

A Graduate Student's Guide to Cache Valley

Made *by* Graduate Students *for* Graduate Students

*The opinions expressed in this document do not reflect those of the Department of Watershed Sciences,
the College of Natural Resources, or Utah State University.*

Welcome! You have decided to come to what may initially seem like a foreign country for graduate school. In the following pages, we provide tips on navigating through your new home and helping you feel less like a freshman all over again.

LOGAN FACTS

Populations

City of Logan: ~50,000

Cache County: ~100,000

USU Students: ~20,000

Mean Precipitation: 16.8" (42.7 cm) per year

Elevation: ~4,775 (1456 m), depending where you are in the valley.

You can find additional information at the Logan City Library's website at <http://library.loganutah.org/>. Follow the "Community" link near the top of the page.

Street Names

Most streets in Utah are numbered in increments of 100, with each town having its own grid. In Logan, Main Street runs north/south and Center Street runs east/west. All other streets are referenced to these two, unless you live on one of the valley terraces where they have abandoned the grid system. If someone says he lives on "First South," it means 100 South (one block south of Center Street, running east/west).

Campus Phone Numbers

All USU phone numbers start with 797. Usually, campus numbers are given without the first two or three digits, such as 7-2459 or x2459. Please note that campus numbers used to begin with 750. If you see a phone number with this prefix, simply dial 797 in place of 750.

Medical Facilities

Student Health Services: 850 East 1200 North (7-1660). This is the first choice for students who have health insurance through the university, as it is the least expensive.

Logan Regional Hospital: 1400 N. 500 E. (716-2050).

Planned Parenthood: 550 N. Main (753-0724). They utilize a sliding fee schedule, based on income.

Health Insurance

The university's Student Health Services publishes brochures describing the health plan available to students. No special programs for graduate students exist.

Newspapers

Logan: The Herald Journal (752-2121)

Salt Lake City: The Salt Lake Tribune and the Deseret News (Logan Circulation Office: 752-4215)

The Statesman (Campus Newspaper): 797-1759

Churches

Most major religions have establishments within the vicinity of Logan. The phone book lists their numbers and locations.

Food

Don't make the mistakes we did. Here is a totally objective, non-commercial driven dining guide for Cache Valley:

- Angie's Restaurant (690 N. Main, Logan): Grease, grease, and more grease. Fairly large portions for a reasonable price-- just what you may need on those particularly tough Saturday mornings.
- Beto's Mexican Food (1147 N. Main, Logan): Authentic Mexican fast-food that's really good after a day in the backcountry.
- Callaways (54 N. Main, Smithfield [across from Smithfield Implement]): A little more expensive than most places, but they make excellent pizza and pasta which is worth the extra couple of dollars. Beer/wine list.
- Café Sabor: Americanized Mexican food, serving beer and real (though weak) Margaritas.
- Chili's (1427 N. Main, Logan): Southwest grill franchise. They also serve beer and weak Margaritas.
- China King Buffet (461 N. Main, Logan): A fantastic venue for consuming obscene amounts of food.

- Crumb Brothers Artisan Bread (300 S. 300 W., Logan): A blessing to Cache Valley, serving terrific breakfast pastries and artisan breads. Their wares are also found in most markets.
- El Toro Viejo (1079 N. Main, Logan): Good Mexican food. Beer available.
- La Formosa (890 N. Main, Logan): Chinese food, iffy at best. Good lunch specials.
- Firehouse Pizza (880 S. Main, Logan): Good pizza, serves beer.
- Gia's Restaurant (119 S. Main [Ground Level], Logan): Italian food, not so cheap. Full liquor license.
- Factory Pizzeria (119 S. Main [Lower Level], Logan): Pizza, sports, beer-- almost feels like a real bar! Located directly under Gia's.
- Hamilton's (2500 N. Main, North Logan): Steak, sea food, pasta. Nice ambience, but a little pricey-- not high-end, but *way* above the Sizzler.
- IHOP (1040 N. Main, Logan): When too much just isn't enough. Great breakfast. Lunch and dinner, too.
- Korea BBQ & Market (111 S. Main): The only place for Korean food. Pricey.
- Le Nonne Ristorante (129 N. 100 E., Logan): Northern style Italian dining. Homemade raviolis and gnocchi. Liquor license. The chef is straight from Italy . . . yes, that's a big deal for Cache Valley.
- The Mandarin Garden (432 N. Main, Logan): Chinese; cheap, but, sadly, the best in the valley.
- Quizno's Classic Subs (1730 N. Main, Logan): Good subs, but expensive.
- Ruby Tuesday (43 E. 1400 N., Logan): Southwestern steaks/ribs franchise. Did I mention beer? Well, they have it.
- Saigon Vietnamese Restaurant (1085 ½ N. Main, Logan): The name says it all. Not cheap.
- Tony Roma's (130 S. Main, Logan): Ribs, chicken, etc. Liquor license; decent Margaritas.
- Tanpopo (55 W. 1000 N., Logan): Japanese food. Don't get your hopes up, but it's good, considering our distance from the ocean. Not cheap.
- Wingers (2281 N. Main, Logan): Fun place with good food. Possibly the best hot wings in town.

