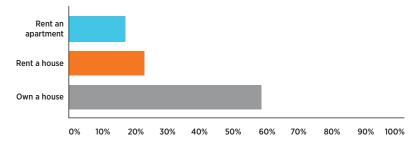
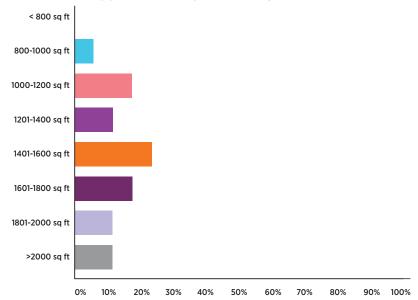
Williamsport Family Medicine Residency Community FAQ

1. Below are results of a recent housing survey of our residents.

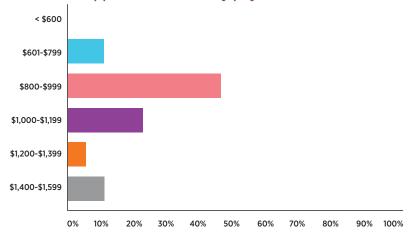
A. Where do our residents live?



B. What is the approximate square footage of our resident's house or apartment?



C. What is the approximate monthly payment for our resident's house or apartment?



2. What are some popular hangout spots for residents?

- **A.** <u>Bullfrog Brewery</u> **229 W. 4th St.:** This restaurant makes its own beer and has a nice menu with great appetizers (try the homemade chips), sandwiches, and dinner entrees, as well as an incredible brunch on Sunday. On Tuesdays, they offer Quizzo, the local trivia night, from 9 to 10:30 p.m.
- **B.** The Old Corner 328 Court St.: This restaurant has a relaxed atmosphere, cheap drinks, and a young, but non-college student crowd. There is a large wrap around bar with a ton of beers on tap. Outdoor seating is available.
- C. Barrel 135 135 W. 3rd St.: Small gastro-pub style bar/ restaurant with a lengthy list of unique martinis and cocktails. Try the Raspberry Explosion (it has Pop Rocks in it!). They also have outdoor seating and live music on the weekends. The food is excellent with an everchanging menu.
- D. Moon & Raven Public House 155 W. 4th St.: A traditional pub that is reminiscent of the finest quaint, Irish and English pubs. Great atmosphere, food, and conveniently located.
- E. <u>The Brickyard</u> **343 Pine St:** Arguably the best beer and burgers in town. Quizzo on Wednesday nights!
- F. New Trail Brewing Company 240 Arch St.: The tasting room is both family and dog-friendly. They offer a locally-sourced charcuterie basket, as well as rotating food truck service.
- G. <u>Therapy Brewing</u> 3978 Quaker Church Rd.: Co-owned by one of our former residents and current community preceptor, Dr. Quinn Kirk.

3. Who has the best local coffee?

Besides Starbucks and Dunkin Donuts, there is a locally-owned and operated coffee shop that is a favorite among residents — Alabaster Coffee Roster and Tea Company on Pine St.

Alabaster is an artisan coffee micro-roaster specializing in direct trade coffees. Grigg's Coffee is also popular with the local residents.

4. Are there any local places with great sushi or Thai food?

Yes, you can get sushi in Williamsport, and it's really good! <u>Ichiban Hibachi Grill</u> on E. 3rd St. has a friendly atmosphere with options to sit at the sushi bar or at one of four hibachi grills. <u>Hana Asian Bistro and Bar</u> is a similar sushi restaurant that also offers an all-you-can-eat menu. <u>Joy Thai</u>, located on 4th St., offers a large menu of authentic Thai food.

5. How can residents entertain children/family?

- A. Kaos Fun Zone Large complex with a restaurant/bar, bowling alley, arcade, laser tag arena, and trampoline park. The Liberty Arena is attached to this complex, which features two indoor soccer fields where people can play flag football, ultimate frisbee, baseball, softball, and soccer. There are also pitching lanes and batting cages available for rent. If you just want a spacious bowling alley with bowling leagues, head to Faxon Lanes instead.
- **B.** <u>Treasure Castle Playland</u> A church that has been converted into a giant indoor jungle gym on the main level and an arcade on the lower level. It is located just across the river in South Williamsport.
- C. Reptiland A local specialty zoo on Route 15 in Montgomery that is open year-round. The indoor exhibit gallery houses more than 40 species in recreated natural habitats. There is also a large outdoor animatronic dinosaur display. The average Reptiland visit takes 1.5 to 2.5 hours, but there is no limit to the length of a visit. Season passes are also available.
- D. <u>Hiawatha Paddlewheel Riverboat Cruise</u> Located in <u>Susquehanna State Park</u>, enjoy a fun cruise on this antique queen on the Susquehanna River.
- **E.** The Community Arts Center The CAC is located in the heart of the city and has been host to a number of magnificent performances, concerts, and plays that you'd expect in larger cities.
- **F.** The Community Theatre League Another wonderful venue for Broadway-quality plays, musicals, and concerts. One of our faculty, Dr. Tim Heilmann, has participated in a number of plays over the past few years!
- G. Local movie theaters include: <u>AMC</u>, <u>Regal</u>, and <u>Pike</u> <u>Drive-In Theater</u>.
- H. Popular local parks include: <u>James Short Park</u>, <u>Heshbon Park</u>, <u>Bruce Henry Park</u>, <u>Brandon Park</u>, <u>Memorial Park</u>, <u>Riverfront Park</u>, and <u>Indian Park</u>.
- **I.** <u>Hoopla's Family Fun and Grill</u> Arcades, mini-golf, mini-bowling, indoor jungle gym, and laser maze.
- J. Crosscutters Baseball Games Part of the MLB Draft League, the Crosscutters play at BB&T Ballpark (also known as Historic Bowman Field), located at 1700 W. 4th St. It is the second oldest minor league park in the U.S.! Tickets are \$8 for general admission.
- K. <u>Little League Baseball® Museum</u> Last, but certainly not least, Williamsport is home to the Little League Baseball® World Series. For two weeks every August, the world is watching the Little League World Series that is happening in our own back yard. Visiting the stadium complexes and museum is a must for both casual and avid fans alike.

