



THE UNIVERSITY OF ARIZONA
GRADUATE COLLEGE

Peace Corps Coverdell Fellows



MOVING TO TUCSON GUIDE 2019-2020

THE UNIVERSITY OF ARIZONA PEACE CORPS COVERDELL FELLOWS PROGRAM

WELCOME

We're glad you are joining us! The UA Peace Corps Coverdell Fellows are a close-knit and helpful community. Your fellow Fellows understand your Peace Corps experience, and know what you are going through. They are happy to help with any questions. This guide was written especially to help you find your way as you begin school and integrate into life in Tucson. If you have any questions that aren't answered here (and you will), feel free to ask the Coverdell Office, the Peace Corps Club officers or any of the mentors. We are all ready and willing to help you in your transition! The southwest is an intriguing mix of cultures, opportunities, and challenges, and this guide will introduce some of the things we love about this place and community.

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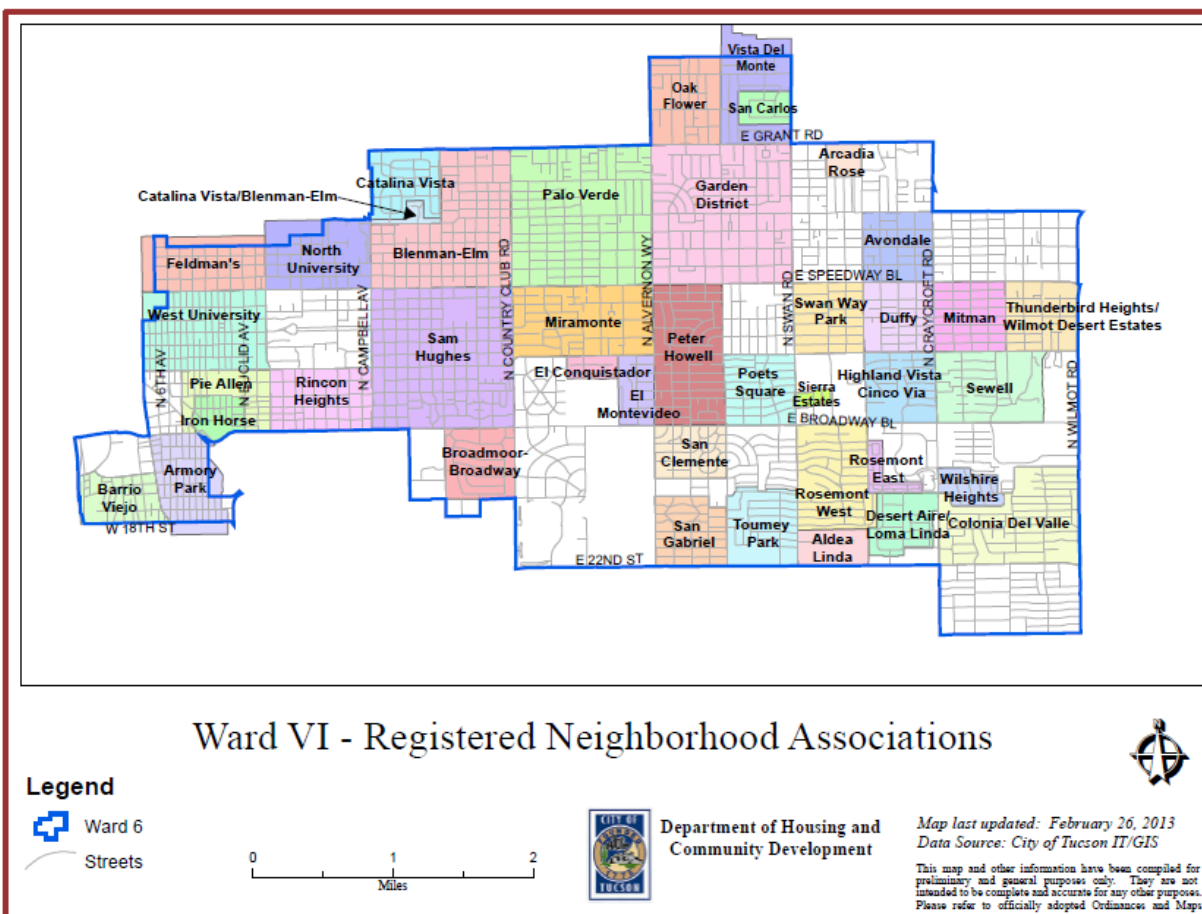
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MOVING TO TUCSON

