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PREFACE

Dear students,

As overseas study is very costly, both in time and money, we are dedicated to help you take advantage of your time here. We truly understand that what you want to obtain from an overseas education is not only an academic experience, but also an active and balanced social life to become a well-rounded person. Besides offering great academic teaching, the University of Northern Iowa also provides an active environment with opportunities for you to be involved in. This student handbook is devoted to providing you with useful information to help you get through the changes of being away from home and allow you to have an enjoyable experience while at UNI. This handbook gives information about UNI, the Cedar Valley community, as well as some general information that you ought to know and may need for later reference. If you have any concerns during your time at UNI, please do not hesitate to contact the International Services Office at 273-6421. There are always helpful and competent staff members to assist you. Best wishes in pursuing your higher education goals and enjoy your time at the University of Northern Iowa.

Sincerely,

International Admissions/ International Services staff

UNIVERSITY OF NORTHERN IOWA

At the University of Northern Iowa, we believe that great teaching is the key to a great education. Outstanding academic programs and a campus-wide commitment to excellence enhance the student-centered atmosphere at UNI.

ABOUT UNI

The University was established in 1876 by the enactment of the Iowa General Assembly, and opened on September 6, 1876, as the *Iowa Normal School* – “a school for the special instruction and training of teachers for the common schools of the state.” The institution was renamed the *Iowa State Teachers College* in 1909 and under this title attained a national reputation and status as a leading institution in the field of teacher education. In 1961, the name of the college was changed to the *State College of Iowa* and then to the current name in 1967. The *University of Northern Iowa* has grown from its 1876 original campus site of 40 acres with one building – Central Hall, which originally housed orphaned children of the U.S. Civil War soldiers – until it now embraces more than 50 principal buildings on a campus of 850 acres, with a faculty of about 860 members and a total enrollment of about 14,000 students.

INSTITUTIONAL MISSION

"The University of Northern Iowa is a comprehensive institution committed to providing a diverse, dynamic learning environment, founded on a strong liberal arts curriculum and characterized by excellence in teaching, scholarship and service. The University focuses both on undergraduate education that emphasizes a personalized learning environment and on selected master's, doctoral and other graduate programs that provide students with specialized educational experiences. UNI programs incorporate scholarship and service to individuals, communities and organizations throughout the state, the nation and the world." (Approved by the Board of Regents, Nov. 2000)

VISION

The University of Northern Iowa will be the nation's finest public comprehensive university, known for high quality learning environments and a genuine sense of community.

NATIONAL RANKING AND HONORS

In the college search process, bigger is not always better, and cheaper is not always the best value. The award-winning and nationally-recognized programs listed below are just a few of the reasons our most successful graduates consistently cite UNI as a major factor in preparing them for their achievements in life and in the workplace.

- UNI has ranked second in Midwest top public comprehensive universities by *U.S. News and World Report* for nine consecutive years.

- UNI has been named one of the “Best in the Midwest” in the 2006 *Princeton Review Best 351 College Rankings* guide
- UNI has been ranked in the top 50 among the nation's "Top 100 Values in Public Colleges" by *Kiplinger's Personal Finance* magazine in 2002 and 2003. Ranking criteria include entrance exam scores, graduation rates, numbers of sophomores returning after their freshman year, student-faculty ratios, amount spent on student instruction, quality and cost measures, and total overall cost.
- In 2003, UNI's accounting program ranked first of more than 1,000 colleges and universities represented for the pass rate of first-time candidates on the CPA Exam. In past years, UNI has consistently ranked in the top 10 universities in the nation for pass rate on this exam.
- The College of Business Administration has been reaccruited for 10 years by the American Assembly of Collegiate Schools of Business (AACSB), and the International Association for Management Education. Nationwide. Only 340 of more than 1,200 college and university programs in business administration are AACSB accredited.
- In a national report released May 26, 2004 by the Education Trust, a Washington, D.C.-based organization that works for high academic achievement of all students at all levels, kindergarten through college, UNI has been cited for its "high performance" in graduation rates.
- The UNI student-athletes rank first among Gateway Football Conference schools in graduation rates, according to a recent NCAA Division I Graduation Rates Report.
- UNI's performing arts program stepped forward in 2000 with the opening of the Gallagher-Bluedorn Performing Arts Center. The center continues to be the newest Midwest performance facility to open in 20 years.
- The Educational Technology division of UNI's Information Technology Services was selected by Web Course Tools (WebCT) as the e-learning company's only WebCT Institute in Iowa.
- The UNI Jazz Band One made *Down Beat* magazine's list of the best CD's from the 1990's twice.
- The recently remodeled Redeker Dining Center at UNI won an award for architectural and design excellence, and appeared in the August 2002 issue of *American School and University* magazine. Of the 101 projects selected for publication, Redeker ranked in the top 5, being cited for exceptional achievement.

HELPFUL NUMBERS

World Wide Web -----	www.uni.edu
Counseling & Advising Program -----	273-6023
Admissions -----	273-2281 (1-800-772-2037 toll free)
International Admissions -----	273-5925
Fax -----	273-2885
E-mail -----	admissions@uni.edu
Computer Help Line (ResNet) -----	273-5555
Department of Residence -----	273-2333
University Directory Information -----	273-2311 (1-800-772-2736 toll free)

Financial Aid -----	273-2700
Student Employment-----	273-6394
International Services -----	273-6421
Advising & Career Services-----	273-6857
Cooperative Education/ Internship Program -----	273-6041
University Apartments -----	273-6232
Wellness & Recreation Services-----	273-6275
Info Line -----	273-2391
Welcome Desk-----	273-2413

EMERGENCY AND MEDICAL CARE NUMBERS

Ambulance (Sartori Hospital)-----	911
Fire -----	911
Poison Control Center-----	1-800-272-6477 & 1-800-352-2222
UNI Health Clinic -----	273-2009
Appointment Desk -----	273-7425
UNI Public Safety -----	273-2712
Public Safety Emergencies-----	273-4000
Threatening/Harassing Phone Calls -----	273-2712

KEY BUILDINGS

Rod Library -----273-2462
www.library.uni.edu

Academic year hours (spring and fall): www.library.uni.edu/libinfo/hours.shtml

- Monday – Thursday: 7:30 am – 12:00 midnight
- Friday: 7:30 am – 9:00 pm
- Saturday: 12:00 noon – 9:00 pm
- Sunday: 12:00 noon – 12:00 midnight

Centrally located with over 950,000 books and more than 3,000 periodicals, the library provides quiet study areas for individuals or groups, and one of the many computer centers on campus. Also available are extensive in-house and interlibrary reference materials, maps, music, youth collections, electronic resources, and international newspapers.

Maucker Union -----273-2256
www.uni.edu/maucker

Academic year hours (spring and fall): www.uni.edu/maucker/hours

- Monday – Thursday: 6:30 am – 12:00 midnight
- Friday: 6:30 am – 9:00 pm
- Saturday: 12:00 noon – 9:00 pm
- Sunday: 12:00 noon – 12:00 midnight

Located east of the Library, the Union provides extensive seating, meeting and conference rooms, and many different food options. Maucker Union promotes a student-centered community by emphasizing service, facilitating a free exchange of ideas, and encouraging staff, faculty, and student interaction. The Union also houses the Student

Activities Office, Student Government, Northern Iowan school paper, and radio station KGRK offices. Currently, offices of Enrollment Services/Financial Aid, Academic Advising & Career Services, and Registrar's are temporarily located in this building while Gilchrist Hall is being renovated.

Gilchrist Hall

Take care of your business at Gilchrist! It houses administrative offices, such as the Office of the Registrar, Scheduling, Controllers, Financial Aid, Advising and Career Center, and Admissions. Public Safety is located on the lower level to provide security assistance and parking permits. Since fall 2005, Gilchrist Hall has been closed down for renovation. Please check out <http://www.uni.edu/pubrel/giloffice.shtml> for temporary office locations.

Gallagher – Bluedorn Performing Arts Center-----273-7469 (1-877-549-SHOW) www.uni.edu/gbpac

Ticket office hours: www.uni.edu/gbpac/tickets

Monday – Friday: 8:30 am – 5:00 pm

Saturday: 10:00 am – 2:00 pm

90 minutes prior to all GBPAC performances

Opened in April 2000, the Performing Arts Center has a main hall that seats 1600, is used by UNI music students, and is the site for professional plays, concerts, and many diversified programs. Discount tickets are available for UNI students.

UNI-Dome and Wellness/Recreation Center -----273-DOME www.vpaf.uni.edu/unidome/home.asp

Dome ticket office hours: www.vpaf.uni.edu/unidome/tickets.shtml

Monday – Friday: 8:30 am – 4:30 pm

Closed on major holidays

The Dome is a multi-purpose coliseum. It is the home for many athletic and entertainment events. Tickets to UNI athletic events are free to UNI students with valid student IDs. The 244,764-square-foot Wellness and Recreation Center (WRC) is a state-of-the-art facility available to students for exercise and health services. Hours are different for different activities. Please visit www.uni.edu/wellrec/fachrs/fachrs.html or call 273-2391 for the information you need.

