

New to Newport Guide

Welcome! We're happy to have you join the Hatfield student community! To help you settle in and answer some burning questions, we've prepared a brief explainer on the slightly-quirky town of Newport and the people that live here.

By HSO grad students
Updated 9/2021



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Getting Settled In at HMSC

Welcome to Hatfield Marine Science Center in beautiful Newport, Oregon! We are very happy to have you in our community, and we hope that your transition to graduate school is as smooth as possible.

When you first arrive at HMSC as a graduate student, there are several important people to meet and tasks to complete:

HMSC Orientation:

Cinamon Moffett (moffettc@oregonstate.edu) is your first stop at HMSC to getting settled in. She can arrange your keys, desk space, paperwork, and tsunami training.

Guin Library Orientation:

Mary Markland (mary.markland@oregonstate.edu) in the Guin Library can help with library orientation. For more information about the extensive library resources available to graduate students at HSMC, please see the Library Resources section of this guidebook.

IT Support:

IT support at HMSC is managed by the central IT service desk in Corvallis. All IT support requests at HMSC must be routed through that desk using the contact phone or email below. If the issue cannot be resolved remotely, it will be elevated to the on-site HMSC Information Services staff. The HMSC Information Services office is in the second story of the 900 Building (Education Wing), and can be accessed from either stairway found in the Education Wing hallway.

Contact IT Service Desk:

- Phone: 541-867-0396
- Email: hmscsupport@oregonstate.edu

Ed Cortes (ed.cortes@oregonstate.edu) can also be a resource for your IT needs, although IT requests should first go through the OSU IT staff. Be sure to ask Ed for help connecting to the grad loft printer for free color printing!

HMSC Faculty and Staff Directory:

Need to contact someone but don't know their email? Never fear, the Faculty and Staff Directory has everyone's email and you can even sort by agency. Available here: <https://hmsc.oregonstate.edu/directory>

Parking:

Parking at HMSC is free, students are welcome to park in the back 'staff' lot

Mailboxes:

All grad students should have mailboxes in the mail room, which has recently moved to the new

Marine Studies building If you need mailroom support, contact Tami O'Connor (tami.oconnor@oregonstate.edu).

Desk Space:

Assigned desk space is limited; students in residence at HMSC are prioritized. Now that we have new spaces for grad students in the Marine Studies building, grad students may have desks in the new building or the “old” grad student loft above the education wing of the main HMSC building. If you are a part time student at HMSC and need a place to work, there is a shared ‘commuter desk’ in the HMSC grad loft, or you can contact another part time student with a desk to see ask about sharing. The Guin Library is also a wonderful place to work, and library carrels may be available for students who need a quiet place to write.

Hatfield Community Regular Events (Subject to changes under COVID-19):

- **Wednesday Morning Doughnuts** - 10:00 AM in the staff lounge (proceeds benefit HSO). On hold due to COVID-19 but will hopefully resume in winter 2022.
- **Seminar** – Thursdays at 3:30 pm. In fall 2021, seminar is transitioning to a hybrid format, with some seminars held virtually over zoom and others held in-person in the Guin Library Seminar Room. Past seminars are recorded and available on HMSC’s website. Seminars are announced weekly on the hmsc community listserv.
- **Wednesday night at BierOne Brewing** - Historically (e.g. pre-COVID) there was a large HMSC showing at Wednesday happy hour (5-9). We are optimistic that this can continue once safe.
- **Science on Tap**- ~Monthly presentations by local and invited scientists at Rogue Brewery (currently held over zoom). Emails sent to community listserv with dates/topics.

Hatfield Student Organization:

Student organization for those in full/part time residence at HMSC. Typically one meeting per term, with fundraising activities, as well as travel and research award funding available at several times throughout the year. It’s fun and free!

Student Life at a Satellite Campus:

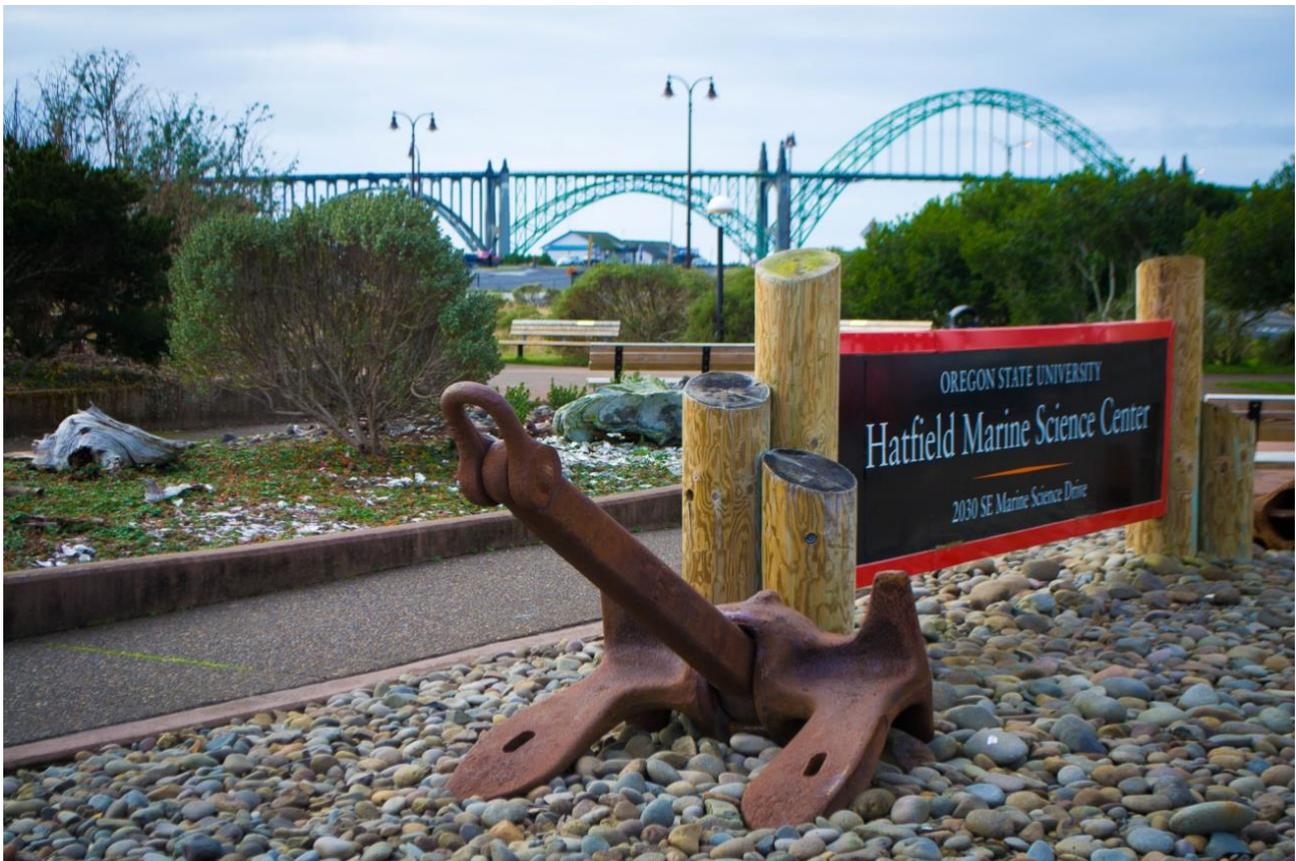
It is not currently possible to do all your coursework as in-person classes at HMSC. Some classes are available through Zoom, but course offerings are typically limited by the availability of equipment in the Corvallis classroom.

