

Special Services

- ***UAB Escort Service*** is provided upon request on campus after-dark. Escort service phones (white) are located in 12 classroom buildings, or by calling 934-8772. A UAB Escort will meet you in a marked vehicle and transport you to your campus destination. Hours: Monday through Friday 5:15-10:15 p.m. After designated hours, UAB Police will respond to calls.
- ***Notary Public*** services are available by visiting the Hill University Center Information Desk or calling 934-8000.
- ***Traveling?*** Call UAB’s contract vendor, Adventure Travel at 444-1133 to help make plans.
- An ***Alabama driver’s license*** must be obtained within 30 days of moving from another state. Go to the Department of Public Safety at 908 Bankhead Highway or call 252-7445.
- ***Voter registration or transfer*** packets are available at the Office of Student Involvement in Hill University Center room 440.

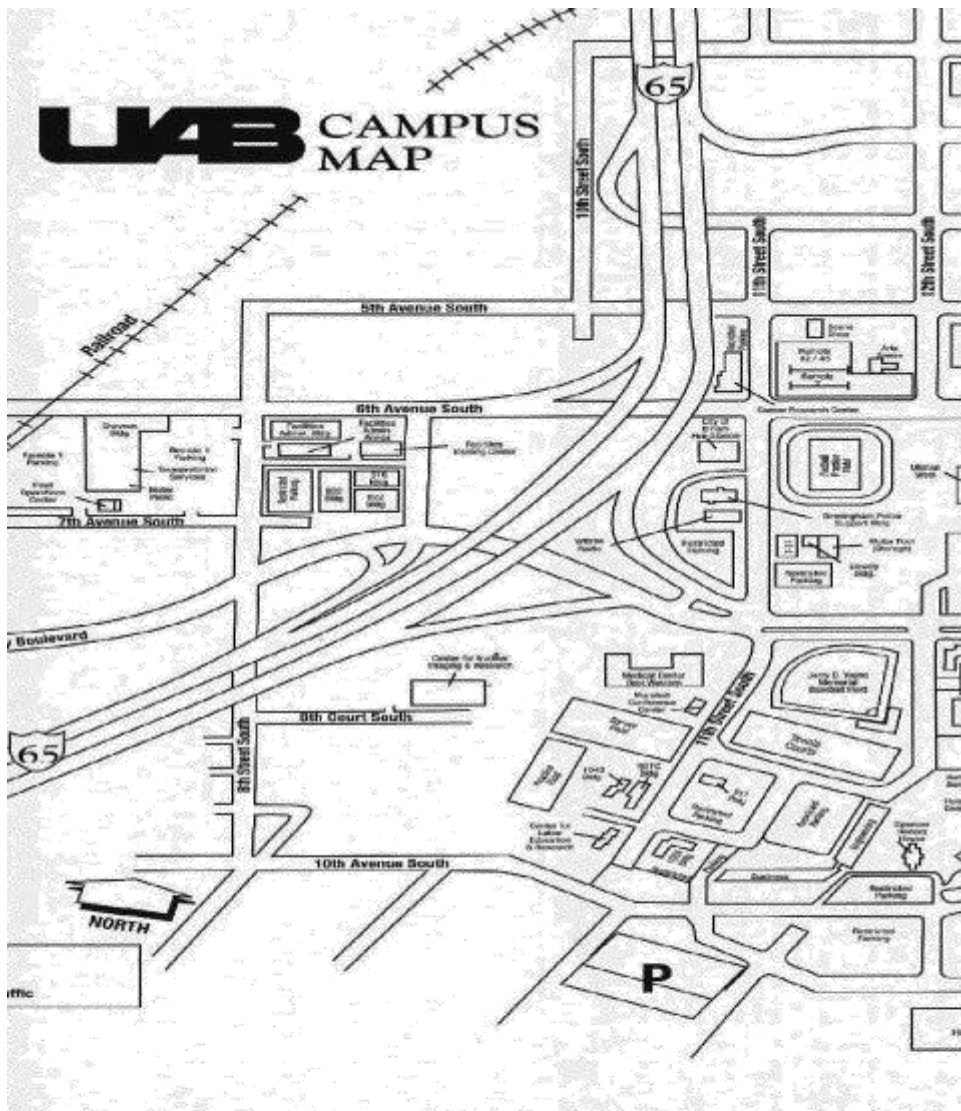
Sources for New Students

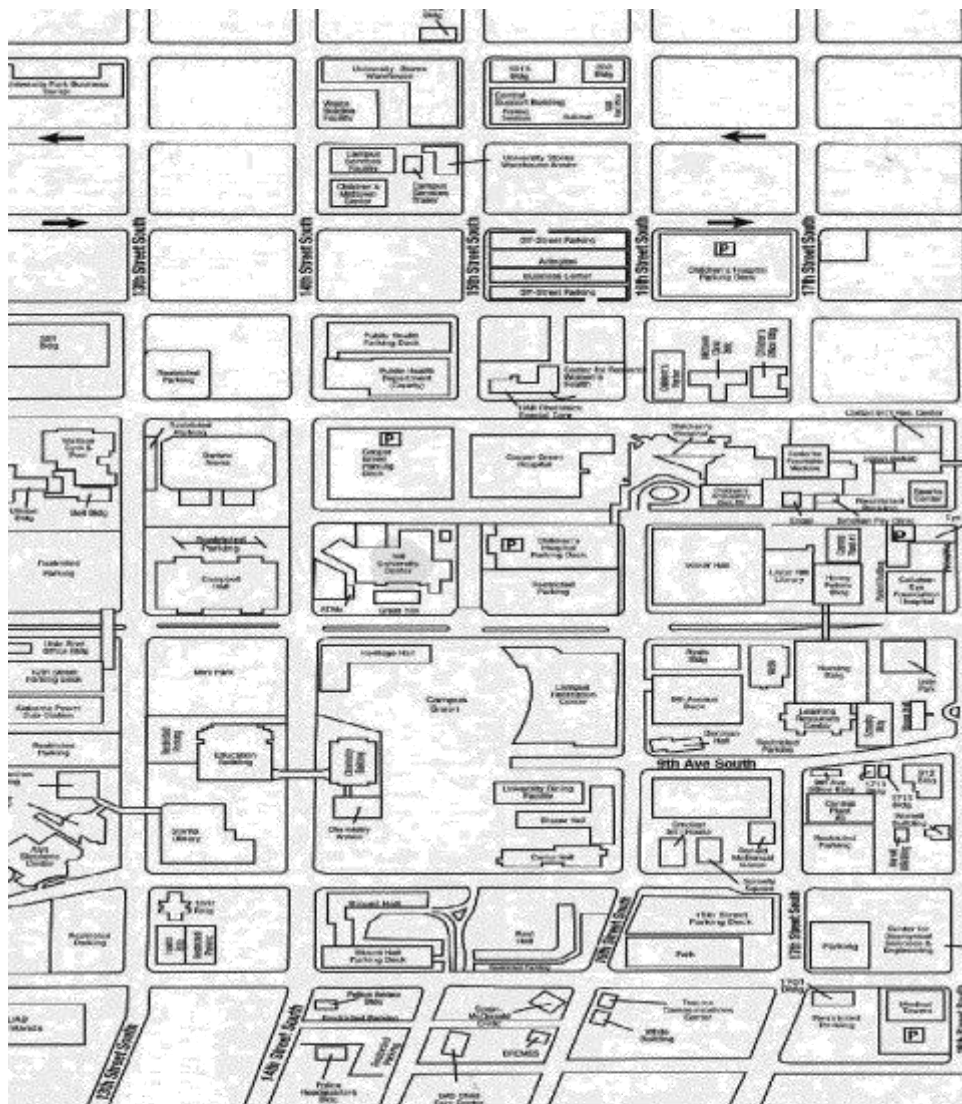
The information in this booklet is by no means comprehensive. The Graduate School has an online orientation at: <http://main.uab.edu/Sites/gradschool/students/orientation>.