University Museum – 3129 Hudson Road-----273-2188

Academic year hours: www.uni.edu/museum

Monday – Friday: 9:00 am – 4:30 pm

Saturday – Sunday: 1:00 pm – 4:00 pm

The University Museum is one of only five major natural history museums within the State of Iowa. The collections, which support the University's curriculum and research, cover a wide selection of natural and human history topics. It also offers events and programs to heighten student and public awareness of environmental and cultural diversity and serves as a forum for the discussion of global issues.

COMMUNITY LIVING OPTIONS

Community living options are for students wishing to live in an environment with others who share similar interests and commitments. Options available include:

Substance-Free: Residents of these houses agree not to possess or use alcoholic beverages and tobacco products in their living environments. (This includes illegal drugs, which are prohibited in ALL houses.)

Springboard: Goals for living environments housing only first year students include: (1) enhance entering students' transition to UNI; (2) create peer reference groups; (3) encourage group identity development; (4) provide an integrated learning experience for first year students by connecting faculty, students, academic disciplines, and campus experience; and (5) enhance students' academic and social success.

Upperclass: students who are in good academic and behavioral standing with the University and who are classified as sophomores, juniors, seniors or graduate students, may contract for a single or double room in these upperclass houses. First year students will not be assigned to these houses.

Suites: students must remain in good academic and behavioral standing to live in a suite. New students will only be assigned to suites if there are three or four students all requesting to room with each other.

Honors Cluster: The Honors Cluster enables a group of Honors students to live in close proximity to each other, but the houses will not be made up exclusively of Honors students.

Upperclass Singles: Shull Hall will consist of all double as single rooms for sophomores, juniors, seniors and grad students. Students must remain in good academic and behavioral standing to live in Shull Hall. First year students from high school will not be assigned to these rooms.

Single Rooms: single rooms are available in all residence halls. Designed (physical) single rooms are smaller than a double room. The cost for a designed single room is \$800 more per academic year than a double room. There are also a limited number of double rooms that may be contracted as double-as-single rooms and are available in all residence halls. The cost for a double-as-single room is \$1100 more per academic year than a double room. Returning residents have priority for assignment in all single rooms.

Traditional Rooms: a traditional room is a two-person (double) room in any of our residence halls without any of the features listed above.

RESIDENCE FACILITIES www.uni.edu/dor

All halls are smoke-free

All halls have cable and internet access

All halls have kitchen and laundry facilities

All halls remain open during Thanksgiving and Spring Break

Only Bartlett, Bender, Dancer, Lawther, Noehren and Shull remain open between Fall and Spring Semesters

	MAX CAPACITY	WOMEN/ CO-ED	AIR CONDITIONING	ELEVATORS	HANDICAP. ACCES.	SUITES	COMPUTER LAB	CARPETED ROOMS	SENATE STORE	LOFTS PROVIDED	SINK IN ROOM	SUBSTANCE FREE	HONORS CLUSTER	UPPERCLASS HOUSES	SPRINGBOARD HOUSES
<i>Bartlett</i>	370	CO	●			●		●	●	●	●				
<i>Bender</i>	595	CO		●			●	●	●		●				●
<i>Campbell</i>	520	CO					●			●	●	●	●	●	●
<i>Dancer</i>	595	CO		●	●		●	●	●		●				●
<i>Hagemann</i>	400	W					●				●			●	●
<i>Lawther</i>	450	W				●	●			●	●			●	
<i>Noehren</i>	620	CO		●	●		●				●			●	●
<i>Rider</i>	424	CO					●		●			●			
<i>Shull</i>	200	CO					●				●			●	

Bartlett Hall -----273-2671 (1-866-207-9411 toll free)

Co-ed hall

Sinks in all rooms

Quiet lifestyle and smoke-free houses

Carpeted and air-conditioned rooms

Adjustable bed lofts provided

Open 12 months

Suites and Guest room available. Visit www.uni.edu/dor/guestrooms.shtml for more information about rates and amenities.

Bender Hall -----273-2658

Co-ed hall

Sinks in room

Smoke-free and Springboard house

Carpeted rooms

Open continuously during academic year.

Guest room available

Campbell Hall-----273-2552

Co-ed hall
Sinks in room
Smoke-free, Substance-free, Springboard, and Upperclass houses
Adjustable loft beds provided
Computer lab
Open during Thanksgiving and Spring breaks. Closed between semesters.
Guest rooms available

Dancer Hall-----273-2376

Co-ed hall
Sinks in room
Smoke-free and Springboard houses
Carpeted rooms
Wheelchair-accessible rooms
Open continuously during academic year
Guest room available

Hagemann Hall-----273-2580

Women only
Sinks in rooms
Smoke-free, Springboard, and Upperclass houses
Open Thanksgiving and Spring breaks. Closed between semesters.

Lawther Hall-----273-2148

Women only
Sinks in room
Smoke-free, and Upperclass houses
Adjustable loft beds provided
Computer lab
Open continuously during academic year
Suites and Guest rooms available

Noehren Hall-----273-2229

Co-ed hall
Sinks in room
Quiet lifestyle, smoke-free, upper class, and springboard houses
Wheel chair-accessible rooms
Open continuously during academic year

Rider Hall-----273-2249

Co-ed hall
Smoke-free, substance-free houses
Open Thanksgiving and Spring breaks. Closed between semesters.

Shull Hall-----273-2080

- Co-ed hall
- Sinks in room
- All double-as-single rooms
- Smoke-free and Upperclass only houses
- Open continuously during academic year

ROTH Complex -----273-7051

Roth Complex provides Northern Iowa students the benefits of living with current friends and making new friends while being able to enjoy increased independence, privacy and responsibility. The two, four, and six person apartments and eight bedroom suites were designed to meet the needs of upper-class students who have completed at least 30 credit hours and are in good academic and behavioral standing at the University.

Room Accessories

The following are useful items that a resident student may want to bring to campus – or purchase shortly after arrival. For some of the larger or more expensive items, like the appliances, you may want to contact your roommate before purchasing.

Immediate need items:

- Sheets (single or “twin” bed, extra long)
- Pillow and pillowcase
- Blanket
- Toiletry, towels and washcloths
- Alarm clock (battery backup)

Other Necessary or Useful Items:

- Laundry basket
- Shower flip-flops, shower caddie
- Area rugs
- Power outlet strip
- Computer
- Clothing hangers

Appliances:

- Small refrigerator (2x3 cu.ft.)
- Television (cable ready) and VCR
- Table lamp and/or floor lamp (2)
- Stereo/radio
- Iron

Items Not Permitted in Residence Halls:
(Due to Policy, Health and Safety Standards)

- Alcohol containers, candles/incense
- Pets (other than aquatic fish in aquariums)
- Air-conditioning units
- Toasters
- Hot plates
- Extension cords
- Waterbeds
- Firearms, fireworks
- Oversized furniture (sofas, chairs, etc.)

DINING LOCATIONS: www.uni.edu/dor/dining/placestoeat/index.htm

Near each of the nine residence halls is a dining center, where great atmosphere and good food awaits you. Residence hall students and those who have off-campus meal plans may eat in any of the centers.

Redeker – Adjacent to Hagemann, Shull, Noehren and Rider – the *Piazza* serves breakfast, lunch, and dinner. There is a varied and all-you-can-eat menu to choose from. *Café on the Way* is available with to-go food. Visit www.uni.edu/dor/dining/placestoeat/index.htm for further information.

Towers – Located adjacent to Bender and Dancer halls – *Rialto* serves a variety of food. Varied seating configurations, a large two-sided fireplace, natural lighting from four sides and skylights creates an atmosphere that is comfortable and dynamic. *Dashes* is located in Rialto with food to grab and go.

Maucker Union – There is definitely More@Maucker! New food venues in expanded and redesigned space have transformed the Maucker Union coffeehouse. *Blimpie* returns to the space with new menu items. Four additional venues, *Chat's* (coffee house), *Wasabi* (international foods), *Avanti* (pasta specialties), and *Flares* (grilled foods), continue to attract new and repeat customers. Visit www.uni.edu/dor/dining/restaurants.htm for dining options at Maucker.

Essentials is in Maucker Union. *Essentials* features health and beauty items, gifts, UNI wear, as well as a full line of snack food and beverages. Patrons can use cash, checks, credit cards and payroll deduct (UNI faculty/staff only). Visit www.uni.edu/maucker/essentials.shtml for its opening hours.

Biscotti's: located in Redeker, *Biscotti's* is a grocery store with plenty of food options, which can be purchased by dining dollars, cash, or U-bill charge. Visit <http://www.uni.edu/dor/dining/placestoeat/biscottis.htm> for information about opening hours.

