



THE UAB ANESTHESIOLOGY & PERIOPERATIVE  
MEDICINE RESIDENCY PROGRAM

## A LEGACY OF EXCELLENCE

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DAN E. BERKOWITZ, MB BCH  
Alfred Habeeb Professor and Chair  
Department of Anesthesiology  
& Perioperative Medicine

**THE UAB DEPARTMENT OF ANESTHESIOLOGY AND PERIOPERATIVE MEDICINE** is a nationally recognized leader in anesthesia education. We are uniquely positioned with a robust clinical practice, groundbreaking research, and innovative educational programs. Since our first resident graduate in 1950, more than 700 physicians have chosen the department as their destination for specialty training. These graduates are our greatest legacy to nurture and equip the next generation of leaders in anesthesiology.

The department was first established in 1948, under the leadership of Dr. Alice McNeal, the state's first female anesthesiologist and a fearless pioneer in the field of anesthesiology. During her notable tenure, Dr. McNeal helped build a foundation of excellence in anesthesia practice and education, serving as a founding member of the Alabama State Society of Anesthesiologists and leading the effort towards accreditation for the department's residency program. From Dr. McNeal to our newly recruited chair, Dr. Dan E. Berkowitz, the department has grown and flourished under the direction of many notable leaders in the field.

The UAB Department of Anesthesiology and Perioperative Medicine has risen to national prominence through clinical expertise, innovative research, and key roles in state and national organizations. These leadership positions are of utmost importance to the future of our specialty, and it is our goal to prepare our residents and fellows to confidently take on these roles and lead our specialty for years to come.

Since our first resident graduate in 1950, more than 700 physicians have chosen the department as their destination for specialty training.



Dr. Alice McNeal, our department's founding chair, in an undated photo. In 1998 the University of Alabama Board of Trustees established the Alice McNeal, M.D., Endowed Chair in Anesthesiology in her honor, which is held by Vice Chair Sadis Matalon, Ph.D., Dr.Sc. (Hon.), FAPS.

## A MESSAGE FROM THE PROGRAM DIRECTOR

### AS YOU CONSIDER YOUR OPTIONS FOR RESIDENCY TRAINING,

you are beginning an exciting and crucial phase of your professional growth. Our goal at UAB is to provide residents with the opportunities, support, and guidance to allow them to reach individual goals while becoming expert anesthesiologists who are confident in their skills and ready to begin successful careers upon graduation.

We are able to reach this goal through a diverse and challenging clinical practice, a supportive environment in which to learn, and resources to allow for individualized training paths. Our greatest strength at UAB is our people: the residents, fellows, faculty, and staff. We come from diverse backgrounds and have a wide variety of skills, talents, and interests, but we share a desire for success and a spirit of collegiality. Our residents are a bright, dedicated, and enthusiastic group. They enjoy their work and life here. Our graduates are well-respected and successful leaders in our field.

I hope you will thoughtfully consider our program and its people as you contemplate the next step in your education.

SUSAN BLACK, M.D.

Professor and Residency Program Director

UAB Department of Anesthesiology and Perioperative Medicine



SUSAN BLACK, M.D.  
Professor and Residency Program  
Director, UAB Department of  
Anesthesiology and Perioperative  
Medicine

### MISSION

The primary training goal is to prepare all our graduates to be excellent clinicians, ready to confidently enter any practice on graduation. Graduates should be well prepared to excel in the most competitive fellowship programs or begin a career in academic or private practice. All graduates should be well versed in quality improvement and patient safety methodology. In addition, residents should be prepared to be leaders in academics, in their medical community, or in hospital administrative leadership positions.

### PROGRAM AIMS

1. The primary training goal is to train a diverse group of graduates to be excellent clinicians, ready to enter any practice upon graduation, whether they choose fellowship training or independent practice.
2. The department and the institution, as a whole, aim to foster a sense of community that promotes collaboration and wellness.
3. Our goal is for graduates to become leaders within the field as well as the broader medical community by providing our residents with multiple mentored educational opportunities beyond our core curriculum.

## OUR EDUCATION LEADERSHIP TEAM

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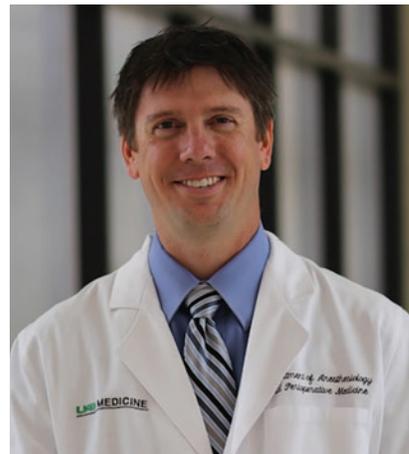
**SUSAN BLACK, M.D.,  
PROGRAM DIRECTOR**

Dr. Black is ultimately responsible for all aspects of the residency. However, her primary responsibility is for resident recruitment; clinical curriculum scheduling and oversight; overall curriculum development; resident mentoring; and ACGME, ABA, and DCGME requirements.



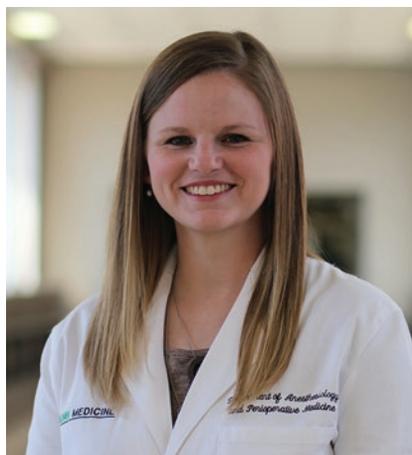
**TEKUILA CARTER, M.D., ASSOCIATE  
PROGRAM DIRECTOR**

Dr. Carter is responsible for leading simulation activities. She also serves as chair of our Clinical Competency Committee and leads our Program Evaluation Committee.



**CRAIG SAMFORD, M.D., ASSOCIATE  
PROGRAM DIRECTOR**

Dr. Samford is responsible for our Didactic Curriculum, including Monday afternoon conferences, Morning Conference, and Clinical Professor Workshops.



**MICHELLE TUBINIS, M.D., ASSOCIATE  
PROGRAM DIRECTOR**

Dr. Tubinis is responsible for the Clinical Base Year (both the clinical and didactic curriculum) and the CA1 July/August transition, including the Didactic Bootcamp Sessions.



