

REU Summer Guidebook

**UNIVERSITY OF MARYLAND
CENTER FOR ENVIRONMENTAL SCIENCE**

**CHESAPEAKE BIOLOGICAL LABORATORY &
HORN POINT LABORATORY**



CHECK LIST OF ITEMS TO BRING FOR YOUR SUMMER AT THE LABS

CLOTHING

- ✓ Sturdy casual clothing: jeans, light pants, shorts, t-shirts, etc. Dress is of course informal at the labs, but please keep in mind you are in an office setting, so casual is fine, but appropriate is required. Laboratory dress code regulations must be followed. Also, bring at least one nice outfit to wear when you are giving your presentations and at some meetings we will attend. Consider this to be business casual (e.g. nice pants and collared shirts for men and nice blouse/shirt and pants or skirt for women).
- ✓ Although summers are hot and humid, some warm clothing such as sweat shirt, jacket or wind breaker, sweater, etc., are often needed. It can still be cool in May, particularly on our research cruise during the first week.
- ✓ Rain gear - a must, as is a good sun hat, also sunglasses.
- ✓ Shoes or sneakers suitable for shipboard (that is, wettable and CLOSED TOE) plus regular shoes and sandals and shoes for wearing in the water (tevas, watershoes, old sneakers).
- ✓ Bathing suit.
- ✓ If you plan an excursion to Washington, D.C. or elsewhere, you may wish to bring some "better" clothing.

OTHER ITEMS

- ✓ Don't forget your camera! Also, fishing rods, tennis rackets, frisbees, volleyballs, etc.
- ✓ Seasickness -- if you get seasick (or think you might), bring Bonine or Dramamine. For most people, the TransDermScop ear patch works best, but it is a prescription item.
- ✓ Sunscreen -- nothing will put a crimp in your day like a bad sunburn, and the Bay is the place to get one! Do not forget good (SF 12 to 30) waterproof sunscreen.
- ✓ Insect repellent -- there are rumors of a mosquito or two in Maryland. Be prepared!
- ✓ Linens, a light bedspread, pillow, and towels will be supplied at CBL and HPL (you may want to bring a beach towel also for both labs).
- ✓ Washer/Dryers are provided at HPL and CBL. You will need to supply detergent.
- ✓ You may want to bring a bicycle with you. Please let us know in advance if you plan to bring or ship a bike.
- ✓ Both labs have wireless internet access in the dorms. You should be able to access the internet from either your room and/or the dorm common room. In addition, both labs have computers labs for your use, if you are not bringing your own laptop.
- ✓ CBL is equipped with cable and a DVD player and has good television and cell phone reception. There is limited television and cell phone reception at HPL, however, there is a DVD player if you wish to bring DVDs or join NetFlix while at HPL for the summer.

CHESAPEAKE BIOLOGICAL LABORATORY

146 Williams Street, PO Box 38, Solomons, MD 20688

General Number (410) 326-4281; Dormitory (410) 326-7423 and -7338

CAMPUS

Detailed information about Chesapeake Biological Lab can be found at <http://www.umces.edu/cbl>. All REU fellows that are conducting research at the Chesapeake Biological Laboratory (CBL) will be housed in single and double dormitory rooms on the second floor of Nice Hall on the CBL campus. There is a common room on the second floor for the students to use and a full kitchen in the basement. Community use computers are in the basement.

WELCOME TO CBL'S NICE HALL

Common Room

The common room on the second floor of Nice Hall is open 24 hours and cable television is available. As a courtesy to other guests, please maintain reasonable quiet while staying in the dorms.

Housekeeping Service

CBL provides 2 sets of bed linens, a blanket, comforter & pillow and two sets of towels. Laundering of bedding & towels is the responsibility of the students. Laundry facilities are provided within Nice Hall. Students are responsible for damaged or misplaced linens.

Please store all of your personal items in your room, not in the bathrooms or showers. Items left in the bathrooms will be thrown away each day by housekeeping staff.

Keys

Your room key opens the door to your room as well as the outside door to Nice Hall. Should you lose your room key, we will assess a \$25 charge for a replacement. This is for your safety and protection.

Kitchen

Each REU student is provided with his or her own locking food cupboard. A REU Pantry is fully stocked with cooking equipment, utensils, dishes and silverware. The kitchen provides a full array of cooking appliances (oven, stove, microwave, toasters, blenders, coffee maker & crockpots) as well as a refrigerator for REU use only and a dishwasher.