Quick Guide to Cache Valley's Best

Mexican, and I want it fast: Betos

Mexican, sit down: El Toro Viejo

Italian, and I mean the real deal-- not spaghetti and meatballs: Le Nonne

Romantic Dinner Date: Le Nonne

Casual Dinner Date: Tony Roma's

Vegetarian (expensive): Le Nonne

Vegetarian (cheaper): Callaways

Vegetarian (cheapest): Caffè Ibis

Pizza: Callaways

Pizza and Beer: A toss-up between the Factory, Callaways, and Firehouse (depending on your budget and stress level).

Fun food: Tanpopo's sushi

Coffee: Caffe Ibis

Lunch: Caffe Ibis

All-You-Can-Eat: China King Buffet

Food at USU

The selection on campus is limited. In the Taggart Student Center (downstairs) you will find the "Hub," which provides Aggie ice cream, Hazel's bread and baked goods), and a variety of other fast food vendors.

Many students eat upstairs at "The Carousel," the university's cafeteria which offers wraps, make-your-own sandwiches, a grill, Mexican food, and a traditional meal that varies. A vegetarian entree also changes daily.

The Nutrition and Food Sciences Building (on the corner of 700 North and 1200 East) has a larger selection of Aggie Ice Cream in individual and bulk quantities, as well as a variety of sandwiches.

There are Caffe Ibis coffee hubs in the TSC and the library for those who are fond of caffeine. The library also serves sandwiches, wraps, pastries, and other items.

State Liquor Store:

Located at 75 W. 300 N. (752-4145); Hours: Mon. through Sat. 11 a.m. to 10 p.m. (closed Sunday, so plan ahead). This is the *only* place in town to buy hard liquor, wine, and imported beer, but it will cost you. However, they take checks and credit cards if you're short on cash (aren't we all?). Weak beer (aka "Utah 3.2") is available in all the usual places (Smith's, Albertson's, corner stores, etc.), but not on Sundays.

And while we're on the subject...

Bars: In Utah, there are three types of drinking establishments: private clubs, bars, and restaurants. Private clubs and some restaurants have special liquor licenses that enable them to sell wine and mixed drinks. Beer is available in most of the three types of establishments. Private clubs (what you would probably consider a bar) require you to be a member before entering. Membership can be inexpensive, so students frequent these places too. When drinking at a restaurant, you must order food to accompany your beverage.

Your choices include:

- The White Owl (36 W. Center, Logan): a bar where many students go on Friday, faculty and graduate students meet there pretty much every week. Tuesday is “Burger and Big Dog Night,” when they sell cheap food and beer. This is a popular weekly activity.
- Sultan’s Tavern (205 S. Main, Logan): a cheaper bar, with occasional live music.
- Mulligan’s (33 Federal Avenue [east of Main Street between 100 and 200 N.]): a private club where a two week membership costs \$5, or \$35 for the entire year.
- Eagle’s Lodge (900 N. 170 W., Logan): a private club with a live music venue. Call for prices (752-8776).

The Logan Chamber of Commerce

Located at 55 N. Main, it has a lot of free stuff, including hiking and biking trail guides, guides to city parks and recreation opportunities, information on hunting, fishing, back country travel, etc.

