



Life in Rochester  
Student Survival Guide

## Living in Rochester

### Nuts and Bolts

For a more comprehensive list of utility providers than the one below, search the Yellow Pages (<http://www.rochestermn.whiteyellowpages.com/>) the Yellowbook (<http://www.yellowbook.com/yellowpages/?where=Rochester,%20MN>) or another local phone book or ([www.rochestermn.com/](http://www.rochestermn.com/))

#### Cell Phone

Mayo employees receive discounts on several cell phone companies: <http://intranet.mayo.edu/charlie/leisure-lifestyle-activities/discount/wireless-phones/#cingular>

#### Electricity, Water, and Sewer

Rochester Public Utilities (RPU)

<http://www.rpu.org>

800-778-3421

#### Home Garbage and Recycling

Waste Management

<http://www.wm.com>

888-960-0008

#### Local Recycling Center and Garbage

Recycling Center:

<http://www.co.olmsted.mn.us/environmentalresources/gabagerecycling/Pages/RecyclingCenterPlus.aspx>

(507) 328-7070

#### High-Speed Internet and Television

Charter Communications

<http://www.charter.com>

800-581-0081

#### Home Phone and Internet

Century Link

<http://www.centurylink.com>

800-475-7526

#### Natural Gas

Minnesota Energy Resources

<http://www.minnesotaenergyresources.com>

800-889-9508

## Driver's License, Vehicle Registration, and Plates

- Students in MN are not required to have an in-state driver's license or register their vehicle in Minnesota. Hence, if your car is registered out of state and you have family or someone with a fixed residence outside of MN, you can leave your car registered under their address. However, if you plan to own a house, obtaining a MN driver's license and homesteading your property can significantly reduce your property taxes (see House-Buying Tips).

- General information related to obtaining a MN driver's license can be found [here](#)

- A test is required to obtain a MN driver's license. Getting a Minnesota driver's license requires taking a computerized ("written") test at the Government Center (151 4th St SE; 507-285-8188) or Public Safety-Driver License Station.

- The MN Driver's Manual is available online. To get prepared for the test, check out [https://dps.mn.gov/divisions/dvs/forms-documents/Documents/Minnesota\\_Drivers\\_Manual.pdf](https://dps.mn.gov/divisions/dvs/forms-documents/Documents/Minnesota_Drivers_Manual.pdf)

- Certain information is required to obtain Minnesota plates and vehicle registration. Take your vehicle's title, your driver's license, insurance information, and loan information if applicable (name of loan holder, address, date of loan) to the Government Center (151 4th St SE) or other locations.

- For more information, refer to the following link at the MN DMV: <https://dps.mn.gov/divisions/dvs/Pages/default.aspx>

- To see which services each location offers, use the following link: <https://dps.mn.gov/divisions/dvs/locations/Pages/default.aspx> Click on the drop down menu to select the transaction you're interested in.

- The office for driver's license in Rochester:

Public Safety Driver License Station  
1633 North Broadway  
(507) 285-7412

Automobile Titles/Registration:  
1201 S. Broadway Ave.  
(507) 282-4711

1706 37th St. NW  
(507) 281-4746

7389 Airport View Dr. SW  
(507) 289-0994

## Parking at Mayo

### Parking Tag

The parking tag you receive from Parking and Transportation Downtown Campus Office (Mayo Lobby, L-88W) allows you to park in the following lots during regular work hours:

- East Off-Campus Parking Lot (Lot 35; Fullerton Lot) 4th St SE and 3rd Ave SE (across from the Government Center)
- West Off-Campus Parking Lot (Lot 36) Country Club Road (2nd St SW) (across from Rochester Indoor Tennis Club near Country Club Manor)

### Tag Tips

Tag must be on the front or rear license plate and visible from the aisle. Report a lost and stolen tag to 507-284-8513. During weekdays from 1:30 PM - 4:30 AM, on weekends, and Mayo holidays, your Mayo access card can be used to park in any Mayo lot.

### Car Starting/Unlocking and Security

Car starting and door unlocking is free: 507-284-2511. If anything looks suspicious, call Security at 507-284-2179.

### Mayo Shuttles and "Park and Ride" Lots

See <http://mayoweb.mayo.edu/parking/shuttlebus.html> (link only available on a computer connected to the Mayo intranet) for schedules of the free intercampus shuttles. The shuttles come approximately every 15 minutes during peak times (7-9am and 3-6pm) and every 30 minutes otherwise. Mayo employees can also use Rochester Public Transit Service and Park and Ride lots available at several locations:

- Cub Foods (off Highway 14 East)
- Shopko North (off Highway 63 North)
- Target South (off Highway 63)
- Wal-Mart North (off Highway 52 North at 55th Street)

A map can be found at: <http://mayoweb.mayo.edu/sp-forms/mc1600-mc1699/mc1663-100.pdf> (link only available on a computer connected to the Mayo intranet. See above for a list of locations.)

## Life Without a Car

Many have lived car-less without much trouble via using the bus system, biking, and walking.

### Rochester Public Transit

Find rates and bus route info at <http://www.rochesterbus.com>. For a free 20-punch bus passes (maximum of three per month) to get to and from Mayo, go to Parking and Card Access at Mayo Lobby 88W (507-284-8513).

## Biking

Biking can be the quickest, most flexible transportation to and from class. Bike racks are located opposite the Hilton Building, on the south side of the Medical Science Building, the front entrance of the Baldwin Building and Ozmun Parking Ramp. Usually, gas stations have free air for tires. A bicycle parking map is [available](#).

## Walking

The following "essentials" are located within walking distance of the campus. Also, don't forget about carpooling with other students.