You are expected to keep the kitchen clean and tidy.

The CBL maintenance staff does not clean up after you. Please be considerate of ALL others using the kitchen facilities. Slovenly behavior will result in the loss of kitchen privileges. During the week, the maintenance staff will empty kitchen trash daily. On weekends, REU students MUST take the trash to the dumpster daily. Lack of doing so will result in pests in the kitchen.

Phone

There are no phones in the dormitory rooms. If you did not bring a cell phone and need assistance making phone calls, see Stacy Hutchinson.

Regulations

There are certain established policies within the residence hall, some of which are determined by State law. While on campus, the following rules are non-negotiable. Disregard for these rules will result in your removal from campus.

1. Sell, use, or possess illegal drugs.
2. Use or possess alcoholic beverages.
3. Sell alcoholic beverages.
4. Cook or keep appliances in your room. The kitchen, located in the basement of Nice Hall, is open 24 hours.
5. Keep pets, unless service animal arrangements have been made in advance.
6. Smoke in any University Building.

7. Use a candle or other open flames in your room.
8. Play music/TV loudly after 11:00 PM.
9. Gamble.
10. Leave windows open while heating/AC is on or while you are away for extended periods.

OTHER CBL INFORMATION

Computers

Each dorm room has one computer jack. The entire campus is Wi-Fi. There are communal use computers in various campus locations. Your mentor will inform you about use of computers in their labs and offices. Information about computers and accounts will be presented at orientation.

Copy Machines

Your mentor will provide you with an access code for copying.

Library Cards

You will attend a library introduction and receive your library cards during orientation.

Laundry Facilities

Nice Hall is equipped with a washer and dryer.

Mail

Your mail will be left in the mailbox labeled with your mentor's name in the Mansueti Building.

Stamps

You may obtain stamps at the Solomon's Post Office in the Patuxent Plaza Shopping Center. There is a mail drop box in the Mansueti Building for outgoing mail that may be used Monday - Friday.

Parking Permits

Parking is free at CBL and no permit is required. If you plan to have a car at CBL, we will ask you for your license plate number and the vehicle make and model so we can notify you if there is an issue or your car needs moved.

Security

Please keep your room door locked and your key with you at all times. The University of Maryland and the Chesapeake Biological Laboratory assume no responsibility for loss and/or damage to a resident's personal property, regardless of the cause of loss. **LOCKED OUT???** Between the hours of 8:00 am and 5:00 pm, go to the Maintenance Facility or call ext. 333. Between 5:00 pm and 8:00 am if you are locked out of your office, laboratory, or dormitory, please call the off-hour emergency number – 410-326-7333 – or the student liaison. There is a fee charged for after-hour unlocks.

Laboratory Safety

The University of Maryland Center for Environmental Science (UMCES) recognizes the responsibility of protecting the safety and welfare of our campus communities and visitors. **Hazard Communication** (HC) is also termed the Employee **Right to Know Law** (RTK). You have a Right to Know about the hazards that you might encounter on the job. Employees who work with or around hazardous material must have some knowledge of the materials and have a right to understand how the materials can hurt them and how to protect themselves from such harm. There is an online safety document you need to complete within the first week of your stay. Please contact umces-safety@umces.edu and the appropriate document will be sent to you. If you need to work in the lab or the field during off hours please let someone know where you are going and how long you expect to be. If you do not return or contact that person within that time frame they should come and look for you. Accidents are not planned - having a Buddy System will help ensure you have a safe and enjoyable summer.

Bicycle Storage

Several bicycle racks are located throughout the campus to safely secure your bicycles.

Fitness

CBL has the river to swim in and a safe community for walking and running. Summer membership may be available at St. Mary's College's recreation center (with pool) and the College of Southern Maryland Recreation Center.

CBL In-House Emergency Telephone Numbers

FOR AFTER HOUR EMERGENCIES DIAL EXT. 333 or dial 410-326-7333 from any telephone. Please reserve use of this number for true emergencies affecting physical plant, which include flooding, property damage, or power and/or equipment failures. The emergency number provides a list of personnel contacts, which redirects your call to the home telephone of the personnel contact you have selected.

Safety Information

As you check in to Nice Hall and the other facilities at CBL, please familiarize yourself with the different exits in your building. In case of fire, or if you smell smoke, pull the nearest fire alarm, try to notify others and leave the building quickly.

