**Helpful Wisdom from Your New Friends**

Anna had a great idea a few weeks ago. She thought it would be great to ask current graduate students for their suggestions about living well in Waco in order to give you a head start on getting settled. Here are their helpful answers.

These were the eight questions your fellow grad students answered:

1. Which doctor do you recommend?
2. Which automotive mechanic do you recommend?
3. Where do you get your hair cut?
4. Where do you love to shop for groceries?
5. List three favorite places to eat.
6. Where do you like to study on campus?
7. Which coffee place do you recommend?
8. Any other essential guidance you would give to the new cohort?

Luke Sayers

1. Which doctor do you recommend?
   1. Green Eye Associates for optometry.
2. Which automotive mechanic do you recommend?
   1. Perales Brothers on Austin Avenue has been decent.
3. Where do you get your hair cut?
   1. Great Clips
4. Where do you love to shop for groceries?
   1. Heaven's Endless Blessings, of course. (HEB)
5. List three favorite places to eat.
   1. Rufi's Cocina
   2. Cajun Craft / Vietnams
   3. Di Campli's Italian Restaurant
6. Where do you like to study on campus?
   1. The Stacks
   2. The fountain by CS
7. Which coffee place do you recommend?
   1. Lighthouse
8. Any other essential guidance you would give to the new cohort?
   1. Visit the Mammoth Monument!

Christina Lambert

1. Which doctor do you recommend?  
   I use the health center!
2. Which automotive mechanic do you recommend?  
   Perales brothers (they have a student discount!)
3. Where do you get your hair cut?  
   In Austin! lol
4. Where do you love to shop for groceries?  
   HEB can meet all your needs, but if you fly into Dallas or Austin or travel there for the day, be sure to stop at a Trader Joe's to get the essentials!
5. List three favorite places to eat.  
   Harvest on 25th (reopening soon!), Revival, Milo.
6. Where do you like to study on campus?  
   By the Starbucks in Moody Library.
7. Which coffee place do you recommend?  
   Pinewood! If you're looking for quieter options, try Lighthouse or One Day.
8. Any other essential guidance you would give to the new cohort?  
   1. If you're feeling super stressed about a project or a deadline, email or call a fellow grad student. Chances are that they've felt the same stress, have done the same project, or have cried over the same assignment. We want to help, give you tips to make it less stressful, or just give you a key insight into what the prof's expectations actually are. We are so happy to help! 2. Set aside space to rest and don't give it up! Don't get caught in the trap of thinking that "good grad students" work nonstop! We like to walk and garden and cook and watch Netflix, too. Ask people about their rhythms of rest and set the habits now!

Zeyi Zhang

1. Which automotive mechanic do you recommend? Please tell me!! I just got a Camry from Jeff Hunters. If anyone wants to buy a Toyota car, I can refer to a dealer who's got a reference program.
2. Where do you get your hair cut? <http://www.theinshairsalon.com/> It's in Dallas. It's 30-40 dollars for only cutting. The barbers are Chinese and do a really good job.
3. Where do you love to shop for groceries? HEB or Walmart. During Covid I rely on Walmart's delivery service.
4. List three favorite places to eat. Bangkok Royal for Thai, Cathay House for Chinese, Clay Pot for Vietnamese pho.
5. Where do you like to study on campus? Armstrong Browning. It's really fancy.
6. Which coffee place do you recommend? I'm allergic to coffee.
7. Any other essential guidance you would give to the new cohort? Please reach out whenever you need help. Don't try to figure it out on your own and waste your fellow students' geniuses and kindness.

Molly Lewis

1. Which doctor do you recommend?

I go to the Baylor health center for checkups (Lisa MacMaster is wonderful). For lady things, I see Dr. Voige at the Deerwood Women’s Health and Wellness clinic, and for the dentist, I see Dr. Schwab at Waco Family Dentistry. He is VERY nice. Super recommend. Everyone should use him.

1. Which automotive mechanic do you recommend?

I always assumed I’d ask you for that recommendation. :)

1. Where do you get your hair cut?

I see Danielle Jimenez at Lavish. I’m always complaining about her, though, so I don’t think anyone who knows me would trust this recommendation. Granted, if she had more clients I’d have less to complain about.

1. Where do you love to shop for groceries?

HEB

1. List three favorite places to eat.

Torchy’s, Mac House, Saffron

1. Where do you like to study on campus?

On a nice day, in the ABL garden

1. Which coffee place do you recommend?

Nightlight has posh coffee and is rarely crowded like Pinewood. The danger is you eat too many donuts. (One Day, Lighthouse, and Bru are also good non-Pinewood options, but the seating is mostly uncomfortable.)