There are many ecampus course offerings. However, ecampus classes are not covered by GTAs; GRA support is negotiable (but ecampus classes are quite expensive and may quickly drain your grant funding).

Email Listservs to Join:

The listservs at HMSC are some of the best resources available for staying connected to the HMSC community and any events that may be coming up. A short list of listservs includes:

- **Hmsccommunity:** This listserv contains information that is relevant to the entire HMSC community, including seminars and other campus-wide events, notes from safety forums and other HMSC working groups, and important information regarding campus closures, seawater changes, and new building updates.
- **Hmscgrad (HSO):** This listserv contains information relevant to HMSC grad students. It is also the primary way that the Hatfield Student Organization communicates meeting times, upcoming award deadlines, and other student-related information.
- **R group listserv:** This listserv is used whenever there is an R group meeting at HMSC, which is usually in the winter months.
- **Hmsc_jobs:** A great resource for job openings in marine-related positions or in the Newport area.
- **COMES_newport_students:** The listserv for all students associated with the Coastal Oregon Marine Experiment Station based at HMSC.



Grad School in the time of COVID-19

Here are some resources to stay connected to your new community while staying safe.

- Join the HMSC listservs and consider joining Hatfield Student Organization to build community with your local graduate students. We are planning some fun activities for this fall! Also, feel free to reach out to the HSO co-presidents (Hillary Thalmann: hillary.thalmann@oregonstate.edu and Megan Wilson: wilsomeg@oregonstate.edu)
- HMSC seminar on Thursdays is a great virtual opportunity to meet other scientists at Hatfield.
- Consider joining some of the working groups at Hatfield. These are usually advertised on the HMSC community listserv.
- Fall 2021 HMSC Research Summit will be held virtually this year on October 19th. This is a great venue for engaging with HMSC researchers working on similar types of projects. Information is usually posted to the community listserv, or reach out to Cinamon Moffett to register.

For more information about COVID-19 resources for Oregon State University, visit this link here: <https://covid.oregonstate.edu/>

Hatfield Student Organization

Welcome to HMSC! Hatfield Student Organization (HSO) is a student organization for Hatfield graduate students, and we support a lively student community here in Newport. HSO offers plenty of opportunities for leadership and community, student research and travel awards, professional development activities, fundraisers, student-hosted speakers, and more!

To join the club, simply sign up for the Hmscgrad listserv and officially sign up for the club through the university at this link here: <https://sli.oregonstate.edu/find-organization>. (Search for Hatfield Marine Science Center Student Organization). We have quarterly club meetings and encourage all graduate students associated with Hatfield to attend. If you are based in Corvallis, we encourage participation in our meetings via zoom.

HSO 2021-2022 Student Leadership:

Co-Presidents: Megan Wilson (wilsomeg@oregonstate.edu) and Hillary Thalmann (hillary.thalmann@oregonstate.edu)

Secretary: Heather Fulton-Bennett

Treasurer: Hillary Thalmann

Webmaster: Clara Bird

MSI Liaisons: Mee-ya Monnin and Megan Wilson

Donut Officers: Joe Brockman and Lisa Hildebrand

Working Group to Address Racial Injustice: Megan Wilson, Hillary Thalmann, Karen Lohman



Guin Library Resources

Guin Library Resources <https://guin.library.oregonstate.edu>

Guin Library is a branch library of the Valley Library/OSU in Corvallis. Your OSU ID card is your library card. The library is open Monday-Friday from 8am - 5pm (hours subject to change under current COVID-19 restrictions). If you need to have access after hours, go and talk to Mary (librarian). **PLEASE ASK US IF YOU HAVE QUESTIONS** - we are really nice and our goal is to make sure you have what you need for your research and classes! If you have suggestions for books, games, technology, etc, let Mary know.