Do not ignore fire alarms!!! If you are in your room, and smoke is not present, close your window. Feel your door before opening it, and do not open if it is hot. Seal the cracks around it with whatever is handy, and hang a sheet or jacket out the window to attract attention. If the door is not hot, open it very carefully. If the hall is free from smoke and heat, lock your door and exit by the closest exit.

If necessary for safe exit, there are fire escape stairs at the end of the building.

Move quickly by crawling when escaping through a smoke filled corridor. Place a wet cloth over your face and head. Once outside, move away from the building and any vehicle traffic. Do not re-enter the building until police or fire fighters say it is safe, even if the fire alarm has stopped. Note: The building fire alarm systems do not automatically notify the local fire department or police. Local authorities should be notified by calling 911 (do this from a safe location).

AROUND TOWN

Everything you need to know about Solomons, including where to eat, shop, what to do, etc. can be found on the Calvert County tourism website: <http://choosecalvert.com/> or the Solomons Business website: <http://www.solomonsmaryland.com/business-directory/restaurants-and-dining/>.

Farmer's Market

Calvert County Farmers' Market - Solomons Riverwalk north of Pavilion, adjacent to Solomons Island Rd.
Thursday: 4:00 p.m. to 8:00 p.m. May 5 - November 17 (410) 535-4583

Hospitals

Calvert Memorial Hospital - 100 Hospital Road, Prince Frederick, MD (410-535-4000)
Solomons Urgent Care Ctr - 14090 S Solomons Island Rd, Solomons, MD (410-535-4000)

SOME THOUGHTS FROM A FORMER CBL REU

My first impression of Solomons Island and CBL was fabulous! I fell in love with the place at first sight!! I miss the island, the people, and the Tiki Bar everyday! I loved the life there because you could easily find social things to do or find a quiet getaway if needed.

The weekends were spent sunning on the Pier, going to a movie in the nearby town, driving into D.C. (only about an hour away!!) or walking around the island shopping and exploring. Honestly, I don't have enough words to even justify how much I enjoyed my time there and the Island and all its life.

All the professors are super cool- some of them will even join you at the Tiki Bar for happy hour!! One of my favorite aspects of the island is that you can walk just about everywhere. With the exception of laundry and food shopping day, just about every other thing to do is within walking distance which is fabulous because if you don't have a car, you won't be in any crutch.

What more can I say about it? The views are spectacular, 4th of July was awesome with a fireworks display shooting off from a boat in the middle of the River, the people are fabulous, one of the BEST Italian restaurants is there (a bit expensive, but VERY worth it!!)... I love the place!! It was by far one of the best times in one of the best places that I've had in my life.

Like I said earlier, I couldn't have enough positive praise to describe this place.

HORN POINT LABORATORY

2020 Horns Point Road, Cambridge, MD 21613
General Number (410) 228-8200; Dormitory (410) 221-8214

CAMPUS

Detailed information about Horn Point Lab can be found at <http://www.umces.edu/hpl> (My HPL), which you can access once you have an HPL address or a password. All REU fellows that are conducting research at the Horn Point Laboratory (HPL) will be housed in double dormitory rooms at the HPL Acorn dormitory. There is a common room and kitchen/eating area for the students to use. REUs are provided with their own refrigerator to share among themselves.

Welcome to HPL's Acorn Dorm

The following info and house rules apply to everyone staying in the dorm. With the number of people sharing communal living quarters, common courtesy and common sense is a required necessity! Please be courteous of others living and working in these dorms. A layout of Acorn Dorm can be found at HPL's website at the following address: <http://www.umces.edu/hpl/hpl-dormitory>.

Common Room

The common room is open 24 hours. As a courtesy to other guests, please maintain reasonably quiet while staying in the dorms.

Deck

The dorm deck is available for all residents to sit and enjoy the view. Please keep the deck and deck furniture clear of sporting equipment so that it is free for the resident's use. BIKES can be parked undercover on the walkway of the ramp entrance to the dorm as long as they do not block access to the ramp and doors. Any bikes that cannot be accommodated in this area must be parked on the grass, or in individual dorm rooms. Dive wear/ equipment should be stored in individual dorm rooms. If you need to dry out wet suits, booties, gloves, towels, etc. go ahead and drape them over the railings around the dorm overnight (or into the next day if necessary) but please don't use the deck and deck furniture as long term storage.

