

## TEAM-Tox Unofficial Grad student Handbook

### **When You Arrive**

Contact the EMT Office, 1007 ALS Building, to fill out any necessary paperwork.

### **Office Staff:**

Mary Mucia 541-737-9079

Susan Atkisson 541-737-1762

### **First things first (help you move freely about campus and online via OSU):**

- Getting an OSU ID card – Cost is \$20, and another 25 if you lose the card. This gets you discounts across town, access to the library, recreation departments, equipment rentals, etc.
- ONID Account (this is your University email and registration setup)
- SCIENCE Account (bizarrely separate from ONID, this can help you get access to OSU drives, and Virtual Machines from off-campus so you could potentially work from home or out of town).
- COSINE share drive access:  
We have public folders in EMT that everyone in the dept. can access, as well as private folders only certain lab members or administrators can access. COSINE is the name for our IT department. Work computers should already have access, but personal computers will have to go to COSINE)

### **Registration**

The general catalog and schedule of classes are [online](#). Students usually register for the upcoming quarter during the week preceding the first day of classes unless they were enrolled and preregistered the previous term (students can pre-register for quarters as shown in the Schedule of Classes). Students should register for classes [online](#). New students should consult their mentor, Drs. Buermeyer or Marcus, or other graduate students to help plan their class schedule. Academic requirements are listed in the [EMT official graduate student handbook](#).

### **Department and University Forms**

Key Requests, After Hour Permits, [Computer Authorization Access](#), Motorpool Authorization forms. Inquire in EMT Office or [find the form at the EMT Dept. Website](#). \*\*\*If traveling for OSU purposes\*\*\* make sure you fill out a “Travel Pre-approval Form” also available on the EMT website, you’ll need the signature of your mentor or laboratory head, and then hand the form to Susan. This makes reimbursement possible, and covers you under OSU’s insurance in case of an accident.

### **The OSU Library**

If you are looking for that 1947 reference, and can’t find it online you might actually need to photocopy it from the library. It is located East of the Memorial Union, between Jefferson and Campus Way. Alternatively, you can request physical and electronic versions through an efficient and relatively speedy interlibrary loan system available online. The library has 6 floors, a quiet floor (6<sup>th</sup>) for those looking to study/work away from social updates from nearby students, and a small café.

## **The Memorial Union (MU) and OSU Book Store**

The OSU Book Store is located across from Reser Stadium. The main floor sells supplies, gifts, computers, printers, software and supplies, often at educationally discounted prices.

At the MU, the upper floors have conference rooms, study rooms, an over 25 lounge, several eating places, a café, a ride board, a for-sale/for-rent/roommate-wanted board, a bowling alley, pool room, and convenience store.

## **Tips for Getting Around**

On the east end of the campus the streets running north and south are numbered away from the Willamette River (1st, 2nd, 3rd street, etc.). Avenues running east and west are named in chronological order of U.S. Presidents (Washington, Adams, etc.). Monroe Avenue is the dividing line between NW and SW. Thus, 202 SW 2nd Street would be two blocks south of Monroe. Northwest Corvallis does not have a systematic naming of streets. Corvallis does contain a perplexing number of one way streets, as well as streets that end and begin again after a park, or high school. 53<sup>rd</sup> St./Walnut/HWY 99/2<sup>nd</sup> St. to 4<sup>th</sup>/Philomath Blvd. is a convenient loop around the perimeter of the heart of inner Corvallis.

## **Housing**

The housing situation in Corvallis is becoming tight due to increases in student allotment. Housing information can be found in the local newspaper (Corvallis Gazette-Times), the University [Housing Office](#) (102 Buxton Hall) and [Craigslist](#). Options range from dorms to university-owned apartments, married-student housing, mobile home parks, rooming houses, apartments or houses shared or single. Many rental agencies have listings on their websites:

Rental Agencies

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

<http://pinionproperty.com/>

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

If you have a pet,

[www.creeksideor.com](http://www.creeksideor.com) has pet friendly housing for a price.

If you need assistance or advice with housing, contact a TEAM-Tox representative or other lab mates.