**LEE ANN RIESENBERG PH.D., M.S.,  
R.N., C.M.Q., ASSOCIATE DIRECTOR,  
EDUCATION**

Dr. Riesenbergh is responsible for our LEAD Program; CQI along with Brad Steenwyk, M.D., C.M.Q.; the mentoring arm of the Academic Incentive and Support Program; the Departmental QI/PS Curriculum; and curriculum and faculty development.



**BRAD STEENWYK, M.D., C.M.Q.**

Dr. Steenwyk is responsible for our quality curriculum delivered at CQI, which includes mentoring and feedback for all resident presentations as well as the didactic curriculum on QI/PS methodology and the quarterly reports of progress on QI/PS activities initiated via resident and fellow CQI.

## OUR EDUCATION LEADERSHIP TEAM



**EMMA O'HAGAN, MLIS, LIBRARIAN**

Ms. O'Hagan is responsible for the Evidence-Based Medicine Curriculum, support for development of enhanced digital resources, and support for both faculty and resident scholarly work.



**ERIN BLANCHARD, M.S.N., R.N., CHSE**

Ms. Blanchard is responsible, along with Dr. Tekuila Carter, for our simulation curriculum, including high-fidelity simulation, OSCE, and iTeachU curriculum development and delivery.

## ADMINISTRATION

The Anesthesiology and Perioperative Medicine Education Administrative Support Staff, from left to right: Margaret Hayes, Diane Vakakes, Paula Robinson, Celia Keenan, Robyn Davis, Victoria Elison, Amber Myers, Holly Chandash, Ashley Garrett.



## THE RESIDENCY TRAINING PROGRAM



Our residents and graduates have an above national average success rate on all three steps of the American Board of Anesthesiology certification.

### THE UAB ANESTHESIOLOGY AND PERIOPERATIVE MEDICINE

**RESIDENCY PROGRAM** is a national leader in anesthesia education, combining broad clinical experience, a strong didactic program, and opportunities for leadership, research, and unique educational experiences. Each class consists of 21 residents. In a supportive clinical environment, residents develop progressive autonomy in a diverse, high-volume, high-acuity clinical practice. Our residents and graduates have an above national average success rate on all three steps of the American Board of Anesthesiology certification.

### CLINICAL ROTATIONS

The residency program is divided into four basic educational periods:

#### CLINICAL BASE YEAR:

Residents gain experience in internal medicine, emergency medicine, critical care, and perioperative medicine. During the three-month perioperative medicine rotation, residents participate in small group discussions, including ultrasound and simulation workshops, communication training and wellness, ethics, evidence-based medicine, and quality improvement education.

#### CLINICAL ANESTHESIOLOGY YEAR 1:

This year begins with orientation to operating room anesthesiology followed by general experience in operating rooms, perioperative medicine, critical care, obstetrics, and pain/regional anesthesiology.

#### CLINICAL ANESTHESIOLOGY YEAR 2:

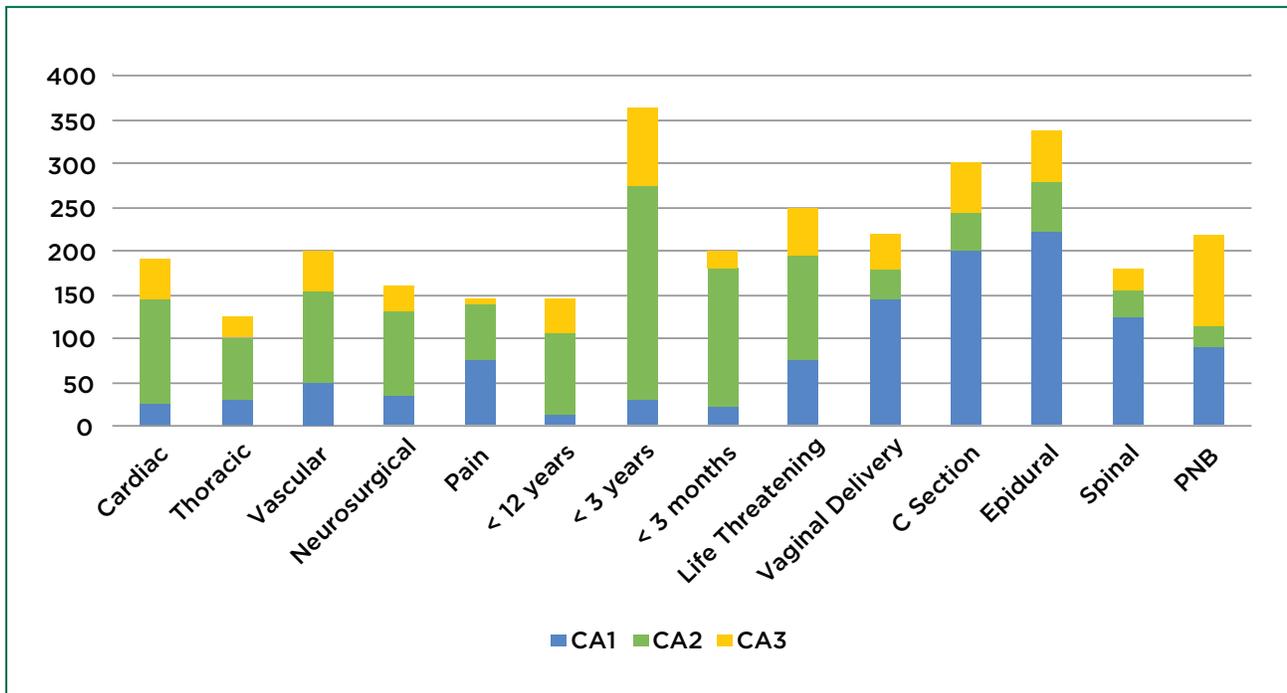
This is when residents experience the majority of their subspecialty training.

#### CLINICAL ANESTHESIOLOGY YEAR 3:

Under the leadership of our chief residents, each resident develops a schedule to best meet their needs combining subspecialty training and electives.