SERVICES AVAILABLE AT USU

Libraries

The Merrill-Cazier Library is the main library on campus. Tours are usually offered during the first few weeks of class. Save yourself time and grief by taking a tour soon.

USU’s selection of books and journals is surprisingly good. The items the library doesn’t carry can usually be obtained via interlibrary loan (ILL). Books and journal reprints take forever, so plan ahead. Graduate students are allocated \$40 a year for interlibrary loan copies. Ask at the ILL desk for more information.

The Quinney Library is attached to the NR building and is stocked by faculty and other patrons; therefore, the selection is somewhat limited. However some of the books and journals you need are probably available in the Quinney Library, which saves you a trip to the main campus library. Assigned readings for your classes will often be on reserve here. Also, some journals, such as Nature, are in regular form at the Quinney, instead of on microfilm, as they have at the main library.

Graduate Student Senate (GSS)

The Graduate Student Senate promotes the interests of graduate students to the administration. GSS travel funds are available to those presenting papers at conferences. See the GSS funding form in the packet for details or see their website for information: <http://www.usu.edu/usugss/>.

The College of Natural Resources [Graduate Student Council](#) (GSC) does many of the same things the GSS does, but focuses at the college level.

USU Student Counseling Center

Provides counseling to USU students, located in the TSC, room 306 (7-1012).

Student Government

USU student government provides several services, including legal advice, a crisis line, day care, student clubs, and recreational activities. See the student handbook or your graduate representatives for more information.

Computers

There are several computer labs available on campus for student use (Old Main, Quinney Library, Taggart Student Center, the Main Library-- see the class schedule book for all lab locations). Most labs have Macs as well as PC's, though the software and hardware varies from lab to lab. To use a computer, just show a valid student ID at the entrance. Your e-mail account is also accessible from any of these labs. You need to set up an account in the [Banner system](#). To do so, you need to be registered and have paid your tuition and fees. Just log in with your A-number and password, go to "Personal Information," and the rest should be easy. The Quinney Library has a slide maker, as well as its own computer lab. Check with its staff for more information.

Books

USU has only one bookstore, located on the ground floor of the TSC. However, you can also find good used books sometime during the first couple of weeks of each term at the used book swap on the third floor of the TSC. Check the Statesman (USU's campus newspaper) for details. Logan also has a Hastings, Borders, and the Book Table (a family

run book store) that can special order in any books you need. Also, be sure to check online: amazon.com, ecampus.com, bigwords.com, etc.

USU ODDITIES

There are a lot of quirky things to know. Here are a few that might throw you off immediately-- you can discover the rest for yourself!

The Statesman: USU's campus newspaper. It is published three times a week, so don't look for it on Tuesday or Thursday. It is also online, and you can have it e-mailed to you automatically by signing up at their website (<http://www.utahstatesman.com/>).

The Self-Service Banner System: Use this personal database system for everything from registering for classes to looking at your transcript. To find SSB, go to <http://banner.usu.edu/> and click the link that says USU SSB. If you used this system to apply to graduate school, everything should look familiar. If not, follow the instructions for first time registration and it's yours to use from then on.

Course Schedules: You can purchase it in the bookstore for \$1.00. However, it is now on-line under the [SSB Banner system](#).

Grades/Transcripts: USU does not mail these to the students. The only way to get your grades is to go on-line, using SSB.

Buses: City and campus bus services are both FREE and reliable. Schedules with routes and drop-off locations are available on every bus or online at <http://www.cvtdbus.org/>.

RECREATION

Logan and the northern Utah region offer many recreation opportunities-- there is never an excuse for being bored, and several excuses to not spend your evenings and weekends studying.

The Outdoor Recreation Center or ORC (797-3264) is located in the basement of the Distribution building on 1000 N. The ORC rents hiking, camping, climbing, skiing, and boating equipment to students for decent prices. They also lead and sponsor trips. This is a great venue for exploring new outdoor interests without incurring the startup costs.

Biking: Logan has several bike shops which are listed in the phone book. Sunrise, Joyride, and Al's are some of the better known. Once you choose a shop, ask them about biking trails, as the Logan area has several great rides.