Sarah Tharp

1. I wouldn't actually recommend not having a regular doctor too, but the Student Health Center is able to provide a substantial variety of health services or referrals. There's also an on-campus pharmacy in the health center.
2. We don't actually know much about cars, but we go to Fred's Radiator and Auto Repair.
3. Aldi (bring a quarter and reusable bags) for most things, HEB as needed, and the Saturday Farmer's Market
4. Taqueria Zacatecas (LaSalle Ave), Ranchito #5 (Waco Drive), D's Mediterranean (Colcord Ave)
5. If you have seasonal allergies, Waco can be a bit unpleasant much of the year (and if you don't think you have seasonal allergies, you may discover that you do after a few years). I don't actually have a recommendation for how to solve this issue, but it is something to be aware of going in.

Harrison Otis

1. Don't have one here. (Is that bad?)
2. Freddy Kish's Complete Car Care Center (as recommended by Sara Dye)
3. Downtown Barbershop, 900 Austin Ave ($12/haircut)
4. HEB on Valley Mills or Aldi on Valley Mills
5. Health Camp, Cajun Craft, Revival Eastside Eatery
6. I try not to study on campus. The UWC's a fun place to study, though. Moody, in general, has a lot of good study spots.
7. I don't drink coffee.
8. "...and here also as / in France or Oxford, study is beset with / dangers--with bookworms, mildews, / and complacencies. But someone in New / England has known enough to say / that the student is patience personified, / a variety / of hero, 'patient / of neglect and of reproach,'--who can 'hold by / himself.'"

Anna Beaudry

1. Which doctor do you recommend?

Anyone from the Ascension Providence Family Medicine Practice is great. For the ladies, Dr. Patricia Wilcox is lovely. She has a waitlist, but if you schedule out in advance, she’s a great doctor. For dentistry, either Starr Dentistry or Jennifer Grant DDS.

1. Which automotive mechanic do you recommend?

Perales Brothers. No other mechanic exists beyond Alonso.

1. Where do you get your hair cut?

Salon Asylum in Woodway is super great.

1. Where do you love to shop for groceries?

Trader Joe’s in Austin. For local options though, HEB Wooded Acres is the best option if you don’t want to grocery shop around undergrads. East Market is also a super awesome Asian grocery that I love to support. And always check out the local Farmer’s Market! If you like community-supported agriculture, you can sign up for a CSA with either World Hunger Relief Farm or Pippa Hill Farm. Both do pick-ups at the Farmer’s Market.

1. List three favorite places to eat.

Saffron Indian Restaurant, D’s Mediterranean, and Rufi’s Cocina.

1. Where do you like to study on campus?

Honestly, the TOR offices are always good spots, but there are some great nooks in the library as well.

1. Which coffee place do you recommend?

Pinewood Coffee or One Day

1. Any other essential guidance you would give to the new cohort?

Invest in selfcare during your time here! Whether that’s a gym membership, a monthly massage, or renting a kayak and going out on the river, set aside some funds to care for yourself in ways that have nothing to do with academics! It’s so important to get plugged into community that doesn’t assess you based on what classes you’re in or how many articles you have in the works.

Kelly Chittenden

1. Which automotive mechanic do you recommend? Christian Brothers Automotive. They provide quick, excellent, and affordable service--and they're really nice!
2. Where do you get your hair cut? The Cutting Edge Salon and Spa
3. Where do you love to shop for groceries? H-E-B for most things; but Drug Emporium (yes, it's a weird name!) is great for health foods and gluten free foods
4. List three favorite places to eat.
   1. Twisted Root (burgers)
   2. Clay Pot (Vietnamese)
   3. Alpha Omega (Mediterranean)
5. Where do you like to study on campus? The GRC in the library is great and always quiet!
6. Which coffee place do you recommend? Oh, so many good ones. My top 3 are Pinewood, Dichotomy, and Fabled.
7. Any other essential guidance you would give to the new cohort? Try to take a Sabbath day *every* week. Try not to do any work (or even anything school related!) on those days. In my experience, taking time for spiritual and mental rest is essential for 1. keeping stress levels down and 2. remembering that there's more to life than school. 99% of the time, it is possible to complete all your work in six days. Piece of advice #2: Don't be afraid to ask professors (or peers!) for help/guidance if you need it.

Ryan Sinni

1. Fred's
2. Great Clips
3. H.E.B. ALDI is another option.
4. Rufi's Cocina, Hellberg BBQ, Luigi's in McGregor
5. Library. ABL garden is also good
6. Pinewood, Fabled, One Day, or Dichotomy
7. Be sure to ask questions about departmental logistical matters rather than assuming you will be told about them in an official capacity.

Olivia Taylor

1. Where do you love to shop for groceries? Mostly HEB because you can get basically anything there, and a lot of it is local. ALDI is also great. They're both on Valley Mills.
2. List three favorite places to eat: Alpha Omega has wonderful Greek food, Twisted Root has delicious burgers (although the best part is definitely the old music videos they project on the walls), and Slow Rise out in Woodway has amazing pizza.
3. Where do you like to study on campus? The TOR offices on the 4th floor of Carroll Science-- it's a good place to get some work done while visiting with people, or next to Common Grounds in the SUB, or at the entryway to the library.
4. Which coffee place do you recommend? I really love Fabled. Also Lalo's--it's a bit off the beaten path, which is nice. And Lula Janes is reasonably priced and has delicious food.
5. Any other essential guidance you would give to the new cohort? If you need help, don't be afraid to ask for it. (and ask for it even when you're afraid to ask for it.) This goes for professors, supervisors, other grad students, etc.