6. Where can residents go to work out?

- **A.** River Valley Regional YMCA 641 Walnut St: Discounts available for residents and all UPMC employees.
- **B.** <u>Planet Fitness</u> 1020 Commerce Park Dr: A cheaper alternative with longer operating hours.
- **C.** Fitness Factory 330 Hughes St: Personal training and group exercises (including yoga and Zumba) available.
- D. <u>CrossFit Tried and True</u> 243 Grey Fox Dr.: Located in Montoursville, about a 20-minute drive from the hospital.
- E. <u>Milton Rock Gym</u> 45 S. Front St.: Large indoor rockclimbing gym.

7. Where can residents go biking?

- A. Pine Creek Trail The loveliest path around here. It is a perfect way to spend a weekend day. The bike path is 62+ miles long and composed of crushed stone. The quickest access point is 25 minutes away at the Whitetail Access area. There is another popular access point located about 40 minutes away in Blackwell. Bike north or south from there for spectacular biking. Biking north will bring you through the PA Grand Canyon. If you are interested in cooling off, there are places for innertube and canoe rentals along the path.
- **B.** Susquehanna River Walk and Timber Trail The river walk is a four-mile paved bikeway/walkway loop along the levee system in Williamsport and South Williamsport. The River Walk links with the Loyalsock Bikeway at Commerce Park Drive, making it easy to extend your run, walk, or bike ride.

8. What are some popular local hiking/running trails?

- A. Riverfront Park and Canfield Island There is a small island with a 0.5 mile gravel loop trail around an open field, surrounded by trees. This is a neat place for an easy stroll or run if you're looking for a flat surface away from the city. The island was an archeological site that is believed to have been inhabited by Native Americans as far back as 3000 BC.
- **B.** Rider Park 867 acres of protected land available to the public for hiking, trail running, mountain biking, cross country skiing, and other low impact recreational activities. The park offers 15 miles of major and secondary trails leading to three breathtaking vistas. Choose from four major trails appropriate for various fitness levels from the 0.5-mile Kennedy Trail with its 252-ft. vertical rise to the 3.6-mile Cheryl Trail with a 560-ft. vertical rise.
- C. Jacoby Run Falls An easy out and back three-mile trail that features a waterfall at the end. Not too far from town and only takes about two hours to complete at a leisurely pace. It can be overgrown at times, so make sure to wear long pants.
- D. <u>Pine Creek Gorge</u> a.k.a. "The PA Grand Canyon" This 47-mile-long canyon starting in the north near Wellsboro

- and traveling south to Jersey Shore is about a 25-minute drive west from Williamsport. You can work your way up the creek along PA-44 and PA-414. All along the way there are access points for hiking, biking, or kayaking. There is a 57-mile-long hard-packed gravel trail that travels along the creek in the center of the gorge from Jersey Shore up to Ansonia that was voted by USA Today as one the 10 best places to take a bike tour. This is a great activity in the fall when the leaves are changing. It's just a 2% grade, perfect for beginners. Within Pine Creek area is access to a nice day hike trail called the **Golden Eagle Trail**, which is a great 9-mile loop with multiple vistas. Give yourself about 6 hours as this hike has some strenuous climbs, reaching an elevation of over 2200 ft.
- E. Loyalsock Trail This nearly 60-mile trail is a wilderness footpath that parallels the Lycoming Creek north of Williamsport. While it would take a week to do the whole trail, there are routes available that can be done in a weekend or even half a day. The easiest to do is the Haystack/Dutchman Falls portion to the eastern end of the trail. This section has everything from waterfalls to a section of rapids along the creek created by giant boulders. The hike is about 4.5 miles with 600 ft. elevation and can be done as either a loop or out and back hike.
- F. Rickett's Glenn A bit of a drive (45 minutes), but well worth it. Rickett's Glenn is best known for its 8-mile waterfall loop trail. There are 19 unique waterfalls, the tallest of which is 90+ ft. It's a difficult hike in the winter/early spring, but well worth the sight of thawing waterfalls. At the top, there is a 245-acre lake available for swimming, fishing, boating. Ice fishing is allowed in the winter, as well as cross country skiing and snowmobiling.

9. Does Williamsport have an airport?

No, but the good news is there are multiple airports within a two-hour drive from Williamsport, including <u>University Park</u>
<u>Airport</u>, <u>Wilkes-Barre/Scranton International Airport</u>,
<u>Harrisburg International Airport</u>, and <u>Elmira/Corning Regional Airport</u>. The <u>Philadelphia International Airport</u> is about a three-hour drive from Williamsport.

10. What are some local places to go shopping?

- A. Grocery stores Wegman's, Weis, Giant, Aldi
- B. Department Stores Kohl's, T.J. Maxx
- C. Big Box Stores Target, Walmart, Sam's Club, Big Lots
- D. Local Stores There also several locally-owned clothing shops and boutiques, including: <u>Rust & Shine</u>, The Clothier, <u>Executive Level Limited</u>, <u>Patinaz</u>, and <u>Gustonian Gifts</u>.
- E. Home Improvement Lowe's, Ace Hardware, East End Lumber, Lezzer Lumber, Your Building Centers, Lumber Liquidators