Graduate students should also be familiar with the Graduate School Hand-book at www.uab.edu/graduate/UAB_Grad_Handbook.pdf.

Keep up with important academic and event dates with the UAB master calendar at www.uab.edu/calendar.

UAB CAMPUS MAP





Building Code: Building Name (Street Address)

AA: Arts Annex (500 12th St. S)
AB: Admin Building (701 20th St. S)
ABC: Arlington Business Ctr (1515 5th Ave. S)
ACC: Children's Ambulatory Care Ctr (1600 7th Ave S)
ASC: Alys Robinson Stephens Ctr (1200 10th Ave. S)
BBRB: Bevill Biomed Sciences (845 19th St. S)
DBB: Boshell Building (1808 7th Ave. S)
BEC: Business & Engineering (1150 10th Ave. S)
BELL: Bell Bldg (1220 Univ. Blvd)
BMR2: Biomed Research Bldg II (1802 9th Ave. S)
BNTH: Blount Hall (1001 14th St. S)
BREM: Brems' Bldg (1114 16th St. S)
BRTW: Bartow Arena (617 13th St. S)
BUR: Burlison Bldg (909 18th St. S)
BZ2H: Blazer Hall II (1111 16th St. S)
CBSE: Ctr Biophysical Sciences & Engineering (1025 18th St. S)
CCB: Comm Care (908 20th St. S)
CEC: Cudworth Bldg (1919 Univ. Blvd)
CGA: Chemistry Annex (921 14th St. S)
CH: Campbell Hall (1300 Univ. Blvd)
CH19: Comm Health Svcs Bldg (933 19th St. S)
CH20: Comm Health Svcs Bldg (930 20th St. S)
CHB: Children's Hospital Harbor (1600 6th Ave S)
CHEM: Chemistry Bldg (901 14th St. S)
CHT: Children's Hospital Tower (1600 7th Ave S)
CIRC: Civitan Bldg (1719 6th Ave S)
CLER: Ctr Labor Education & Research (1044 11th St. S)
CMPH: Camp Hall (1500 10th Ave S)
CNIR: Ctr For Nuclear Imaging (850 8th Ct. S)
CPM: Ctr For Psychiatric Med (1713 6th Ave S) **CRC:** Cancer Research Ctr (550 11th St. S)
CRCT: Campus Recreation Ctr (1513 Univ. Blvd)
CRWH: Ctr Research In Women's Health (1500 6th Ave S)
CS: Central Support Bldg (1530 3rd Ave S)
CVB: Chevron Bldg (608 8th St. S)
DNMH: Denman Hall (1604 9th Ave S)
DOB: Dowdy Bldg (1109 7th Ave S)
EB: Education Bldg (901 13th St. S)
EC: Engel Bldg (1632 7th Ave S)
EFH: Callahan Eye Foundation Hospital (1720 Univ. Blvd)
FOT: Faculty Office Tower (1960 6th Ave S)
FTC: Facility Training Ctr (801c 6th Ave S)
HB: Humanities Bldg (900 13th St. S)
HC: Hansell/Hulsey Ctr (950 13th St. S)
HGLD: UAB Highlands (1201 11th Ave S)
HHB: Heritage Hall Bldg (1401 Univ. Blvd)
HMB: Holley-Mears (924 19th St. S)
HOEN: Hoehn Engineering Bldg (1075 13th St. S)
HOH: Honors House (1190 10th Ave S)
HOLB: Holcomb Bldg (944 18th St. S)
HPB: Henry Peters Bldg (1716 Univ. Blvd)
HSB: Hospital Support Bldg (508 20th St. S)
HUC: Hill Univ. Ctr (1400 Univ. Blvd)
HXNH: Hixson Hall (820 18th St. S)
JH: Johnson House (1006 19th St. S)
JNWB: John N Whitaker Bldg (500 22nd St. S)
JT/Jefferson Tower/625 19th St S
KAUL: Kaul Human Genetics (705 S 20th St. S)
KB: Kracke Building (1922 7th Ave S)
LHL: Lister Hill Library (1700 Univ. Blvd)
LHRB: Lyons-Harrison (701 19th St. S)
LNB: Liberty National Bldg (2001 3rd Ave S)
LRC: Learning Resource Ctr (1714 9th Ave S)
MCC: Marshall Conference Ctr (802 11th St. S)
MCLM: McCallum Basic Health Sciences Bldg (1918 Univ. Blvd
MEB: Medical Education Bldg (1813 6th Ave S)
MOPS: Magnolia Office Park Suite (2112 11th Ave S)
MSCM: Spain & McDonald Clinic (1521 11th Ave S)
MSDH: Morningside (1404 Morningside Dr.)
MT: Medical Towers (1717 11th Ave S)
MTC: Midtown Ctr (1616 6th Ave S)
NB: School Of Nursing (1701 Univ. Blvd)
NEBN: Newburn Bldg (248 Cox St. 3rd Floor)
NHB: New Hillman (620 20th St. S)
NP: North Pavilion (615 18th St. S)
NW: North Wing (1915 6th Ave S)
OB9A: 9th Ave Office Bldg (1701 9th Ave S)
OHB: Old Hillman (618 20th St. S)
OSC: UAB Obstetrics Special Care (1500 6th Ave S)
PAUL: Paula Bldg (728 21st St. S)
PCAM: Pittman Ctr For Adv Med Studies (1924 7th Ave S)
PHB: Police HQ (1117 14th St. S)
QT: Quarterback Tower (601 19th St. S)
RPHB: Ryals School of Public Health (1665 Univ. Blvd)
RSB: Research Support Bldg (1800 9th Ave S)
RSTH: Rast Hall (1530 11th Ave S)
RUST: Rust Computer Ctr (815 18th St. S)
RWUH: Russell Ambulatory Ctr (1813 6th Ave S)
SC: Sparks Ctr (1720 7th Ave S)
SDB: School Of Dentistry (1919 7th Ave S)
SEBL: Southeastern BioSafety Lab (901 19th St S)
SHEL: Shelby Biomed Research Bldg (1825 Univ. Blvd)
SHPB: School of Health Professions (1705 Univ. Blvd)
SIH: International House-Smolian (1600 10th Ave S)
SL: Sterne Library (917 13th St. S)
SOSQ: Sorority Square Bldg (1612 10th Ave S)
SPC: Smolian Psychiatric Clinic (1700 7th Ave S)
SRC: Spain Rehab (1717 6th Ave S)
SRI: Southern Research Institute (2000 9th Ave S)
SS: Scene Shop (1111 5th Ave S)
SUM: Samuel Ullman Museum/2150 15th Ave S)
SW: Spain Tower (620 19th St. S)
TCCB: Trauma Comm Ctr (1601 11th Ave S)