Dormitory Room

1. You are responsible for keeping your room clean and neat.
2. Any changes to the room must be approved and implemented by the Custodial Services Dept. Do not block air vents or ducts, install locks on dorm or windows, apply paint or paneling to any surface, or construct room partitions.
3. Bathrooms are for the use of all residents. Do not leave personal items in them.
4. The use of cooking appliances (hot plates, toasters, microwaves, etc.) in living quarters is prohibited.
5. Privately owned air conditions are prohibited.
6. Do not take the bunk beds apart.
7. Do not remove desk lamps from desks.
8. Keep your key with you at all times and lock your door when leaving the building.
9. Dorm rooms are not equipped with cable however there is cable in the common area.

There are 2 settings for your door lock. One is when the button is pushed in and button ridge is oriented vertically (I). In this position the door will unlock every time the door knob is turned. However, when the button is pushed in and the ridge is oriented horizontally (-) the lock is in the permanent position, and you must twist the button until it is in the vertical position and pops out to unlock the door. Please keep your room door locked and your key with you at all times.

Fish

There are abundant fishing opportunities throughout the summer. Congratulations to those who find success. Unfortunately, as you all know, fish smell bad. Fish need to be cleaned outside, and all fish byproducts and waste (scales, bones, skin, guts, heads, etc) must be disposed of in the outside garbage cans. Please store any fishing equipment you have in your room. The presence of hooks, knives, scissors, etc., strewn around the deck is dangerous to unsuspecting bare feet, and to kids who are on the property throughout the summer.

General Use Living Areas

General use areas are scheduled for routine cleaning. However, please clean up after yourself as much as possible. Furniture may be moved around but not removed from the general use living areas. The common rooms are open 24 hours and cable television is available. As a courtesy to other guests, please maintain reasonably quiet while staying in the dorms.

Housekeeping Service

The housekeeping staff come in to clean once a week, time permitting. Their cleaning includes only the following specific areas:

1. Toilets - Toilets are scheduled to be cleaned daily by housekeeping and are cleaned for normal bodily functions only!
2. Bathrooms - Housekeeping will clean the sinks daily and the floors weekly, but their duties do NOT include showers, which are the responsibility of the residents.
3. Trash - Bathroom waste baskets and kitchen trash cans are emptied by housekeeping daily. Dorm residents are responsible for removing trash to the dumpster located next to the student parking lot as often as needed. Residents are also responsible for emptying waste baskets located in their respective rooms.
4. Common Areas - Housekeeping will periodically vacuum for normal messes/dirt in the kitchen, TV room, and hallways. They are not responsible, however, for cleanup after parties, cookouts or movie marathons. Again, residents are responsible for cleaning up after themselves.

No Indoor Sports!

NO indoor sports, please. Basketball, kickball, soccer, skateboarding, rollerblading, etc., are outdoor sports. The noise generated during these activities can be heard clearly through the walls and are very disturbing to the apartment residents.

Keep It Clean

Wipe down tables and counters after preparing or eating meals. Take out the garbage when it is full. Sweep or mop up messes and spills in the kitchen. Use the dishwasher, and not the sink for dirty dishes. When the dishwasher is full, put some soap in it and clean a load of dishes. If the dishwasher is full of clean dishes, put them away. If you have enough time to prepare your food and eat it, make sure you take the time to clean up your mess. Everyone who uses the common rooms needs to participate in keeping them clean for all the residents.

Keys

You will receive keys to your room, your lab and the main building when you arrive at HPL. Your dorm key will also open the main doors to Acorn dormitory.

Kitchen

Food may be stored and prepared in the kitchen only. Safety and sanitation considerations require that appliances, dishes and utensils be cleaned and stored only in the kitchen area. You are responsible for washing and storing all appliances, dishes, and utensils used in the preparation and consumption of food.

There are two refrigerators provided for the REU students to share. Cooking and eating utensils and dishes are provided. Each REU student will be provided with a cabinet located in the kitchen with their name on it, to store food. Please only use cabinet with your name as space is limited. Also, remember you are sharing refrigerators as well. Please keep up with dated food, and clean your area when you prepare food in the kitchen. **You are expected to keep the kitchen clean and tidy.**

Laundry Facilities

The washers and dryers are for the use of the dorm residents only. Please provide your own laundry detergent. The basic rules to using these conveniences are:

1. Clean the line traps before drying a load of laundry, or the dryers will burn out and no one will be able to use them.
2. Clothing/cloth items only. This means NO SHOES as it damages the machines.
3. Do your laundry when you're there to empty the machines. There are a lot of people with a lot of laundry, and your wet/dry laundry sitting unattended shouldn't inconvenience anyone.