## THE RESIDENCY TRAINING PROGRAM

### PERCENTAGE OF REQUIRED PROCEDURES COMPLETED BY CA YEAR



## THE FELLOWSHIP PROGRAMS

**WE OFFER FELLOWSHIP TRAINING** in the following accredited anesthesiology subspecialty training programs.

**OUR FELLOWSHIPS INCLUDE:**

- Critical Care Medicine (*five fellows*)
- Pain Medicine (*four fellows*)
- Cardiothoracic Anesthesiology (*five fellows*)
- Obstetric Anesthesiology (*one fellow*)
- Pediatric Anesthesiology (*one fellow*)

We also offer fellowships in additional fields. These fellowships include:

- Regional Anesthesiology (*two fellows*)
- Trauma Anesthesiology (*one fellow*)
- Research (*one fellow*)

Our fellows join UAB from training programs across the country as well as from our own residency training program.



## A MESSAGE FROM THE CHIEF RESIDENTS

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LOCATED IN THE RAPIDLY GROWING CITY OF BIRMINGHAM, ALABAMA, THE UAB ANESTHESIOLOGY AND PERIOPERATIVE MEDICINE RESIDENCY PROGRAM prides itself on providing world-class professional training. At an institution that is experiencing unprecedented growth, the clinical, professional, and educational opportunities abound. UAB boasts a Level One trauma center, a comprehensive stroke center, and a comprehensive cancer center. The Women and Infants Center sees more than 4,000 deliveries per year, and the transplant program is one of the busiest in the country. In total, we have more than 1,100 beds and 10 different ICUs, allowing us to take care of critically ill patients who are receiving the most modern and advanced therapies available.

Despite being one of the largest medical centers in the country, the residency program—with 21 residents per class—embraces a diversity of backgrounds while fostering a sense of community and support. From a welcome retreat during intern year to an impressive integrated intern year with five rotations within the anesthesia department, residents can experience this sense of belonging soon after arriving in Birmingham.

With an introductory boot camp at the beginning of CA1 year, residents find themselves with progressive responsibility and autonomy. CA2s experience every subspecialty, while CA3 year brings opportunities to assume primary responsibility for managing the OR board and being an acting attending to junior residents.

The department fosters learning outside the clinical environment as well, providing opportunities and protected time to pursue research or echocardiogram certification, to earn masters degrees, attend conferences, and become involved in leadership and legislative affairs.

We feel incredibly privileged to call UAB our place of training. We have found the combination of clinical experiences, wellness initiatives, dedicated faculty, and moonlighting opportunities to be unparalleled. Our residents are well prepared to pursue any career path they choose and to be leaders in the profession. It's our pleasure to share this program, and we sincerely hope you'll consider joining our tradition of excellence as we seek to shape the future of anesthesiology and perioperative medicine.

TAYLOR SCRUGGS, M.D.  
(University of Mississippi, Jackson)

KATIE TALBOTT, M.D.  
(University of Cincinnati, Ohio)

DAVID FLATT, D.O.  
(Philadelphia College of Osteopathic Medicine, Pennsylvania)

**THE UAB ANESTHESIOLOGY AND PERIOPERATIVE MEDICINE SIMULATION PROGRAM**, in conjunction with the Office of Interprofessional Simulation for Innovative Clinical Practice, offers high-quality, high-fidelity immersive, procedural, and hybrid simulation experiences to

residents. Throughout their training, anesthesia residents have the opportunity to take part in multiple simulated clinical scenarios, both in operative and perioperative settings.

In immersive and hybrid simulations, participants practice clinical management as well as crisis resource management

techniques, followed by debriefings with simulation-trained experts. In procedural simulations, participants are offered the opportunity to reach a minimum safety standard when performing a certain procedure, such as central venous line insertion. Our program also offers ABA-style Objective Structured Clinical Examination (OSCE) prep simulations to prepare residents for the OSCEs that have recently become part of the Applied Exam for the American Board of Anesthesiology.

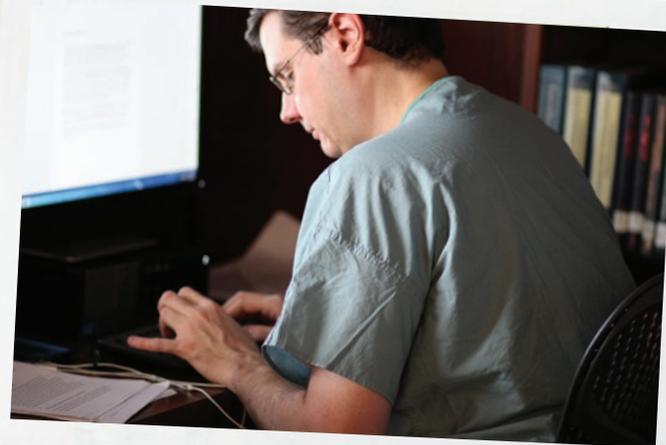
Our program was recognized in 2015 by the American Society of Anesthesiologists (ASA) to become one of only 53 ASA-endorsed centers in the United States to offer simulation courses for Maintenance of Certification in Anesthesiology (MOCA) that count toward Part IV of anesthesiologists' recertification process. UAB is the only such endorsed site in Alabama, Georgia, Mississippi, or Louisiana.



Simulation enables residents to practice crisis resource management in a controlled and safe environment.

### OUR ANESTHESIOLOGY LIBRARY

THE DEPARTMENT FEATURES A NEWLY RENOVATED LIBRARY in Jefferson Tower just for anesthesiology residents and fellows. It includes dedicated study space, computer workstations, and meeting space. The collection includes more than 2,500 print titles with extensive additional e-books and e-journals provided by UAB's Lister Hill Library of the Health Sciences. The anesthesiology library is staffed by a full-time librarian who can help residents identify study resources, search the medical literature to answer clinical questions, and prepare for senior research projects and quality improvement presentations.



## RESIDENT RESEARCH OPPORTUNITIES

**THE SYSTEMATIC TRAINING IN ANESTHESIA RESEARCH (STAR) PROGRAM IS A NEW INITIATIVE THAT UNDERSCORES OUR COMMITMENT TO FURTHERING BEDSIDE-TO-BENCH-TO-BEDSIDE RESEARCH.**

The STAR Program is a resident research track available through the residency match. Developed to train residents interested in careers as physician-scientists, this track will be used to train potential candidates in basic, translational, and/or clinical research. The overall goal is to expand upon a foundation in research to prepare applicants for careers in academic medicine. The successful applicant/trainee will have a strong scientific background via graduate training (Ph.D. or M.S.) or significant experience in other venues such as NIH fellowships or summer research programs.