23rd St. Market: located in Commons. Students can pay by dining dollars, cash, or U-bill charge. Visit <http://www.uni.edu/dor/dining/placestoeat/market.htm> for information about menu, price, and opening hours.

Food carts – provide light snack and drink – available in the Schindler Education Center, Wellness and Recreation Center and Curris Business Building. Visit <http://www.uni.edu/dor/dining/placestoeat/carts.htm> for information about types of snacks and drinks available, prices, and opening hours.

ACADEMIC COLLEGES AND DEPARTMENTS

College of Business Administration – www.cba.uni.edu

- Accounting-----273-2394
- Economics -----273-2412
- Finance -----273-2929
- Management-----273-6202
- Marketing -----273-2955

College of Education – www.uni.edu/coe

- Curriculum and Instruction-----273-2167
- Educational Leadership, Counseling, and Postsecondary Education -----273-2605
- Educational Psychology and Foundations -----273-2695
- School of Health, Physical Education, and Leisure Services-----273-2141
- Special Education-----273-6061
- Student Teaching -----273-2202

College of Humanities and Fine Arts – www.uni.edu/chfa

- Art-----273-2077
- Communication Studies -----273-2217
- Communicative Disorders-----273-2496
- English Language and Literature-----273-2821
- Modern Language -----273-2749
- Philosophy and Religion-----273-6221
- Theater -----273-6386
- School of Music-----273-2024

College of Natural Sciences – www.cns.uni.edu

- Biology-----273-2456
- Chemistry -----273-2437
- Computer Science -----273-2618
- Earth Science and Environmental Programs-----273-2759
- Industrial Technology-----273-2561
- Mathematics -----273-2631
- Physics -----273-2420

College of Social and Behavioral Sciences – www.uni.edu/csbs

- Design, Family and Consumer Sciences -----273-2814
- Geography -----273-2772
- History-----273-2097
- Political Science -----273-2039
- Psychology-----273-2303
- Social Work -----273-6249
- Sociology and Anthropology-----273-2786
- Criminology -----273-2786

ACADEMIC CONCERNS

Student Classification

Freshman	less than 30 semester hours
Sophomore	30-59 semester hours
Junior	60-89 semester hours
Senior	90 semester hours and above

UNI runs on a semester basis. There are two main semester terms, sixteen weeks each, covering approximately fall – winter and winter – spring. There are also a number of summer sessions. One semester hour of credit is based on one hour of class time per week.

Grading System

Quality of work for completed courses is indicated by the marks **A** (superior work), **B** (good or above average work), **C** (fair or average work), **D** (poor but passing work), **F** (failure), and **I** (incomplete work).

Grade points are awarded for each hour of credit as follows:

A	=	4.00
A-	=	3.67
B+	=	3.33
B	=	3.00
B-	=	2.67
C+	=	2.33
C	=	2.00
C-	=	1.67
D+	=	1.33
D	=	1.00
D-	=	0.67
F	=	0.00 grade points (In order to receive credit for a failed course, it must be repeated in an on-campus class).

Dropping a Class

- Dropped during first one-sixth of semester: not recorded on student's record.
- Dropped during second and third one-sixth of semester: indicated on record with W (Withdrawn).
- Dropped during final one-half of semester: recorded on record as F (Failure).

Adding a Class

- During the first seven instructional class days, you may add a class without approval.
- During the eighth instructional day through the 15th, you need department approval to add a class.
- After the 15th day, it is rare to add a class this late.

Academic Catalog - www.uni.edu/pubrel/catalog/

The Office of the Registrar (temporary located downstairs in Maucker Union – 273-2241) has a current University of Northern Iowa Catalog, which is revised every two years. The catalog contains degree information and provides brief course descriptions. In the catalog, you can find academic calendars, helpful student life information, degree requirements, and university regulations. A full directory of UNI faculty and staff can also be found at the end of the academic catalog.

Schedule of Classes - www.uni.edu/regist/reginfo/

Published on-line and in booklet form, this publication comes out before each registration session and contains listings of all the available classes, and relevant information for the following semester. International students can pick up these schedule booklets at International Services Office (113 Maucker Union – 273-6421) or at the Office of the Registrars.

Plan of Study – www.uni.edu/pos/

A plan of study is used to effectively plan a course of study leading to a degree. A major is a concentration of courses in one school or department. Not later than the beginning of the sophomore year, students enrolled will choose their major from an extensive list that can be found in the catalog. The number of hours required for each major varies and is established by the departments. A student must have at least one major in order to complete a degree, and students are encouraged to have additional majors and minors. A minor is also an emphasis in one area, but requires fewer completed hours.

STUDENT SERVICES

International Services: 113 Maucker Union -----273-6421

www.uni.edu/intladm/iso

The office assists international students in all aspects of their lives at UNI, from pre-admission to post-graduation. Help in all areas is available including academic, immigration, and personal matters.

Financial Aid: Temporary located in basement of Maucker Union -----273-2700

www.uni.edu/finaid

The Financial Aid Office helps students handle the economic aspect of college by exploring funding sources, including grants and scholarships, employment opportunities, and student loans.

Academic Services: 125 Student Services Center (East wing of Bartlett hall) ---273-6023

www.uni.edu/acaadvis/

They provide assistance in reading, learning strategies and exam services. There are free, short, non-credit courses on effective reading and learning strategies. Tutoring is available for many Liberal Arts Core courses.

Center for Academic Achievement: 007 Innovative Teaching and Technology Center
-----273-2346
<http://fp.uni.edu/eop/CAA/>

The center provides assistance for students needing help with writing and math skills. It also includes a library of self-improvement workbooks and writing handbooks.

Student Health Clinic: 101 Student Health Center (north of Schindler) -----273-2009
www.uni.edu/health/

The Clinic provides free medical services and wellness programs to help stay healthy.

Wellness and Recreation Services: Wellness and Recreation Center -----273-6275
www.uni.edu/wellrec/

It provides classes, personal fitness services, recreation programs, substance/sexual abuse prevention and education, intramural sports, and health-oriented programs.

Counseling Center: 103 Student Health Center (upper-level) -----273-2676
www.uni.edu/counseling

They provide counseling to individuals and groups. Sessions are available on topics such as substance abuse, sexual abuse, stress management, and relationship skills.

Student Disability Services: 103 Student Health Center (upper-level)-----273-2676
www.uni.edu/counseling/ODS.html

Support and services are provided for students with physical, mental, and learning disabilities.

Advising Center: Maucker Union Room 111i (upper-level)-----273-6857

Career Center: 214 East Bartlett -----273-6857
www.uni.edu/acs/

These centers assist with exploring majors, minors, and certificates; in accessing university resources and interpreting academic requirements. Additionally, they provide career guidance from freshman year through post graduation, assistance in locating internships and career-preparation opportunities. These offices also sponsor an annual job fair, which attracts employees from across the U.S. to recruit UNI students.

Panther Shuttle: www.vpaf.uni.edu/pubsaf/parking_division/shuttle.shtml

UNI offers free-of-charge bus service linking the campus that runs 7:00 am to 5:00 pm.

Student Involvement and Activities Center: Maucker Union-----273-2683
www.uni.edu/maucker/siac

The Student Activities Office publishes a directory of student organizations and contact information. Activities include athletics, fine arts, religious, service, cultural, political, and pre-professional organizations.

STUDENT ORGANIZATIONS

So now you are at UNI! With more than 200 student clubs and organizations, there are lots of opportunities to get involved in on campus. These groups range from pre-professional organizations and honor societies to intramural sports and religious organizations. They offer not only fun and social opportunities, but also chances to develop leadership and teamwork skills that will be attractive to employers.

You may be a little overwhelmed with the number of student organizations that exists on campus. So where do you start? *Right here... and right now!* It is important to get involved early at UNI as it helps you lay the foundation for a successful future after college. Please visit www.uni.edu/maucker/siac for complete information of all organizations, and a useful list of student organizations by major.

International Student Association (ISA) – 124B Bartlett Hall ----- 222-0001
E-mail-----isa_uni@hotmail.com
Website-----<http://www.uni.edu/studentorgs/isa/>

This cultural and social club for international and American students is an opportunity to share cultural experiences and learn from others. ISA is an organization devoted to developing an atmosphere of understanding and friendship between people from different countries. Members build bridges between cultures, languages, ideologies, and creeds. They strive to work at heightening awareness and promoting understanding of other cultures on the UNI campus and surrounding community. The association plans many social events throughout the school year including picnics, movie nights, and other fun activities. ISA also helps sponsor programs on diversity and participates in campus and community service. To become an ISA member, simply email isa_uni@hotmail.com or call 222-0001, you will be added to receive their weekly emails. No membership fees!

TRADITIONS

Welcome Week – Join fellow students as the university kicks off the start of another great year. You won't want to miss the fun activities that are planned during opening weekend and the first week of school to welcome students to UNI. Food, fun and frolic abound as you see old friends and make new ones. Be a part of it all!