- **ATMs**

Several in the Mayo Subway (near Plummer building entrance) and in the Harwick basement

- **Banks**

A number of banks are located within walking distance of the downtown campus: [Mayo Employee Credit Union](#) (probably your best option if moving accounts to Rochester)

[Wells Fargo](#)

[Eastwood Bank](#)

[Think Mutual](#)

Among many others

- **Drug Stores**

Weber and Judd (subway)

Eagle Drug (2nd St and 1st Ave SW)

- **Groceries**

Just-Rite Foods (6th Ave and 2nd St SW)

People's Food Co-op (519 1<sup>st</sup> Ave SW)

- **Haircuts**

Blu H2O Salon (150 S Broadway)

## Taxi and Shuttle services

### For service within Rochester

Med City Taxi (507-282-8294), Yellow Cab (507-282-2222)

For service to Mall of America, Minneapolis Airport, La Crosse and Winona Amtrak

**Go Rochester Direct** <http://www.gorochesterdirect.com/>

**Rochester Shuttle Service** <http://www.rochestershuttleservice.com/>

## Grocery Stores

### General

Broadway Grocery  
1005 N Broadway

Just Rite Supermarket  
211 6th Ave SW

Silver Lake Foods  
1402 N Broadway

Cub Foods  
1021 15 Ave SE

Super Wal-Mart  
25 25th St SE  
3400 55th St NW

Good Food Store  
1001 6th St NW

Hy-Vee  
500 Crossroads Dr. SW  
500 37th ST NW  
1315 6th ST NW

Super Target  
3827 Marketplace Dr. NW  
37th/41st St off Hwy 52)

Aldi  
1201 South Broadway

Trader Joes  
1200 16th Street SW

People's Food Coop  
519 1<sup>st</sup> Ave SW

## Ethnic

### • Asian

Asian Food Store (1010 7th St NW) 507 536-9097  
Asian Pacific Market (4136 18th Ave NW) 507 281-2410  
Saigon Far East (3918 18th Ave NW) 507 288-3988  
International Spices and Grocery (125 E Center St) 507 288-8007  
(Pakistani, Indian, Chinese)

### • Indian

Rice N Spice (401 S Broadway)

### • Middle Eastern

Huma Halal Market Grocery (1352 3rd Ave SE) 507 206-3396

### • Mexican

El-Gallo Mexican Grocery (1831 24th St NW) 507 529-1309  
El Gallo Mexican Grocery #2 (2245 Park Lane SE) 507 289-0689

## Farmer's Market

Fresh produce is sold on Saturday mornings at 7:30 AM to noon from May to October at 4th St and 4th Ave SE: <http://www.localharvest.org/rochester-downtown-farmers-market-M2615>

## Coffee, Cafeterias, Places for Lunch

### Coffee and Tea

- Bravo Espresso  
111 S Broadway #219 (in Shops at University Square)
- Caribou Coffee  
101 1st Ave SW (in Mayo Subway)

9 3rd Ave NW (near Methodist Hospital)  
1147 2nd St SW (across from St. Mary's Hospital)

•Press

315 S Broadway

•Starbucks

20 2nd Ave SW In/Near Kahler Grand Hotel

## Employee Cafeterias

- Harwick Cafeteria
- Methodist Cafeteria
- St. Marys Cafeteria

## Downtown Dining

### Quick (Cheap) and Easy

- China Star (405 1st Ave SW)
- City Market (212 1st Ave SW)
- Erberts & Gerberts (21 2nd St SW; Suite 101)
- Jimmy Johns (93rd Ave NW)
- Newts (216 1/2 1st Ave SW)
- Potbelly (318 1<sup>st</sup> Ave SW)

### Sit Down Dining (Moderately Priced)

- Redwood Room (300 1st Ave NW)
- Victoria's Authentic Italian (7 1st Ave SW)
- Chester's (111 S Broadway #108)
- Canadian Honker (1203 2nd St. SW)
- Twig's Tavern and Grill (401 6th St. SW)
- The Loop (318 1<sup>st</sup> Ave SW)

### Sit Down Dining (Parents visit...Pricey)

- 300 1st (300 1st Ave NW)
- Sonte's (4 3rd St SE)
- Pescara (150 S Broadway)

## Winter Survival

### For You

- Buy a decent winter coat.** In Minnesota, there is no sales tax on clothes. Popular brands include Columbia and North Face.
- Cover your head.** Headbands and earmuffs help hold the warmth in, but stocking caps are best. Balaclava or face mask and eye protection may be necessary on the coldest days.

- Wear gloves or mittens.** Mittens are more effective in terms of warmth, but gloves are more functional.
- Get a good pair of winter boots.** Such boots will keep your feet warm while walking outdoors. Leave a good pair of shoes at your office.
- Bundle up.** In January and February especially, [frostbite](#) temperatures can be life-threatening if proper attire is not worn. Wind is just as, or more, important than the cold; be sure to cover all skin.
- Purchase a shovel.** If you own a house or car, be prepared to shovel the sidewalks, driveway, and your car out.
- Drive cautiously.** Black ice and freezing rain can make for treacherous roads.
- Enjoy the winter!** Ski, sled, ice fish, etc., but don't stay cooped up inside.

### For Your Car

- Winterize your car.** This includes checking your battery and fluid levels and making sure everything is in good working condition.
- Check the windshield wiper fluid.** Be sure your windshield wiper fluid is full and contains the correct formula. Generally, it is a good rule to use fluid that is formulated not to freeze year-round (-25°F or lower).
- Get an oil change.** Change before winter.
- Rotate the tires.** This can provide better traction.
- Replace your summer tires.** Do not drive through the winter on summer tires. Be sure to use either good all-season tires year round or use winter tires from November to April.
- Warm up your car.** In cold weather, warming up the car can prevent stalling, engine strain, and gas inefficiency.
- Buy a snow brush with scraper.** This is a necessary tool for removing snow and ice from your car.
- Be wary of frozen wipers.** After warming up your car, gently lift the windshield wipers and remove any snow and ice.
- Do not open frozen windows.** If the windows are froze shut, unpleasant results can occur when you try to put the window down.
- Wash your car when temperatures are above freezing.** Salt from the roads can cause your car to rust.
- Keep a winter survival kit in the car.** Warm clothes, a blanket, flashlight with batteries, spare tire and jack, some high energy food, jug of water, and lighter should be in such a kit.
- Unclog the exhaust pipe.** If you drive off the road and/or it snows deep enough, check that the exhaust pipe is not clogged.