THT: Tinsley Harrison (1900 Univ. Blvd)
TKC: Kirklin Clinic (2000 6th Ave S)
U: Ullman Bldg (1212 Univ. Blvd)
UBB: Ullman Boiler Bldg (1205 6th Ave S)
UBOB: Univ. Blvd Office Bldg (1201 Univ. Blvd)
UCCC: UAB Child Care Ctr (1113 15th St. S)
UDF: Univ. Dining Facility (900 16th St. S)
UPBC: Univ. Park Business Ctr (1201 2nd Ave S)
UW: Ullman West (1204 Univ. Blvd)
VAMC: Vet Admn Med Ctr (700 19th St. S)
VH: Volker Hall (1670 Univ. Blvd)

VRMC: Vaughan Reg Med Ctr (1023 Med Ctr Pkwy)
WB: Wallace Physical Education (608 13th St. S)
WBHM: WBHM Bldg (1028 7th Ave S)
WEBB: Webb Bldg (1675 Univ. Blvd)
WHIT: White Bldg (1111 16th St. S)
WORB: Worrell Bldg (924 18th St. S)
WP: West Pavilion (615 18th St. S)
WT: Wallace Tower (620 19th St. S)
WTI: Wallace Tumor Institute (1824 6th Ave S)
ZRB: Zeigler Bldg (703 19th St. S)

Questions to Ask as You Choose a Research Mentor!