Convocation – a newly reinstated tradition starting off the school year. Students, faculty and staff gather to pay homage to the academic process with pomp and pageantry.

Homecoming Weekend – Join alumni and students in a week of activities including pep rallies, store-window painting, a parade, and the “big” football game.

Campaniling – Rumor has it that a student doesn't officially become a UNI coed until he/she has been kissed at midnight beneath the 101-foot tall Campanile. This is never truer than on the Friday of Homecoming week. No Homecoming would be complete without being campaniled.

Jingle your keys – Join the crowds in the UNI-Dome and shake your keys each time the Panther football team “kicks off.”

Standing through the First Basket – Sports fans will be on their feet at the UNI basketball games at the beginning of each “half.”

Family Weekend – Invite your family to campus this weekend to experience campus life. Numerous events are planned for families and students to spend time together during this specially designated fall weekend.

Augie’s Attic – A Halloween tradition guaranteed to scare as you search for the ghost (Augie) in Lawther Hall’s “haunted” attic.

Celebrate the Seasons Holiday Program – Light up the holiday spirit at this festive event held annually during the week following Thanksgiving. Watch in awe as the twinkling lights of the holiday tree and other seasonal displays illuminate the campus. Greet Santa and his elves, listen to seasonal music, and experience holiday traditions from around the world.

Diversity Week – The University affirms its commitment to diversity during this special week in mid September. Lectures, seminars, festivals and other events help students, faculty and staff appreciate the unique differences of others and promote a better understanding of the richness diversity can weave into our community.

Student Organizations Fair – Have fun in Maucker Union at the annual open house for student organizations. Tables displaying information about recognized student organizations are set up throughout the Union. Become involved and be a part of UNI’s co-curricular activities. Add your name to a membership list and reap the benefits of involvement. This fair traditionally is held on a Wednesday early in September.

U.S. CULTURE INFORMATION

This information is meant to provide some, but not all generalities about people in the U.S.

Friendship

Many people in the U.S. have a number of friends with whom they share something in common. A U.S. student might consider you a friend, but he or she might only invite you to do something once or twice a semester. This is not because he or she doesn't like you. It simply means that life in the U.S. is very busy and U.S. students tend to have many commitments (work, community activities, and family) in addition to their studies.

Informality

Americans generally prefer to avoid elaborate social rituals. If the meeting involves more than just socializing, it may be somewhat formal (like a job interview), but Americans generally like to treat everyone similarly with little concern for title or status. That is why people with "important" positions may invite you to call them by their first name. Americans prefer an atmosphere in which all are considered equal.

Greetings – How are you?

This is a common greeting in the U.S., but very often the person who asks the question "how are you?" does not wait for a response. Some international students think this is very rude, but it is not intended to be. It is not customary for the person asking this question to wait for a long answer. It is customary to reply, "fine" or "okay." You might also want to ask how the other person is. She or he will most likely answer with the same brief response.

Hygiene

People in the U.S. have "sensitive" noses that do not like the smell of the human body. There are entire stores devoted to selling sweet-smelling soaps, deodorants, and lotions. Many people shower at least once a day, and tend to change/wash clothes a lot. You may notice that most students will not wear the same shirt two days in a row even if it is still clean!

Time and Appointments

The American lifestyle can be very rushed. Thus, Americans value their time and try to use it efficiently. They often schedule their days in advance and plan appointments when they need to take some "time" for another person. Since time is so valuable, Americans are normally very punctual for appointments. To avoid misusing the valuable time of another person, Americans demonstrate respect for the other individuals by calling to inform them if they will be late or must cancel an appointment. There is a well-known phrase *time is money*, which is often associated with Americans' perception of the value of the time.

Touching

Americans typically keep at least 1 1/2 to 2 feet of distance between themselves and others when they are talking. They may stand closer when speaking to family members or intimate friends. Personal space is important, as is minimizing physical contact with others. As friendly gestures, though, they may pat others on the upper back or shoulder, or they might briefly touch another person's arm. Close friends may hug or embrace.

HOLIDAYS/CELEBRATIONS

Banks, post offices and other government offices close for federal holidays. Stores may be closed all day or close early for some holidays.

January 1, New Year's Day

A federal holiday. Celebrating starts the night before, known as New Year's Eve, and continues with partygoers counting down to the stroke of midnight.

The third Monday in January, Martin Luther King's Birthday

Birthday of the assassinated civil rights leader.

February 14, Valentine's Day

A day for lovers and friends to exchange cards and gifts. Children usually exchange Valentine cards with their classmates.

Mid-February, President's Day

On the Friday between the 12th, Lincoln's birthday, and the 22nd, Washington's birthday. Commemorates all U.S. Presidents' birthdays. A federal holiday.

Easter Sunday

Christian celebration on the first Sunday after the first full moon or after the vernal equinox of March 21. Easter can come as early as March 22 or as late as April 25. Children look for baskets of candy and dyed, hard-boiled eggs hidden by the Easter Bunny.

April 1, April Fool's Day

People may play harmless practical jokes on each other.

The second Sunday in May, Mother's Day

Gifts, candy and/or special attention are given to mothers.

The last Monday in May, Memorial Day

A federal holiday that pays homage to USA soldiers who have died in wars.

The third Sunday in June, Father's Day

Gifts, cards, and/or special attention are given to fathers.

June 14th, Flag Day

U.S. flag is flown to mark its adoption as the American flag.

End of June, Sturgis Falls Festival

On one of the last weekends in June, the Cedar Falls community celebrates with a weekend-long party featuring a parade, various kinds of music, craft sale, and numerous activities for all ages.

July 4th, Independence Day

Usually called the Fourth of July. Parades, fireworks, and flags celebrate the signing of the Declaration of Independence from Great Britain. A federal holiday.

Labor Day

The first Monday of September signifies the importance of labor and labor organizations. A federal holiday

October 12, Columbus Day

Or the nearest Monday. Commemorates the landing of the explorer Christopher Columbus on the shores of North America.

October 24, United Nations Day

Speeches and events to draw attention to the United Nations.

October 31, Halloween

A children's holiday associated with carving faces on pumpkins called jack-o-lanterns, making witches, black cats, and ghosts for decorations. Children, often accompanied by adults, go to parties in costumes or go "trick or treating" for a piece of candy or fruit. Be sure to visit Augie's Attic haunted house at Bartlett Hall.

Election Day

The Tuesday after the first Monday in November. People may leave work briefly in order to vote in municipal, county, state, and/or national elections.

November 11, Veteran's Day

The holiday honors veterans of the USA armed services.

Thanksgiving Day

The last Thursday in November. A harvest celebration, stemming from the original colonists surviving their first year in the New World. Families gather and a large traditional meal is prepared of turkey, pumpkin pie, cranberries, and other dishes. A federal holiday.

December 25, Christmas Day

While originally a Christian celebration, this holiday has become heavily commercialized with preparations beginning as early as Thanksgiving. Families gather and attend religious services, they enjoy special holiday food (each family has their own traditions), and gift giving. Preparations include gift buying and decorating homes and public places with a Christmas tree and colored lights. Santa Claus visits the homes of children on the night of December 24 (Christmas Eve) and leaves gifts only for good boys and girls. A federal holiday.

TEMPERATURE AND MEASUREMENT CONVERSION

Converting from the U.S. system to Metric:

<u>Symbol</u>	<u>When you know</u>	<u>Multiply by</u>	<u>To find</u>	<u>Symbol</u>
Length and Distance				
in.	inches	2.54	centimeters	cm
ft	feet	30	centimeters	cm
yd	yards	0.09	meters	m
mi	miles	1.6	kilometers	km
Area				
in ²	square inches	6.5	sq. centimeters	cm ²
ft ²	square feet	0.09	sq. meters	m ²
yd ²	square yards	0.8	sq. meters	m ²
mi ²	square miles	2.6	sq. kilometers	km ²
	Acres	0.4	hectares	ha
Weight (Mass)				
oz	ounces	28	grams	g
lb	pound	0.45	kilograms	kg
t	short tons	0.9	tons	t
Volume				
tsp	teaspoons	5	milliliters	mL
tbsp	tablespoons	1.5	milliliters	mL
fl oz	fluid ounces	30	milliliters	mL
c	cups	0.24	liters	L
pt	pints	0.47	liters	L
qt	quarts	0.95	liters	L
gal	gallons	3.8	liters	L
ft ³	cubic feet	0.03	cubic meters	m ³
yd ³	cubic yards	0.76	cubic meters	m ³

Converting Measures from Metric to the U.S. System

<u>Symbol</u>	<u>When you know</u>	<u>Multiply</u>	<u>To find</u>	<u>Symbol</u>
Length and Distance				
mm	millimeters	0.04	inches	in
cm	centimeters	0.4	inches	in
m	meters	3.3	feet	ft
km	kilometers	0.6	miles	mi
Area				
cm ²	sq. centimeters	0.16	sq. inches	in ²
m ²	sq. meters	1.2	sq. yards	yd ²
km ²	sq. kilometers	0.4	sq. miles	mi ²
ha	hectares (10,000m)	2.5	acres	
Weight (Mass)				
g	grams	0.035	ounces	oz
kg	kilograms	2.2	pounds	lb
t	tons (10,000 g)	1.1	short tons	
Volume				
mL	milliliters	0.03	fluid ounce	fl oz
L	liters	2.1	pints	pt
L	liters	1.06	quarts	qt
L	liters	0.26	gallons	gal
m ³	cubic meters	35	cubic feet	ft ³
m ³	cubic meters	1.3	cubic yards	yd ³

Temperature Conversions

$$^{\circ}\text{F} = (^{\circ}\text{C} \times 9/5) + 32$$

$$^{\circ}\text{C} = (^{\circ}\text{F} - 32) \times 5/9$$

$^{\circ}\text{F}$	0	10	20	30	40	50	60	70	80	90	100
$^{\circ}\text{C}$	-18	-12	-7	-1	4	10	16	21	27	32	38

Windchill Factor: The combined actual temperature and wind speed to show what it feels like outside.