### Driving Tips for Winter Weather Conditions

- Skidding.** Should your car start to skid and you can't stop (and you don't have anti-lock brakes), pump your brakes and don't slam them down. Also, honk your



horn to alert other drivers.

- Fishtailing.** If you have a rear-wheel drive car and your car starts to fishtail on the ice (i.e., the back of your car is sliding back and forth), turn the wheel into the skid. For example, when the back skids to the right, turn right. Doing the alternative could result in dangerous spinning.
- Bridges.** Be especially cautious when driving on a bridge, which can be more slippery than roads due to the air currents beneath and the ice that forms above them.
- Traction.** For rear-wheel drive cars, put some weight in the trunk (e.g., sand bags or bags of salt) to increase traction.
- Black Ice.** When it's cold outside, be cautious of black ice." Black ice is very slippery and very hard to see.
- Distance.** Keep your distance from other vehicles and especially snowplows.
- Deep Snow.** Your car is not a snowplow. After a certain depth, your car will not be able to continue. Consider changing travel plans if deep snow is forecasted.

### For Your Home

- Don't turn off the heat.** When leaving on vacation, you can turn the temperature down (e.g., to 60°F) to avoid wasting energy. However, turning off the heat can result in pipes freezing and bursting and a flooded house.
- Get a house-sitter.** Have someone watch your house while you are gone on vacation.
- Salt slippery places.** If you have a slippery driveway or front sidewalk, put snow salt on it. You are liable if someone slips and falls on your property.
- Get a CO detector.** Furnace malfunctions, running the car in the garage, problems with a stove, etc. can cause the accumulation of CO, an odorless and tasteless lethal gas.
- Winterize.** Make your house more energy efficient by covering windows with plastic wrap from Home Depot, Menards, or other stores.

\*\*\*Nothing cures the mid-winter blues like a night at the Rochester Winter-Fest ice bar and ice sculpture garden (usually first or second weekend in February). Enjoy warm beverages and great music!

## Life Outside of School

### Rochester Nightlife

#### **Applebee's**

320 Apache Mall  
507-252-0155

<http://www.facebook.com/applebeesapachemall>

Wednesday nights BARGO

#### **Beetle's Bar & Grill**

230 20th Ave SW (2 blocks west of Saint Mary's)

<http://www.beetlesbar.com/>

Darts, lunch and dinner menus, an open patio, weekend entertainment

#### **Beer Bellyz**

821 Civic Center Dr NW  
507 424 2908

<http://www.beerbellyz.net/>

Darts, pool, dancing, volleyball, bags

#### **Big Brad's**

309 South Broadway  
507-226-8100

<http://www.facebook.com/profile.php?id=100002346417817>

#### **Blue Moon Ballroom**

2030 Hwy 14 E

<http://www.bluemoonballroom.net>

Dancing-swing, Latin, salsa, R&B, etc.- and dance lessons

#### **Boomers Lounge**

3737 40th Ave NW

<http://www.facebook.com/pages/Boomers-Lounge/111659385540197>

Dancing, bands, a jukebox, darts, pool tables, TVs, popcorn and peanuts.  
This place can be tricky to find but is fun.

#### **Brothers Bar & Grill**

812 Broadway S  
507-281-8902

<http://www.facebook.com/pages/Brothers-Bar-and-Grill/232911517683>

Dart boards, pool table and TVs. Best breakfast open early

**Canadian Honker Restaurant**

1203 2nd St SW

<http://www.canadianhonker.com>

Live music on Friday and Saturday nights

**Chester's Kitchen and Bar**

111 50 N Broadway

507-424-1211

<http://www.chesterskb.com/>

Dancing, fun atmosphere, good happy hour

**The Doggery**

18 3<sup>rd</sup> St SW (Basement)

