# Marine Sciences Encyclopedia

#### Crisis lines provided by CAPS

- These are for mental health emergencies and suicide prevention. Please do not hesitate to reach out if needed; you are not a burden, there are people here for you!
  - o During work hours 706-542-2273
  - After hours 706-542-2200

#### Online Mental Health Services:

- Thriveworks, offers online and in-person counseling. Covered by United Healthcare. https://thriveworks.com.
- BetterHelp, online counseling services. Unfortunately United Healthcare stopped covering services with this platform, but it offers flexible online counseling. https://www.betterhelp.com.

# **Athens**

- Restaurants
  - Rook & Pawn
    - The greatest place in Athens, sadly not COVID safe. Board games and beer.
  - Polleria Pablo
    - Epitome of Peruvian cuisine in Athens. It is inside a latin american store that also has a variety of latinamerican foods.
  - Kelly's Jamaiican
    - Located in 5 Points. Delicious food, but spicy!
  - Clocked
    - Great burgers! Located downtown. Everyone needs to try their bean burger!
  - Grindhouse
    - Good burgers, amazing milkshakes, good drinks as well.
  - Cafe on Lumpkin
    - Located in 5 points. Delicious breakfast burrito, chicken and apple melt, and much more. The afternoon tea is lovely!
  - Ted's Most Best
    - Nice outdoor area, good selection of pizzas, calzones, and beers.
  - Automatic Pizza
    - Really good pizza, fairly expensive.
  - Athens Pizza
    - Probably the best tasting pizza on a budget. You can get an extra large for around \$16, their fries are the best in town.
  - La Michoacana

- Awesome mexican ice cream shop. They have a wide variety of ice cream flavors not available anywhere else. They also have elotes.
- La Jalisco
  - Latinamerican store that has a taco place in the backside. They are some of the best tacos in town.

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#### Bars

- Athletic
  - Great outdoors porch, shows games on a project and runs bingo! Pretty well spaced out; some may be uncomfortable but all staff wore masks and tables were separated outdoors.
- Southern Brewing Company
  - Large outdoor backyard with hiking trail and chairs to borrow.
- Creature Comforts
  - Awesome venue! Great selection of beers.
- Terrapin
- o 40 Watt Club
  - Some great Drag Shows here
- Little Kings
  - Great bar with a nice outside area, they sometimes have free snacks on Friday afternoons.
- Manhattan
  - Nice chill bar, they have free popcorn.
- Church
  - Best place to end the night. Very open minded bar with tons of good vibes.
- Caledonia Lounge
  - Nice venue only for concerts.
- Nowhere
  - Has pool tables, it's kind of a spit and sawdust bar with a cool character.
- Flickr
  - The weirdest bar in town that you could have fun at. It is also a concert venue, and they have free popcorn.
- 9ds Bar
  - Get nostalgic with 90s music at this dancing bar
- Athentic
  - Outdoor seating and spacing, great beer owned and brewed by UGA alumni
- Retail Stores
  - LOVE Bear Hug Honey. Wonderful products, very good customer service
- Grocery Stores
  - o Publix
  - Kroger
  - Fooks Food

- Asian grocery store (really good!)
- La Jalisco
  - Mexican grocery store
- Trader Joes
- Laundry
  - The laundry next to China One is fairly cheap and decent.
- Health Services
  - Physical
    - BEWARE OF ASPEN DENTAL! Google Aspen Dental Scam. They try to push huge amounts of treatment and get you on their own credit card system. Please avoid this place, it's not worth the free checkups and xrays.
  - Mental
    - Crisis lines listed, top of document
  - Nuçis
    - They provide mental health services through music.
- Outdoor adventures
  - Hikes
    - Blackrock Mountain
      - About 100 minutes away, has a moderate 2.5 mile hike and a beautiful tough 7.5 mile loop. Highly advise 7.5 if you feel up to a day of tiring hiking, great views.
    - Blood Mountain
      - Hour and 45 from my porch. Beautiful sunrise hike, worth the drive
    - Birchmore trail
      - Nice trail for afternoon hikes afterwork. It is located at Memorial Park, next to milledge road.
    - Cooks trail
      - Connects from Sandy Creek Nature Center to Sandy Creek Park,
         8 miles of fun, including a boardwalk. Sometimes it is closed due to floodings.
    - The Green Way
      - The Oconee Rivers Greenway is a linear park system that provides wildlife corridors, a wetland hiking trail, and a family friendly multi-use path for the public's enjoyment. Currently, the Oconee Rivers Greenway System provides 5.1 miles of natural surface hiking only trails and 8 miles of concrete, multi-use trails that are designated for non-motorized use.
  - Bikes
    - Sunshine Cycles
      - Two stores: one on Baxter and one in Watkinsville
    - Bens Bike
      - The hipsters bike shop, very friendly people and great service.
      - Second this! Cheap but good service, reliable. Love it.