These questions were developed by a panel of graduate students to help new students identify the research mentor who will best meet their educational goals. This list is intended to be a starting point for a conversation about good mentoring of graduate students during their career development.

- 1.) Is there funding for my position? If there is a lapse in funding for the project, will funding be discontinued or will the department or graduate program provide resources?
- 2.) Have any of your previous trainees had individual research fellowships (i.e. NSF, NIH, DOD, etc), and did their projects end successfully?
- 3.) Do you foresee any events that could affect my progress on my research project? (move to another institution; sabbatical leave)
- 4.) Do you support student travel to conferences and meetings? Under what conditions should a student expect to present a poster or a talk at a meeting?
- 5.) Is there a schedule that you expect me to follow? What is the procedure for requesting/taking vacation or other time off? Examples: Minimum number of hours/week? Arrive no later than 9 a.m....?
- 6.) When would you expect me to have my dissertation or thesis proposal ready? When should I expect to have Qualifying Exams and my Defense of my dissertation or thesis?
- 7.) What are my career options? What careers have your past students undertaken? Approximately how long do your students take to earn their degree?
- 8.) How often will I have meetings with you? My committee? What role will my committee play in the development of my research?
- 9.) What are your criteria for manuscript authorship?
- 10.) How much independence do you give your graduate students as they pursue their research?

*-compiled and submitted by
Jeffrey A. Engler, Ph.D., Associate Dean for Academic Affairs*

A Brief Guide to Birmingham for UAB Graduate Students!

As the largest city in Alabama, Birmingham has a variety of activities for graduate students to enjoy. Here are some favorite lunch spots, nightlife venues and weekend activities!

Lunch Spots:

Near Five Points:

Surin West
Al's Deli & Grill
Purple Onion
Formaggio's
Jimmy John's
Makarios
Jim N' Nick's BBQ
Jimmy Johns
Mellow Mushroom
China Master Express
Taj India
Roly Poly

Near University:

Subway
Lucy's Coffee & Tea
Becky's South
Sitar
Newk's

Near UAB Hospital:

Taziki's Greek Fare
Moe's
Kairos Kafe
Los Juane's
Milo's
McAllister's Deli

Popular Nightlife:

Dave's Pub
The J. Clyde
Fuego Cantina
Saloon
Blue Monkey Lounge
Courtyard Southside
On Tap Sports Cafe
Club 3000
The Barking Kudu
Good People Brewing Co.
Avondale Brewery
Stillwater Pub
Bottletree Cafe
Rogue Tavern
Rojo
Wine Loft
Innisfree Pub
Nana Funks
Tin Roof
WorkPlay
Stardome Comedy Club
Marty's
The Rare Martini
Avo & Dram
Garage Café

Weekend Activities:

Oak Mountain
State Park
Sip n' Strokes
Ruffner Mountain
Nature Center
Homewood Park
Bowling
Sloss Furnaces
Botanical Gardens
Barons Baseball
Birmingham Zoo
Cahaba River
National Wildlife
Refuge
Tannehill State Park
Red Mountain Park
Sipsey Wilderness
Vulcan Park
McWayne Science
Center



Medical Resources



Hospitals

UAB Hospital:
1802 6th Avenue South,
Birmingham
(205) 934-4011
www.uabmedicine.org

St. Vincent's Hospital:
810 Saint Vincent's Drive,
Birmingham
(205) 939-7111
www.stvhs.com

Brookwood Medical Center:
2010 Brookwood Medical Center Drive, Birmingham
(205) 877-1000
www.bwmc.com

Urgent Care

Call 911 in an emergency!