HOUSING INFORMATION

Getting a place to live is on the top of the to-do list for many of you. We hope the following links and notes will help you. Rental housing is plentiful in Tucson, and rates vary widely due to the presence of winter visitors. The HUD Fair Market Rents for Tucson for 2018 are \$642 for a 1-bedroom, \$854 for a 2-bedroom, \$1,242 for a 3-bedroom, and \$1,463 for a 4-bedroom; living with roommates lowers costs. Many rentals are advertised in the housing links below. If you are visiting, a drive through the neighborhoods will turn up even more. Some landlords simply post “for rent” signs on the property. Deals are plentiful in apartment complexes offering rental incentives and some landlords have been known to barter (especially if you are signing a long lease, e.g.: 18+ months). Some Fellows seek a short-term lease to begin with, then move after they have explored the area. We are happy to discuss specific neighborhoods or sites with you.

Tucson has many distinct and interesting neighborhoods, each with a different character and different amenities. The Ward 6 [map](#) of registered neighborhoods will give you an idea of the neighborhoods around the campus where most students live:



To begin your search, we recommend you circumscribe a circle within 1-3 miles of your academic unit on campus.

Check the [Walkability Score](#) of a home or neighborhood. You can see what is in walking distance from the address or just check out overall scores by neighborhood. Look for the map of Tucson to see the most walkable areas. Areas around campus tend to have the best scores.

The main bike paths to UA are on Mountain and 3rd Street; the UA [Cat Tran Shuttle](#) runs a number of routes (free to students) to make getting to campus easier. There are also carpool permits and [Sun Tran SunGo U-Passes](#) for students at a discounted price, as well as remote parking with shuttle transportation to campus. A “Modern Streetcar” runs from campus to downtown (see “Transportation” for details).

SELECT LOCATIONS/NEIGHBORHOODS

- **Armory Park:** historic neighborhood with many renovated, old houses; tends to be a bit more expensive but is close to downtown (lots of music, art, climbing gym, yoga, and coffee shops); relatively close to the university
- **Blenman Elm:** east of the university Medical Center Campus; some of the housing is very high end (the Arizona Inn is here); great location – especially for public health students
- **Broadmoor:** just west of Reid Park; bordered by Broadway, Country Club, Tucson Blvd., and Stratford Drive; most homes were built in the 1940s – 1950s; most homes are 2-4 bedrooms with 1-2 bathrooms, with an average size of 1600 square feet. Good values can be found here along with the area directly west between Tucson and Campbell south of Broadway; many Fellows live in these two neighborhoods; easy access to campus and a nice neighborhood feel
- **Feldman’s:** north of Speedway, west of Park and east of Stone; prices are reasonable and some Fellows have bought homes here over the years
- **Iron Horse:** south of West University, west of Euclid and east of 4th Avenue; central to both the university and downtown; a funky neighborhood that is getting rediscovered but has not been too “cleaned up”
- **Mountain Avenue:** north of the university; a corridor of housing, which has a good bike path and is largely composed of rental property; a free UA shuttle runs up Mountain to Ft. Lowell
- **North University:** north of Speedway, between Euclid and Campbell; borders Jefferson Park; many rental properties; easy access to campus and the university Medical Center Campus
- **Reid Park:** south and east of the university; popular because of the proximity to the park, the central location, and for being close to the UA; several good bike routes are accessible from this area
- **Rincon Heights:** south of the university, north of Broadway Blvd; close to the university, Reid Park, and downtown; also near the UA Stadium – be aware of potential noise from home football games; closest neighborhood for those in Natural Resources