Windchill Advisory / Warning: This announcement means that the temperature poses a danger to exposed skin, which could cause redness or frost bite in a few minutes. Special precautions should be taken to cover hands, head, face, and feet when outside.

THE CEDAR VALLEY COMMUNITY

UNI is located in the city of Cedar Falls, situated on the banks of the Cedar River in northeast Iowa. The Cedar Falls – Waterloo metropolitan area (population 110,000) provides the benefits of urban life in a small-city setting.

The Cedar Valley community offers a wide range of recreational opportunities from restaurants, shopping malls, dancing, and movie theaters to parks, nature reserves, and bike trails. A variety of schools, places of worship, and human service agencies make the community an inviting and nurturing place.

PHARMACIES

Hy-Vee Pharmacy – College Square Mall, Cedar Falls -----266-9874
Medicap Pharmacy – 1804 Waterloo Road, Cedar Falls -----277-1829
CVS Drug – 2302 W First Ave., Cedar Falls -----277-5181
Wal-Mart Pharmacy – 525 Brandilynn Blvd., Cedar Falls -----277-7793

VISION CENTERS

Wal-Mart Vision Center – 525 Brandilynn Blvd., Cedar Falls -----277-9320
Sears Optical – 202 Crossroads Center-----235-8727
Target Optical – 1501 East San Marnan, Waterloo -----226-6555
On Site Lab Vision Center – 1952 Plymouth Ave., Waterloo -----236-9600
Eye-Mart Optical – 1525 E San Marnan Dr., Waterloo -----232-9600
Lenscrafters – College Square, Cedar Falls -----268-1642
Mauer Eye Center PC – 403 Washington, Cedar Falls -----859-0505

DENTISTS

David C. Roberts Family Dentistry – 7504 University Ave -----277-8580
Joseph L Thoman DDS – 1506 Main St. -----266-2308
ABLM Dental Office – 2116 Logan Av., Waterloo -----235-1151
Comfort Dental – 1022 W 5th St., Waterloo -----226-4104
Crossroads Dental – 1950 Plymouth Av., Waterloo -----291-3908
Hennessey Anne Dr. – 9219 University Ave., Cedar Falls-----266-1906
Hawkeye Community College Dental Clinic (closed in Summer)-----296-1030

HOSPITALS

Sartori Memorial Hospital – 515 College St. -----268-3000
Covenant Medical Center – 3421 W 9th Waterloo-----272-8000
Allen Memorial Hospital – 1825 Logan Ave., Waterloo-----235-3941
Ask-a-Nurse: call with any medical questions. Treatment recommendations or referral will be made over the phone.-----1-800-593-1414
Nurse On-Call – Covenant Health System -----272-2600

SHOPPING

Shopping Malls

There are two malls within a 20-minute ride of UNI. Both include large department stores, clothing stores, specialty shops, and numerous eating establishments.

College Square Mall – 1 College Square Mall -----277-3636

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

Located within walking distance or a very short bus ride. College Square Mall features Von Maur, Younkers, Scheels All Sports, Express, Victoria's Secret, Bath and Body works, American Eagle, Gap and 60 fine shops and services, as well as a 150-seat food court. The brand-new College Square Cinemas feature eight screens with digital sound and projection, stadium seating and high back seats. The mall is open from 10:00 am to 9:00 pm on weekdays, 10:00 am to 7:00 pm on Saturdays, and noon to 6 pm on Sundays.

Crossroads – 2060 CrossRoads Center, Suite 124 (I-380 and San Marnan Drive), Waterloo -----234-1788

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

Located about 20 minutes away by car, or a two-bus ride. This large mall has many stores including Dillard's, Sears, Younkers, and JCPenney (department stores), Old Navy and The Buckle (apparel stores), Famous Footwear, Zales Jewelers, Bath and Body Works, Coach House Gifts, and food vendors. The mall is open from 10:00 am to 9:00 pm Monday –Saturday and noon to 6 pm on Sundays.

Additional Department Stores

Kohl's – Black Hawk Shopping Center – 5911 University Ave., Ste 400, located next to College Square Shopping Center ----- 266-2606 (1-800-837-1500 toll free)

Waterloo SuperTarget – 1501 E San Marnan Dr., Waterloo -----226-6500

Located right next to Crossroads. Opening hours are: Mon - Sat 8am to 10pm, Sun 8am to 9pm.

Kmart Stores – 3810 University Ave., Waterloo-----232-6511

Ten-minute drive, or a short bus ride.

Wal-Mart Supercenter – 525 Brandilynn Blvd., Cedar Falls-----277-6391

Opened 24 hours a day, Wal-mart features services including garden center, grocery, maternity, pharmacy, photo center, portrait studio, tire and lube, and vision center.

Other Shopping Centers

College Hill – College and 23rd St. – Specialty shops including University Book and Supply, Hill Street News and Tobacco, Bought Again Books and “quick” food eateries.

Main Street Cedar Falls – Located in downtown Cedar Falls. Just a 20-minute walk from UNI, this shopping area features small shops including Hallmark card store, Vintage Iron Works, and a Cup-of-Joe Coffee Bar.

Black Hawk Village – University Avenue and McClain Drive, located next to College Square Mall, it is a 15-minute walk. Kohl’s Department Store, and Dollar General are some of the stores there.

Holiday Plaza – 6300 University Ave., a 15-minute walk from campus, it is across the street from the College Square Mall. Stores include Radio Shack, Bonanza and Aldi’s food store.

Fabric Shops

Diamond Upholstery – 6311 Waverly Rd., Cedar Falls -----277-8288
Hancock Fabrics – 2830 University Ave., Waterloo -----234-1322
Hobby Lobby Creative Centers – 3731 University Ave., Waterloo-----235-7677
Jo-Ann Fabrics & Crafts – 2030 E Ridgeway Ave., Waterloo-----236-0094

Gift Shops

Basket of Daisies – 3205 Hudson Road-----277-3286
Cathy’s Hallmark Shop – 315 Main Street-----266-8171
University Book & Supply – 1009 W 23rd Street-----266-7581
World’s Window – 214 Main St.: International handcrafted items-----268-1584
Things Remembered – 6301 University Ave., Cedar Falls-----277-1442
Essentials – Maucker Union, UNI campus -----

Iron Works: decorations, flower boxes, etc.

Grosse Steel Co Inc – 2225 Lincoln St., Cedar Falls -----277-5900
Lister Concrete Products Inc. – 2116 Commercial St., Waterloo -----232-4727
Custom Blacksmithing & Mfg – 827 Commercial St., Waterloo -----291-2095

Appliances – New & Used

Best Buy – 2541 Crossroads Blvd., Waterloo -----1-800-332-4800
Direct Appliance & TV – 2840 University Ave., Waterloo -----291-7010
Wal-Mart - 525 Brandilynn Blvd. -----277-6391
Cedar Valley Used Appliance Sales & Service – 42 Franklin, Waterloo ---234-3111
Four Winds Trading Post – 1400 & Black Hawk St., Waterloo -----233-0488
RadioShack – Holiday Plaza -----266-0227

LAUNDRY

Hudson Road Laundry – 3209 Hudson Road -----266-8403
Waterloo Road Laundromat – 2404 Waterloo Road, Cedar Falls -----268-1295

HAIR CARE AND BARBERS (for both men and women)

College Hill Barber Shop – 2216 College Street -----277-9972
Cost Cutters Family Hair Care – Black Hawk Village-----277-7520
Mystique Barber Styling – 2018 College St. -----277-0115
Razor’s Edge Hairstyling – 2211 College St.-----268-1682
Simcox & Fink Barber Shop – 2419 Main St., Cedar Falls -----266-4400
Squire Barber Shop – 115 Main, Street Cedar Falls -----277-2183
La’ James International College – 6322 University Ave. -----277-2150
Jiva Lifestyle Salon & Spa – 223 Main Street, Cedar Falls-----268-0772