<https://www.facebook.com/espressomartinibyaynsley>

Live music, great atmosphere, specialty drinks

**Dooley's Pub**

255 1<sup>st</sup> Ave SW

507-208- 4085

<http://www.facebook.com/dooleyspb>

<http://www.dooleyspubroch.com/>

Dancing, tons of big screen TVs

**Goonies Comedy Club**

7 2nd St SW

<http://www.gooniescomedy.com>

Comedians, open mic, food, drinks

**Glynnner's Pub**

1643 Broadway Ave N

507-252-8800

<http://www.glynnerspub.com/index2.php#/home/>

<http://www.facebook.com/pages/Glynners-Pub/98352640506>

Outdoor patio, live music some weekend nights

**Kathy's Pub**

307 S Broadway Avenue

<http://www.kathyspub.com>

Roof-top, darts, pool tables, live music

**The Loop**

318 1<sup>st</sup> Ave SW

507-226-8644

<http://www.facebook.com/pages/Loop-Rochester/286454801399544>

**Legends Bar and Grill**

11 4th Street SE

507-292-0589

Pool tables, darts, other arcade games, river front patio, bags in summer

**Pappageorge's (Michael's Bar)**

15 South Broadway

507-288-2020

<http://www.michaelsfinedining.com/menus/entertainment.pdf>

Live Jazz/blues Friday and Saturday nights

**The Press**

315 S. Broadway

816-213-7621

Live music, great coffee/tea, excellent place to study or socialize

**Sontes**

4 3<sup>rd</sup> St SW

507-292-1628

<http://www.sontes.com/>

Wine and tapas bar- Wednesday College ID 25% off

**Tap House**

10 3<sup>rd</sup> St SW

507-258-4017

<http://taphousemn.com/>

Fun drinks, great atmosphere

**Top Shots**

310 South Broadway

507-252-6915

<http://www.topshotsbar.com/> Pool

and darts

**Viking Lounge**

1630 Broadway Ave S

<http://www.hisouthrochester.com/vikinglounge.php>

Karaoke fun

**Whiskey Bones Roadhouse**

3820 N. Broadway

<http://www.whiskeybonesroadhouse.com>

Live music, Texas Hold'em

**Whistle Binkies On the Lake (South)/Whistle Binkies Olde World Pub (North) 247**

Woodlake Dr SE/3120 Wellner Dr NE

<http://www.whistlebinkiespub.com>

TVs, live music (on certain nights), volleyball, Best daily specials

### **Wicked Moose**

1201 Eastgate Dr SE

507-281-4224

<http://www.wickedmoosebarandgrill.com/>

<http://www.facebook.com/pages/Wicked-Moose-Bar-and-Grill/118276271521210>

Live bands, darts, pool

### **Wildwood**

1517 16th St SW

507-226-8380

<http://wildwoodsportsbarandgrill.com/>

Volleyball tournaments, good food/drinks

### **Wild Bill's Sports Saloon**

300 Hwy 52 South

507-226-8601

<http://www.wildbills-sportssaloon.com/specials.php?location=rochester>

Dancing, DJ, early and late night happy hour, TVs

Sites to check out that will keep you up to date:

<http://www.rochesterartcenter.org/>

<http://www.nightoutrochester.com/>

<http://www.rochestercvb.org/visitors/thingstodo.asp?subcat=Nightspots>

## **Restaurants in Rochester**

Rochester has a number of great dining options, with new restaurants opening all the time. For the latest list of restaurants, menus, and hours, visit

<http://www.rochestercvb.org/eat/>

## **Twin Cities**

### **Night Life/Entertainment**

**Uptown** – Lake St & Hennepin Ave, you don't have to say much more to have a fun night! This area is filled with bars, activities, theaters, shops, & much more! This is where the young professionals usually go to have a good night out.

<http://www.uptownminneapolis.com/>

**Dinkytown**—If you want to relive some of your undergrad moments this is where many of the University of Minnesota undergraduates hang out. It is tons of fun and be sure to check out Mesa Pizza or Burrito Loco for after bar close food needs.

<http://www.dinkytownminneapolis.com/>

**First Avenue** – Visit the club that made Prince famous! A great venue for any musical show.

<http://first-avenue.com/>

**Warehouse District** – This is downtown Minneapolis and where you spend Saturday night! Enjoy the night clubs, bars, & music.

<http://mplwarehouse.com/>

**Mall of America**—If you haven't heard of it before you probably didn't know anything about Minnesota. One of the top tourist destinations worldwide. It's a mile around to walk and you can go to the indoor amusement park all year round. They just recently added a hotel inside the Mall and there is an IKEA across the parking lot.

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

**Valley Fair**- Minnesota's own amusement park. Tons of fun with a nice waterpark to relax in after a day full of rollercoaster riding.

<https://www.valleyfair.com/>

### **Sports:**

**TCF Bank Stadium**—University of Minnesota's college football stadium and the MN Vikings play here until their stadium is finished in 2016. Fun, student atmosphere if you can get some tickets.

**Target Center**—Where you can get your fill of basketball with the Timberwolves and Lynx. The Lynx won the WNBA finals in 2011! The games are a lot of fun to go to and not a budget breaker. This is also a place where large concerts take place.

**Xcel Energy Center**- Minnesota is the state of hockey. Come and see the Minnesota Wild play. They were a playoff team last year and will most likely be one this year as well. If you have ever watched the Mighty Ducks, be sure to stop by Mickey's Diner which is just down the street. This Arena also hosts a lot of concerts and other sporting events such as Lacrosse.

**National Sports Center**- Home of Minnesota's own professional soccer team, United FC. One of the biggest soccer sports centers in the United States. If you want to see some good soccer, go and check them out. It is a nice outdoor stadium.

**Target Field** – Minnesota's Major League Baseball team, the Twins, play at the wonderful Target Field. Beautiful Target field opened in 2010 and is said to be the most urban ballpark, located in Downtown Minneapolis. The Twins continue to bring ups and downs for their fans. But be sure to stop on by Target Plaza and see this landmark and wonderful home for America's great pastime!

**Midway Stadium** – Saint Paul's Minor League baseball team, the Saints, play at Midway Stadium. If you are looking for a more intimate baseball setting, make your way over to Midway and enjoy some minor league baseball!

### **Culture/Museums:**

*Saint Paul:*

**Science Museum** - The Science Museum of Minnesota is known worldwide for its interactive exhibits, one of the four largest Triceratops in the world, and the only convertible dome IMAX Theater in the US. A great way to engage in science!

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

**Minnesota History Museum** – Come and learn about Minnesota's history! An interactive museum with both permanent and changing exhibits.

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

**James J. Hill House** – Rugged stone, massive scale, fine detail, and ingenious mechanical systems recall the powerful presence of James J. Hill, builder of the Great Northern Railway. Completed in 1891, the sand- stone residence was the setting of the public and private lives of the Hill Family.

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

**State Capitol** – Here is where Minnesota's legislature lives! Original furnishings and vivid colors of the restored Senate, House, and Supreme Court add to the experience of

this working government house.

<http://sites.mnhs.org/historic-sites/minnesota-state-capitol>

**Ordway**—Minnesota is known for hosting extremely talented classical and contemporary artists. If you enjoy good music, a good opera or the like this is the place to go. [www.ordway.org](http://www.ordway.org)

*Minneapolis:*

**Mill City Museum** – The most EXPLOSIVE museum! Built into the ruins of what was once the world’s largest flour mill, come and learn about the intertwined histories of the flour industry, the river, and the city of Minneapolis.

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

**The Guthrie Theater** - The New York Times calls it a “21st century dream factory”. Designed by Jean Nouvel, the building has three separate theater stages, numerous bars, a restaurant and an “endless bridge” that offers spectacular river views. Also has an interesting ghost story, if you are into that.

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

**Minneapolis Institute of Arts** – Minneapolis is well-known for its arts. And MIA is ranked among the top comprehensive U.S. art museums, showcasing art from all over the world and from every period of human history with free general admission each and every day!

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

**Walker Art Center & Sculpture Gardens** – If modern art is more your style, the Walker is a must see! It is one of the world's premier contemporary art museums and outdoor sculpture gardens.