- **Sam Hughes:** directly east of the University; the 3rd Street Bike Boulevard traverses the neighborhood; Himmel Park and the Himmel Library border the neighborhood on Tucson Blvd; historic upscale neighborhood, but various houses and guest house deals have been found by Fellows; great location; beautiful atmosphere
- **West University:** sandwiched between 4th Avenue (fun, funky, pedestrian-oriented street) and the university; a new high-rise housing facility was constructed recently just west of 4th Avenue – it has created a party zone, which may be best to avoid

Campus housing for graduate students is at La Aldea: a few Fellows usually live at [La Aldea](#); on campus; utilities included. RAs receive a free 2-bedroom apartment; some Fellows have been hall directors in other dorms as well. Applications for these positions are found on UA Residence Life website.

House-sitting: after you have made contacts, you will sometimes find faculty or visitors who need a house-sitter; it is something to keep an eye out for.

CAUTION....

In general, be wary of these locations:

- The “Miracle Mile:” undergoing some renovation, but skip it for now
- Doolen-Fruitvale: north of Grant and east of Country Club
- Southeast: around the Air Force Base (south and east) can be patchy
- Some of the barrios are terrific (renovated and expensive), but can be spotty
- Too far from campus (anything more than 3-4 miles and you’ll be wishing you hadn’t chosen it)

Fellows weigh in on housing: “My husband and I thought it would be lovely to live near Sabino Canyon so that we could go running in beauty every day. While living in the Foothills was nice, the long commute was not. We moved to within a mile of campus after 6 months. Now I ride my bike to campus, park my bike directly outside the buildings where my classes are held, save money (no paying for gas or a parking permit), and – most importantly – I am not spending more than an hour a day commuting. 20-30 minutes each way is not far to commute when you have a job that you leave at work, but as a graduate student, your work never ends. For me, that hour in the car was an hour of research, writing, and lesson-planning wasted. At least now my seven-minute bike ride to campus is not only beneficial for my health, but also saves me time and money.”

HOUSING LINKS

[Apartments.com](#): choose “Central Tucson” for university neighborhoods.

[Arizona Wildcat Online](#): student newspaper classifieds

[Craigslist Tucson](#): the most common means of finding housing and furnishings. Use the map view to choose properties.

[Tucson Area Realtors' Multiple Listing Service](#): click on "Public Search" and then "rentals." This website is also very helpful if you are planning to purchase a home.

[UA Off Campus Housing Guide](#): useful information on local laws and contracts; detailed maps

[Zillow](#): has rental listings

LEARNING MORE ABOUT A PARTICULAR PROPERTY

Though Tucson is laid out on a grid, unlike many communities, it has many small pockets of very nice housing tucked adjacent to less desirable housing. A visual inspection of several blocks around any potential house is recommended!

Google Maps: Renting from afar? Check [Google maps](#) and the satellite map version to see what the neighborhood looks like around a rental you've identified. There are detailed satellite maps available and "Street View" is available for much of Tucson. Email us if you have a specific question and need a pair of eyes locally.

[Pima County Assessor](#): Thinking of buying or wondering what the property last sold for? Investigate the property on the Pima County Assessor's site (the site has links to an excellent GIS database). Just enter the address for details.

Tucson crime stats

BUYING A HOUSE IN TUCSON

If you are planning to be here for some time, you may want to consider purchasing property. You may contact a real estate agent and spend a semester or so looking around. Get a feel for the city, where you want to live, and what type of place you want, as well as a feel for the market and prices. Don't feel rushed or pushed! Generally think about:

- Location
- How you get around (is bike-ability important? Tucson can be a "small town" or a "sprawling city" depending on where you live)
- Price
- How long you plan to stay in Tucson

Real estate companies in town that Fellows have used include:

- Century 21: (520) 296-5491
- Coldwell Real Estate: (520) 519-4387
- Long Realty: (520) 918-1616
- ReMax Excalibur Realty: Mistie Bene, office: (520) 461-1255

LIVING IN THE Sun

- Use a broad-spectrum sunscreen and reapply every 2 hours when outside, or cover up. Here's the scoop on [sunscreen](#) from the UA Cancer Center. Sun protective clothing is also helpful.
- Wear a good hat – one with a wide brim and built-in sun protection is a plus.
- Carry an umbrella or parasol.
- Wear sunglasses that provide full spectrum protection.
- Stay hydrated with water. Lots of water. When hiking, take lots of water.
- Rise early in the summer and go outside in the evening after the sun has gone down.
- Avoid outdoor activity from 10-2 in the summer, when ozone levels are high, and during thunderstorms.

October to March is really comfortable in Tucson. Sometime between April and June, the temperature kicks up above 100° F, and you can expect to notice the “dry heat.” Many Tucson rentals may have “swamp coolers” (evaporative coolers) and/or air conditioning. Swamp coolers work well except during July and August when the humidity rises due to the “monsoon season.” Swamp coolers are also troubling for those with allergies or asthma. Air conditioning is very nice unless you plan to be elsewhere in the summer.

The beginning of Monsoon Season is officially June 15 but tradition has it falling on el Dia de San Juan, June 24. It usually dries up in September until winter rains come in December.

TRANSPORTATION

AUTOMOBILES AND BUSES

UA Parking & Transportation: If you expect to park (motorcycle or car) on campus, you should **apply for a parking permit immediately**. Zone 1 is the most broadly useful permit. There are discounted permits for evening only (Education, MPA, and SIRLS students benefit from these permits), or for carpooling.

UA Cat Tran: Free shuttle service for UA community; runs daily every fifteen minutes from 6:30 a.m. to 6:30 p.m. on designated routes, and stops at various remote parking lots.

ASUA Safe Ride Service: Free safe ride service for students in the campus area (bounded by Grant, Tucson Blvd., Broadway, and 4th Avenue). Call **621-SAFE** (7233); see website for policies. Summer hours: Monday – Friday 8:00 p.m. – 11 p.m. Fall & spring semesters: Sunday – Thursday 6:30 p.m. – 1:00 a.m., & Friday 6:30 p.m. – 9:30 p.m.

City of Tucson Non-Resident Parking Permit Program <https://www.tucsonaz.gov/park-tucson/non-resident-parking-permit-program> Parking permits near campus at a lower rate than UA parking are available through the City of Tucson on an annual basis.

Sun Tran and SunGO: A SunGO Pass (discounted bus pass) is available for each semester, and prices vary depending on when bought, express routes, etc. Passes are available at the Office of Campus Housing in the Student Union, or at Parking & Transportation Services at 1117 E. 6th Street. All Sun Tran buses are equipped to carry two bikes at a time at no extra cost. Contact the UA Parking and Transportation for more information.

Need a car short term? Check out Zipcar, Zimride and Hertz Car Sharing on UA Parking & Transportation. Rental companies such as Enterprise have a weekend rate starting at \$12.99/day at some locations. Lyft and Uber operate in the Tucson market. A variety of shuttles operate between Phoenix, Tucson, Nogales, Douglas, and Flagstaff. Occasionally, a one-way rental is cheaper than a shuttle trip to Phoenix Sky Harbor Airport.

Ride Sharing & Carpools

UA Car Pool Permits: UA Car Pool permits can be shared by 3 or more persons in a specific zone with different cars permitted. Six parking lots accept car pool permits along with parking garage spaces.

Pima Association of Governments Ride Share

Disability Concerns: If you require special transportation, contact [Sun Van](#) for the Tucson community, or UA Parking & Transportation for shuttle cart service on campus in the event of temporary or permanent disability.

BIKING

Tucson has a huge biking community, and consistently ranks as one of the top biking communities in the U.S. A 131 mile Loop around the metro area was recently completed.