LIBRARIES

Cedar Falls Public Library – 524 Main Street -----273-8643
UNI’s ROD Library – UNI Campus -----273-2462
Waterloo Public Library – 415 Commercial Street, Waterloo-----291-4521

BOOKS

Book Stores

B. Dalton – College Square Mall, 6301 University Avenue-----277-5466
Bought Again Books – 909 W 23 St, Cedar Falls -----266-7115
University Book and Supply – 1009 W 23 St, Cedar Falls -----266-7581
Barnes and Noble Booksellers Waterloo (behind Crossroads)-----232-0475

Books Online

www.amazon.com

www.bn.com

www.half.com

www.addall.com - comparing book prices

ENTERTAINMENT

Movie Theaters

Cinema Theaters – College Square Shopping Center -----277-1061
Crossroads 12 Theaters – 2450 Crossroads Center Blvd-----235-7000 (ext. 4210)

Movie Rental

Blockbuster Video – 6301 University Ave. -----	277-7067
Family Video Movie Club – 1922 Valley Park Dr., Cedar Falls -----	266-6037
Jim’s Video & Tan – 1525 W 1 st St., Cedar Falls-----	277-1110
HyVee – College Square Mall -----	266-7535

Theaters (Live Performances)

Cedar Falls Community Theater (Oster Regent) – 103 Main St. -----	277-5283
Gallagher-Bluedorn Performing Arts Center – UNI -----	273-7469
Theater UNI – Strayer-Wood Theater, UNI campus-----	273-6381
Lampost Touring Theater Co. – 204 W Seerley Blvd.-----	277-8034
Waterloo Community Playhouse – 224 Commercial Street, Waterloo -----	235-0367

Museums and Other Attractions

Cedar Falls Historical Society

1. **George Wyth House** – 303 Franklin St. -----277-8817
2. **Ice House Museum** – 1st Street and Clay Street -----277-7448
3. **Victorian Home and Carriage House Museum** – 308 W 3rd St. ----266-5149

Antique Acres – 7610 Waverly Rd. Cedar Falls-----987-2380

Grout Museum of History and Science - 503 South St., Waterloo-----234-6357

Hearst Center for the Arts – 304 W Seerley Blvd. Cedar Falls-----273-8641

Imaginarium – 322 Washington St., Waterloo -----233-8708

Rensselaer Russell House Museum – 520 W 3rd St., Waterloo -----233-0262

University of Northern Iowa

1. **Gallery of Art**-----273-3095
2. **University Museum**-----273-2188

Waterloo Center for the Arts – 225 Commercial St. -----291-4490

Cedar Valley Arboretum and Botanic Gardens -----296-2590
1927 East Orange Road, Waterloo: examples of native plants and trees.

Hartman Reserve Nature Center – 657 Reserve Drive, Cedar Falls-----277-2187
A 287-acre nature area with trail system, Interpretive Center, and special programs featuring area plants and animal life.

Amusements

Airline Amusement Park – 1666 West Airline Highway, Waterloo-----232-9384
Includes a miniature golf course, driving range and go-carts.

Lost Island Minature Golf – 2225 E Shaulis Rd., Waterloo-----233-8414

Pheasant Ridge Golf Course – 3205 W 12 St., Cedar Falls-----266-8266

Washington Park Golf – 912 Utility Dr., Cedar Falls-----277-1764

SPORTS FACILITIES

Recreation Centers

Black Hawk Tennis Club – 1005 Black Hawk Rd., Waterloo-----232-7512

Cedar Falls Recreation Center – 110 E 13th St. -----266-4716

University of Northern Iowa Wellness and Recreation Center – UNI-----273-6275

Bowling

Valley Park Lanes – 1931 Valley Park Drive, Cedar Falls -----266-7818

Maple Lanes Bowling Center – 2680 University Ave., Waterloo -----234-1414

Roller-Skating and Ice Skating

Young Arena – 125 Commercial St., Waterloo-----291-4300

Black Hawk Rollerdom – 1800 Lincoln St., Cedar Falls-----277-9974

Sports Equipment Rental

Bike Tech – 122 Main Street, Cedar Falls -----266-5979

Europa Cycle and Ski – 4302 University Ave.-----277-0734

Scheels Sports Shop – College Square Mall -----277-3033

UNI Outdoors – 174 Wellness and Recreation Center, UNI -----273-7163

Bicycling/Hiking/Rollerblading

Cedar Falls Bike/Walk Trails – Encircling Cedar Falls.

Cedar Valley Nature Trail – Linking Waterloo & Cedar Rapids, along Cedar River.

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

Fishing

Katoski Greenbelt – West of Highway 63 with multiple accesses.

Big Woods Lake Recreation Area – Big Woods Rd.

Birdsall Park – 3205 W 12th St.

Prairie Lakes Park – SE Corner of Viking and Hudson Roads.

SPORTING EVENTS

Local Sports Teams

University of Northern Iowa – www.unipanthers.com

Fall: Football, volleyball, cross-country, soccer.

Winter: Basketball, wrestling, swimming/diving, in-door track, ruby.

Spring: Track, baseball, softball, tennis.

Hockey: Waterloo Black Hawks (USHL) – 170 W 1st St., Waterloo -----232-3444

Baseball: Waterloo Bucks (Northwoods League) – 500 Jefferson St., Waterloo 232-0500

FOOD

Grocery Stores

Fareway Stores – 214 N Magnolia Dr. -----277-6858

Hy-Vee – College Square Shopping Center -----266-7535

Root's Market – 2021 Main St. Cedar Falls -----266-3801

Aldi Food Store – 6322 University Ave -----

Wal-Mart Supercenter – 525 Brandilynn Blvd. -----277-6391

V-Mart (Indian/Middle Eastern Food) 922 La-Porte Road, Waterloo -----232-5771

Grocery Shopping – Ethnic Food

Europa Market – 301 W 5th Street, Waterloo -----236-1078

Kim's Oriental Foods – 208 Main Street, Cedar Falls -----277-8568

La Chiquita Mexican Store and Restaurant – 301 E 4th St., Waterloo -----235-2947

Nana's Oriental Grocery Store – 521 Lafayette St., Waterloo -----833-0737

SuperTarget – 1501 East San Marnan Dr., Waterloo -----266-6500

RESTAURANTS

Sandwiches

AJ Pickerman's Sandwich Shoppe – 129 E Tower Park Drive, Waterloo --235-7148

The Blue Moon Café – 2223 College Street -----266-6512

Panera Bread– 6403 University Ave. (in front of Hy-Vee) -----553-0250

Pour Richard's – 2209 College St. -----277-0075

Sub City – 218 College St. Cedar Falls -----277-7071

Subway – 6822 University Ave. -----268-1774

1525 W. 1st St. Cedar Falls -----268-4225

Sports Bars

Applebee's Neighborhood Grill – 6301 University Ave. -----266-1814
Beck's Sports Grill – 3295 University Ave., Waterloo-----234-4333
Peppers Grill and Sports Pub– 620 E 18th St. Cedar Falls-----266-9394

Steak and Ribs

Bonanza Family Restaurant – 6406 University Ave.-----277-7556
Famous Dave's Bar-B-Que – 6222 University Ave. -----266-0200
Texas Roadhouse – 6301 University Ave. (College Square) -----266-3200

Italian

The Brown Bottle – 1111 Center St. -----266-2616
Olive Garden – 1315 E San Marnan Dr., Waterloo -----235-6494
Zio Johnno's Spaghetti House – 5312 University Ave.-----859-0111

Mexican

Carlos O'Kelly's – 6507 University Ave. -----277-1121
Diamond Dave's – College Square Mall-----277-3420
Hacienda Las Glorias – 2822 University Ave., Waterloo -----833-0705
Rudy's Tacos – 2401 Falls Ave., Waterloo-----234-5686
Pablo's Mexican Grill – 310 Main St. Cedar Falls -----277-8226

Chinese

China Wok – 123 E 18th St.-----277-8641
Grand China Buffet – 106 Brookeridge Dr., Waterloo -----833-8889
Great Wall – 2125 College St. -----277-8899
Hong Kong – 6306 University Ave. (across from College Square)-----266-4368
Quick Wok (drive-thru window) – 2936 University Ave., Waterloo -----236-2888
Gourmet Garden – 2915 McClain Drive-----268-1888
Imperial Palace Express – College Square Mall Food Court -----268-1686
Golden China – 2046 Ridgeway Av., Waterloo -----232-3928

German

Martin's Brandenburg Restaurant – 215 E Bremer Ave., Waverly-----352-9170

Jamaican

Cottonwood Canyon – 1806 Waterloo Road, Cedar Falls -----277-0730

Japanese

Tokyo Japanese Steak House – 146 Ridgeway Ave., Waterloo-----433-0999
SOHO Sushi Bar & DELI – 119 Main Street, Cedar Falls -----266-9995