Guin has print books and journals, games, puzzles and technology equipment that can be checked out. Technology equipment includes laptops, Chromebooks, binoculars, blue light (if all the gray skies make you feel SAD), Bose noise-cancelling headphones and lots of computer adapters and plugs. There is also a charging station with a variety of plugs. Ask one of the staff to help you with the technology checkouts. There is a self-checkout machine by the entrance. You will need your ID or will need to know your OSU ID number. If you don't have your ID or know your number, just ask one of the staff members and they will be happy to look you up and check out the materials. Library materials can be returned to the blue book return in the lobby or there is an outside book

drop slot to the west of the entrance door. **Guin books can also be returned to Valley Library at the main campus in Corvallis. There is a shuttle that will return them to Guin. The opposite is also true - you can return Valley books at Guin and we will get them sent back to campus.**

Printing is free in the library. The photocopier machines are the printers. Abbott is the main printer. You can set Abbott up as a printer on your computer. The IP address is on the front of the machine. The photocopiers are also scanners and you can email materials to yourself. Ask the staff if you need to make a photocopy. Technically we have to charge for that but if it's just a few pages, well..... OR you can scan your document and then use one of the library computers to print it. There is a color printer in Mary's office. You need to ask one of the library staff if you need to print in color. The library computers can be used by anyone. They have the standard Microsoft Office programs as well as internet access. You can connect to the Citrix server from them if you need to use a program like ArcGIS.

Articles and books that aren't available through OSU?

OSU belongs to the Orbis/Cascade Alliance and we can borrow materials from a variety of schools around the Pacific NW including the University of Washington and the University of Oregon. You will see their holdings in the online catalog search. IF you would like to request one, look for the link that says **Summit Request**. You will need to be logged into the library system to get it ordered - it should prompt you. Your login is your ONID and password. Make sure to select Guin as your delivery location. It usually takes a few days for the books to arrive. We will notify you when they are here. Normally we will put them in your mailbox.

If you need something that isn't available through Summit or is a journal article, you can use **Interlibrary Loan (ILL)** and we will get the article/book for you from another library. There is no charge for this. IF you are using a database like Web of Science or Aquatic Sciences & Fisheries Abstracts, there is an OSU button on each journal record that will take you to a spot where you can request the article. OR you can fill out the ILL form. It's a lot easier to find the article and use the ILL link as it fills out the form for you. You need to sign up for an ILL account, <https://library.oregonstate.edu/ill> **We will even scan and deliver a journal article that is available at the OSU Libraries - no need to come to the library and make a photocopy/scan.** You will get an email with the link to any journal articles. Books will be delivered to your HMSC mailbox if possible. We will email you.

Please ask if this ILL and Summit stuff is confusing. We can help walk you through it.

Library Carrels (the little offices in the back) are available to graduate students when you are studying for your exams or writing. Your advisor needs to email Mary asking for a carrel. If there is one available, she will let you know and you can check out the key. If you have a carrel, that automatically entitles you to after-hours library access.

Meeting Rooms in the Library

We don't actually control the reservations for the library meeting rooms. You can see the calendars and the link to the request form here, <https://hmsc.oregonstate.edu/meeting-rooms-and-classrooms>

The meeting room next to Mary's office is officially called the Webster room but also known as the fish bowl. That room is available on a drop-in basis though there is a small whiteboard where you can reserve a few days in advance. There is a table with HDMI connections to two larger monitors in that room. It is also pretty soundproof so it's good for phone calls and online meetings.

Racial Justice Resources at HMSC

Hatfield Marine Science Center welcomes all scientists and students to our campus, including BIPOC students, LGBTQA students, diversely-abled students, and other historically marginalized groups. We are committed to connecting you to resources to help you feel welcome and safe in our HMSC community.

HMSC's Working Group to Address Racial Injustice meets biweekly (Fridays 2-3:30) with the charge to:

1. Explore structural biases leading to individual and institutional racial injustice
2. Research all manner of actions that could act to address and reduce/eliminate those biases
3. Prioritize said actions into a set of recommendations and guidance for the HMSC community.

HMSC's Working Group to Address Racial Injustice is in the process of planning for the 2021-2022 academic year. These events will be advertised on the HMSC community listserv. If you are interested in participating in this working group, contact Cinamon Moffett (moffettc@oregonstate.edu).

Oregon State University Resources:

- **The Office of Institutional Diversity** (<https://diversity.oregonstate.edu/>) is tasked with planning, leading, and implementing institutional change actions and initiatives to advance diversity, equity, and inclusion throughout all facets of Oregon State University. The OID handles bias incident response, diversity education, and community diversity relations. Some worthwhile trainings through the OID include:
 - **Social Justice Education Initiative:** <https://facultyaffairs.oregonstate.edu/sjei>
 - **Search Advocate Training:** <https://searchadvocate.oregonstate.edu/about>
 - **CTL Professional Development:** <https://ctl.oregonstate.edu/services>
- **Integrative Biology Graduate Student Association Equity, Justice, and Inclusion Committee** (<https://ibgsaeji.weebly.com/>)
- **Fisheries and Wildlife Diversity Committee:** Contact the FWGSA or Victoria Quenessen (Victoria.Quenessen@oregonstate.edu) for more information

Coalition of Graduate Employees

OSU graduate students are part of a union called the Coalition of Graduate Employees (CGE). CGE has a Collective Bargaining Agreement with OSU administration that, over several years, has fought for graduate employee rights and benefits (including the excellent health care that we have today, minimum FTE assignments, parental leave, and more!). Each OSU department has grad student stewards who can help connect you with the resources that CGE can provide. Some resources include:

- **Access to a community Hardship Fund:** Union members pay annual dues that support a community funded hardship fund. Graduate students can apply for hardship funds to support unexpected costs (e.g., car issues, health care, travel).
<https://www.cge6069.org/connect/hardship/>
- **Access to financial support for the cost of Internet** while working from home due to COVID-19. Contact your department steward for assistance accessing these funds.
- **Pathways for filing grievances** when OSU Administration infringes on the graduate employee rights as outlined in our Collective Bargaining Agreement.
<https://www.cge6069.org/grievances/>
- **Access to CGE representatives**, who can accompany you to meetings with OSU Administration as a mediator and advocate.
- **SEVIS, VISAS, and DACA reimbursement:** <https://www.cge6069.org/resources/sevis-reimbursement/>
- **Access to Caucuses:** Social justice and other community action or affinity groups including the Mental Health Caucus, Anti-Harassment Caucus, Mutual Aid Caucus, Working Parents Caucus, Women of Color Caucus, and more.
- **Contact Information:**
 - Website: <https://www.cge6069.org/>
 - Information: <https://www.cge6069.org/cge-employee-informational-packet/>
 - Executive Council: <https://www.cge6069.org/about/executivecouncilstaff/>
 - 2021 Stewards (student representatives):
 - Department of Integrative Biology
 - Cheyenne Jarman (jarmanc@oregonstate.edu)
 - Isaac Julio (isaac16monteout@gmail.com)
 - Department of Fisheries, Wildlife, and Conservation Sciences
 - Farallon Broughton (fjbroughton@gmail.com)
 - Cailin Mckenzie (Cailin.Mckenzie@oregonstate.edu)
 - Ellen Dymit (Ellen.Dymit@oregonstate.edu)
 - Kenneth Loonam (Kenneth.loonam@oregonstate.edu)

HMSC Green Team, Recycling, and Fresh Food Options

HMSC Green Team is a group of HMSC researchers, staff members, faculty, and students who are committed to reducing HMSC's environmental footprint through a variety of different service projects, invited speakers, and green team challenges.

The Green Team meets the first Tuesday of each month at 9 am, and anybody is welcome to join. (The zoom link for each meeting will go out through the hmsc community listserv). If you are interested in learning more about the HMSC Green Team, please visit our website:

<https://hmsc.oregonstate.edu/green-team>

Recycling in Newport and at HMSC:

- Thompson's Sanitary Services is the company that covers most of the basic home and office recycling needs of Lincoln County. Their list of recyclables is a bit more restrictive than other areas (e.g. you can't recycle Plastics 3-7 or waxed cardboard, among a few others). For a complete list of recyclables, visit <https://www.thompsonsanitary.com/>
- Glass can be recycled at both Rogue Brewery and at HMSC Housing
- Plastic films can be recycled at Fred Meyer (large bin in the front entryway near Starbucks) for use in Trex decking
- Many HMSC labs will gladly take your styrofoam containers, including Langdon/MBP, ODFW, Sponaugle Lab, and Fisher/NOAA, etc. OSU Surplus takes Styrofoam as well
- Ink Cartridge Recycling and battery recycling is available at HMSC. Ask Cinamon for more information.
- Composting is not yet available in Newport aside from a few pilot businesses. HMSC Green Team is investigating potential solutions for future composting needs.

Fresh Food Options in the Newport Area:

The Oregon Coast is a great place to "green up" your food shopping experience! In addition to the eco-friendly options that can be found in our local grocery stores, the HMSC Green Team has compiled a list of seasonal fresh food options that we know are available to consumers in the Newport area. Shop for local, organic, low waste, foods, and many offer pickup, delivery, outdoor market, or other low-contact options.

Farmers' Markets

- Newport - Saturdays 9am - 1pm May - October
<http://www.newportfarmersmarket.org/>

- Waldport - Wednesdays 10am - 3pm May - Sept,
<https://www.beachcomberdays.com/wednesday-market>
- Yachats - Sunday 9am - 2pm
<https://www.facebook.com/YachatsFarmersMarket>
- Toledo - Thursdays 10am - 3pm
<https://bit.ly/33prmb4>
- Lincoln City - Sunday 9am - 2pm
<https://www.lincolncityfarmersmarket.org/>
- Salishan/Gleneden Beach Friday 11am - 4pm
<https://www.artisanfaireatsalishan.com>

Vendors at the Newport Market who let you order ahead of time

- Pablo Munoz Farms
<https://pabloomunozfarms.com/>
- Drahnacre Farms
<https://drahnacre-farms-llc.square.site/>
- Walker Farms - Eggs, Lamb, Pork, Chicken
www.walkerfarmssiletz.com

Delivery Services

- Walker Farms - Delivers to your door on Weds.
www.walkerfarmssiletz.com
- Gathering Together Farms - Veggie Mobile open on Weds 12-4 June - Sept+
Can make special requests if you want a large quantity of a vegetable like tomatoes
www.gatheringtogetherfarm.com/
- Poole Family Fruit - Delivers from Hood River on Fri at 5pm May - Oct
Order online - form usually available on Weds, pickup at South Beach Church parking lot
<https://www.poolefamilyfarms.com>
- Imperfect Food - Customized order for delivery every 1-2 weeks on Weds
<https://www.imperfectfoods.com/>
Imperfect foods obtains foods wholesale because of various imperfections that make them undesirable to be sold in conventional grocery stores. There is no additional plastic packaging, and the food is often priced up to 30% less than what it would be sold for in a regular grocery store. They deliver to Newport on Weds afternoons. To get 10\$ off your first order, go to http://imprfct.us/v/victoria_113.
- Azure Standard - Delivers ~2 wks near Zach's Bistro
<https://www.azurestandard.com/>
"From our 62,400 square-foot warehouse in Moro, Oregon, we send healthy food and products to individuals, buying clubs, stores, restaurants, and manufacturers in all the States but those in the far Northeast. We've tried to make it easy for you to get all of your groceries in one place, knowing that each product is vetted for quality and healthfulness. Whether you're looking for organic ice cream, specialty cheeses, bulk beans, or potato chips, you'll find it here. We also sell nutritional supplements, health & beauty products, household necessities, animal feed & pet food, and gardening items.