UA Biking Info: Campus bike routes, registration, policies and safety videos can all be found here. Check out the Bike Valet service that UA offers, and note the free 24-hour bike use from the UA Parking garages. Free bike lights and helmets are usually given away once or twice a year on campus.

Pima Association of Governments regional bike route maps: Tucson has an extensive system of bike routes (620 miles!), and maps will be available at orientation.

Bike Shops

- **Bargain Basement Bikes:** right behind Fairwheel Bikes (E. 6th Street).
- **BICAS:** a biking and art non-profit organization located at 44 W. 6th Street. Fix your bike, learn to build a bike, or buy a rebuilt bike or some very cool bicycle art.
- **Fairwheel Bikes:** right across from campus at 1110 E. 6th Street. It caters to racers and athletes but has some nice cruisers and others.
- **Ordinary Bikes:** right off of 4th Avenue at 311 E. 7th Street; regularly wins “Best of Tucson” bike shop; feels like a neighborhood bike shop with an open air shop and all sorts of funky bikes as well as utilitarian bikes.
- **Performance Bike:** 3302 E. Speedway; has good prices and sales; will deliver old bikes to BICAS.

Pima County Department of Transportation often offers free bike lights, U-locks, or helmets for participation in a bike-safety class.

Word to the Wise

Biking is great here, but remember to

- Wear a helmet.
- Use a light or multiple lights (you can be ticketed for not having a front light) when it is dark outside.
- Use heavy-duty U locks (plural).
- Use an inconspicuous low-end commuter/beater bike for campus or make sure your bike is in your office, in secure storage, or watched by the **Bike Valet** service.
- Be careful crossing the streetcar tracks; it is recommended to cross the tracks at a 90 degree angle. Numerous people have fallen on the tracks!
- Watch for automobiles that run red lights.
- Make sure you understand the left-turn business here (see below).
- Come to a complete stop at all stop signs, which means putting one foot on the ground. You can get ticketed for not doing this.

Fellows’ Resources

Check the City’s Bikeway and Alternative Transportation website. Various alumni work with Cycloviva, Living Streets Alliance, and El Grupo, and PAG. There are loads of recreational biking groups, and be sure to check out **El Tour de Tucson**.

STREETCAR

The [Tucson Streetcar](#) loops between the College of Medicine and downtown with convenient stops on campus.



SAFETY

Tucson has a high property crime rate, especially for car, bike and property theft. We strongly encourage you to invest in renter's insurance. Lock your doors and windows, and look for safety bars on windows and doors if you live close to campus. Register your bike through UA. Keep your bike inside your home.

Use a club on your steering wheel if you drive a highly sought-after car (Honda, Toyota, Ford F150, etc.). If you are a victim of theft, submit a report; stolen cars and bikes are sometimes recovered. Most burglaries are crimes of opportunity where a window or door is unlocked and open.

Tucson has pockets with high rates of theft and drug arrests, but not really any major ghettos. We recommend looking at the neighborhoods around campus, talking to the neighbors, checking the Tucson Crime Stats, and visiting the neighborhood at different times of day. Some Fellows have called the Tucson Police Substation in the neighborhood they were considering. There are a few apartments that we'd avoid due to persistent theft.

You can use the following sites to narrow your rental search, and to avoid being a target.

[Tucson Police Department Crime Statistics](#): You can enter an address or range of addresses to ponder a specific neighborhood. Check out auto theft data to see best places to lose your car. The malls (Tucson) and cinema complexes and certain WalMarts (Valencia) are perennial targets.

[State of Arizona Sex Offender Center](#): You can search by zip code, address or name.

DRIVING & BIKING TIPS

Lagging Left Turns

Tucson left-turn signals follow the green light in general (these are known as "lagging left turns"). One car can pull forward into the intersection to wait for a turn signal, but we recommend that you do not do it during rush hour or in busy intersections. The lagging lefts are fairly consistent except for a few intersections (such as Catalina Highway and Tanque Verde), which have a leading left turn. Any intersection which has a leading left turn will have signs indicating it.

