A Guide to Student Life

Class of '19 Favorites Included

13 Stunning Pages of Useful Info!
CONTENTS

CAMPUS LIFE

02 GENERAL ICO INFORMATION
03 STUDENT WEBSITES AND LINKS
04 BOOKSTORE AND LIBRARY
05 MAILROOM AND CAFETERIA
06 SECURITY
07 FITNESS CENTER

LIFE IN CHICAGO

08 CHICAGO’S NEIGHBORHOODS
09 THE BEST APPS TO HAVE
10 PUBLIC TRANSPORTATION
11 LIBRARIES AND MUSEUMS TO VISIT

FEATURES

12 CLASS OF 2019 FAVORITES
   GREAT PLACES TO TAKE FAMILY AND FRIENDS WHEN THEY VISIT
13 CREDITS
ILLINOIS COLLEGE OF OPTOMETRY
3241 S. MICHIGAN AVE.
CHICAGO, IL, 60616

(312) 949 - 7400
This is your go-to website for almost everything you need to navigate ICO.

Important features/links include: Financial aid, Academic Schedules, Tutor Lists, Library Links, Clubs and Student Associations, monthly fitness class schedule, Intramural Sports, Security, Counseling, Student Affairs, IS (Information and Technology Services for ICO), Work Study Programs, Registrar, alumni registry and important forms!

But most importantly, if you haven’t bookmarked the ICO email or Sakai sites on your computer yet, My.ICO.edu is how you have access to these! Just click on the tabs on the right of the screen for these very important sites as well as links to pay your bill and to go to the library site!

Your ICO email will be through Microsoft Outlook (owa.ico.edu), and this is the site that you will be directed to when you click on the “ICO Email” link on My.ICO.edu. This link can also be bookmarked/saved so that you do not have to go through My.ICO.edu each time. Your email address will be your first initial and last name followed by @eyedoc.ico.edu. This same pattern generally follows for all students and faculty, however when you begin typing in a student’s first or last name within the ‘Send To’ box, you have the ability to search all people in the ICO system.
THE LIBRARY

The library is a newly renovated and quiet environment to study. Both levels are for quiet studying, however, there are study rooms on the second floor that may be utilized and reserved for group study or meetings. There are computers on the first and second levels which are both directly linked to the printers on their respective floors. Just click print → swipe your ID at the printer → Voila! (Each student begins with some printer $$ on their ID card, but if you run out, you can always reload!)

There is also one of the most extensive collections of optometric literature in the country at your fingertips! Visit the library’s website by going to my.ico.edu to learn more!

Fall/Spring/Winter Hours

M-Th: 8:00 am – 12:00 am
Fri: 8:00 am – 9:00 pm
Sat: 9:00 am – 9:00 pm
Sun: 10:00 am – 12:00 am

BOOKSTORE

This is where you can buy all of your stylin’ ICO gear as well as snacks and refrigerated beverages of all kinds. This is also where you will buy your equipment and exchange your white coat if need be. The bookstore also has replacement services for most equipment if yours has been damaged or broken (not lost or stolen). You can charge everything you buy here to your student account via your ID card. All returns must be made within 48 hours with original receipt.
Every student is assigned a mailbox that you will use for the rest of your time at ICO. The mailroom handles all incoming and outgoing mail, prints your lecture/lab notes, and stuffs your mailboxes.

INCOMING MAIL: Packages: Your student ID is required for incoming packages; a pink slip will be placed in your mailbox indicating you have a package ready to picked-up. Just sign it the slip at the window and the staff will retrieve your package for you!

OUTGOING MAIL: If you ever need to mail anything, the mailroom sells stamps! UPS and USPS packages, and any weighted mail must be brought to the mailroom BEFORE 3:30pm in order to be sent out that day.

UPS, USPS, and Fed Ex may all ship to ICO. However, ICO does not have regularly scheduled pick-ups through Fed Ex so shipping by Fed Ex is not recommended, but you may call and schedule a pick-up at the Indiana St. entrance by the Welcome Desk at 3240 S. Indiana St.

***The Mailroom is also responsible for printing and creating all of your lecture packets and lab manuals. They will sometimes require you to sign for these materials at the window; otherwise they will be placed in your box.

***DO NOT use your RC address and room number as your mailing address. Instead, use your ICO Mailbox.

THE CAFETERIA
AKA "THE CAF"

Located in the bottom floor of Brady Hall, the “Caf” offers hot entrees, personalized sandwiches, bagels, or wraps, a fresh salad bar, a cereal bar, and many more!

Off the grill, you can order options like spicy chicken sandwich, eggs made your way, burgers, & fries.

If you live in the RC, this is the place to use your meal points! Off-campus students may also purchase meals and beverages in the cafeteria through their One-Card Account (ID card) or use cash.

BE GREEN: You can pay a $5 cash deposit on tupperware to use for to-go meals! You’ll get the deposit back at the end of the school year.

