

Life in Logan

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. (Updated June 2019)

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: ~120,000
USU Students: ~20,000

Mean Precipitation: 16.8" (42.7 cm) per year

Elevation: ~4,775 (1456 m), depending on 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.

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. Please consult the Health Insurance program for details on the programs offered to graduate students. [First Student.com](http://FirstStudent.com). If you need assistance, please contact Student Health Services.

Newspapers

Logan: The Herald Journal
Salt Lake City: The Salt Lake Tribune and the Deseret News
The Statesman (Campus Newspaper)
Online “Newspaper” Cachevalleydaily.com

Churches

Most major religions have establishments within the vicinity of Logan.

Food

Don't make the mistakes we did. Here is a non-commercial driven dining guide for Cache Valley (these are just a few choices, not meant to be inclusive; most national franchises are not listed):

- Angie's Restaurant (690 N. Main, Logan): Local restaurant, homestyle food. Fairly large portions for a reasonable price-- just what you may need on those particularly tough Saturday mornings.
- Rancheritos Mexican Food (1147 N. Main, Logan): Authentic Mexican fast-food that's really good after a day in the backcountry (Locals still call it Betos).
- Beehive Grill (255 S. Main, Logan) Burgers, Steaks, Seafood, Pasta, Vegetarian, Gelato, Pub
- Callaway's (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.
- Caffè Ibis (52 Federal Ave) Coffee shop and deli shop
- Café Sabor: Americanized Mexican food, serving beer and real (though weak) Margaritas.
- Crumb Brothers: (291 S 300 W, Logan) Artisan Bread – Open Hours Wed-Sat 7am-6pm Sun 9am-3pm – Sandwiches, etc.
- El Sol Mexican Restaurant (871 N Main, Logan) Inexpensive Mexican/American Food.
- El Toro Viejo (1111 N. Main, Logan): Good Mexican food. Beer is available.
- Elements (35 E 640 S, Logan) Upscale restaurant, pricey
- Factory Pizzeria (119 S. Main [Lower Level], Logan): Pizza, sports, beer-located directly under Gia's.
- Fox's Pizza Den (545 E 1400 N, Logan)
- Fredrico's Pizza (1349 N 700 N) Close to campus – lunch specials
- Firehouse Pizza (682 S. Main, Logan): Good pizza, serves beer.
- Great Harvest Bread Co (55 W Center St. Logan) – Sandwich shop downtown
- Italian Place (48 Federal Ave, Logan) Italian sandwiches.
- Jack's Wood Fired Pizza (256 N Main St., Logan)
- Juniper Take Out (35 E 400 N) Family style, American food
- Kneaders (1675 N Main St, Logan) Franchise - Sandwich and bakery shop
- Korea BBQ & Market (111 S. Main): The only place for Korean food. Pricey.
- La Formosa (890 N. Main, Logan): Chinese food, iffy at best. Good lunch specials.
- Le Nonne Ristorante (129 N. 100 E., Logan): Northern style Italian dining. Homemade ravioli and gnocchi. Liquor license. Expensive
- The Mandarin Garden (432 N. Main, Logan): Chinese; cheap

- Morty's Café – 780 East 700 North (Just off campus) Hamburgers, Vegan/Vegetarian burgers, sweet potato fries, etc.
- Old Grist Mill (North Store: 78 East, 400 North)(South Store: 981 S Main St, Logan) Sandwich shop, bakery, soup sold at the south store.
- Pier 49 Pizza (99 E 1200 S, Logan) Sourdough Pizza.
- Rumbi Island Grill (970 S Main, Logan) Franchise, "Island Grill" Rice dishes
- Tandoori Oven (720 E 1000 N, Logan) Indian food, next to a gas station, don't let the location fool you.
- Texas Roadhouse (42 E 1400 North, Logan) Franchise, only open for dinner, except on Fridays, then they are open for lunch.

Quick Guide to Cache Valley's Best

Mexican, and I want it fast: Rancheritos

Mexican, sit down: El Toro Viejo

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

Romantic Dinner Date: Le Nonne

Vegetarian (expensive): Le Nonne

Vegetarian (cheaper): Callaway's

Vegetarian (cheapest): Caffè Ibis

Pizza: Callaway's

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

Coffee: Caffè Ibis

Lunch: Caffè Ibis

Food at USU

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 "[Aggie Marketplace](#)," cafeteria style – they offer wraps, make-your-own sandwiches, a grill, Mexican food, and a traditional meal that varies. A vegetarian entree also changes daily.

The [Junction](#) is a buffet located at the base of Mountain View and Valley View towers in the center of campus and is open longer hours from 7 am until 7 pm and then 9 pm until midnight.

The [Skyroom](#) – is a buffet and salad bar restaurant. Taggart Student Center (TSC) on the third floor

The "[Quick Stop](#)" located on the 1st floor of the TSC by the computer labs sells the "Scotsman Dog," corn dogs and sodas, etc. (on-campus convenience store M-F, 7am-10pm, Sat 11am-3pm)

[Aggie Ice Cream](#) is located in the Nutrition and Food Sciences Building (on the corner of 700 North and 1200 East) they have a larger selection of Aggie Ice Cream in individual and bulk quantities.

There are several café's located on campus:

[Quad Side Café](#) – Library Annex

[Luke's Café on the Quad](#) – Ag Science Building
[Artist's Block Café and Bakery](#) – Fine Arts Visual Building
[Emma's Nook](#) – Education Building
[Beth's Bistro](#) – Center for Clinical Excellence
[Noni's](#) – Nora Eccles Harrison Museum of Art
[Shaw's 88 Kitchen](#) – Huntsman Hall, 2nd floor
[Steeped](#) – New Life Science Building

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. Weak beer (aka "Utah 3.2") is available in all the usual places (Smith's, Fresh Market, Lees, 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, backcountry 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, student clubs, and recreational activities. See their webpage 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 <http://www.usu.edu/computerlabs/pdf/LabMap.pdf> 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 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/>).