Seafood

Eat Oregon Seafood website lists local seafood vendors, including pick up and delivery options - <https://seagrant.oregonstate.edu/eat-oregon-seafood>

You-Pick Options

Gibson Farm in Siletz - Blueberries July - Aug
<https://www.facebook.com/gibsonfamilyfarms>

CSAs (Community-sponsored Agriculture)

Subscription services with a box pick up and/or delivery usually once/week

- Gathering Together Farms
www.gatheringtogetherfarm.com/
- Local Ocean Box
<https://localdockbox.com/>



This list was compiled by members of the Hatfield Marine Science Center Green Team. To learn more, visit <https://hmsc.oregonstate.edu/green-team>.

Commuting from Newport

Commuting to Corvallis:

For many Hatfield students, commuting to Corvallis for classes is just a part of graduate student life. HSO has a carpooling calendar to facilitate ride-sharing (email hmsc grad listserv or another student with access to get link).

Don't want to drive to Corvallis? The Coast to Valley bus runs once per day in each direction. You need to call ahead if you want to be picked up at Hatfield. Usually, the shuttle picks up passengers at the Newport City Hall and drops them near the OSU football stadium. Cost is ~\$30 round trip.

Parking at OSU can be a pain. Parking permits for OSU can be obtained through your student account but are typically ~\$300-\$500. Free parking in the neighborhoods near campus is also an option. Chat with HSO grad students for the best spots to check.

Tips for Winter Driving:

Driving Highway 20 in winter conditions can be treacherous. Please drive safely--if you are uncomfortable with the conditions (snow, ice, heavy rain) please do not drive! Faculty/staff are typically accommodating in poor weather conditions.

- Remember, while you may be used to driving in snow, Oregon drivers are not!
- Traffic/weather info can be found on tripcheck.com
 - Dudlee Hill is highest and snowiest point and can be checked ahead of time on tripcheck.com.
- Road cameras can be checked at tripcheck.com/dynamicreports/report/camera
- Oregon uses gravel, not salt, which can be hard on your windshield.
- Chains restrictions may be put in place, although this is much more common in the Cascades than in the Coast Range. Most students settle for snow tires in the winter to ease driving stress.

Commuting to the Portland Airport:

Chances are, at some point during your stay in Newport, you will need to get to the airport. Unfortunately, Newport is about 3 hours away from the PDX airport and 2 hours from the Eugene airport, so traveling to the airport can be a pain. Here are some tips for making this portion of your travels as painless as possible:

- Caravan Shuttle picks up passengers in Newport and South Beach and drops off at PDX. Only one shuttle runs out to the airport and back each day, so timing is important!
- The Coast to Valley Shuttle combined with the Corvallis to Portland Airporter Shuttle is another option that has more flexibility as far as shuttles go. The Coast to Valley Shuttle drops you off at the same hotel in Corvallis that the Portland Airporter picks up from.

- Enterprise car rentals can be picked up in Newport, driven to PDX, and dropped off at the terminal. This is usually the best option if you are traveling on behalf of OSU because you get a corporate discount.
- Drive yourself or carpool. The economy lot is about ~\$12 a day, with full-week discounts. Make sure to budget enough time to travel. Portland is notorious for unplanned traffic jams along the way!

Housing

Finding housing in Newport is hard. Finding housing with a dog or a cat in Newport is very hard. But it can be done! Here are our tips to help:

Community Board: HMSC has a community board with housing postings. Start looking early! This is the best place to look for housing as many landlords prefer to rent to the Hatfield Community. If you're trying to secure housing before you move, ask your PI or a fellow labmate to check the board for you or to post a 'housing wanted' note on the board. An email to the hmsccommunity listserv can also be quite helpful in finding roommates or securing housing.

Hatfield Dorms: There are small dorms on HMSC campus, contact Cinamon to arrange housing or ask details. Be sure to ask about how long you can stay, the dorms fill up in the summer, and you may be asked to vacate to make room for the REU students. RA positions may be available (Check with Itchung Cheung or Sarah Henkel). RAs usually get free housing in exchange for keeping an eye on the other residents.

Craigslist/Zillow: may have a gem, but are typically priced higher than the HMSC housing board or word-of-mouth rentals. You will need to act immediately when a new Craigslist ad goes up for a house you like. Set Craigslist Alerts to get emails immediately when there are new postings (keywords to use: Newport, Yaquina, South Beach, Agate, Nye, etc.)

Newport News Times: Classified ads are posted online. Some landlords/rental companies that don't want to deal with the barrage of replies to craigslist postings will post here.

Tsunami danger is always important to consider when choosing a rental. Details on the tsunami zone and evacuation maps can be found here:

<https://www.newportoregon.gov/emergency/evacmaps.asp>

We have created a google doc with details on rental situations and landlords to help you find good housing and avoid a bad renting situation. Please update it as you see fit to help the next cohort! Available here:

<https://docs.google.com/spreadsheets/d/1STlRNtHldzsRDTJ4b9RTeRJ3exgUR7jHtHmfc51mq4I/edit?usp=sharing>

Healthcare on the Coast

Newport, unfortunately, has a reputation for a high doctor turnover rate. Sometimes you find a gem, and other times it's a miss. It's not uncommon for people to drive to Corvallis or neighboring coastal cities for medical care.