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

## **Parks/Sight-seeing**

*Saint Paul:*

**Fort Snelling** – Historic Fort Snelling is a National Historic Landmark built in the early 180s. Here you will learn about military history from before the Civil War through World War II, fur trade history, slavery in Minnesota, the U.S.-Dakota War of 1862, and much more!

**Como Park Zoo & Conservatory** – The zoo features a seal island, a large cat exhibit, a variety of aquatic life, primates, birds, African hoofed animals and a world class polar bear exhibit. The Conservatory is a half-acre indoor and outdoor facility with a number of different wings dedicated to a variety of plant life including bonsai trees, ferns, orchids and seasonal flowers.

*Minneapolis:*

**Minnehaha Falls** - Minnehaha Park is one of Minneapolis’ oldest and most popular parks. The 193-acre park features a 53-foot waterfall, limestone bluffs, and river overlooks.

**Grand Rounds National Scenic Byway** – Minneapolis continues to battle with Portland, OR for the #1 Biking City in the US! The most prominent piece of the trail system is the Grand Rounds, which nearly circles the entire city. A 50-mile bicycle path closely parallels parkway roads around multiple lakes, the Mississippi River, Minnehaha Creek, and residential neighborhood.

Other links you can use to help you find additional information:

<http://www.citypages.com/>

<http://www.twincitiesdiningguide.com/>

<http://www.twincitiesnightclubs.com/clubs.asp>

<http://thriftyhipster.com/>

<http://www.minnesotamonthly.com/media/Blogs/Twin-Cities-Taste/>

<http://www.minnesotamonthly.com/media/Minnesota-Monthly/Twin-Cities-Taste/> [http://](http://www.minnesotafairsandfestivals.com/eventSearch.php#.UaUDo46i1gY)

[www.minnesotafairsandfestivals.com/eventSearch.php#.UaUDo46i1gY](http://www.minnesotafairsandfestivals.com/eventSearch.php#.UaUDo46i1gY)



## Rochester Theaters

### Movie Theaters

Mayo students get discounted passes to all Rochester Movie Theatres; just your show ID at time of purchase.

#### **Cinemagic Theatres - Hollywood Stadium 12 (Mayo Discount \$4.50)**

2171 Superior Dr NW (at Rt 22 and 19th St, next to Osaka)

<http://www.cinemagictheatres.com/theatres/6>

#### **Paragon Theatres - Chateau (Mayo Discount \$5.50)**

3450 East Circle Drive NE (at N Broadway and 37th St, near Whistle Binkies North)

<http://www.paragontheaters.com/default.aspx?t=104>

#### **Rochester Galaxy 14 Cine (Mayo Discount \$6.25)**

4340 Maine Ave S (off S Broadway near the Toyota dealership)

<http://www.wehrenberg.com/theaterdetail.asp?theatre=190>

### Live Theatre

#### **Rochester Civic Theater**

20 Civic Center Dr SE

507-282-8481

<http://www.rochestercivictheatre.org>

Watch and/or act in the productions!

#### **Rochester Repertory Theater**

314 1/2 S Broadway

507-289-7800

<http://www.rochesterrep.org>

#### **Words Players Theater**

Northland Words

14 4th Street SW Rochester, MN

55902

<http://www.northlandwords.org>

#### **Mantorville Theatre Company**

Opera House Mantorville, MN

55955

<http://www.mantorvillain.com/>

<http://www.facebook.com/pages/Mantorville-Theatre-Company/300400830525?ref=search&sid=756265073.646705226..1>

## Concerts and Festivals

### Local Concerts and Festivals

Down by the Riverside and Riverside Live!

<http://www.riversideconcerts.com/>

Olmsted County Fair

<http://www.olmstedcountyfair.com/>

Rochesterfest

<http://www.rochesterfest.com/>

Rochester International Film Festival

<http://www.rochesterfilmfest.org/>

Winterfest <http://www.rochesterwinterfest.com/>

World Festival <http://www.ria-minnesota.org/worldfestival/>

ArtWalk <http://www.downtownrochestermn.com/events/?id=15352>

Thursdays on First <http://www.downtownrochestermn.com/news-events/default.aspx>

*Many more events throughout the year, just check out this website!*

<http://www.downtownrochestermn.com/events/>

### **Minnesota Concerts and Festivals**

Twin Cities Concerts—*Too many to list! Check out these sites for more info.*

<http://www.minnesotamonthly.com/media/Minnesota-Monthly/Events-Pics-Calendar/Calendar?>

[search=&categoryfilter=All&startmonth=7&startday=2&startyear=2012&endmonth=7&endday=2&endyear=2013&view=search\\_event&submit=Search](http://www.minnesotamonthly.com/media/Minnesota-Monthly/Events-Pics-Calendar/Calendar?search=&categoryfilter=All&startmonth=7&startday=2&startyear=2012&endmonth=7&endday=2&endyear=2013&view=search_event&submit=Search)

<http://www.citypages.com/music> and <http://www.tcmusic.net/>

Festival of Nations

<http://www.festivalofnations.com/>

MN Renaissance Festival

<http://www.renaissancefest.com/MRF/>

MN State Fair

<http://www.mnstatefair.org/>

Other Festivals

<http://festivalnet.com/state/minnesota/mn.html>

## **Museums, Arboretums, and Other Attractions**

### **Rochester**

Heritage House

225 1st Ave NW

507-286-9208

History Center of Olmsted County

1195 W Circle Dr SW

507-282-9447

<http://www.olmstedhistory.com/>

Mayowood Mansion

1195 W Circle Dr SW

507-282-9447

<http://www.olmstedhistory.com/historic-sites/mayowood-mansion/>

Rochester Art Center

40 Civic Center Dr SE

507-282-8629

<http://www.rochesterartcenter.org/>

Minnesota Children's Museum – Rochester  
1643 ½ North Broadway  
507-218-3100

Other Museums

<http://www.10best.com/Rochester,MN/Attractions&Activities/Museums/>

## Shopping

### Rochester

- **Apache Mall**

Hwy 52 and 12th St SW  
<http://www.apachemall.com>

- **Broadway Commons**

S Broadway and 25th St SE

- **TJ-Maxx Plaza**

1300 Salem Rd SW

- **Galleria Mall**

111 S Broadway  
Rochester, MN 55904

- **Crossroads Mall**

1201 Broadway Avenue S  
Rochester MN 55904

- **Others**

<http://www.rochestercvb.org/visitors/shopping.asp>

### Twin Cities Area

- **IKEA**

8000 Ikea Way, Minneapolis, MN  
<http://www.ikea.com>

- **Mall of America**

[http://www.mallofamerica.com/adults\\_maps\\_directions.aspx](http://www.mallofamerica.com/adults_maps_directions.aspx)  
<http://www.mallofamerica.com>