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 select 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: Can be found online. They can be found online under the [SSB Banner system](#) or at <http://www.usu.edu/registrar/catalogpdf/>.

Grades/Transcripts: USU does not mail these to the students. The only way to get your grades is to go online, 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. Cache Valley Visitors Bureau has many links to recreational activities:

<http://www.tourcachevalley.com/index.php?id=33> A few are listed here.

Outdoor Programs (797-3264) is located on the north side of the Aggie Recreation Center (ARC) off of 800 East and 700 North. They rent hiking, camping, climbing, skiing, and boating equipment to students at decent prices. They also lead and sponsor trips. This is a great venue for exploring new outdoor interests without incurring startup costs. [Outdoor Programs](#) is part of the USU campus recreation system.

Biking: Logan has several bike shops. 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 backcountry skiing locations. Beaver Mountain offers traditional alpine, chairlift skiing, and snowboarding and is located about 45 minutes up Logan canyon. At \$50.00 a day/\$40.00 a half day (or ~\$345 for a season pass, if you buy it early, \$380 later), it is an affordable skiing option. Beaver is small, but if you're not afraid of trees or checking out ungroomed areas, it's a blast.

<http://www.skithebeav.com/>

The Salt Lake City area also has some of the best skiing in the U.S. Contact Outdoor Programs 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 Outdoor Program Yurt and other private yurts that can be rented locally for extended trips.

Hiking: Same as backcountry skiing, but without snow (usually). The Trailhead has maps and trail guides. Also, check out the forest service headquarters. See the "For Fun" links on the "Graduate Student Information" page – follow the links under "Graduate Program" or click on this really long link: <http://www.cnr.usu.edu/wats/htm/graduate-program/graduate-student-information>

- [Http://Logancanyonhiking.com](http://Logancanyonhiking.com) - Logan Canyon Hiking
- <http://www.go-utah.com/Logan/Hiking/> - Go-Utah
- <http://www.fs.usda.gov/uwcnf/> - Forest Service

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.

Ice Skating: Eccles Ice Center 2825 N 200 E, North Logan <http://www.ecclesice.com/newsite/index.php>

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. <http://www.bridgerlandaudubon.org/>

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. Below are just a few suggestions:

- American West Heritage Center: <http://www.awhc.org/>
- Cache Symphony Orchestra. <http://cachechamberorchestra.wordpress.com/>
- Cache Theater Company <http://cachetheatre.com/>
- Cache Valley Center for the Arts: <http://www.centerforthearts.us/>
They also have a list and links to other arts in the valley:
<http://www.centerforthearts.us/directory.html>
- Cache Valley Civic Ballet: <http://www.cvcballet.org/>
- Heritage Theater <http://www.heritagetheatreutah.com/>
- Music Theater West: <http://www.musictheatrewest.org/>
- Noon Music at the tabernacle: <http://logantabernacle.blogspot.com/>
- Old Barn Community Theater: <http://www.oldbarn.org/>
- Old Lyric Repertory Company (June and July): <http://theatre.usu.edu/prodOpp/olrc/>
- Pickleville Playhouse: <http://www.picklevilleplayhouse.com/>
- Utah Festival Opera Company (July and August): <http://www.ufoc.org/>
- USU Theater: <http://theatre.usu.edu/>
- The Bridgerland Folk Music Society hosts an excellent concert series throughout the year, sponsoring some great musicians. Watch for their concert postings.
<http://www.bridgerfolk.org/>

Community Annual Events

These events can all be found at <http://www.tourcachevalley.com/index.php?id=17>

May - Old Ephraim's Mountain Man Rencouvus – Memorial Day Weekend

May - Cache Classic (Bicycle race): <http://www.loganraceclub.org/>

June - Summerfest: (Arts Faire): <http://www.logansummerfest.com/>

June – Wasatch Back – RAGNAR – (200 mile overnight relay race): <http://www.ragnarrelay.com/ragnar>

June – Art on the Lawn (Art show): <http://www.artonthelawn.net/>

June - MS 150 Bike Tour:

http://bikeutu.nationalmssociety.org/site/PageServer?pagename=BIKE_UTU_homepage

July - Cache Valley Cruise-In (Classic car show): <http://www.cachevalleycruisein.net/>
September - LOTOJA (Cycling event): <http://www.lotojaclassic.com/main/index.html>
September - Top of Utah Marathon: <http://www.topofutahmarathon.com/index.php>
October – North Logan Pumpkin Walk: <http://www.pumpkinwalk.com/>

Other Things TO DO in Logan

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.

USU has a new recreation facility, the Aggie Recreation Center (or ARC) https://www.usu.edu/campusrec/rec_facilites/arc. The HPER building also has a pool, weight room, basketball and racquetball courts, etc. Showers are free and lockers are available to rent for \$30-\$50 per semester.

Cache Valley Gardeners 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 200 N and Main Street behind the Old Courthouse For more information, see their website at <https://gardenersmarket.org/>

Stokes Nature Center: non-profit organization – up Logan canyon <http://www.logannature.org/>

Whittier Community Center: 290 N 200 E: <http://whittiercenter.org/>

Willow Park Zoo: 419 West 700 South, Logan <https://zootah.org/>

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.

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, barbershop, etc.).

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

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