UAB Emergency Department:
Intersection of 6th Ave. South and 18th St. South

American Family Care:
2757 Green Springs Highway, Birmingham
(205)290-0088
americanfamilycare.com

Hoover Urgent Care:
2503 John Hawkins Parkway (Highway 150), Hoover
(205) 987-6801
hooverurgentcare.com

UAB Highlands Emergency Department:
1201 11th Ave. South

24 hour Pharmacy

CVS Pharmacy:
418 West Valley Avenue, Homewood
(205) 942-7503

Walgreens:
4700 Hwy 280, Hoover
(205) 991-1599

Dentists

UAB School of Dentistry:
1919 7th Ave S,
Birmingham
(205) 934-3000
www.dental.uab.edu

Birmingham Family Dental:
2930 4th Avenue South,
Birmingham
(205) 251-8128
www.birminghamfamilydental.com

Greystone Family Smile:
140 Village St #203,
Birmingham
(205) 981-7775
www.greystonesmiledesign.com

Student Health Insurance

Viva Health Care:
1222 14th Avenue South, Birmingham
205-939-1718
www.vivahealth.com

Other Helpful Resources



Alabama Power:
600 18th Street North, Birmingham
205-257-1000
www.alabamapower.com

Alagasco:
800-292-4008
www.alagasco.com

AT&T:
2101 6th Avenue, Birmingham
205-321-2524
www.att.com

Utilities



BrightHouse:
3996 US Highway 231, Wetumpka
1-866-876-1872
www.brighthouse.com/Birmingham

Charter Communications:
2105 3rd Avenue North, Birmingham
205-377-0852
www.charter.com

DMV

Jefferson County Auto License:
716 Richard Arrington Jr. Birmingham
(205) 325-5171
jeffconline.jccal.org

Jefferson County Vehicle Title:
2651 Center Point Parkway, Birmingham
(205) 856-8815

Public Transportation

Jefferson County Transit Authority:
3105 8th Ave N., Birmingham
205-322-07701
www.bjcta.org



Daycare

Childcare Resources:
(daycare referral agency – free service)
1904 1st Avenue North, Birmingham
205-252-1991
www.ccr-bhm.org

Greek Orthodox Cathedral Day Care Center:
307 19th Street South, Birmingham
205-716-3083
www.holytrinity-holycross.org

Veterinarians

Rocky Ridge Animal Clinic
2488 Rocky Ridge Road, Vestavia Hills
205-823-3898
www.rockyridgeanimalclinic.com

Red Mountain Animal Clinic:
2148 Green Springs Highway,
Birmingham
205-326-8080
redmountainanimalclinic.com

Other Pet Resources

Creative Dog Training:

2703 19th Place South, Homewood
205-877-3130

3190 Cahaba Heights Road, Vestavia
205-967-2842

www.creativedogtraining.com

Hoover Dog Park:

Loch Haven Drive, Hoover

Cahaba Beach Dog Park:

3557 Cahaba Beach Road, Birmingham

Liberty Animal Hospital:

3819 River Run Drive, Birmingham
205-970-0411

www.libertyah.com



Parks

Homewood Parks and Recreation:

1632 Oxmoor Road, Homewood
www.homewoodparks.com

Oak Mountain State Park:

200 Terrace Dr., Pelham
<http://www.alapark.com/oakmountain>

Botanical Gardens:

2612 Lane Park Road, Birmingham
www.bdgardens.org

Aldridge Gardens:

3520 Lorna Road, Hoover
www.aldridgegardens.com

Railroad Park:

1600 1st Avenue, Birmingham
www.railroadpark.org

Shopping Centers

Summit:

214 Summit Place, Birmingham
(205) 967-0111
thesummitonline.com/Birmingham

Wal-Mart:

209 Lakeshore Parkway, Homewood
205-945-8692
2789 John Hawkins Parkway, Hoover
205-733-0300

Riverchase Galleria:

2000 Galleria Circle, Hoover
(205)985-3020
www.riverchasegalleria.com

Target:

4616 US 280, Birmingham
205-408-7687
1654 Gadsden Highway, Birmingham
205-655-6950

Brookwood Village:

780 Brookwood Village, Birmingham
(205)871-0406
www.shopbrookwoodvillage.com

Outlet Shops of Grand River:

6200 Grand River Blvd East, Leeds
www.shopsograndriver.com



Farmers Markets

Pepper Place Farmers Market:
2829 2nd Avenue South, Birmingham
www.pepperplacemarket.com

Alabama Farmers Market:
344 Finley Avenue West, Birmingham
alabamafarmersmarket.org

Car Repair

Franklin Automotive:
2880 Acton Road,
Birmingham
205-969-2886
franklinautomotive.com

Express Oil change:
196 West Valley Avenue,
Homewood
205-945-8845

Goodyear:
700 Richard Arrington Jr
Blvd S., Birmingham
205-252-2161

Taxi Cab Companies

American Cab Co:
205-322-2222

Airport Taxi Metro Cab:
205-567-7089

Birmingham Yellow Cab:
(205) 222-2222



Bookstores

Barnes and Nobles:
201 Summit Boulevard, Suite 100,
Birmingham
205-298-0665

Books-a-Million:
402 Industrial Lane, Birmingham
205-942-3737

Theaters

Rave Motions Pictures:
1911 Kentucky Avenue,
Vestavia Hills
205-978-3655

Carmike at the Summit:
321 Summit Blvd,
Birmingham
205-298-1329
www.carmike.com

Carmike 10 Movie
Theater: (\$1.50)
3443 Lorna Road,
Birmingham
205-822-5187

Sight Seeing

Alabama Theater:
1817 3rd Avenue North, Birmingham
205-252-2262
www.alabamatheatre.com

Birmingham Museum of Art:
2000 8th Ave N., Birmingham
205-254-2565
www.artsbma.org

Birmingham Civil Rights Institute:
520 16th Street N., Birmingham
205-328-9696
www.bcrj.org

Birmingham Zoo:
2630 Cahaba Road, Birmingham
www.birminghamzoo.com

Alabama Adventure Park:
4599 Alabama Adventure Parkway,
Bessemer
205-481-4750
www.alabamaadventure.com

Vulcan Park and Museum:
1701 Valley View Drive, Birmingham
www.visitvulcan.com

Activities That Won't Break The Bank!



Want to go out and have a fun time but low on funds? Well you're in luck! Birmingham has diverse activities in and around the city that you can enjoy by yourself or with your friends. Below is just a sample of what there is to do when you are on a tight budget. Check it out; you'll be sure to find something.

Brunswick Riverview Lanes: A hot spot on Monday nights along with Tuesdays and Wednesdays. The Monday special is \$1.00 for bowling, hot dogs and small soft drinks from 9:00pm-Midnight. On Tuesdays and Wednesdays it's only \$1.19 per game all day. Unlimited bowling and drink specials all Sunday night!

2908 Riverview Road, Birmingham, AL
(205) 991-3900

<http://www.bowlbrunswick.com/specials-and-events/259/>

Carmike 10 Cinema: Movies for \$1.50! With concession prices on the rise, Carmike 10 has a Tuesday special called "Stimulus Tuesdays," where in addition to the \$1.00 movie you can also purchase 16oz. soft drinks and 46oz. popcorn each for \$1.00.

3443 Lorna Road, Birmingham, AL
(205) 822-5187

<http://www.carmike.com/ShowTimes/Theater/198>

Roller Derby: Come see the Tragic City Rollers represent Birmingham. If you have never seen a match or want to join the team, come and check them out! However, you better catch them fast because they only play once a month and their season ends in November.

<http://tragiccityrollers.com/>

Birmingham Barons: The local minor league baseball team and if you're a fan of baseball and cheap beverages then come out to "Thirsty Thursday." Every home game on Thursday you can purchase a beverage for \$1.00. Also on Tuesday is \$0.50 Ball Park hot dog night!