Family

Happy Chef Restaurant – 1409 W 1st St. Cedar Falls -----266-9959
Village Inn Pancake House – 6301 University Ave. -----277-5551
Waffle Stop Grill – 904 Rainbow Drive Cedar Falls -----277-1729
Perkins Restaurant (24 hours) – 3280 University Ave., Waterloo-----235-6595
International House Of Pancake (IHOP) – 2009 Crossroads, Waterloo----287-4467

Upscale

The Olde Broom Factory Restaurant – 125 W 1st St.-----268-0877
Montage – 222 Main St. -----268-7222
Bourbon Street Restaurant & Voodoo Lounge – 314 Main St. -----266-5285
Ferrari's Ristorante – 1521 Technology Pkwy, Cedar Falls -----277-1385

Pizza (Dine-in and Delivery)

Godfather's Pizza – 1621 W 1st St. Cedar Falls -----277-7777
3811 University Ave., Waterloo-----235-7104
The Other's Place – 2214 College St.-----277-9720
Pizza Hut – 6130 University Ave. -----277-3661
1612 W. 1st Cedar Falls-----266-1300
Domino's Pizza – 6826 University Ave. -----277-3030
Papa John's Pizza – 1322 W 1st St. Cedar Falls-----277-7722
Papa Murphy's Take 'N' Bake Pizza – 1310 W 1st -----273-9999
Happy Joe's Pizza & Ice Cream Parlor Inc. – 4116 University Ave. -----266-7595
Davinci's Pizza – 4302 University Ave. -----277-7766

Fast Food

Burger King – College Square Mall-----266-1087
Hardee's Family Restaurant – 3110 University Ave., Waterloo -----235-1287
McDonald's Restaurants – 2515 Main St.-----266-6330
610 W 1st St. -----266-0677
Wendy's Old Fashioned Hamburgers – Black Hawk Village -----277-1765

Coffee Shops

Cup of Joe – 102 Main St.-----277-1596
Granny Annie's – 1724 W. 31 St. Cedar Falls-----277-4650
Roots Market – 2021 Main St. -----266-3801
Vibe Coffee House – 909 W 23rd St. -----268-8227

RELIGIOUS WORSHIP

Assembly of God

Glad Tidings Assembly of God – 4421 Hudson Rd. -----266-8982
Living Hope Assembly of God – 2513 Center St. -----277-2849

Baptist

Antioch Baptist Church – 426 Sumner, Waterloo-----233-2587
Cedar Heights Baptist Church – 2430 Neola-----277-3889
Greenhill Baptist Church – 4316 Cedar Heights Dr. -----266-0441
Valley View Baptist Church ABC – 815 Orchard Dr.-----266-8054
First Baptist Church – 7th and Main St.-----266-2655

Catholic

Blessed Sacrament – 650 Stephan Ave., Waterloo -----233-6179
St. Patrick Catholic Church – 705 Main Street-----266-3523
St. Stephen Student Center – 1019 W 23rd St.-----266-9863

Christian Churches of Christ

Cedar Falls Church of Christ – 2727 W 4th St.-----266-6763

Christian (Disciples of Christ)

First Christian Church – 1302 W 11th St. -----266-5959

Christian Science

First Church of Christ Scientist – 701 W 6th St. -----268-1240

Church of Christ

Church of Christ-Cedarloo – 3110 Loma St. -----266-5039

Church of Jesus Christ of Latter-day Saints

Church of Jesus Christ of Latter-Day Saints – 3006 Pleasant Drive-----266-6374

Christian Reformed

Orchard Hill Reformed Church – 1215 Elmridge Dr. -----266-9796

Community of Christ

Community of Christ – 4616 Cedar Heights Dr. -----277-4735

Episcopal

St. Luke’s Episcopal Church – 2410 Melrose Dr.-----277-8520

Islamic

Massjid Alnoor Islamic Community Center – 728 W 2nd St., Waterloo----233-6640

Jehovah’s Witnesses

Cedar Falls Congregation – 1530 Pleasant Valley Dr., Waterloo -----291-6838

Jewish

Sons of Jacob Synagogue – 411 Mitchell, Waterloo -----233-9448

Lutheran

Bethlehem Lutheran Church (ELCA) – 4000 Hudson Road -----266-3541

Nazareth Evangelical Lutheran Church – University and Main Street ----266-7589

Lutheran Student Center (ELCA) – 2616 College St. -----266-1653

College Hill Lutheran Church (MO SYNOD) – 2322 Olive St. -----266-1274

Methodist

First United Methodist Church – 723 Washington St. -----266-1713

St. Timothy’s United Methodist Church – 3220 Terrace Dr. -----266-0464

Non-Denominational

Cedar Falls Gospel Hall – 1302 Walnut St. -----277-8011

Orthodox Eastern

St. Demetrios’ Greek Orthodox Church – 613 W. 4th Waterloo-----232-4773

Presbyterian

Cedar Heights Presbyterian – 2015 Rainbow Drive-----268-0153

First Presbyterian – 902 Main St.-----277-3930

United Church of Christ

United Church of Christ – 9204 University Avenue-----266-9686

Wesleyan

Faith Wesleyan Church – 2nd and Walnut Streets -----266-0602

TRAVEL

Travel agencies

Humble Travel Services – 125 Main St. -----277-2202

Short’s Leisure Travel Service – 1203 Ridgeway Ave., Waterloo -----234-5577

The Travel Store – 1026 Alabar Plaza, Waterloo 233-3502 (1-800-835-0895 toll free)

Websites for ticket purchases

www.cheaptickets.com

www.travelocity.com

www.priceline.com

www.statravel.com

www.expedia.com

Travel by bus

Metropolitan Transit Authority – MET (local travel) - www.mettransit.org

1515 Blackhawk St., Waterloo -----234-5714

Trailways Bus Lines – 416 Sycamore, Waterloo-----234-2833

Transportation (Ryder) – 235 School Road, Waterloo-----291-4879

Airport Shuttle Service – 2121 Wright Brothers Blvd W., Cedar Rapids----365-0655

You can make a shuttle reservation from Cedar Falls to Cedar Rapids, which will cost you about \$100 and should be made 24 hours in advance.

Airports

Eastern Iowa Airport

2121 Arthur Collins Parkway SW., Cedar Rapids-- 363-2704 (1-800-523-1100)

Waterloo Regional Airport

2790 Livingston Lane, Waterloo ----- 291-4483 (1-800-283-4483)

Airlines

Northwest Airlines-----1-800-225-2525

American Airlines-----1-800-433-7300

TRANSPORTATION

Local bus service

Metropolitan Transit Authority (MET) - www.mettransit.org

Cedar Falls/Waterloo Bus Service-----234-5714 or 234-5713

UNI Panther Shuttle – Only during winter months, free to UNI’s students -273-2650

http://www.vpaf.uni.edu/pubsaf/parking_division/shuttle.shtml

Taxi cabs

Kip’s Yellow Cab – 110 W 14th St., Waterloo -----234-3535

Metro Taxi Inc – 835 W 5th St., Waterloo-----234-8294

Automobile rental

To rent a vehicle, a student must be at least 21 years of age, have a current license (Iowa or international), and have a major credit card.

Avis Rent-A-Car – Municipal Airport, Waterloo ----- 233-1111 (1-800-831-2847)

Dan Deery Rental and Leasing – 7404 University Ave. -----277-1148

Enterprise Rent-A-Car – 4728 University Ave.-----266-8600 (1-800-736-8222)

Jurries Automotive – 2009 Commercial St., Waterloo -----234-2877

Automobile leasing

Community Chevrolet-Buick-Cadillac – 4521 University Ave.-----277-5010

Dan Deery Motor Co. – 7404 University Ave. -----277-4500

Holdiman Motor Inc. – 4325 University Ave. -----277-1210

Witham Auto Centers – 4617 University Ave. -----277-8123

Rydell Chevrolet Inc – 1325 San Marnan Dr., Waterloo -----234-4601

Owning and operating a vehicle

Motor Vehicle Information Center -----1-800-532-1121

Information about Iowa license, registration, title, and all auto-related matters.

Iowa Drivers License – 103 Crossroads Shopping Centers, Waterloo-----235-0902

An Iowa License is not required for international students who have a valid license from their country, but it is recommended that you obtain an Iowa Driver’s license if you will drive on a regular basis. An Iowa license can be obtained from the Iowa Driver’s License Center in the Crossroads Shopping Center, Waterloo. Documents needed for a license are: 1) Passport (visa), 2) Original I-94, 3) Original I-20, and 4) Social Security Card (if you have one). You can download Iowa Driver’s Manual here: <http://www.iamvd.com/ods/dlmanual.htm>

The first step is to take a written test covering Iowa road regulations found in the Iowa Driver’s Manual, which can be obtained at the Crossroad’s location. After passing this test, a driving test must be successfully completed. Finally, before receiving your license, a vision test must be taken.