Red Light Running

Don't do it. The highest death rates in the U.S. from red light running are in three Arizona cities: Phoenix, Mesa, and Tucson. Intersections can be dangerous — when the light turns green, look in all directions for red-light runners before proceeding whether driving, cycling, or walking.

Pedestrian/Bike Safety

There are many pickup trucks and oversized vehicles here. If you are on a bike or on foot, don't assume they will notice you. Pedestrian and bike fatalities are unfortunately common here. Please wear a helmet if cycling and use a bright light and reflective materials at night. If you don't have a front bike light and a rear reflector, you *will* get a ticket. Look for free light giveaways on campus in the fall.

Weird Pedestrian Lights

Tucson has some unique pedestrian lights at various spots around town (e.g.: Speedway across from Whole Foods). A pedestrian pushes a button and a large, square, red light comes on. After a while, it begins flashing. A flashing red light means that you must **stop**, look, and then proceed. Reduce the risk of being rear-ended while stopped by leaving adequate space in front of you. Read more about this type of pedestrian light and others ([PELICANS, TOUCANS, and HAWKS](#)) [here](#).

APPLYING FOR RESIDENCY

Arizona residency will certainly decrease expenses for your education, especially if you are continuing for a doctorate or are in a 3-year program. Look now to see what you need to present for residency. If you can qualify for residency after you have been here for at least 12 months, we encourage you to apply for it.

Here are some tips for getting residency:

1. Register to vote as soon as you move here.
2. Register your automobile and/or get an Arizona driver's license as soon as you move here.
3. Get a Pima County library card as soon as you move here.
4. Move here early and work before starting school.
5. Purchase a home or have utility/rental bills in your name.
6. A working spouse is a plus in this endeavor.
7. Plan on staying after graduate school.
8. Review the residency form *now* and see what it entails so you can be ready to complete it when you have been here 12 months.

Non-resident status is the default status for all graduate students. If you were Arizona-born and bred, moved away for Peace Corps, and were declared a non-resident after your return, appeal as soon as you return. If your application has been denied, it can be appealed. Contact the [Registrar](#) for more information.

Register to vote through <http://www.recorder.pima.gov/regvote.aspx>

You can register to vote when you get your driver's license. Arizona permits mail in ballots.

Driver's License – [Arizona Motor Vehicle Division](#). Arizona licenses expire at age 65.

[Pima County Library card](#) – The Himmel Library is the closest library to campus, while the Main Library is downtown at Alameda & Stone. Look into the seed library and cultural passes at the public library.

A SMOOTH BEGINNING TO STUDENT LIFE AT UA

We Care! Spend a little time getting familiar with UA procedures. We do care about you personally, but UA has 9,700 graduate and professional students and 35,200 undergrads. Take time to build a network to help you through the bureaucracy, and verify advice and information.

Orientation 2018 – Plan to attend:

1. Peace Corps Fellows Orientation – Tuesday, August 14th, 4:00 – 8:00 p.m.
2. Outreach Assistantship Orientation – Wednesday, August 15th, 4:00 – 6:00 p.m.
3. Welcome Back potluck – Friday, August 17th, 6:00 – 9:00 p.m. for all PCF Fellows, alumni, family, and significant others
4. Coverdell Fellows Service Project – Saturday, August 25th, 8:00 a.m. – noon, and optional lunch

* If you have a departmental orientation conflict with Fellows orientation or the outreach assistantship fair, please contact the Fellows office.

Graduate Orientation (GO) 2018 is on Wednesday, August 15th from 8 a.m. – 2 p.m. There are useful speaker session, networking and a free lunch.

You will be informed of departmental and teaching assistant orientations by your home department.

UAccess

This is your main connection to the UA. Take time to see what is in it and check it *regularly* – especially if you are expecting a financial disbursement. Your Financial Aid award, scholarship information, bills, and grades all appear here. If you see a red sign (red circle with an angled bar) at the top of your main page, that means there is a “Service Indicator” on your account. You can click on the red bar to see what is missing. This sign means that no funding will be disbursed until the issue is resolved. For mobile access, download [UA Mobile App for Android or iPhone](#).