Linens

All linens are supplied.

Parking

Parking is free and is available in the gravel lot off the side of the dorm, and along the driveway to the front of the dorm. No special parking stickers required. The entire cement area near the kitchen entrance is HANDICAPPED parking only! This is state law, so please refrain from occupying this space for any reason (loading, unloading, washing your car, etc.) as well as blocking the driveway leading to the handicap parking space.

Phone

Each dorm room has its own phone with its own phone number that can receive incoming calls. You will be given the phone number when you are assigned a room. You may want to bring an answering machine for your dorm room phone. You can receive incoming calls, however, will need a phone card to make personal long distance calls from any campus phones. There is also a general dorm phone in the common room, the number is: 410-221-8214. If you have a cell phone, you might want to check with your provider about access and rates for Cambridge, MD. It is often difficult to get reliable cell phone service at the lab.

Quiet

The walls and floors are hollow. You will be surprised and possibly annoyed by the amount of noise that people can make just by walking around in the dorm. Tread lightly late at night, close doors softly, and keep TV and stereo volumes down after 10:00 pm. There are two apartments directly on the other side of the VERY thin wall where the TV set is located. Please be respectful of the noise level (including outdoors between the dorm and the cove, where the apartment windows are located) after 10:00 so everyone has a chance to get adequate, well deserved rest.

Recycling

Recycling bins are provided and located on the front porch of the dorm. Accumulation of recyclables attracts critters that the dorm can do without. If you're going to be environmentally responsible, be responsible for the disposal of the recycling as well. Please DO NOT leave recycling on kitchen counters.

Smoking

All buildings on campus are non-smoking buildings. This is State law. Furthermore, the ventilation system in the dorm connects all the rooms in the dorm. Therefore, smoking in one room, even after hours, and even with the door closed, can be detected by anyone breathing through their nose. Smokers are welcome to indulge on the dorm deck, where a sand bucket for cigarette butts is provided. Please dispose of your butts in the sand bucket or trash cans, and not the grass, deck or parking areas.

Temperature

Please do not open your windows or adjust the thermostats. Thermostats are located near the door, in rooms at the end of the hall furthest from the kitchen. The temperature control for ALL the rooms and hallways for each floor are controlled by thermostats in these rooms. This means that if you open your window to cool your room down, the rest of the floor gets progressively hotter because the thermostat thinks ALL the rooms are as cool as yours and turns off the AC for all the rooms. If your room temperature is uncomfortable or unbearable, you need to let someone (housekeeping or maintenance) know so that a solution to the problem can be formulated without making the rest of the hall residents miserable.

HPL DORMITORY SAFETY & SECURITY REGULATIONS/GUIDELINES

Fire:

Fireworks, firearms, lighted candles, gasoline, kerosene and other flammable fuels and their containers are prohibited.

Familiarize yourself with emergency telephone numbers and the location of exits.

If the smoke detector sounds or you see fire or smell smoke, pull the fire alarm. Do not attempt to put out the fire unless you know how to use an extinguisher for a small fire. Large fires – leave the building. Call 911.

If you suspect a fire, do not leave the room if the door knob is warm to the touch. Place a towel or clothing to block the space at the bottom of the door and go to a window to be visible to rescue personnel. If possible, open the window at the top and bottom to let smoke out and air in.

Never tamper with sprinklers, pipes, pipe coverings. Do not hang objects from them or place furnishings or decorations near them.

General

1. There is no smoking in the dormitory or any building on campus.

2. Alcohol may be stored and used only with specific permission of the Director of HPL.
3. Do not change thermostats.
4. Cats, dogs, birds, fish and other animals are prohibited in the building. Guide dogs for visually or hearing impaired individual are permitted.
5. When trashcans are full, please bag the trash and leave it in the garbage cans provided on the front porch. Food may be stored and prepared only in the kitchen.
6. The occupant is responsible for washing and storing appliances, dishes, and utensils used in the preparation of food.
7. General areas will be routinely cleaned. Each occupant should leave the premises as they found it.
8. Furniture may not be removed from the general use areas.
9. Do not leave personal items in the bathrooms.