If you are using the **Pacific Source Graduate Assistant/Fellow health plan**, here are some helpful links:

- To understand your health coverage and view your up-to-date explanation of benefits, set up an account at:
<https://intouch.pacificsource.com/Members/>
- To find a doctor on your health plan, use this link:
<https://providerdirectory.pacificsource.com/>
Note that for medical and vision: the plan is PSN
For dental, the plan is Dental Advantage
- If you have a partner or dependent family member who isn't covered by insurance, you can add them to your plan at the rates detailed here.
<https://hr.oregonstate.edu/graduate-student-insurance-plans/graduate-assistant-insurance-plan>

Note: You don't have to be married to your partner for them to receive insurance from your plan, although you have to be living together. Typically, these rates are only about \$50 more a month for full coverage.

OSU Main Campus Health Services:

Counseling: <https://counseling.oregonstate.edu/>

CAPs offers limited distance appointment options, call (541) 737-2131 (Monday-Friday 9-4)

Medical Advice Nurse Line: Call and talk to a medical professional to help decide if you really do need to go to the doctor/drive all the Corvallis to do so. 541-737-2724 during the day; 541-737-9355 after hours

Physical Therapy covered through OSU in Corvallis. As a student you can get a referral at the Student Health Center to a PT at Dixon (or elsewhere). Have had great experiences at Dixon.

Student Health Center:

Students in HMSC are able to use the Student Health Center services in Corvallis. Usually this is the least expensive option for health care -- no hidden fees. You can get immunizations and see a doctor or nurse if you are sick.

<https://studenthealth.oregonstate.edu/>

Nutrition appointments are free and unlimited at Student Health!

<https://studenthealth.oregonstate.edu/wellness/nutrition>

OSU offers **Wellness Coaching!**

<https://success.oregonstate.edu/learning-corner/wellness>

Resources for Reporting or Recovering from Sexual Assault:

Most of these resources are on main campus

Reporting: Equal Opportunities and Access <https://eo.oregonstate.edu/>

Help: Through the Survivor Advocacy and Resource Center:

<https://studenthealth.oregonstate.edu/sarc>

NOAA TB test requirements:

If you find yourself going to sea on a NOAA vessel, chances are you will need a TB test.

You can often get this for free at the Samaritan Occupational Health Clinic in Newport. Be sure to mention that you need it to satisfy NOAA health requirements.

Tsunami Preparedness

Many parts of Newport are in the “Tsunami Zone”, including Hatfield, and it is important to create a plan of action should a tsunami occur while you are a grad student.

Cinamon Moffett will give you a safety training when you first arrive at Hatfield and point out our **Marine Studies Building** and **Safe Haven Hill** evacuation areas. Cinamon can also help you make your go-bag or with any other readiness preparations. Often, there are tsunami walks once or twice a year where the HMSC community walks to one of the evacuation areas.

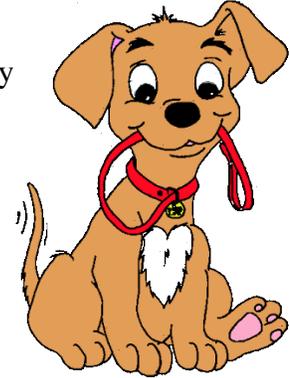
Make sure to sign up for **Lincoln County Alerts!** This is a text messaging system that will alert you if there is a tsunami warning in the area. Text your zipcode to 888-777 to sign up. (This also has good information regarding any local wildfires). **OSU Alerts** may also help warn you of a tsunami. Sign up at <https://oregonstate.edu/alerts/osu-alert-portal>

When choosing housing, make sure you know where it is located in relation to the tsunami zone and where you should evacuate if necessary. Tsunami zone and evacuation maps can be found here:

Doggo Details (and other furry friends!)

- HMSC has a puppack listserv, contact Jami Ivory (jami.ivory@oregonstate.edu) to join!

- Includes a ‘Dog Directory’ of HMSC pups to help identify dogs in distress in the HMSC parking lot and notify their owners in a timely manner
- There are two main veterinary clinics in Newport: Grove Veterinary Clinic (off of Hwy 20), and Newport Veterinary Hospital (in Nye Beach).
- There is a dog park at Wilder! It can get quite muddy, be sure to bring a towel and some water for your pup!
- Most beaches allow off-leash dogs (but use your best judgement depending on number of people/dogs)
- HMSC has a new puppack Facebook page, which is a place to share fun pet pictures. (Cats and other pets are welcome too!)



Recreation, Fitness, and Community Resources

Newport Recreation Center: All students can use the Newport Rec Center for free! Pick up daypasses from the housing office at HMSC (behind the mailroom). You must show student ID to use these passes.

Cyclegrind: Private fitness studio that offers mostly spinning and barre classes. They sometimes offer yoga, pilates, HIIT classes.

Harmony Yoga: Yoga classes

Newport Bike Loft: Offers 6-class series of fitness classes throughout the year including: kickboxing, PiYo, Yoga.

Newport Library: -Great ebook and audio book selections, try the Libby App for a great selection of audio books straight to your phone! Select Oregon Coast Consortium on the app, and then enter in your library card, which is available for free at the library. (Great for those long Corvallis commutes!)

Outdoor Pursuits

There is lots to do out of doors in Newport and the surrounding area! From hiking and surfing to tide pooling and beach bonfires, Newport is an outdoor wonderland! Below are our favorite spots and activities! Missing something not on the list? Ask an HSO grad or HMSC community member! We probably just forgot to add it to the list!

Hiking: Wilder, Forest Park, Beaver Creek State Park; Cape Perpetua (Cummin's Ridge or Creek trails are great/typically quieter); Drift Creek Falls; Drift Creek Wilderness; Cascade Head; Cape Lookout.