Philomath and Albany are another alternative to expensive housing in Corvallis. Housing in these nearby towns is much cheaper, but the trade off is commuting time/expenses. Both have a shuttle or bus that travels between the two at regular intervals throughout the day and are free when you show your OSU ID card.

## **Utilities and Services**

City of Corvallis Water Dept., 501 SW Madison, Phone: 541-766-6949

Qwest (New Telephone service), Phone: 1-800-244-1111

Comcast (Phone, Cable, Internet Service) Phone: 1-888-824-8264

Pacific Power & Light, 207 SW 6th Street, Phone: 1-888-221-7070

Consumers Power, Inc, 6990 SW West Hills Rd, Phone: 541-929-3124

Corvallis Disposal, 110 NE Walnut Blvd, Phone: 541-754-0444

Northwest Natural Gas, 1970 14th Ave SE, Albany, OR 9732, Phone: 1-800-231-2986

Corvallis Gazette-Times (daily newspaper), 600 SW Jefferson, Phone: 541-753-2641

### **Transportation**

A student parking permit may be purchased at registration or at the Parking Services Office (located in Adams Hall). This permit allows you to park in student areas. Parking permits range from one day to a full year. A car can be more trouble than it's worth around campus. Other good options are public transportation (FREE) or biking.

Corvallis is relatively flat and well-suited for bicycling. Register your bicycle with Campus Security at the Public Safety Building. Bicycles are often recovered after they were stolen and the registration will help to get it back to you. Keep your bicycle locked at all times while on campus. The Outdoor Center, located on the East side of Dixon Recreation Center, offers a free workshop if you need space and tools to tune your bike. Employees will help out if you're new to bike maintenance. Several shops downtown provide professional service.

### **Campus Shuttle**

There is a free campus shuttle bus which leaves approximately every 15 minutes from 19 stops, the complete route takes half an hour. <http://oregonstate.edu/dept/facilities/taps/node/74>

### **Free City Buses:**

<http://www.ci.corvallis.or.us/index.php?option=content&task=view&id=470&Itemid=413>

### **The Beaver Bus**

When school is in session, the Beaver Bus late night shuttle is also available to limited locations in Corvallis

[http://www.ci.corvallis.or.us/index.php?option=com\\_content&task=view&id=2322&Itemid=3212](http://www.ci.corvallis.or.us/index.php?option=com_content&task=view&id=2322&Itemid=3212)

### **Resources**

#### **Used Furniture and Household Items.**

Check the weekly "dollarsavers" (free at most grocery stores), the OSU Folk Club Thrift Store (corner of Jackson and NW 2nd St.), Gibbs Furniture (334 SW 2nd St., 541-758-), The ARC Resale Corner (928 NW Beca Ave, 541-754-9011), craigslist, and garage sales.

#### **Grocery stores, farmer's market**

In the summer, Corvallis has weekly farmer's markets on Saturdays and Wednesdays. In the winter, the market occurs at the Benton County Fairgrounds on Saturdays.

- Fred Meyers is at a central location on Kings and Buchanan. It has a good compromise of quality and price.
- Winco is on Kings and Walnut. Highlights here include 24/7 shopping, a large bulk section, and usually good prices on dry or canned goods.
- There are two Co-op locations. Northtown: NW 29th St. and NW Grant Ave, and Southtown: SW 3rd St. and SE Chapman Pl. Visit these locations for an excellent salad bar and pigs of Oregon Trail beer.
- There are Albertson's and Safeways scattered across town. Notable among them is Safeway on SE 3rd St and SW Adams Ave where you can get cash back if you're downtown and don't want to pay ATM fees.

- Market of Choice - Pricey, especially the hot bar and other specialty items, but on the other hand, it is good for specialty items, meats, and produce, some of which is local.

### **Voting and Driving In Oregon**

Voter Registration. To vote in Oregon, you must be a United States Citizen, 18 years old, and be an Oregon resident. You must be registered to vote at least 20 days before an election.

Registration forms may be obtained at most banks, the Benton County Courthouse (120 NW 4th St.), and the DMV Office (850 NE Circle Blvd., 541-757-4191). Also, you can register by mail (Benton County Director of Records & Elections: 541-757-6756 Linn County Clerk: 541-967-3831).