- **Southdale Mall**

6601 France Ave S, Edina, MN  
<http://www.southdalecenter.com>

- **Grand Avenue Shops**

649 Grand Avenue, Saint Paul, MN 55105

- **Woodbury Lakes Shopping Center**

9020 Hudson Road  
Woodbury, MN 55125

•**Arbor Lakes**

12459 Elm Creek Blvd N. Maple Grove, MN 55369

•**Others**

<http://www.twincitiestours.com/shopping.html>

**Volunteering and Community Service**

**Mayo Clinic Science Outreach Programs:**

**Brainwaves-** Neuroscience Education Outreach (student-run)

Contact: Erika Ross [ross.erika@mayo.edu](mailto:ross.erika@mayo.edu)

**InSciEd Out-** Integrated Science Education Outreach

Contact: **Chris Pierret, Ph.D.** [pierret.christopher@mayo.edu](mailto:pierret.christopher@mayo.edu)

There are many other volunteer and community service opportunities in Rochester.

In addition to those listed below, more opportunities can be found at:

- <http://www.volunteermatch.org/volunteers/gettingstarted/>
- <http://mayoweb.mayo.edu/almc/volunopps2006.pdf>
- <http://www.wickreconsulting.com/MAP/Youth.htm>

Organization	Opportunities	Contact Information
Adaptive Recreation Program	Spend time with kids and adults who have developmental disabilities. Activities include bowling, crafts, choir, dances, movie night, music, summer day camps etc.	Karen Myer 507-328-2539 <a href="mailto:kmeyer@ci.rochester.mn.us">kmeyer@ci.rochester.mn.us</a>
Adult and Family Literacy Program	Help infants, preschoolers, and adults to achieve their reading, writing, and arithmetic goals	Kim Fanning 507-328-4445 <a href="mailto:kifanning@rochester.k12.mn.us">kifanning@rochester.k12.mn.us</a>
Audobon Society	Plant and manage prairies, enjoy the natural world, and educate others <a href="http://www.zumbrovalleyaudubon.org/">http://www.zumbrovalleyaudubon.org/</a>	Joel Dunnette 507-365-8091
American Cancer Society	Participate and advocate <a href="http://www.cancer.org/Involved/Volunteer/index">http://www.cancer.org/Involved/Volunteer/index</a>	507-287-2044 882 7 St NW
American Red Cross	From writing newsletters to helping in disasters to educating and fundraising, there are many opportunities. <a href="http://64.27.100.105/general.asp?SN=14835&amp;OP=15281&amp;IDCapitulo=7K58A866M7">http://64.27.100.105/general.asp?SN=14835&amp;OP=15281&amp;IDCapitulo=7K58A866M7</a>	507-287-2200 310 14 St SE
Boys and Girls Club	Tutor, mentor, coach, and/or just have fun with local children. <a href="http://www.bgclubroch.org/help/volunteer.html">http://www.bgclubroch.org/help/volunteer.html</a>	Brooke Olson 507-226-0112 <a href="mailto:bolson@bgclubroch.org">bolson@bgclubroch.org</a>
Celebration of Research Committee	Celebration of Research (odd years) is an opportunity for high school students to tour mayo labs and facilities, talk with Mayo students, and learn about science careers. Graduate Students are needed to share their experiences with the high school students.	David I Smith <a href="mailto:Smith.david@mayo.edu">Smith.david@mayo.edu</a>

Dorothy Day House	Give money, food, and/or your time. Stock shelves, assist people getting their food, deliver food, etc. <a href="http://www.channel-one.org/">http://www.channel-one.org/</a>	507-287-2350
Rochester Public Schools Volunteers in Education	Tutor Students, help with newsletters and mailing, and much more <a href="http://www.rochester.k12.mn.us/se3bin/clientgenie.cgi">http:// www.rochester.k12.mn.us/se3bin/clientgenie.cgi</a>	Deborah Rentfrow derentfrow@rochester.k12.mn.us
Ronald McDonald House	Cook, greet guests, participate in entertaining activities and share gardening, computer, or other skills with children seeking medical care <a href="http://rmhmn.org/how-you-can-help/volunteer/">http://rmhmn.org/how-you-can-help/volunteer/</a>	507-282-3955
Safe Haven Pet Rescue	Participate with office work, fundraising, cleaning, feeding, exercising, and socializing the animals, etc. <a href="http://safehavenpetrescue.org/">http:// safehavenpetrescue.org/</a>	507-529-4079; <a href="mailto:safehavencat@yahoo.com">safehavencat@yahoo.com</a>
Saint John's Schools Science Fair	Judge middle school science fair projects (once a year – march)	282-5248; 424 W Center St
Salvation Army	Take a child Christmas Shopping, help out with food pantry, ring bells during holidays, fundraising, etc. <a href="http://www.usc.salvationarmy.org/rochester">http:// www.usc.salvationarmy.org/rochester</a>	Jeff Urban 507-424-4191
Special Olympics	Officiate a sports event for children with special needs, help fundraise by taking the Polar Plunge. <a href="http://www.specialolympicsminnesota.org/Volunteer_Overview.php">http:// www.specialolympicsminnes ota.org/Volunteer_Overview.php</a>	Jay Pedersen <a href="mailto:Jay.pedersen@somn.org">Jay.pedersen@somn.org</a> 612-604-1267
United Way of Olmsted County	Many opportunities! Search at <a href="http://www.uwolmsted.org/volunteer.php">http://www.uwolmsted.org/volunteer.php</a>	903 W Center St 507-287-2000