- Georgia Cycles
  - Awesome place to get your bike fixed with very friendly service.
- The Hub
  - Do not recommend this place. It is way expensive and had bad experiences with employees at the shop.
  - I agree it was expensive. However, the employees were very helpful and they had more supplies suitable for competitive biking.

#### Parks

- Sandy Creek Park
  - Bigger than the nature center, has more trails and a "beach". There is a car fee of \$2.
    - \$2 per person
  - Offers \$30 yearly membership instead of \$2 per trip. This is a
    great deal if you're going to enjoy the beach or trails or fields
    regularly. I am definitely going more than 15 times in a year and I
    want them supported.
- Sandy Creek Nature Center
  - Have a variety of different trails to explore.
- Heritage Park
  - 30 min drive, excellent trails for hiking, running and biking
- Fort Yargo State Park
  - Hiking, beach, activity area. Great place to hang out!
  - ~30 minutes from Athens
- UGA State Botanical Gardens
  - Indoor and outdoor gardens, hiking trails
  - Educational children's garden with really cool jungle-gym type playground
- Georgia Guidestones
  - About 45 min from Athens, also known as the "Stonehenge of Georgia"
- Lake Herrick
  - Nice park in UGA with a variety of trails, outdoor sports courts, and a beach.
- Ben Burton Park
  - Features a 1.4 mile pedestrian trail that traverses upland forest and the Middle Oconee riverside
- Beaches and Rivers
  - Lake Herrick
  - Sandy Creek Park
  - Redneck Beach at Milledge across the road from Athens Ridge
  - Broad River outpost for kayaking and canoeing
- Hobbies
  - Lyndon House Arts Center

- They have a ton of events for all the members in the community.
   They also have different studios where you can practice pottery, photography development, etc.
- Nuçis
  - Great place to practice music (you can rent a room), they also provide mental health services for those in need.
- Canopy Studio
  - They offer aerial art classes, such as trapeze, vertical pole and fabrics

# **Skidaway/Savannah**

- Restaurants
  - Sweet Potatoes Kitchen Great southern food.
    - http://www.sweetpotatoeskitchen.com
  - Bull Street Taco, https://www.bullstreettaco.com/
  - Flock to the Wok, https://flocktothewok.com/
  - Starland Yard, <a href="https://www.starlandyard.com/">https://www.starlandyard.com/</a>
  - Green Truck Pub
  - o Fuji Japanese Restaurant, <a href="http://fujisushirh.com">http://fujisushirh.com</a>
- Bars

#### **Downtown / Historic District**

- Whitaker's https://www.whitakersbar.com/
  - Chill 2nd story bar and lounge with a very wide selection of cocktails, pool, table shuffleboard, giant jenga, photo booth, and darts. Food can be ordered from the downstairs restaurant.
- The Rail Pub https://www.therailpub.com/
  - Busy Dive bar with nightly Karaoke, outdoor seating and bar, and occasional events. Cheap drinks and music events
- Social Club <a href="https://www.congressstreetsocialclub.com/">https://www.congressstreetsocialclub.com/</a>
  - Large indoor-outdoor bar with downstairs games and a grill in the front (open to the street). Good specials and frozen drinks as well.
- The Portal Arcade, Cafe, and Bar <a href="https://www.theportalarcadebarcafe.com/#/">https://www.theportalarcadebarcafe.com/#/</a>
  - Arcade with many different games: pinball, pong, table hockey, and DDR.
- Wet Willie's https://www.wetwillies.com/
  - Frozen alcoholic beverages (that you can carry around outside) of various types and some ok food.
- Savannah Smiles Dueling Pianos
  - https://www.savannahsmilesduelingpianos.com/
    - Famous piano bar with two pianists that will play requests and some famous songs. Hot spot for bachelorette parties.
- Abe's On Lincoln http://abesonlincoln.com/