### RESEARCH TRACK

In addition to the STAR Program, the department continues to offer the **Resident Mentored Research Experience Track (RMRET)**. This track is designed for residents with an interest in additional experiences in research. Up to six residents per class will be mentored to conduct a basic science, clinical, quality, or educational research project. Residents will present their findings at a regional or national meeting as well as help develop a manuscript for publication.



BRANT WAGENER, M.D., PH.D., DIRECTOR, STAR PROGRAM

### STAR PROGRAM RESIDENCY TIMELINE

<b>4TH YEAR MEDICAL SCHOOL</b>	<ul style="list-style-type: none"><li>• Apply, interview, match into research track</li></ul>
<b>PGY1 YEAR</b>	<ul style="list-style-type: none"><li>• Meet with program director and STAR director</li><li>• Meet with potential mentors</li><li>• Evaluate early research education and education needs</li></ul>
<b>CA1 YEAR</b>	<ul style="list-style-type: none"><li>• Determine mentor by end of year</li><li>• Develop resident academic development plan (including resident, mentor, STAR director, program director)</li></ul>
<b>CA2 YEAR</b>	<ul style="list-style-type: none"><li>• Submit research plan proposal</li><li>• Complete training required to conduct research</li></ul>
<b>CA3 YEAR</b>	<ul style="list-style-type: none"><li>• Conduct research, write, evaluate for recruitment for ongoing training</li></ul>
<b>PGY5 YEAR</b>	<ul style="list-style-type: none"><li>• Complete clinical or research fellowship</li></ul>

## LEAD: LEADERSHIP EDUCATION & DEVELOPMENT PROGRAM

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### **LEADERSHIP IS VITAL TO THE FUTURE OF BOTH OUR SPECIALTY**

**AND MEDICINE.** The Leadership Education and Development Program is a set of unique learning tracks that nurture leadership development in research, quality and patient safety, health care administration, and others.

A select group of residents are provided the opportunity to participate in one of these tracks during their training at UAB.

### **LEADERSHIP TRACKS**

Through the generosity of alumni, faculty, and friends of the department, the LEAD Fund provides a stipend of 50 percent tuition and travel support for all LEAD tracks. In addition, the department provides support in terms of time to attend the Masters programs during training without extension of training.

- **Quality and Patient Safety**

Through participation on institutional quality committees, completion of quality improvement projects, and formal preparation for the Certification in Medical Quality through the American Board of Medical Quality, residents will be well prepared to serve as leaders in this area.

- **Echo Certification**

Residents will be provided faculty-led instruction, online curriculum, and participation in a national Echo training course leading to certification in perioperative echocardiography.

- **Masters of Science in Health Administration**

Through a partnership with the UAB School of Health Professions, residents will have the opportunity to pursue a Master of Science in Health Administration through the Executive MSHA Program.

- **Masters in Healthcare Quality and Safety**

Residents will have the opportunity to pursue a Master of Science in Healthcare Quality and Safety through the School of Health Professions.

The Leadership Education and Development Program is a set of unique learning tracks that nurture leadership development in research, quality and patient safety, health care administration, and others.

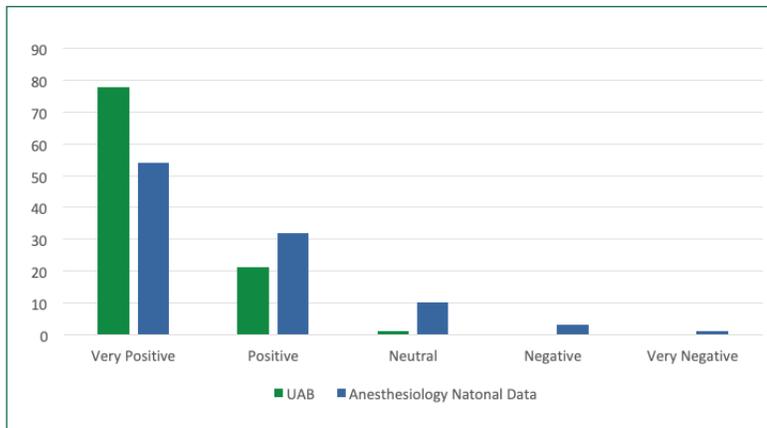
## ABOUT OUR RESIDENTS

**WE'RE FORTUNATE TO ATTRACT TOP CANDIDATES FROM ACROSS THE UNITED STATES.** Though many are from the Southeast, we're seeing increasing numbers from other regions. The majority of our residents were in the top third of their medical school class (and all were in the top two-thirds).

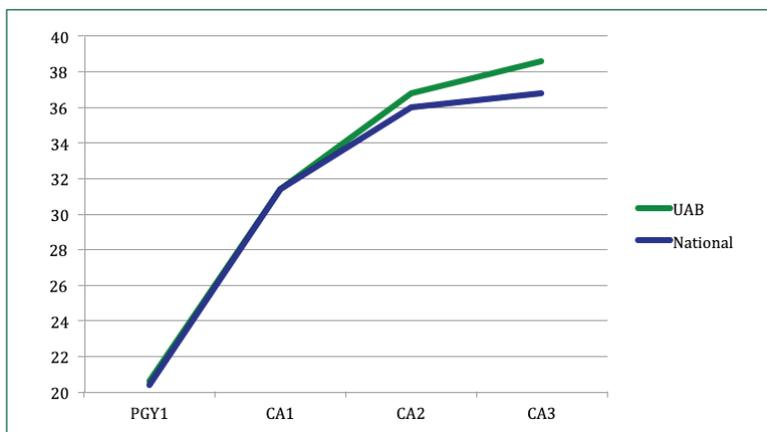
### A FEW OTHER DISTINGUISHING TRAITS:

- Twenty percent are members of Alpha Omega Alpha.
- They demonstrate strong involvement in national organizations.
- According to the annual anonymous ACGME survey, the vast majority say they would definitely choose UAB again.