## Spirituality

Rochester has over 130 different places of worship. For a comprehensive list see:

<http://www.churchfinder.com/churches/mn/rochester>

[http://en.wikipedia.org/wiki/List\\_of\\_synagogues\\_in\\_Minnesota](http://en.wikipedia.org/wiki/List_of_synagogues_in_Minnesota)

<http://www.histemplemn.org/>

<http://www.islamicfinder.org/locate.php?ziporcity=55906&dist=10&lang=english>

## Life on a Student Budget

## Renting vs. Buying a House

### Buying a House

After being accepted into Mayo Graduate School, students generally have two living options: renting or buying. The cost of rent can vary greatly in Rochester, many graduate students pay roughly \$400-\$1000 per month for an apartment or \$650-1500 a month for a condominium. While not right for everyone, buying a house or condo can be a valuable investment opportunity and has the ability to save you money in the long run. Below are tips for deciding whether buying a house or condo is a good investment for you. Things to consider when looking for a house as well as advantages and disadvantages associated with homeownership are also detailed below.

### House-Related Expenses

- Homeowner's insurance
- Property taxes (decrease via becoming a MN resident and homesteading" your property at Rochester City Hall: 201 4th St SE)
- Heating, electricity, water, natural gas, telephone, internet, cable, garbage disposal
- Fridge, dishwasher, microwave, stove, furnace, washer, dryer, dehumidifier, water softener, smoke and carbon monoxide detectors, fire extinguishers, furniture, rugs, towels, television, etc.
- Lawn mower, gardening equipment, rake, snow blower, snow shovel
- Carpeting, painting, staining, siding, roofing, wiring, plumbing, landscaping
- Tools and money for repairing and fixing things
- Obtaining a MN driver's license to declare MN residency (optional but saves money)

To calculate mortgage/interest payments, enter the appropriate information at

<http://www.mortgage-calc.com/mortgage/mortgagepaymenttablecalc.html>

### Financial Portfolio

- Able to make a substantial down payment (i.e., 30% of the sale price)
- Pre-approved for a mortgage (fixed-rate loan highly recommended)
- Can afford mortgage/interest payments and other house-related expenses

## Quality Realtor

In addition to such a financial portfolio, a quality realtor makes finding a house much easier. As Bill Hansen states on his website (<http://www.billcanhelp.com>), a realtor is "someone whose duties are undivided loyalty, reasonable care, confidentiality, full disclosure, obedience, and accurate accounting." Bill offers the following advice about the qualities a realtor should have:

- Is trustworthy (i.e., works at a reputable agency and has a good reputation)
- Listens and puts your interests first
- Makes you feel comfortable and not pressured or burdensome
- Is enthusiastic to be working for you

## Characteristics of the House

Having a good realtor can make finding a house fun; however, keep the tips below in mind when choosing a house. After all, buying a house out of your budget range or a house that needs major renovation can equate to a financial investment disaster.

- Priced within your planned budget
- Located in a good neighborhood
- Has an appearance and layout you like
- Is in good condition or could possibly use renovations within your budget
- Does not have water in the basement, plumbing, electric, furnace, air conditioning, or other major problems

Buying a house during your first year of grad school and selling it after graduation at a higher price than it was purchased could equate to rent-free living for those years; however, such a scenario is not always the case, especially if you are not in the financial position to purchase a house and afford mortgage/interest payments and other house related expenses. To calculate mortgage/interest payments, enter the appropriate information at

<http://www.mortgage-calc.com/mortgage/mortgagepaymenttablecalc.html>

## Disadvantages

- Potential to lose money
- Burden of a house if your need to take time off or spend time away
- Upkeep and maintenance (shoveling the sidewalk and driveway in the winter, mowing and weeding in the summer, fixing things that break)
- Spending time and money on renovations
- Property taxes and other expenses

## Advantages

- Investment opportunity
- A house that is yours
- Learn how to fix things
- Improve the value of the house with renovations
- Decrease your tax liability via paying mortgage interest
- Option to rent out for extra income
- Can increase your credit rating

In summary, buying a house is a possible option for graduate students that have the financial portfolio to afford a house and associated expenses and are committed to staying in the area for several years. Since purchasing a house is a financial investment, it does have risks. However, with a well-thought-out budget, a quality realtor, and a realistic view of homeowners responsibilities, finding, buying, and owning a house can be a fun and worthwhile investment.

## Renting a Place

Initially, if you are in a crunch to find housing, short-term is a possibility. As a Mayo Graduate Student, you can receive a discount (for up to six months) at the Kahler Grand Hotel. When making reservations, be sure to state you are a MGS student.

Kahler Grand Hotel Student Housing 2014 Rates:

Affordable Rates: *\*Based upon availability.*  
January 01st, 2014 – December 31, 2014

1-7 Days ~ \$65./Night  
8-29 Days ~ \$52./Night  
30+ Days ~ \$45./Night (Tax Exempt)

Reservations:

Call the reservations department toll-free at 1.800.533.1655 or make your reservations

For additional information about Mayo Clinic student housing accommodations, rates and amenities at The Kahler Grand Hotel, please Contact Ms. Annie Seabright Lead

Reservation Agent

Email: [aseabright@kahlerhospitalitygroup.com](mailto:aseabright@kahlerhospitalitygroup.com)

Fax: 507.285.2775

Reservations: 1.800.533.1655

The Kahler Grand Hotel caters to the student lifestyle with superior amenities! Located in downtown Rochester, we are directly connected to the Mayo Clinic!