Injury

If someone is injured and needs an ambulance, call 911. 911 can be dialed from any campus extension by first dialing a 9 to get an outside line.

Law Enforcement

If you notice cars or people on campus that obviously don't belong here, and if there is an urgent danger, and you need to contact a law enforcement agency, call the Dorchester Sheriff's Office at (410) 228-4141.

Lockouts

The official procedure for a resident lockout is:

1. Call the HPL dorm resident at x8260. If the dorm resident is not available, call the off campus person @ 410-221-8300.
2. If you cannot reach someone to let you into your room, or you don't want to wait until they can get back to you, call a local locksmith and pay to have your room unlocked **AT YOUR OWN EXPENSE**. Dorm and lab building lockouts, when equipment or personnel are not at risk, are considered inconveniences, **NOT EMERGENCIES**, and you may have to wait the better part of a day, on a weekend, if the on duty security person is off campus or out of town. Key One in Easton: 410-820-4419
3. If you cannot reach a security person, and immediate access to your room is necessary for your health (i.e. life-preserving medication such as insulin, asthma inhaler, etc.), call 410-221-8300. In Case of Emergency (9-911).

When to Call Maintenance (On Call Personnel)

After Hours/Weekends: On call maintenance personnel should be contacted (410-221-8300) to respond to the campus in the event of an **EMERGENCY** which would cause personal injury, machinery or property damage or jeopardize research. This does **NOT** include lockouts.

Severe Weather Plan

Please note where you should take shelter should a tornado warning be given for Dorchester County.

Very little notice is usually given for a tornado and damage can be severe. Tornadoes can last for several seconds or more than an hour, but most last less than 10 minutes. A waterspout is a tornado over water but isn't recorded until it hits land. A tornado **"*watch*"** means a tornado is possible. A tornado **"*warning*"** means a tornado has been sighted and to take shelter quickly. Individuals in a building should stay inside and seek shelter in place in an interior room without outside walls or windows and on the lowest level of the building. The following are the recommended shelter sites for each of our buildings:

Center Administration - basement. The basement remains unlocked at all times and is accessible from the car ramp at the end of the building.

Coastal Science Building - bathrooms or the kitchen and close the doors. The interior labs in Coastal Science are not recommended due to the storage of hazardous chemicals.

Morris Marine Building - center block of offices or bathrooms and close the doors.

AREL Building - first floor restrooms or housekeeping closet.

IAN Building - Center Administration basement.

Environmental Ed - inner most room and close the doors, or Center Administration basement.

Maintenance - carpentry or paint shop area.

Emergency Preparedness Plan Information

<http://www.umces.edu/sites/default/files/hpl/pdfs/2015%20Disaster%20Preparedness%20Plan.pdf>

Hazardous Materials, Radioactive Spills, Fire, Health Emergencies, Weather Emergencies, Violence, Active Shooter, E- 2 Campus Alert, Important Phone Numbers

Safety Policies and Procedures: <http://www.hpl.umces.edu/safety/>

OTHER HPL INFORMATION

Computers

There are 2 computer hook-ups per dorm room. There are communal use computers in various campus locations. Your mentor will inform you about use of computers in their labs and offices. There are detailed computer use guidelines on My HPL. You are expected to read these and familiarize yourself with them. Information about computers and accounts will be presented at orientation. The contact person for computers at HPL is Patrick Maloney, IT director, at pmaloney@hpl.umces.edu.

Copy Machines

Your mentor will provide you with an access code for copying.

Printers

There are printers in the labs and elsewhere on campus for your use.

Library Cards

There is a library for your use at HPL. You will attend a library introduction and receive your library cards and access information during orientation at CBL.

Mail

You will have your own mailboxes located in the main building between the library and the lecture hall.

Fitness

The lab has a weight room with one treadmill. Cambridge has a YMCA with cardio and weight machines, free-weight room, basketball courts and new indoor pool. The phone number for the Dorchester County YMCA is 410.221.0505. Cambridge Multi-Sport Club does outdoor training for cycling, running and swimming in the summer and REUs are welcome to join the training sessions. The Cambridge Municipal outdoor pool is open for lap swimming during the week from 11am-12pm. Normally the pool charges admission, but the lap swimming time is free (no guards are officially on duty so it's 'swim at your own risk').