Oregon Driver's Licenses are available at the Oregon Division of Motor Vehicles located at 850 NE Circle Blvd. Drivers with valid licenses from another state must take the written and eye tests. If you pass the written test, you get your license the same day. Out-of-state students should apply for an Oregon license as soon as they establish a residence. Students without a valid drivers license from a U.S. State or Territory, or Canada, are required to take a written, road sign/vision, and a behind the wheel drivers test to receive an Oregon license. The behind the wheel drivers test requires an appointment and a vehicle to take the test in. New drivers must present a legal document with their full name and date of birth on it and evidence of Oregon Address (e.g. Bank Statement). Your Oregon Drivers License is valid for four years.

### **Recreation**

There are ample opportunities for recreation in and about the Corvallis area. The Cascade Mountains are approximately 60 miles east of town, and the Pacific Ocean is approximately 55 miles west. Locally, there is a bike path along the Willamette River, hiking trails in McDonald Forest, Mary's Peak for an excellent view of the valley, and Avery Park for picnicking. Local Hikes is a helpful and informative website <http://www.localhikesbeta.com/>. On campus, there are gyms and the Dixon Recreation Center. The Outdoor Program rents camping equipment, canoes, etc., and organizes many trips during the year. Many members of the department are avid joggers, racquetball players, tennis players, backpackers, cross-country and downhill-skiers, swimmers, canoers, etc. It is beyond the scope of this manual to mention all of the recreational opportunities, but seek and ye shall (probably) find.

### **Health**

The Student Health Center located in the Plageman Building (across from Weniger Hall) has MD and LPN services, pharmacy, etc. Phone 7-9355 for more information.

The Benton County Health Department (541-766-6835) and the Benton County Mental Health Clinic (541-766-6835) both located at 530 NW 27th Street, provide a number of services (including required vaccinations) on a sliding scale fee basis. Call for appointments.

Emergency – Good Samaritan Hospital is located at 3600 NW Samaritan Dr in the North part of town less than a mile north up HWY 99 after the intersection of Walnut and 99.

### **Counseling/Community Resources**

A number of University counseling services are available to students and their families. These include the Counseling Center (Phone 7-2131) for personal, educational-vocational, and marriage counseling. An appointment is necessary and there is a nominal fee after the first six visits. There are also Student Legal Counselors (free) in the MU Student Events and Activities Center, who can help, especially in landlord-tenant disputes. The Women's Center located in the

Benton Annex (7-3186) offers support for both men and women students.

Community Outreach, Inc. offers a number of emergency services. Call 541-758-3000 for more about programs and eligibility, or stop in at Sunflower House, 128 SW 9th Street (between Monroe and Madison). Many of their programs have restrictions, so call first to find out the requirements. Community Outreach does a good job of providing information and referring questions/clients to the right resources, so do not hesitate to call if you have a question.

The Center Against Rape and Domestic Violence provides counseling and support services including crisis intervention and temporary shelter for victims of abuse. For information call 541-758-0219 (office) or 541-754-0110 (hotline).

The Barometer is the free student newspaper published Monday through Friday which can be picked up at several locations on campus.

The Guide to Student Life is a very useful resource containing information about many services, organizations, and activities. It is updated annually and available at the Student Events and Activities Center located in the Memorial Union.

### **Banking**

OSU Federal Credit Union. The main office of this member-owned, non-profit cooperative financial institution is located at 148 NW 25th St. (541-714-4000) with a branch in the Commerce Building at 1980 NW 9th St, Main St. Philomath and across from the Target Store at the Heritage Mall in Albany. All regular OSU graduate students, alumni, and people who have permanent jobs at OSU, plus family members of this last group, can join the Credit Union. You may remain a member after leaving OSU as long as you maintain a minimum balance of \$5.00 in a basic account. Checking accounts are free of charge if you maintain a minimum balance of \$100.00. As of 2012, it is one of the few banks in town that doesn't charge random fees for no reason.

Other Local Banks are Bank of America, Citizens Bank, Key Bank, U.S. Bank, Chase, Umpqua Bank, Wells Fargo, as well as several Federal Savings & Loan Associations. Most of these have facilities in Corvallis, Philomath and Albany.