Know the requirements for your degree, and check out [GRADPATH](#) on your UAccess account. This lays out all the steps to graduation, and will help you stay on track to finish on time.

Registration

Be sure to register for classes. Registration is done online. Scholarships will not disburse if you are not registered, nor will your monies disburse if you have not completed tasks such as accepting your offer to study at the UA, submitting your immunization records to the UA Health Center, or setting up your Net ID account.

Student Loans and Work Study

Notice that your Financial Aid Awards (loans and work study) must be accepted or declined. Your award letter from Financial Aid is available online in your UAccess financial tab. Work Study and student loan offers contain a due date (usually early September) by which you must accept or else you may LOSE them. Melva Gutierrez is the work study contact at

romerom@email.arizona.edu. You may visit Financial Aid (take a number and wait to visit with a counselor), or email a counselor directly. The beginning of school means long waits, so attend to Financial Aid issues *before* you arrive in Tucson if possible. You should file your FAFSA every year that you are here; you may file a reevaluation at any time if there are issues with receiving your full award or if exceptional needs arise.

The Bottom Line

The Bursar, Financial Aid, Graduate College, your department, WICHE (Western Interstate Commission for Higher Education – only applicable for some), and external awards all influence what appears in your financial account. It reads like a dentist's bill with transactions and changes possible from all parties involved; it is important to learn how to read it. It is critical that you advise your department, Peace Corps Fellows, and Financial Aid of all awards. Keep an eye on due dates for fees, program fees, or differential tuition not covered by Peace Corps Fellows, so that you do not incur late fees. We will load a place-holder for your Peace Corps Fellows awards during the summer, and we will email the listserv when we have loaded your scholarships. Disbursements take place in mid-August before the start of school, and in January before the start of school.

Key People

Try to meet with key folks early – your academic advisor, the graduate coordinator for your department, and your contacts in Scholarships and Financial Aid. Be sure to contact our office when you get to town, and please make an appointment to meet with us!

Information Technology

You will need to use your UA Email for school, UA Library, and **Coverdell Fellows** business; you can forward UA email to other accounts. Set up your Net ID+ and password for email, online access, downloading useful software, accessing library databases and more.

Information Technology has a must-read website at <https://it.arizona.edu/getting-started> to begin computing through the UA; Set up your UA NetID+, UA VPN, Antivirus/Anti Malware software, Access D2L, and find links to useful software, including Adobe Creative Suite. Note other IT services including 24/7 IT Support and shared file space in BOX. Fun fact, you have access to your UA email address and account forever.

Internet Service

Cox, Century Link, and Qwest are the main local internet providers. Qwest forces you to use MSN so choose wisely.

FOOD

Tucson has a great variety of traditional and alternative markets, including a wide range of ethnic markets. Here are some, mostly in the university area.

FARMERS' MARKETS

This [website](#) has an extensive listing of farmers' markets in the Tucson area:

The markets listed below are favorites and closest to campus.

- **Food in Root:** Farmers' Market at Banner UMC (1501 N. Campbell Avenue), 10 a.m. – 2 p.m. on Fridays
- [Heirloom Farmers Markets](#): Rillito Park 8 a.m. – 12 p.m. April to October; 9 a.m. – 1 p.m. November to April at Rillito Park
- **Manzo Elementary School:** (855 N. Melrose Avenue) has periodic markets during the school year with produce and tilapia they raise on site
- [Mercado San Augustin](#): 100 S. Avenida del Convento; Thursdays from 3-6 p.m. October to April, and 4- 7 p.m. May to September
- [Tucson Community Food Bank](#): 3003 S. Country Club (at 36th & Country Club); Tuesdays and Thursdays. Food boxes are available to anyone with an address, and they have a great garden and farm/market, farm/school programs.
- [Tucson Farmer's Markets at St. Phillip's Plaza](#): Campbell & River Rd.; Saturdays and Sundays from 8:00 a.m. – 1:00 p.m. This market has few food venders, but some interesting plants, crafts etc.
- [Tucson Village Farm](#): 4210 N. Campbell; has weekly U-Pick Tuesdays during the growing seasons