Safety

The University of Maryland Center for Environmental Science (UMCES) recognizes the responsibility of protecting the safety and welfare of our campus communities and visitors. **Hazard Communication** (HC) is also termed the Employee **Right to Know Law** (RTK). You have a Right to Know about the hazards that you might encounter on the job. Employees who work with or around hazardous material must have some knowledge of the materials and have a right to understand how the materials can hurt them and how to protect themselves from such harm. There is an online safety document you need to complete within the first week of your stay. Please contact umces-safety@umces.edu and the appropriate document will be sent to you. If you need to work in the lab or the field during off hours please let someone know where you are going and how long you expect to be. If you do not return or contact that person within that time frame they should come and look for you. Accidents are not planned - having a Buddy System will help ensure you have a safe and enjoyable summer.

AROUND TOWN

Banks

Bank Of The Eastern Shore - 1025 Washington St, Cambridge, MD (410) 221-0940
Bank Of The Eastern Shore - 301 Crusader Rd, Cambridge, MD (410) 228-5800
Bank Of America - 700 Sunburst Hwy, Cambridge, MD (410) 228-1916
Hebron Savings Bank - 6 Cedar St, Cambridge, MD (410) 228-9202
National Bank Of Cambridge - 803 Woods Rd, Cambridge, MD (410) 228-4100
National Bank Of Cambridge - 304 High St, Cambridge, MD (410) (410) 228-5600
Provident State Bank - 530 Poplar Street, Cambridge, MD (410) 228-1554

Sun Trust Bank - 403 Academy Street, Cambridge, MD (410) 228-8900
Talbot Bank Of Easton - 424 Dorchester Ave, Cambridge, MD (410-476-4407)

Dentists

Randall H Hiers DDS P.A. - 17 Franklin Street, Cambridge, MD 21613 (410) 228-4191
Jean J. Carlson, D.D.S. - 609 Locust Street Cambridge, MD 21613 (410) 228-7111

More dentists in Cambridge: <http://www.wellness.com/find/dentist/md/cambridge>

Dining

Bistro Poplar - 535 Poplar Street, Cambridge, MD (410-228-4884)
Canvasback Restaurant and Irish Pub, 420 Race Street, Cambridge, MD (410-221-7888)
Creek Deli - 106 Market Sq Cambridge, MD (410) 228-1161
Dairy Queen - 320 Sunburst Hwy, Cambridge, MD (410) 228-1680
The High Spot - 305 High Street, Cambridge, MD (410-228-7420)
Jimmie and Sook's Raw Bar and Grill - 527 Poplar Street, Cambridge, MD (443) 225-4115
Kay's Country Kitchen - 5263 Bucktown Rd, Cambridge, MD (410) 901-8844
Leaky Pete's Oyster & Wine Bar - 404 Race Street, Cambridge, MD (410-228-2245)
Pizza Ziya - 308 Sunburst Hwy, Cambridge, MD (410) 221-8585
Paul's Subs - 400 Academy Street, Cambridge, MD (410) 901-1004
Plaza Tapatia - 315 Sunburst Hwy, Cambridge, MD (410) 228-7808
Portside Seafood Restaurant - 201 Trenton Street, Cambridge, MD (410) 228-9007
Snappers - 112 Commerce Street, Cambridge, MD (410) 228-0112

More dining options at: <http://www.cambridgemainstreet.com/index.php?page=dining>

Entertainment

Delmarva Shorebirds Baseball - 6400 Hobbs Rd, Salisbury, MD (410) 219-3112
Premiere Cinema - 2759 Dorchester Square, Cambridge, MD (410) 221-8688

Farmers Market

Cambridge Main Street Farmers Market Downtown Cambridge, Thursdays, 3-6pm, May thru October

Hospitals

Dorchester General Hospital - 300 Byrn Street, Cambridge, MD (410) 228-5511
Eastern Shore Hospital Ctr - 5262 Woods Road, Cambridge, MD (410) 221-2300

Museums and Other Attractions

Blackwater National Wildlife Refuge - 2145 Key Wallace Drive, Cambridge, MD (410) 228-2677
Harriett Tubman Museum - 424 Race St., Cambridge, MD (410-228-0401)
J.M. Clayton Company Crab House Tours - 108 Commerce Street, Cambridge, MD (410-228-1661)
Richardson Maritime Museum - 401 High Street, Cambridge, MD (410-221-1871)