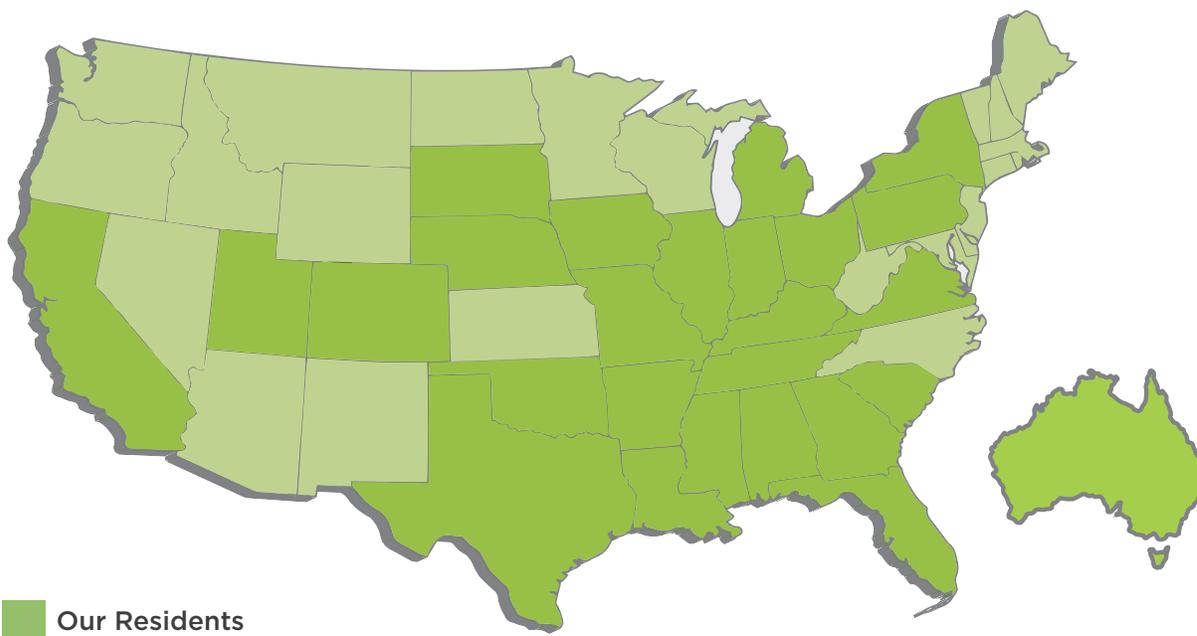
### ACGME RESIDENT SURVEY OVERALL EXPERIENCE



### IN TRAINING EXAM PERFORMANCE



### INCOMING STATE OF RESIDENCE (2015-2019)



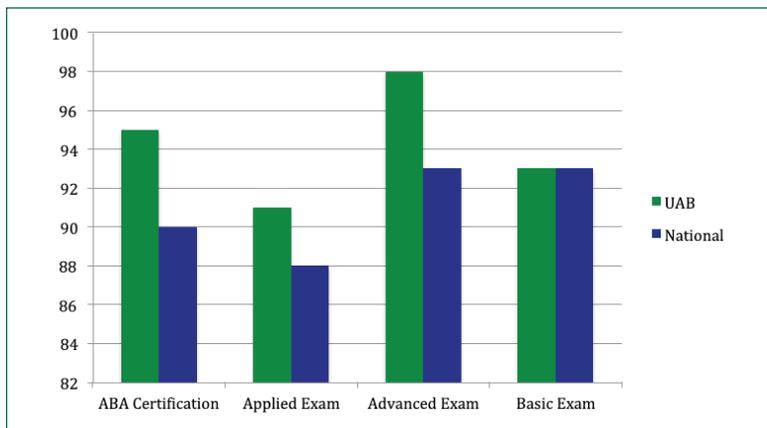
**UAB HAS A NATIONAL REPUTATION FOR TRAINING EXCELLENT ANESTHESIOLOGISTS.**

Our graduates are highly sought after, whether they choose to join private practice groups, academic departments, or enter fellowships throughout the country.

**CERTIFICATION**

- Our graduates achieve board certification at a rate greater than the national average.

**SUCCESS IN AMERICAN BOARD OF ANESTHESIOLOGY CERTIFICATION PROCESS**



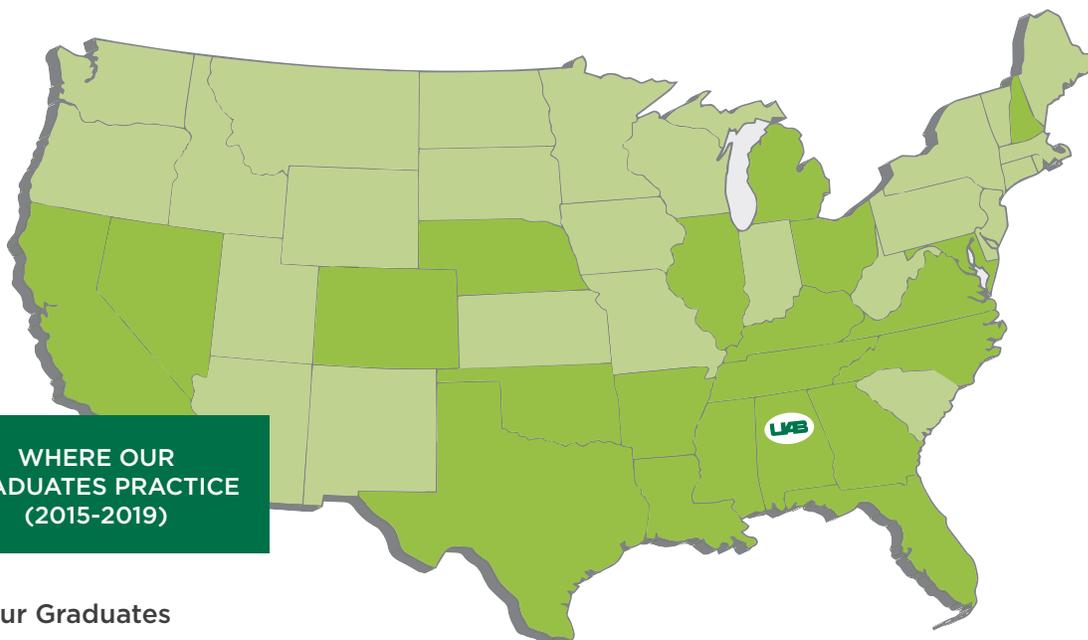
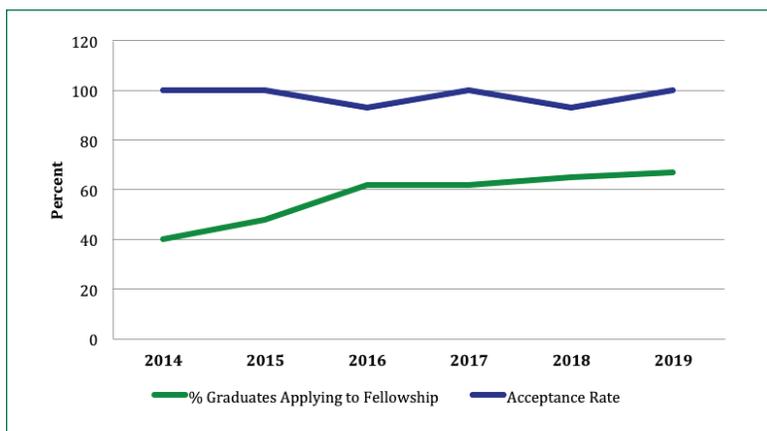
**FELLOWSHIPS**

- Each year 40 to 60 percent pursue fellowships.
- Ninety to 100 percent are accepted into the fellowship of their choice.