Vehicle Registration – Courthouse, 316 E 5th St., Waterloo-----833-3013
Vehicle registration is required and can be purchased from the Black Hawk County
Treasurer’s Office – 316 E. 5th St., Waterloo (833-3013)

Purchasing a car

Buying from an independent individual

The advantage of buying from a person instead of a dealer is that it is often cheaper than buying from the dealership. On the other hand, the disadvantage is that there is no warranty on the car at the time of purchase. To purchase from an individual, look for good bargains advertised in the *Waterloo/Cedar Falls Courier and the HomeTowner*.

Auto Dealers - New Cars

Rydell Chevrolet Inc. – 1325 E San Marnan Dr., Waterloo -----234-4601
Holdiman Motor Inc. – 4325 University Ave. -----277-1210
Community Chevrolet-Buick-Cadillac – 4521 University Ave. -----277-5010
Community Honda – 4030 Lowes Blvd., Waterloo-----234-5800
Dan Deery Motor Co. – 7404 University Ave. -----277-4500
John Deery Motors – 6823 University Ave. -----277-6200
Dick Witham – 4617 University Ave. -----277-8123

Auto Dealers – Used Cars

Community II – 7000 University Ave. -----273-8700
Community Motor Co. Inc. – 4521 University Ave. -----277-5010
C & S Car Company – 812 Washington St.-----291-7321
Dan Deery Motor – 7404 University Ave.-----277-4500
John Deery Motor – 6823 University Ave.-----277-6200
Holdiman Motor Inc. – 4325 University Ave. -----277-1210
Jerry’s Auto – 5803 Waverly Rd. -----277-3496
R and C Company Auto Sales – 1828 Waterloo Rd.-----266-1111
Wheels Unlimited Auto Sales – 1602 Center St. -----277-2566
Witham Auto Centers – 4617 University Ave. -----277-8123

Car Insurance – Iowa law requires that all car owners have car insurance.

These companies require that you must have or be getting an Iowa Driver’s License:

Allied Insurance – 226 Main St., Cedar Falls-----268-2034
State Farm Insurance (Monte McCunniff) – 1708 State St., Cedar Falls----266-7533

These companies accept an international driver’s license, but there is an extra charge:

American Family Inc. (Steve Ober) – 114 W 4th St., Cedar Falls -----277-2056
Pedersen Dowie Clabby and McCausland
3927 University Ave., Waterloo -----234-8888

Car Maintenance

Specific problems can be handled by either general mechanics or specialized care centers:

Dealerships Maintenance Repair Centers -----	(see Yellow Pages)
Ericson Automotive – 9032 University Ave. -----	277-1070
Schuerman’s Auto Repair – 1505 W 1 st St., Cedar Falls-----	277-5343
Tandem Tire and Auto Service – 122 W 1 st St., Cedar Falls -----	268-0438

LIVING OFF CAMPUS

Local Apartments

Numerous options exist for off-campus facilities. Large and small apartment buildings and rooms in private homes are available. Listings can be found in local papers, a bulletin board at the Union, or the www.uni.edu/studentorgs/nisg/ apartment listing.

Utilities

Cedar Falls Utilities – Utility Parkway -----	266-1761
Natural gas, Internet, cable, electricity, and water.	
Mediacom Cable Hook-up – 4010 Alexandra Dr., Waterloo.-----	1-800-332-0245

Furniture Rental Companies

Rent-all – 906 Franklin St., Waterloo -----	235-7368
Furniture & More (Rentalworld) – 1419 Logan Ave., Waterloo -----	234-7617
Rentown – Logan Plaza 2062 Logan Ave., Waterloo -----	236-1327

Buying New Furnishings

Leath Furniture – 5911 University Ave. -----	277-2620
Lebeda Mattress Factory – 4418 University Ave. -----	277-6278
McGowan’s Furniture (Futons) – 3754 W. Airline HWY, Waterloo-----	234-5575
McGregor Furniture Co. – 2410 Crossroads Blvd., Waterloo -----	234-7575
Simpson Furniture Co. – 515 Main St., Cedar Falls -----	266-3535
Simpson’s Factory Outlet – 2300 Main St.(discounted furniture).-----	268-6838

Buying used (second-hand) furnishings

East 4th St. Furniture – 619 E 4 th St., Waterloo-----	236-6149
Furniture & More – 1419 Logan Ave., Waterloo -----	234-7617
Twice Used – 923 West 3 rd St., Waterloo -----	234-6863
Goodwill Store – 4302 University Ave.-----	277-0040
St. Vincent De Paul Thrift Shop – 203 Main St., Cedar Falls-----	277-6554
Gilgen’s Consignment Furnishings – 115 W 16 th St., Cedar Falls -----	266-5152

Temporary lodging

American Lodge & Suites – 5818 Nordic Drive, Cedar Falls-----	277-6166
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Black Hawk Hotel & Motor Inn – 115 Main St., Cedar Falls-----	277-1161
Country Inn & Suites – 2910 South Main St., Cedar Falls-----	268-1800
Holiday Inn – 5826 University Ave. -----	277-2230
JLL Extended Stay Inn – 4410 University Ave.-----	277-1550
University Inn – 4711 University Ave. -----	277-1412
Travel Inn – 3350 University Ave., Waterloo -----	235-2165

Storage Facilities

Blue Line Moving and Storage – 5614 Nordic Dr. -----	266-3591
Cedar Falls Mini Storage – 4107 Horseshoe Dr. Street, Cedar Falls-----	277-1775
J & N Storage – 6701 Strayer Rd., Cedar Falls-----	988-4220
Midwest Mini Storage – Industrial Park, Cedar Falls -----	277-8856
University Self Storage – 6110 University Ave. -----	268-0471

COMMUNICATION

Phone Services

McLeod USA – www.mcleodusa.com -----	1-800-909-5161
Qwest – www.qwest.com (local & long distance) -----	1-800-244-1111
Masterbell – www.masterbell.com (phonecards)-----	1-800-219-6993
Zaptel – www.zaptel.com (phonecards)-----	1-877-LDCARDS
AT&T -----	1-800-222-0300

Prepaid phone cards can be purchased at:

University Book and Supply – 1009 W 23 rd St., Cedar Falls-----	266-7581
Copyworks – 2227 College St., Cedar Falls -----	266-2306
Wal-Mart – 525 Brandilynn Blvd. -----	277-6391

Cellular & Wireless Phones

Cingular – www.cingular.com -----	1-888-429-7222
I Wireless – 6301 University Ave. (College Square) www.iwireless.com ----	277-8249
Qwest Wireless – www.qwest.com -----	1-800-222-3772
US Cellular – College Square Mall www.uscellular.com -269-3500(1-888-944-9400)	
Verizon Wireless – 2807 University Av., Waterloo verizonwireless.com ----	236-0400

Copy, Duplicating Service

Copies Plus – 222 State St., Cedar Falls -----	266-3724
Copyworks – 2227 College St., Cedar Falls-----	266-2306
Parkade Printer – 315 Main St., Cedar Falls -----	277-4352
Rapids Reproductions – 6221 Chancellor Dr., Cedar Falls -----	277-5538
Staples – 1542 Flammang Dr., Waterloo-----	232-3700

Fax Transmission Service

Copies Plus – 222 State St., Cedar Falls -----266-3724
Copyworks – 2227 College St., Cedar Falls -----266-2306
Dickey’s Printing – 310 E 4th St., Waterloo-----234-1777
Sandee’s Ltd. – 1111 South St., Waterloo-----235-9770

U.S. post offices

Cedar Falls Post Office – 221 W 6th St. -----266-4734
Hy-Vee Food Store – College Square Shopping Center-----266-7535
University Book and Supply – 1009 W 23rd St.-----266-7581
Waterloo Main Post Office – 300 Sycamore St., Waterloo -----274-2200

Shipping Items

US Postal Service (USPS)/Cedar Falls Post Office – 221 W 6th St. -----266-4734
United Parcel Service (UPS) -----1-800-742-5877
Federal Express (FedEx) -----1-800-463-3339
Postal Plus – 1820 Williston Av., Waterloo -----233-5900

Newspapers

The Northern Iowan – UNI (twice-a-week during the school semesters) -----273-2157
Waterloo Courier – 501 Commercial St., Waterloo -----291-1400
Hometown – 1904 Main St., Cedar Falls www.wfcourier.com -----277-3300
Cedar Falls Times – 315 Main St. -----277-0536

ADDITIONAL RESOURCES

- UNI Programs and Courses Catalog
- UNI Phonebook
- www.uni.edu
- QwestDex Phonebook (qwestdex.com online yellow pages)
- Cedar Falls or UNI Library Reference Desk
- Cedar Falls Chamber of Commerce. www.cedarfalls.org
- **International Services Office – 273-6421**