Weekly menus are emailed to the RC residents and posted on my.ico.edu. The daily menu can be found on the whiteboard outside the cafeteria each week. The Staff is always open to new meal suggestions, and welcome them in the blue comments box located in the seating area of the Caf.
Our college security force is staffed with local active and retired Chicago Police officers on site 24 hours a day and every day in a year! It’s expected that you wear your student ID at all times when on campus and that you sign in any guests at the front desk or at the security office.

The security office is your go to for:
- Lost and found
- Free coffee and tea (24/7!)
- Parking passes
- Visitor’s badge
- Access to lab rooms after hours
- Jump starting your car
- A ride on the night shuttle (just stop by the office and sign in! They operate within a boundary. Check map below!)

Save their phone number in your cell phone (x7633), or call from them from any campus phones. If emergencies were to arise, still call 911. (The police department will automatically notify ICO Security)

ICO Night Shuttle transports students from campus to local public transit and home locations close to campus.

Hours of Operation:
Dusk to midnight Monday thru Saturday

To hail the night shuttle, a student must let a security staff member know at the Indiana Entrance, or if possible, call security in advance at ext. 7633.

These boundaries will include the transportation hubs of the Red, Green, Orange, and Blue lines, and Metra station at 35th and LaSalle.
ICO has a just about everything you need to stay active: a full-sized gym, racquetball courts, locker rooms and a cardio and weight equipment fitness center.

The Fitness Center features treadmills, elliptical trainers, stair climbers, stationary bicycles, a rowing machine, and a variety of stretching and strength training equipment.

Next door is a full-size gym, where group fitness classes and some intramural sports take place. Intramural sports are seasonal and you will receive an email to sign up with the intramural coordinator.

ICO also employs a full-time Fitness Coordinator, Sarah Edgeworth, who you can contact to set up health evaluations, one-on-one workouts, personal training and counseling.

Check out the Fitness Center tab under Current Students on my.ico.edu for more information!

- **Summer Sports**
  - Beach Volleyball, Tennis

- **Fall Sports**
  - Outdoor soccer, Basketball, Flag Football, Dodgeball

- **Winter Sports**
  - Ball Hockey, Indoor Soccer, Women's Basketball, Raquetball

- **Spring Sports**
  - Volleyball, Badminton
DID YOU KNOW CHICAGO
HAD ALL OF THESE
NEIGHBORHOODS?

- There are actually more neighborhoods than are even listed here, if you can believe it. Exploring all Chicago has to offer is encouraged, but here are some highlights so you don't feel out of the "Loop."

1st, let's get our bearings: The Loop is the marker for the center of the city since this is where all of the "L" trains make a loop to go north or south. To the East (the right side of this page) is Lake Michigan.

-WICKER PARK-
A hip 'hood with unique coffee, food, drink spots, and boutiques.

-RIVER NORTH-
A hotspot for nightlife and a favorite among ICO students for daytime and nighttime fun!

-LINCOLN PARK-
A ton of bars, restaurants and coffee shops popular with the 20-something crowd. DePaul University is here.

-SOUTH LOOP-
A common 'hood for ICO students who live off-campus. ~10 min bus ride from campus, it's bursting with up-&-coming restaurants and nightlife!

-BRONZEVILLE-
ICO is here! Also home to Illinois Tech, our next-door neighbors,
The Best Apps to Be Chicago Savvy

**Citymapper**
Highly recommended for everyone! Gets you from point A to point B by telling you all possible routes via walking, driving, ubering, or using multiple CTA routes.

**Transit Tracks**
Keep track of when the next bus or train is going to arrive at any stop in Chicago. A must have for frequent CTA riders!

**My Chi Parks**
You don’t want to miss all of the events that happen at Chicago parks, so keep track of them with this app! From movies, to concerts, to festivals!

**Door Dash**
Similar to GrubHub - order food from restaurants all around Chicago! The only difference is the selection of restaurants to choose from.

**Venmo**
Link your bank account to this app to easily transfer money to friends. No more split checks at restaurants and bars, just get one check and Venmo your friend the $$ you owe!

**Ventra**
Keep track of your Ventra card balance for CTA use. Check on bus and train schedules and real time updates of bus/train arrivals.

**Grub Hub**
Order food to the RC, your apartment, or the school from restaurants all around Chicago. Great for lunch or late night grub!

**No Wait**
Put in your reservation at participating restaurants so that you don’t have to wait as long when you get there.

**Uber + Lyft**
The most popular way to get around Chicago if you don’t want to bike or walk, or use CTA. Just set your current location and where you want to be dropped off and your Uber should arrive within minutes! Usually ends up being cheaper than taking a taxi, and it’s linked to your bank account, so you don’t have to worry about tips or having cash!
Public Transportation - Looks confusing, right?

It is definitely overwhelming to take in at first glance - but once you ride for the first time, you'll realize what a piece of cake it is!