Skiing: You will be asked at least 37 times within your first three months here if you ski. Logan Canyon has several X-C and back country skiing locations. Beaver Mountain offers traditional alpine, chairlift skiing and snowboarding and is located about 45 minutes up Logan canyon. At \$24.00 a day (or ~\$250.00 for a season pass, if you buy it early), it is an affordable skiing option. They also offer a morning half-day for \$19.00 (Sundays are dead in the morning, you practically get the whole mountain to yourself). Beaver is small, but if you're not afraid of trees or checking out ungroomed areas, it's a blast.

The Salt Lake City area also has some of the best skiing in the U.S. Contact the ORC or the Trailhead (an outdoor equipment store located at 117 N. Main, Logan) for specific places to go to and information on rental equipment. Also, check out <http://www.skiutah.com> for snow reports and links to most ski areas.

Backcountry Skiing: There is endless terrain within an hour drive of Logan but, as always, access to the higher elevations is the issue. There are several local ski touring bums (many who attend USU) and the Forest Service provides decent avalanche forecasting for the local Bear River Area <http://www.avalanche.org/%7Euac/BRAIC/>. Another bonus is the ORC Yurt and other private yurts that can be rented locally for extended trips . . . yee-ha!

Hiking: Same as backcountry skiing, but without snow (usually). The Trailhead has maps and trail guides. Also, check out the forest service headquarters.

Hunting and Fishing: Utah requires a Utah driver's license and a six month residency in order to obtain a resident hunting or fishing license. Contact Al's Sporting Goods for information on places to go. You must have taken the hunter's safety course to get a hunting license if you were born after January 1,1966.

Birding: Cache Valley is a major flyway for some of North America's most spectacular birds. The Wellsville Mountains (six miles west of Logan) were the first site that Hawk Watch International established to monitor raptor migrations. Excellent raptor sightings occur from September through November for those hardy enough to hike to the top via the trail leaving from Mendon (about two to three hours). The Bridgerland Audubon Society also sponsors field trips throughout the year.

Cultural Events: Yes, we occasionally have them! USU sponsors a variety of plays, musical performances, dances, international festivals, and art events. With your student ID, they are often pretty cheap. Watch the Statesman for upcoming events.

Also, the ticket outlet at Smith's food store sells tickets to a wide variety of events along the Wasatch front, mostly in the Salt Lake City area.

The Bridgerland Folk Music Society hosts an excellent concert series throughout the year, sponsoring some great musicians. Watch for their concert postings.

Sports: Your student ID gets you in free to most sporting events on campus. USU also has many intramural leagues for those who wish to play. Contact the personnel at the Health, Physical Education and Recreation (HPER) building for details. The HPER building also has a pool, weight room, basketball and racquetball courts, etc. Showers are free and lockers are available to rent for \$15 per semester or \$35 per year.

Farmer's Market: This amazing community market is the best place to buy local crafts, delicious produce, and baked goods. This is a must every Saturday from early May until late October. The market is at Pioneer Park (100 South, 200 East). For more information, see their website at <http://www.saabra.org/pages/GM.htm>.

Local Radio: NPR (FM 89.5 and 90.5 from Logan, and 90.1 from Salt Lake City) plus the usual selection of pop, country, metal, etc. across the dial.

Other Stuff: The Logan School District offers a great adult education program, with classes such as fly tying and dutch oven cooking.

Important Phone Numbers

The Department of Watershed Sciences Main Office
x2459

Business Service Center (Travel, Purchases, Pay, etc.)
x3866

Ecology Center (If your funding is from here, go for Travel, Purchases, Pay etc.)
x2555

College of Natural Resources, Dean's Office
x2445

Handy Acronyms

TSC: Taggart Student Center (housing administration, food, bookstore, bank, post office, barber shop etc.).

HPER: Health, Physical Education, and Recreation (on the corner of 700 North and 800 East).

ORC: Outdoor Recreation Center-- "The Student's Outdoor Center"

IACUC: Institutional Animal Care and Use Committee; part of the Laboratory Animal Research Center that houses the committee that handles the required paperwork for any animal use.

SSB: Self-Service Banner