Surfing: Try Agate Beach, Otter Rock Beach, South Beach, and South Jetty. All spots can be surfed in summer and winter depending on skill level. An easier winter spot is under the Yaquina Bay Bridge when storm waves will roll into the bay. You can rent gear from Ozzie's Surfshop or the Pura Vida Surfshop in Otter Rock.

Biking: Wilder has many trails and access to gravel forest roads (pick up free permit and map from Wolf Creek Brewery), Newport Bike Shop in town rents fat tire bikes for the beach. Yaquina Bay Road between Newport and Toledo is good for road cycling.

Disc Golf: There is a disc golf course up by the Community College/Wilder. Discs can be rented at Guin Library. (<https://www.facebook.com/WilderDiscGolfCourse/>)

Beaches and Tidepooling: Some of the best spots to tidepool near town are and Boiler Bay (north of Depoe Bay, park at: 44.829587, -124.058389), Seal Rock, Tokatee Klutchman, Strawberry Hill, or Yaquina Head (within Yaquina Natural Area or south of 68th St. Access). Nice beaches in the area include Ona, South Beach, Nye, Agate, Schooner, Moolack, and Beverly Beach.

Fishing: Big Creek Reservoir and Ollala Lake are often good spots for trout fishing. There is spear fishing for rockfish and lingcod at the jetty if you free dive. HSO has fish filleting knives for loan in the HSO cabinet in the grad loft.

Clamming: Try under Yaquina Bay Bridge or in Idaho Flats (mudflats east of HMSC beyond the estuary trail). These bays primarily offer cockles and gapers, and sometimes little necks. If you prefer purple varnish or butter clams, you can clam further south in Alsea or Coos Bay or north in Tillamook Bay. If you're trying for razor clams, Agate Beach is a good spot (check for closures first!). You can get a permit online at <https://myodfw.com/crabbing-clamming/licensing-info>;

As long as you have lived in Oregon for 6 mo. you can get a resident permit for \$12 (no Oregon driver's license necessary!). Helpful clamming tools include a clam rake, shovel, clam gun, and bucket, which can be obtained at Englund's Marine Store on Newport's Bayfront.

Crabbing: Newport is a great place for Dungeness and Red Rock crabs. The best place to crab from shore is the Newport public pier, where many locals can be found tossing their crab pots into the bay. Crabbing an incoming tide usually yields the best results. If you have a boat, crabbing within the estuary usually yields results. You can get a permit online at

<https://myodfw.com/crabbing-clamming/licensing-info>. As long as you have lived in Oregon for 6 mo. you can get a resident permit for \$12 (no Oregon driver's license necessary!).

Whale Watching and Marine Mammal Viewing: The Oregon Coast is one of the premiere places in the world to watch Gray Whales in their natural habitat. Options from shore include: Yaquina Head Lighthouse, Depoe Bay, Boiler Bay, and Cape Perpetua. Options from a whale watch boat include: Trade Wind Charters (Depoe Bay), Discovery Tours (Newport). Killer Whales occasionally show up in Yaquina Bay (usually April - June is your best chance to see this rare treat!). Steller Sea Lions are most abundant at the Sea Lion Caves near Florence (\$15 entrance fee; best time to visit is in winter and spring). California Sea Lions are almost always visible off of the Newport Bayfront.

Sailing: Yaquina Bay Yacht Club (<http://www.yaquinabayyachtclub.org/>) has a Wednesday night racing series spring-fall.

Freshwater sports: Rafting/Floating the Alsea River is a great weekend treat in the summer, as is paddling at Beaver Creek. Paddle boarding at Big Creek and Ollala Lake is also fun.

Kayaking: Yaquina Bay is a great, calm spot for a paddle. Check the tides, it's a pain to launch a kayak at low tide because you have to walk over mud flats for awhile. Watch the wind conditions. Sea kayaking is also possible off of Nye Beach, but sea conditions can change dramatically and quickly, so be careful! Beaver Creek, Olalla Lake, and Big Creek are some freshwater options close by.

Snorkeling: The Newport South Jetty is an easy location to jump in the water and see some classic west coast marine creatures. Go at high tide to get the best visibility and be prepared to see bull kelp forests, sea stars, anemones, crabs, surf perch, greenling, rockfish, lingcod, and more! The water is quite chilly (48-55°F) so we recommend buying or borrowing at least a 5 mm wetsuit; most prefer 7 mm. You'll also want to have a hood, booties, gloves, and face mask/snorkel.

Trail Running: There are a number of options for trail running in Newport and surrounding areas. If you're looking for a quickie (3-5 milers), options include: Big Creek Reservoir; Ocean to Bay Trail (Start at Agate Beach, then head up towards Big Creek Park to Forest Park Trail, and continue through the neighborhoods to the bay); South Beach and Old Jetty Trails, Wilder trails, and Idaho Point Road. Longer options (8-15 milers) include Cook's Ridge trail and Cummin's Creek Trail at Cape Perpetua, Yaquina Bay Road from Newport to Toledo, Drift Creek Wilderness, and Cascade Head. Cape Lookout is further north, near Pacific City, but a beautiful and well-established trail.

If you are looking for a great group of HMSC and Newport runners to run with, contact Ed Cortes (Ed.Cortes@oregonstate.edu)

Local Marathons and Half Marathons:

Newport Marathon and Half Marathon is held the first Saturday after Memorial Day.

Lincoln City Half Marathon: Visit oregoncoast.org for more information.
Corvallis Half Marathon is held in early April.

Swimming: The prime outdoor swimming spot is Olalla Lake near Toledo, which features a picnic area and easy access to the reservoir. There is also a fun swimming hole at Moonshine State Park. If you prefer indoor swimming, the Newport Rec Center has a beautiful pool. Pick up Rec Center passes in the HMSC mail room for free admission. Main OSU Campus also has two beautiful pools (Women's Building and Rec Center) that are free for student use.