The Red Line (stop Sox-35th) and the Green line (stop Bronzeville-IIT) are just a few blocks each from campus, in addition to the 33rd & Indiana bus stop for bus routes 1 and 4 which is right across the street from ICO!

Check out the CTA website (www.transitchicago.com) for more information, and the CityMapper App for how to get where you want to go using CTA!

SO HOW DO YOU PAY FOR IT?

$  $  $  $  $  $  $  

To use CTA you need either one-use Ventra cards (available at most L stations), or a Ventra Card which can be linked to your bank account for pay-as-you-go, you can load a certain amount of money onto it, or you can get a monthly unlimited rides pass for only $100! This last option usually ends up being a bargain if you plan on traveling to and from school each day as well as making some trips on the weekends.

1 Train or Bus Ride - $2.25
1 Week of Travel To & From ICO - $22.50
1 Month of Travel - $94.50

Visit www.ventrachicago.com for more info and to purchase your card!
Starting from Top left going clockwise:
Chicago Cultural Center
Harold Washington Library
Art Institute
Shedd Aquarium

Left: Museum of Science and Industry
Bottom Left: Mansueto Library (U of C)
Bottom Right: Harper Memorial Library Reading Room (U of C)
Class of 2019 favorites

FOOD TO ORDER TO CAMPUS ... JOY YEE'S DINER ... [IT'S A TIE!] ELEVEN CITY + YOLK BRUNCH ... WILDBERRY ASIAN ... OPART THAI MEXICAN/MEXICAN FUSION ... VELVET TACO BURGERS AND FRIES ... AU CHEVAL PIZZA ... GIORDANO'S [LOU MALNATI'S WAS A CLOSE 2ND!] COFFEE SHOP ... INTELLIGENTSIA CLUBBY NIGHTLIFE ... LION'S HEAD (UPSTAIRS) ROWDY BAR ... [IT'S A TIE!] JOE'S ON WEED STREET + HOWL AT THE MOON

SOME OTHER GREAT PLACES TO TAKE FRIENDS & FAMILY

FOR A FANCY DRINK WITH A VIEW... THE ROOF AT THE WIT + THE SIGNATURE LOUNGE @ THE JOHN HANCOCK + CINDY'S ROOFTOP BAR @ THE CHICAGO ATHLETIC ASSOC. HOTEL

FOR A GREAT PHOTO ... "THE BEAN" (REALLY CALLED CLOUD GATE) + MILLENIUM PARK + SKYDECK @ THE WILLISTOWER

FOR A FAMILY/FRIEND FUN DAY ... LINCOLN PARK ZOO + NAVY PIER + NORTH AVE. BEACH
A BIG THANKS TO
OUR EDITORS
OVER THE YEARS

Original Concept – Paul C. Lueck ('81)
1st, 2nd Ed.– Paul C. Lueck ('81)
3rd, 4th Ed.– Joseph Montana ('84)
5th, 6th Ed.– Christopher Olson ('87) & Larry Van Daelen ('87)
7th,8th,9th Ed.– Kreg D. Harper ('91)
10th Ed.– Irene D. Smolenski ('91)
11th Ed.– Dawn M. Kaplan ('94)
12th Ed.– Tracy Nelson ('95)
13th Ed.– Melissa Wetzstein ('96), David Wilkes ('99), & Camellia Mazur ('99)
14th Ed.– Mark Hahn ('00)
15th Ed. – Maye Doldoee ('01)
16th Ed.– Patricia Perez ('03)
17th Ed.– Prashant Kapedia ('03) & David Coward ('04)
18th Ed.– Aida Pelces ('04) & Kamal Roopra ('04)
19th Ed.– Brandy Youngwirth ('05) & Kayla Haws ('06)
20th Ed. -- Joel Sollom ('06)
21st Ed. – Mandy Mataya ('07) & Priscilla Ramos ('07)
22nd Ed. -- Kristie Charles ('08), Mindy Kieffer ('08), & Carla Ursetta ('08)
23rd Ed.– Priscilla Pappas ('09), Jen Hunsader ('09), Leslie Patterson ('09), & Ryan Johnson ('09)
24th Ed.– Sarah Rowe ('11), Nicole Vasilnek ('11), Steven Jensen ('11), Eric Obrien ('11),
Raza Uddin ('11), David Varney ('11), Daniel Sliwinski ('11), Joel Quist ('11)
26th Ed. – Nick Blasco ('13), Lauren Hunt ('13), Trisha Patel ('13), Josh Robinson ('13), Ampreet Singh ('13), & Steven Wan ('13)
27th Ed. – Mathew Margenthaler ('14), Sarah Shaw ('14), Devon Veit ('14), Kevan Whelan ('14), Tori Whitman ('14), Jenna Zenk ('14)
28th Ed. – Chase Endres ('15)
29th, 30th Ed. – Scott Seaburg ('16)
31st Ed. – Justin Pierskalla ('18) and Zachary Walburg ('18)

This 32nd Edition is brought to you by Priscilla Chang ('19) and Molly Proud ('19)