**PRACTICE**

- Seventy-five percent join private practice.
- Twenty-five percent enter academic practice.

**FELLOWSHIP INTEREST AND SUCCESS**



## A MESSAGE FROM OUR RESIDENT RECRUITMENT DIRECTORS



**TRAVERSING THE COUNTRY ON RED-EYE FLIGHTS TO FIND A PROGRAM THAT FITS PERSONAL AND PROFESSIONAL GOALS MAKES INTERVIEW SEASON AN EXHILARATING, ALBEIT SOMEWHAT STRESSFUL, EXPERIENCE.** Not long ago, we were in your shoes. We remember the excitement and pressure of the interview trail and recognize that choosing a program based on a mere snapshot is a daunting task. As residency recruitment directors at UAB, we aim to provide a well-rounded overview of our program and city to facilitate an enjoyable Match Day experience—one that we hope finds you choosing UAB.

UAB Hospital is Alabama's major Level I trauma and tertiary medical center. As residents within the UAB Department of Anesthesiology and Perioperative Medicine, clinical training occurs within this busy, high-acuity academic medical center with a multitude of surgical subspecialties and critical care units, diverse and complex patient populations, and utilization of equipment and procedures on the forefront of medicine. This setting, combined with a program committed to nonclinical resident education through case simulation, robust educational and conference funding, and specialized research and simultaneous degree tracks, shapes leaders in the field of anesthesiology.

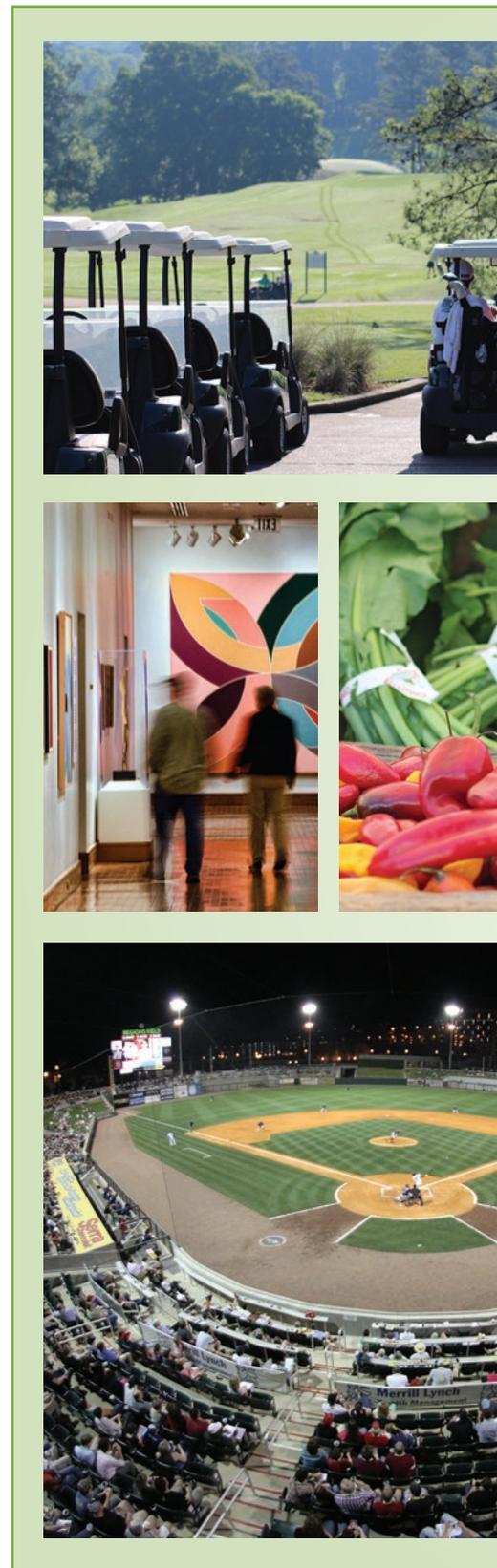
However, it is not our training alone that sets us apart from other major academic medicine institutions throughout the country. We are a program that values resident life outside the hospital walls, and our location in Birmingham, the largest metropolitan area in a largely rural state, provides a wealth of options for breaks from the residency grind. From renowned restaurants and breweries to state parks and rivers, professional baseball and soccer to botanical gardens, and proximity to Atlanta, Nashville, New Orleans, and the Gulf Coast of Florida, we, as UAB residents, are easily able to take full advantage of our time off.

We are thrilled that you have an interest in our residency program. Birmingham is a wonderful place to call home during training (and beyond), and we hope to have you join our team in March.

Best of luck,

BRITTNEY RICHARDSON, M.D.  
(University of Alabama, Birmingham)

JOSEPH BABCOCK, M.D.  
(Florida State University, Tallahassee)



## MY BIRMINGHAM

**Name:** Brittney Richardson, M.D.

**Hometown:** Birmingham, Alabama

**My neighborhood and why I like it:** I live in Hoover, a suburb of Birmingham. I like that I am able to live outside the city—close to restaurants and shopping—but I'm also just a short 10- to 15-minute drive to the hospital.

**Best places for soaking up the local culture:** Vulcan Park is home of the Vulcan statue (the city symbol of Birmingham) and overlooks the city. The historic Alabama Theater hosts live acts, concerts, and movies.

**Favorite spots for a date night:** Gianmarco's Wine Bar, where you can buy bottles of wine for retail price; Freddy's Wine Bar for pre-dinner drinks and appetizers, followed by dinner at Bottega or Bottega Café across the street; Automatic Seafood for a cool vibe and fresh seafood.