100 Ben Chapman Drive, Birmingham, AL
(205) 988-3200
<http://www.barons.com>

Oak Mountain State Park: Alabama's largest park that spans 9,940 acres. The park offers: golfing, driving range, horseback riding, hayrides, swimming, fishing, canoeing, paddle boats, biking, BMX track, hiking, camping, picnicking, cabin rentals, petting farm, the list goes on. There is a \$3.00 charge for adults every day and children 6-11 years old are always \$1.00.

200 Terrace Dr., Pelham, AL
(205) 620-2520
<http://www.alapark.com/oakmountain>

Birmingham Botanical Gardens: A free option worth checking out. The Botanical Gardens is Alabama's largest living museum with more than 10,000 plants.

2612 Lane Park Road Birmingham, AL
(205) 414-3900
<http://www.bbgardens.org>

Moss Rock Preserve: Covering 250 acres, Moss Rock Preserve is comprised of nearly 10 miles of hiking trails along streams, rock outcroppings, wildlife, plants, and a waterfall. If you like to rock climb then check out Boulder Field while you are there. You will not have to worry about paying for parking because it is free.

617 Preserve Pkwy, Hoover, AL
<http://www.hooveral.org/Default.asp?ID=485>

Ruffner Mountain Nature Center: Just minutes from downtown Birmingham, head to Ruffner Mountain for a day of hiking on any of the 12 miles of hiking trails. Be sure to check out the Tree Top Visitor Center from 9am – 5pm Tuesday through Saturday and 1pm and 5pm on Sundays (closed Mondays). Parking at the center is free with a suggested donation of \$2.

1214 81st Street South , Birmingham, AL
(205) 833-8264
<http://www.ruffnermountain.org/contact-info/our-staff.html>

UAB Graduate Student Organizations

Get Involved! There are a number of active graduate student organizations on campus. These are just a few:

BGSA:

The Black Graduate Student Association at UAB was founded in 1993. This organization is dedicated to serving the Birmingham Community and the minority student population at UAB. The BGSA hosts a number of forums, community service events and social activities throughout the academic year. In the spring, the BGSA hosts its annual Minority Achievement Conference! Website: <http://www.uab.edu/bgsa/>

Twitter: @BGSA_UAB

Facebook: www.facebook.com/BGSAUAB



GCAT:

Graduate Career Awareness and Trends is an organization that provides students with information about non-traditional career opportunities through monthly seminars and the Annual GCAT Career Development Workshop. Speakers come from universities, federal agencies (NIH, FBI, CIA), pharmaceutical companies (Merck, Pfizer, GSK), non-profit organizations (American Diabetes Foundation, American Red Cross), national governing bodies (FDA, CDC), and biotechnology industries (Hudson Alpha Institute, GeoVax). All students are welcome to attend meetings and encouraged to become members. Website: <http://www.uab.edu/gcat/>

UAB Toastmasters Club:

Toastmasters International is both a public speaking and leadership organization. The UAB Toastmasters Club meets twice a month on the 2nd and 4th Tuesdays from 5:30pm to 7:00p in the Bevill Research Building, Room 170. Each meeting is treated like a workshop that allows members to practice communicating, learn new presentation techniques, master impromptu speaking, and hone professional development skills. All are welcome to attend!

Website: <http://uab.toastmastersclubs.org/>

The Graduate Student Association

UAB graduate students are represented by the Graduate Student Association (GSA), which works closely with the Graduate School and other offices of the university administration in formulating policies and meeting student needs. All graduate students are automatically members of the GSA, and the GSA Senate is composed of student representatives from the various graduate programs.

The GSA provides partial funding for graduate student travel to academic meetings. The organization co-sponsors a variety of services and activities, including the Honors Convocation, Graduate Student Research Days and Graduate Student Orientation. If you are interested in becoming a GSA senator, please contact Chelsea Singleton for more information (csingle1@uab.edu). More information about the GSA can be found on the website: www.uab.edu/gsa.