Mushroom foraging: Many kinds of mushrooms can be found at different times of the year, including chanterelles, oysters, mazatapecs, and boletes. Lots of people forage -- ask if you need tips or want someone to check your mushrooms! There is an annual festival at Yachats every fall.



Only on the Oregon Coast Activities

Lincoln City Finders Keepers Floats -Glass floats hidden on Lincoln City beaches year-round (find one and you get to keep it!). <https://orexplorer.com/finders-keepers>

Performing Arts Center: Newport has a surprisingly large local theater scene! Red Octopus Theatre and Coastal Act Productions are two of the theater troupes. If interested in auditioning, auditions are usually in early fall.

Oregon Coast Aquarium – Great aquarium close to Hatfield! \$50 yearlong membership pass; \$5 Local Residents Day on Wednesdays. There are also a number of volunteer opportunities, although most require a series of training courses prior to volunteering.

Visual Arts Center and Oregon Coast Community College: Both offer lots of community courses in fun areas such as fishing, painting, photography, etc.

Oregon Coast Community College has Community Classes in fun things like fishing, painting, photography, etc.

Farmer’s Market: Newport has a year-round market. Summer market is in the parking lot near Bayfront turnoff on Hwy 101. Winter market is located behind the rec center.

Gibson Farms: Blueberry U-pick in nearby Siletz, OR. Open in late July/early August for berry picking, and you can get a TON of berries! Price is \$2 per lb, and be sure to check out their tasty honey as well!

Eating & Drinking

Tiki Tuesday at Rogue: usually get a deal on beer or other things if you wear a Hawaiian shirt

South Beach Market: local seafood spot walking/biking distance from HMSC.

Thai Elephant: delicious & great value Thai food.

Noodle Café: Excellent Asian-fusion, locally owned café just off the Bayfront exit of Hwy 101.

La Roca del Mar: Some of the best Mexican food in Newport! Just off the Bayfront exit of Hwy 101.

Super Oscars: Locally owned Mexican fast food joint, with HUGE burritos! Off of Hwy 101.

UltraLife Café: Location in Nye Beach has a good work environment. There is also a drive-thru location next to Fred Meyer.

Wolf Tree Taproom: Has a 'Power Hour' buy one get one free Tuesday 6-7pm. Check their board for other weekly specials. They also just opened up a cafe with food, downstairs from the taproom! Dog friendly patio and upstairs at the bar!

Sorella: Delicious Italian food located in Nye Beach. Thursday Pizza & Pint night - \$12 pizza and \$3 beer; Tuesday Spaghetti Night - \$10, Sunday Super Supper – 3 course meal for \$22.

Clearwater: Happy hour specials with a bay view. Dinner can be on the expensive side.

Shilo Inn: Happy hour specials with an ocean view

Chowder Bowl: Local chowder and fish house in Nye Beach. Reasonably priced and delicious!

Mo's Chowder: Oregon Coast chowder chain, located on the Bayfront. Reasonably priced, famous chowder!

Mad Dog Tavern: Always has cheap beer

Bayview Thai: delicious, affordable Thai in overlooking Depoe Bay harbor

Nana's Irish Pub: Irish pub faire, good beer, and outdoor patio that is dog-friendly

Panini: awesome pizza with a great lunch (11-1) deal where you can get a slice (they're huge) and a drink for \$5. They also serve fantastic breakfast pastries (sometimes you can snag day-olds if you go early in the day!).

Bier One: local brewery with good beer and some food options, Wednesdays get \$1 off pints if you pay cash. Typically, the Hatfield crowd gathers at Bier One on Wednesday evenings.

Thai Port: Thai food on the bayfront for reasonable prices with a beautiful view of the bridge and bay

Local Ocean: delicious local and sustainably sourced seafood, great for if you have family in town visiting. On the expensive end.

Georgies: Delicious, classy seafood and steak with an ocean view. On the expensive end, but good for visiting family.

Nye Beach Café: Fun breakfast and lunch joint in Nye Beach.

Café Stephanie: Fun breakfast and lunch joint in Nye Beach.

The Coffee House: Cute Bayfront breakfast cafe

Chalet: Excellent family diner (and truly incredible pies!) near Fred Meyer.

La Maison: Really good breakfast dishes in the Deco District

Worthwhile Food and Drink in Neighboring Cities: Favorite spots include the Yachats Brewery, the Green Salmon (in Yachats), and M & P's Thai (in Lincoln City).

Social Media

Facebook and Instagram pages for the Hatfield community:

- **OSU Hatfield Marine Science Center:** Main page for HMSC happenings
- **Hatfield Student Organization:** HMSC grad students
- **Hatfield Pup Pack Working from Home:** Shenanigans from HMSC's dogs and cats
- **Oregon State University Hatfield Academic Programs**
- **OSU Department of Fisheries and Wildlife**
- **FW Grad Students:** Page for FW grads
- **OSU Coalition of Graduate Employees:** OSU graduate student union
- **Oregon State University (OSU) Housing, Sublets, and Roommates:** Page to advertise housing opportunities and furniture. Corvallis-based.

Facebook Groups and Pages for the larger Newport community:

- **Newport/Depoe Bay/South Beach Communities:** Facebook group for local happenings (can become rather gossipy, but a nice connection to the community nonetheless)
- **Newport OR Eco-shoppers:** Facebook group for sustainability in Newport
- **Newport News-Times Newspaper:** Facebook page for the local newspaper
- **The Oregonian:** Facebook page for Portland-based newspaper
- **Lincoln County Oregon "NO CLOTHING" Buy and Sell:** Good for used furniture shopping and other odds and ends.