**Best local haunts:** Top Golf, Collins Bar, The Atomic Lounge, the Lakeview District

**Favorite places to take guests:** Wake up early on a Saturday morning to visit the farmer's market at Pepper

**Name:** Joseph Babcock, M.D.

**Hometown:** Gulf Breeze, Florida

**My neighborhood and why I like it:** I live in Ross Bridge, a golf course community in Hoover. Compared to where other residents live, it's a bit further away from UAB, but my wife and I love the convenience of having a pool within walking distance. (We take our kids there almost every evening in the spring and summer.) The newly built houses are low maintenance.

**Best places for soaking up the local culture:** The Market at Pepper Place is a great spot to pick up local produce and catch a bluegrass duo. Of course, barbecue is king in Alabama, and Birmingham has no shortage of spectacular options. Saturn is our go-to venue for live music.

**Favorite spots for a date night:** Gianmarco's Wine Bar or, after banking a few solid moonlighting shifts, a spot at the bar of Highlands Bar and Grill for oysters and champagne.

**Best local haunts:** Saw's Juke Joint, TrimTab Brewing, Seasick Records

**Favorite places to take guests:** Chez Fon Fon for drinks and bocce, Carrigan's Public House or El Barrio for food, Red Mountain Park for fresh air, and The Essential or Mile End for Sunday brunch.

**Best things to do with children:** Our annual passes for the Birmingham Zoo have paid for themselves many

times over. McWane Science Center is great for hands-on learning. We go to Red Mountain, Oak Mountain, and the Birmingham Botanical Gardens to get outside.

**Best park, trail or golf course:** Red Mountain Park is great for a jog and playtime at Remy's Dog Park. Railroad Park is a 19-acre green space in the heart of downtown near Regions Field.

**Where I take in the scenic views:** I like Ruffner Mountain overlooking the city skyline at sunset or the King's Chair Trail at Oak Mountain.

**Best nearby vacation spots:** Gulf Shores is just a 4-hour drive from Birmingham and has great beaches with white sand. Atlanta and Nashville are both a short trip away for a fun and lively weekend.

**Why I like this city:** Birmingham has the thrill and amusement of a big city but also has a small-town feel.

**What I'll miss the most:** I'll miss my co-residents the most. I have made lifelong friends during my time here at UAB.

**Where I take in the scenic views:** I try to catch at least a few sunrises from the UAB helipad when on ICU nights. The King's Chair at Oak Mountain is a beautiful natural vista.

**Best nearby vacation spots:** My family still lives in the Florida panhandle (only a four-hour drive away), so we frequent the beach often. Chattanooga, Nashville, and Atlanta are all quick drives for weekend trips as well.

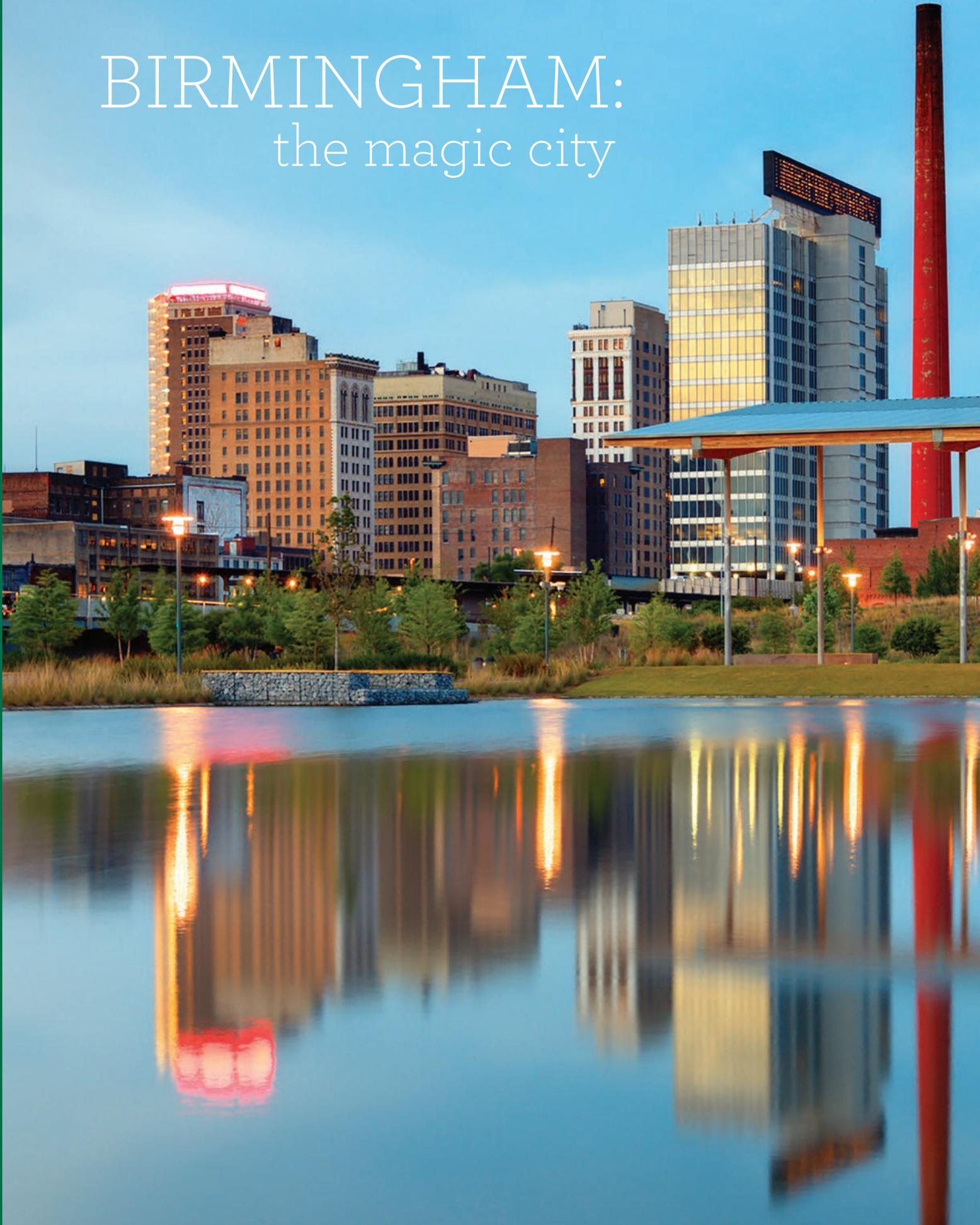
**Why I like this city:** Birmingham is a very affordable place to raise a family—but with great food, bars, music, and state parks, I don't feel like I sacrifice experience for value. I enjoy the urban setting of the hospital with rural, open spaces just a short drive away. The restaurant and bar scenes are amazing for a mid-sized city—including the 2018 James Beard Foundation's Most Outstanding Restaurant in America, Highlands Bar and Grill.