Kahler Grand Hotel  
20 2nd Ave SW  
507-282-2581



Other short-term housing can be found at: <http://www.rochestercvb.org/stay/short-term-housing/>

### **Renting/Buying**

- Apartment and House Rentals Search Engine  
[http://www.move.com/apartments\\_minnesota/rochester.aspx](http://www.move.com/apartments_minnesota/rochester.aspx)
- Apartments/Condos/Houses/Townhouses Search Engine  
<http://www.apartments.com/search/?query=Rochester,%20MN&stype=CityStateOrZip>
- Condos/Houses/Townhouses Search Engine  
<http://www.semnrealtors.com/search/>
- House Search Engine and Buying Information  
[http://www.homegain.com/local\\_real\\_estate/MN/rochester.html](http://www.homegain.com/local_real_estate/MN/rochester.html)

### **General Housing Tips!**

- The Mayo classified ads and craigslist are among the two best sources for housing!
- Remember that a long bus ride can make a long school day even longer— I would recommend living no more than a 20 minute ride away!
- Start early and do lots of research! There are many complexes that run specials throughout the summer months.
- Do NOT sign a lease without first viewing the property.
- Search and don't freak. Many students don't secure housing until mid-August and start searching in March. You can always live in a short-term housing option before signing a lease.
- Make a list of your priorities. Being close to downtown is important to some. That might mean you pay more in rent, but it's worth it if that is a priority.
- Try and look at as many properties as possible. Craigslist can be helpful.
- Utilize the Mayo Graduate School's Facebook page(s) to connect with your fellow students!  
<https://www.facebook.com/groups/1411719315755397/>  
<https://www.facebook.com/groups/248047988579991/>
- The pictures of the complexes online are really nice. However, make sure to visit for yourself before signing a lease. Some of the ads can be deceiving.
- Consider living with someone not in the same program/class. Although it's fun to be in class and hang out together outside of class, sometimes it's nice to come home to people other than classmates.
- Select a place on a bus route for an easy (and free) commute to and from work.

## **Low-Budget Shopping**

### **All in Vogue**

32 17th Avenue Northwest Rochester, MN 55901

### **Consignment Shops/Stores**

<http://local.rochestermn.com/rochester+mn/consignment+stores.zq.html>

**Community Clothesline**

814 11th Ave NE

<http://www.communityclothesline.org/>

Clothes, linens, curtains, and more

**Goodwill**

239 28<sup>th</sup> St SE

<http://www.goodwilleasterseals.org>

Books, clothes, holiday, home decor, music, toys, etc.

**Rochester Thrift Store**

201 9th St SE

<http://www.usc.salvationarmy.org/rochester>

Clothes, household items, Mayo Clinic surplus office furniture, etc.

**Savers**

1201 S Broadway # 32

<http://www.savers.com/>

**Discounts**

As a Mayo employee, you receive many discounts. For a comprehensive list with discount details, go to <http://intranet.mayo.edu/charlie/leisure-lifestyle-activities/discount/>

Animal Care

Attractions

Beauty

Building/Construction/Remodeling

Car & Truck Rental

Cleaning Services

Computer Purchase & Repair

Florists

Food

Hotel Discounts

Lawn Care

Moving

Photography

Shopping

Sports/Athletics

Tax Preparation

Theatre & the Arts  
Travel  
Wireless Phone Services  
AND MANY MORE . . .

## Sports, Athletics and the Great Outdoors

### Sports

#### Sporting Events to Watch

##### **Rochester**

Rochester Honkers – Amateur baseball - [northwoodsleague.com/rochester-honkers/](http://northwoodsleague.com/rochester-honkers/)  
Rochester Ice Hawks – Junior Hockey - [www.mnicehawks.com/](http://www.mnicehawks.com/)  
Rochester Roosters – Vintage Baseball -  
<http://www.olmstedhistory.com/programs/roosters-baseball/>

##### **Minnesota**

Minnesota Timberwolves – Basketball  
Minnesota Vikings – Football  
Minnesota Lynx – Women’s Basketball  
Minnesota Twins – Baseball  
Minnesota Swarm – Indoor Lacrosse

#### Sports Leagues and Teams

##### **Reimbursement for Mayo Teams**

<http://mayoweb.mayo.edu/sport-rec/reimbursement.html>  
basketball, broomball, football, golf, kickball, softball, volleyball

##### **League Search**

<http://www.rochestermn.gov/departments/park/sports/index.asp>

#### Workout Facilities

##### **Dan Abraham Healthy Living Center (DAHLC)**

St. Mary's Hospital, Generose M-100  
Downtown, 1st Street SW and 6th Avenue  
<http://mayoweb.mayo.edu/dahlc/index.html>  
Enjoy the Mayo employee incentive-based rate!

##### **Rochester Area Family Y**

709 1st Ave SW  
<http://rochfamy.org/index.html>

##### **Rochester Athletic Club**

3100 19th St NW  
<http://www.rochesterathleticclub.com/>

## **Outdoor Activities/Recreation**

### **Rochester Parks and Recreation**

<http://www.rochestermn.gov/departments/park/>

### **Clubs**

Rochester Active Sports Club

<http://rochesteractivesportsclub.wildapricot.org/>

Biking, hiking, in-line skating, kayaking, nordic skiing

Rochester Track Club – <http://rochestertrackclub.com>

TriRochester – <http://trirochester.com>

Rochester Rowing Club – <http://rrcmn.com>

### **Other Organizations and Clubs**

#### **Nature/Parks/Trails**

##### **Chester Woods**

<http://www.co.olmsted.mn.us/pw/parks/chesterwoods/Pages/default.aspx>

##### **Olmsted County Parks Brochure**

<http://www.co.olmsted.mn.us/pw/parks/Pages/default.aspx>

##### **Oxbow Park and Zollman Zoo**

<http://www.co.olmsted.mn.us/pw/parks/oxbowpark/Pages/default.aspx>

##### **Quarry Hill Nature Center**

<http://www.qhnc.org/>

Biking, inline-skating, running and walking

##### **Minnesota Department of Natural Resources Destinations**

<http://www.dnr.state.mn.us/destinations/index.html>

*Good Luck in all your endeavors!*

*Special thanks to all the students (past and present)  
who contributed to this publication*