Pharmacies

Clayton's Pharmacy - 404 Washington Street, Cambridge, MD (410) 221-6400
Craig's Drug Store - 409 Race Street, Cambridge, MD, (410) 228-3322
CVS Pharmacy - 8290 Ocean Gateway, Easton, MD (410) 763-6501
Dapo Pharmacy Inc - 300 Washington Street, Cambridge, MD (410) 228-8855
Hubbard's Pharmacy - 636 Race Street, Cambridge, MD (410) 228-0648
Rite Aid Pharmacy - 798 Sunburst Hwy, Cambridge, MD (410) 228-8600
Walgreens - 640 Sunburst Highway, Cambridge, MD (410) 901-6290
Walmart Pharmacy - 2775 Dorchester Square, Cambridge, MD (410) 221-0388

Post Office

US Post Office - 301 High Street, Cambridge, MD (410) 228-1484

Supermarkets/Stores

El Sol - 601 Race Street, Cambridge, MD (410) 221-1293

Food Lion Supermarket- 6 Washington St, Cambridge, MD (410) 228-8328
Pine Street Mini Mart - 605 Pine Street Cambridge, MD (410) 221-6223
Royal Farms - 2703 Ocean Gateway, Cambridge, MD (410) 228-4473
Short Stop - 911 Washington Street, Cambridge, MD (410) 228-0818
Snow's Turn Market - 1801 Race Street, Cambridge, MD (410) 228-4811
Fresh & Greens - 780 Cambridge Plaza, Cambridge, MD (410) 228-7472
Super Stop Deli - 501 Maryland Avenue, Cambridge, MD (410) 228-7301
Wawa Food Market, 601 Sunburst Highway, Cambridge, MD (410) 901-9794
Walmart, 2775 Dorchester Square, Cambridge, MD (410) 221-0292

Find out about more things to do in Cambridge <http://www.cambridgemainstreet.com/>

SOME THOUGHTS FROM A FORMER HPL REU

DID I ENJOY MY REU EXPERIENCE?

I want to begin by saying that becoming an REU is one of the best decisions I ever made. I was interested in grad school when I took my REU position, and if you are too, I strongly recommend taking this opportunity. Even if you want to work right after college, my REU experience has been really imperative for my resume. It will make you stand out from other candidates for jobs, other internships and grad school.

HOW ARE THE OTHER REUs?

The other REUs were fantastic people. I go to the University of [Big State School], and here it is difficult to find people who are passionate about their interests (mainly because the place is so damn big). I learned that programs like the REU program with Maryland Sea Grant attract interesting people from all walks of life. I've met some of my greatest friends at HPL.

HOW ARE THE OTHER HPL PEOPLE?

Every single person that we encountered at HPL was amazingly friendly, and helpful, in the event you need to take up their time to help you do something or another. I was very impressed by the general kindness of everyone at HPL, from professors to secretaries and everyone in between. You will most likely never feel like you're being snuffed or spoken down to.

WHAT'S THE WORK LOAD LIKE?

The work load is what you want it to be. For the most part, your advisor will give you a good amount of freedom to plan your work schedule. You will most likely work some weekends and late nights (because YOU will realize that you want to get more done than you can during a regular 8 hour work day—and that really does happen).

WHAT'S IT LIKE TO LIVE IN CAMBRIDGE?

We went to Ocean City (about a 1.5-2.0 hour drive) ALMOST EVERY SUNNY WEEKEND. Cambridge is very basic. You've got grocery stores, a movie theater and a couple of bars in the 'Downtown' area. There is a good number of restaurants too. Also, there's a beach about 40 feet from the dorm. The beach isn't anything too spectacular (about 15 ft long and extending 4 ft from the water), but I definitely am guilty of having shown up late to the lab because I was swimming in the morning/afternoon.

THINGS I WOULD DO OVER?

I would have brought my car. If you do not have one, it's not THAT big of a deal, but if you have the option, you get free parking and freedom to go to the grocery store whenever you please (although you should be prepared to help out others who don't have a car by carting their butts around every once in a while).

WHAT WOULD I DO IN YOUR POSITION?

Jump at the opportunity to go to HPL as an REU! Not a single REU last year ever said anything negative about their experience. It was the best job I ever had.

HAVE A SAFE AND EXCITING SUMMER!