Andrew Hicks

1. Since moving to Waco I have used Baylor's clinic for all my healthcare needs, so I'm afraid I don't have a good answer for this one.
2. Perales Brothers Automotive on Austin Avenue
3. Scissors on Speight Avenue
4. HEB on Valley Mills or Aldi (which has a great delivery service through Instacart)
5. Union Hall (particularly Huaco Eatery and the Blasian Asian), Stone Hearth for Indian food, and Portofino's on Austin Avenue for Pizza.
6. In good weather, the shaded area beside the Armstrong Browning Library. Otherwise, near a window on the Moody Library ground floor.
7. Pinewood or Dichotomy
8. Get out and explore during your first few weeks!

Justice Flint

1. Which doctor do you recommend?

I've only been to the doctor once since being here, but seeing Dr. Sharon Stern at the SLC Health Clinic was a good experience. If you need a chiropractor, try McKenzie Chiropractic. For dentistry, try Starr General Dentistry.

1. Which automotive mechanic do you recommend?

Perales Brothers or Fred's Radiator & Auto Repair.

1. Where do you get your hair cut?

I cut my own hair, so I can't help anyone here. My advice is to buy a pair of thinning shears and carefully experiment with the help of a bathroom mirror and a hand mirror.

1. Where do you love to shop for groceries?

"Love" is too strong a word, but I go to Walmart. I know most folks here swear by HEB, and I'm pretty sure it's better overall, but they don't carry a couple of particular food items I thrive on, so it's not worth making a special trip for me.

1. List three favorite places to eat.

I've really enjoyed food at Saffron, Billy Bob's Burgers, and The Mix Cafe.

1. Where do you like to study on campus?

I don't often study on campus, but the Moody Library has some nice study spaces.

1. Which coffee place do you recommend?

I don't drink coffee, so I can only recommend based on atmosphere. I enjoy Pinewood and Fabled.

1. Any other essential guidance you would give to the new cohort?

Don't pay for parking. Ask other grad students for tips on where to park for free on campus (I live near enough to ride my bike to class).

Hannah Wells

1. I don’t have a primary care physician in Waco, but the Baylor Health Services clinic in the Student Life Center has always been my go-to. They can write referrals to local doctors, too.
2. Perales Brothers on Austin Ave. does great work.
3. Scissors Salon on Speight Ave.––if my sources are correct, one of the stylists here has cut the hair of Chip and Jo’s kids, so going there is practically a claim to fame.
4. What is it that HEB really stands for––Heaven’s Endless Blessings?? 😊
5. Only three? These are the essentials––pizza, tacos, and barbecue: Shorty’s Pizza (cheap and close to campus), Fuego Tortilla Grill (contrary to popular belief, it can give Torchy’s a run for its money), and, if you’re up for a little drive, Helberg BBQ in Speegleville has the best meats *and*sides.
6. I don’t, really––at least not in covidtide. If I do, I enjoy sitting outdoors on Fountain Mall or in the Garden of Contentment by Armstrong Browning.
7. Only, ever, Pinewood.
8. My advice is to listen to others’ advice––all my answers to these questions basically come straight from friends’ recommendations.

Matt Turnbull

1. Which doctor do you recommend? Dr. John Shelton is my doctor.
2. Which automotive mechanic do you recommend? Alonso Perales at Perales Brothers is excellent.
3. Where do you get your hair cut? At University Barber Shop in the small strip mall just up from the HEB on Valley Mills. Curtis, from Bay St. Louis Mississippi, is one of the best humans in Waco.
4. Where do you love to shop for groceries? HEB on Valley Mills AND Aldi (Thanks to Sarah)
5. List three favorite places to eat. Eastside Revival Eatery, Canes, and
6. Where do you like to study on campus? In my room or at the library. I really want to start studying at the ABL, too.
7. Which coffee place do you recommend? I am not a coffee drinker but I do like the atmosphere at the Woodway Common Grounds.
8. Any other essential guidance you would give to the new cohort? 1. Everyone feels like an imposter. As the three year-old daughter of our good friends said to them in the car one afternoon: “I have a word for you, Mother. We are all just little people in this world.” You don’t have to pretend you have it all together intellectually around the people in our department. It’s okay to be a “little” person. 2. Relatedly, asking God to help my little mind as I prepare to teach, or research a paper, or read Kant has been both deeply comforting and intellectually refreshing. 3. Getting to know and to work with the graduate students in our department has been one of the best, most encouraging, spiritually-enriching, and mentally-stimulating experiences of the past two decades for me.