**What I wish someone had told me before I moved here:** As a Floridian—buy a thicker winter coat.

**What I'll miss the most:** I plan to stay in Birmingham for fellowship and beyond, but I'll definitely miss the friends I've made in residency who move on to fellowships and jobs around the country.



# BIRMINGHAM: the magic city





FROM LEFT:  
Railroad Park,  
Red Mountain  
Park, the  
Rotary Trail

**AS THE LARGEST EMPLOYER IN THE METROPOLITAN AREA, UAB HAS A SUBSTANTIAL IMPACT ON THE REGION.** But the region also plays an important role in making UAB attractive to a 21st-century workforce.

Birmingham has been undergoing a subtle but distinctive shift—one influenced by a revitalized downtown, thriving neighborhoods and suburbs, and urban parks that build upon the city’s industrial past. As the region prepares to host the International World Games in 2021, optimism can be sensed in the city’s renewal—underscored by our Zyp bikeshare program, the technology-driven Innovation Depot, and upscale new hotels such as the Grand Bohemian in Mountain Brook and the Westin in the Uptown Entertainment District.

Situated at the foothills of the Appalachian Mountains, the urban Southern setting is unique in that it wasn’t founded along a river—it was founded atop vast reserves of iron in the late 19th century, making it an industrial hub. It has since transitioned from an emphasis on mining and steel to banking, insurance, law, and medicine. Major employers in the area include UAB, Regions Financial Corporation, AT&T, St. Vincent’s Health System, Baptist Health System, Alabama Power Company, Children’s Health System/Children’s of Alabama, Blue Cross-Blue Shield of Alabama, and BBVA Compass.

Higher education in the area includes UAB, Birmingham-Southern College, and Samford University, as well as the University of Alabama less than 60 miles away in Tuscaloosa. The Washington Post ranked Jefferson County International Baccalaureate School the eighth >>



PHOTO: AMANDA BRADLEY

## BIRMINGHAM: the magic city

most challenging high school in the United States. High performing school systems include those of Mountain Brook, Homewood, Vestavia Hills, and Hoover. Private college preparatory schools include the Altamont School and Indian Springs School.

Birmingham has a strong culinary culture. Its dining scene, led by renowned executive chef Frank Stitt III of restaurants such as Highlands Bar & Grill, has received accolades from the James Beard Foundation, Zagat's, and Bon Appetit. Chef Chris Hastings of Hot & Hot Fish Club drew national attention when he bested Bobby Flay on "Iron Chef America." But there are also less-established entrepreneurial talents opening up vibrant and noteworthy restaurants across the city. The Market at Pepper Place is a favored Saturday morning tradition among our residents.

*Forbes* named Birmingham the most affordable city in America for 2015, making our notable highlights within reach of many budgets.

**ATTRACTIONS:** Birmingham Civil Rights Institute, Birmingham Museum of Art, Barber Motorsports Park,

Birmingham Botanical Gardens, the Birmingham Zoo, Vulcan Park & Museum, the Alabama Jazz Hall of Fame

**CULTURE:** The Alabama Symphony Orchestra, Sidewalk Film Festival, Sloss Music & Arts Festival, Magic City Art Connection

**OUTDOORS/SPORTS:** Beautiful Gulf Coast beaches are just a few hours away. Oak Mountain State Park is one of many nearby getaways for mountain biking, camping, and fishing. The Robert Trent Jones Golf Trail includes links at both Ross Bridge and Oxmoor Valley. The annual Mercedes Marathon demonstrates the area's affection for both running and charitable events. And of course, there's football.

**SHOPPING:** Major department stores include Saks Fifth Avenue, Gus Mayer, and Macy's, along with specialty shops such as Lilly Pulitzer, Michael Kors, Anthropologie, Lululemon, The Art of Shaving, and Tumi

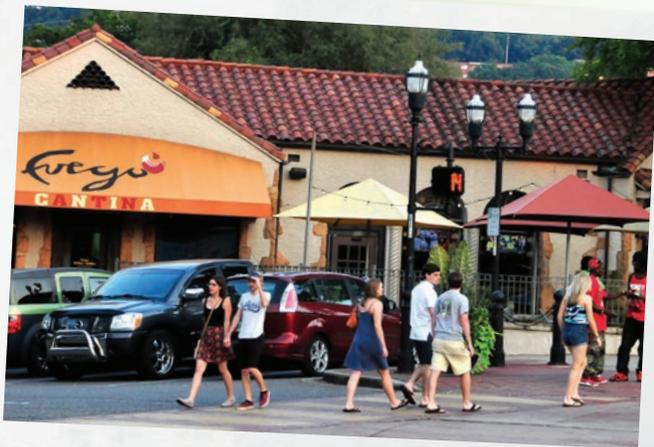
**REAL ESTATE:** LAH Real Estate, RealtySouth, Re/Max, Ray & Poynor, Sotheby's, Walton Brown

### AN INFORMAL GUIDE TO LIVING IN BIRMINGHAM AND THE SURROUNDING AREA

A few of the most popular places to live in the UAB area:

**Downtown:** newly revitalized, youthful energy

**Lakeview:** plenty of condos, restaurants, and nightlife



**Highland Park:** verdant parks anchor early 20th-century architecture

**Forest Park:** stately older homes and a strong neighborhood association

**Avondale:** hip, up-and-coming, home to breweries and restaurants

**Crestwood:** Arts & Crafts bungalows with a laid-back vibe

**Southside:** classic architecture right next to UAB

**Homewood:** family-friendly cottages and more just minutes away

**Mountain Brook:** elegant & refined; home to the beautiful Jemison Trail

**Vestavia Hills:** outstanding public schools and family atmosphere

**Hoover:** slightly further afield; excellent amenities and shopping



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