- Very chill, small, dive bar with some outdoor seating. Cheap drinks and a good place to relax at the end of a night
- Six Pence Pub https://sixpencepub.com/
  - British inspired pub with good food and drinks. A lot of excellent british beers and cocktails
- Moon River Brewing Company https://moonriverbrewing.com/
  - Excellent bar / grill with a wide beer selection and great food.
- Rogue Water Tap House LLC -
- Bay Street Blues -
- Alley Cat Lounge <a href="https://www.alleycatsavannah.com/">https://www.alleycatsavannah.com/</a>
  - Prohibition themed cocktail lounge with alley access, wide selection of cocktails and drink types
- o Barrelhouse South https://m.facebook.com/barrelhousesouth/
- Club One Gay bar, club and drag shows on the weekends. Weekly events, and Karaoke on the weekend

#### Midtown

- Starland Yard https://www.starlandyard.com/
- Two Tides https://www.twotidesbrewing.com/
- Lone Wolf Lounge <a href="https://lone-wolf-lounge.business.site/">https://lone-wolf-lounge.business.site/</a>

#### Southside

- o Ben's Neighborhood Grill
- Your Pie (Sandfly)

## Tybee Island

### Georgetown/Richmond Hill

- Rachael's Sports Food and Fun http://rachaels1190.com/
- $\circ$
- Retail Stores
  - City Market
- Grocery Stores
  - o Publix
  - Kroger
  - Wholefoods
  - Chinatown Market, 1215 Price St, Savannah, GA 31401. Veggies are in the "hidden" walk-in cooler
  - Asian Market, mostly Korean food. 117 E Montgomery Cross Rd, Savannah, GA 31406
- Laundry
  - o Suds Laundromat, 24 h and has free wifi
- Health Services
  - Physical
    - https://savannahpoweryoga.com/ is running virtual classes
  - Mental
    - Crisis lines listed, top of document

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- <u>Thriveworks Counseling Pooler</u>, 138 Canal Street Suite 506, Pooler, GA 31322. 912-623-4320. https://thriveworks.com/find-counselor/

#### Attractions

- Telfair museums (Jepson Center, Telfair Academy, Owens–Thomas House & Slave Quarters). <a href="https://www.telfair.org">https://www.telfair.org</a>
- SCAD Museum of Art. https://www.scadmoa.org
- UGA Marine Extension and Georgia Sea Grant aquarium. https://gacoast.uga.edu/uga-aquarium/things-to-do/
- o Coastal Georgia Botanic Gardens, <a href="https://coastalbg.uga.edu">https://coastalbg.uga.edu</a>
- o Bonaventure Cemetery, https://www.bonaventurehistorical.org

#### Outdoor adventures

- Hikes
  - Jay Wolfe Nature Trail, on Skidaway campus, behind the UGA Marine Extension and Georgia Sea Grant aquarium. It's a nice easy hike, good for an after lunch/after work/weekend stroll. https://gacoast.uga.edu/wp-content/uploads/2016/05/TrailGuide.pdf
- Bikes
  - https://www.qualitybikeshop.com/
  - https://www.savannahga.gov/760/Walking-Trails-Bike-Paths
- Parks
  - Skidaway Island State Park, https://gastateparks.org/SkidawayIsland
  - Bonaventure Cemetery, https://www.bonaventurehistorical.org/
- Beaches
  - Tybee Island, park on 7th to avoid the crowds at North Beach and at the Pier