Miscellaneous

The Benson/Willcox area has a variety of truck and fruit farms with U-pick options; **Apple Annie's** is a favorite. Locally, pumpkins can be picked at **Buckelew Farms**. If you are interested in **gleaning**, you should check out the Sustainability group on campus or [Iskashitaa Refugee Network](#).

FOOD CO-OPS, BUYING CLUBS, CSAs etc.

- [4th Avenue Food Conspiracy Co-Op](#): 412 N. 4th Avenue
- [Bountiful Baskets Food Co-Op](#): several area pickups
- [The 3000 Club – Market on the Move](#): Saturdays (8-10 in summer) 4515 E 22nd St.
- [Produce on Wheels – With Out Waste \(P.O.W.W.O.W.\)](#): various locations
- [Tucson CSA \(Community Supported Agriculture\)](#)

GROCERS

- **A.J.'s**: 2805 E. Skyline; upscale; nice for brunch or special-occasion needs
- **Albertson's**: Campbell & Glenn, Grant & Tanque Verde
- **Basha's**: Swan & Ft. Lowell
- **Food City**: 3030 E. 22nd St; known for produce, Mexican products, cakes, low prices
- **Fry's**: Grant & Alvernon, 1st & Grant; this is Kroger's brand in the west

- **Safeway:** Campbell & Broadway, Pima & Alvernon
- **Sprouts:** Speedway & Swan, 1st & Wetmore, Broadway & Kolb; lots of bulk food, produce, and organic foods
- **Trader Joes:** Campbell & Limberlost, Grant & Swan, Speedway & Wilmot, N. Oracle,
- **Whole Foods:** Speedway & Country Club, River & Craycroft, Oracle & Ina

INTERNATIONAL MARKETS

- **Babylon Market:** 3954 E Speedway Blvd. Grocery, Halal meats, Middle Eastern, Mediterranean, carry out
- **Caravan Middle Eastern:** 2817 N. Country Club (Country Club & Glenn)
- **Eli's Deli** – 5071 E. 5th Street – Kosher butcher, restaurant and catering
- **European Market:** 4500 E. Speedway (between Columbus and Swan); Russian, Ukranian, Eastern European
- **G & L:** 4828 E. 22nd Street; Asian/Pacific Island foods
- **India Food & Gifts:** 863 E. Grant (Grant & 1st)
- **International Food Market:** 5301 E. Speedway (east of Swan); Eastern European
- **Lee Lee Oriental Supermarket:** 1990 E. Orange Grove (some distance from campus); large Asian/Indian/Hispanic market; huge selection of options.
- **Nur Market:** 3575 E. Speedway; Middle Eastern & African
- **Roma Imports:** 627 S. Vine; Italian

BAKERIES

- **5 Points Market & Restaurant:** 756 S. Stone
- **A.J.'s:** 2805 E. Skyline; upscale grocery store/fancy bakery
- **Barrio Bread Co.** – 18 S Eastbourne Ave. Nominated for a J. Beard Best Baker award!
- **Beyond Bread:** 3026 N. Campbell, 6260 E. Speedway
- **Costco:** 6555 E. Grant at Wilmot, 1650 E. Tucson Marketplace, 3901 W. Costco Drive
- **Dedicated.** A gluten free bakery & coffee shop: 4500 E Speedway Blvd. # 41
- **Food City;** Seven locations. Source of one of the best wedding cakes I've had!
- **Gourmet Girls Gluten Free:** 5845 N. Oracle bakery and bistro
- **Ghini's:** 1803 E. Prince (Has a fun happy hour, too.)
- **La Baguette:** 1797 E. Prince
- **La Baguette Parisienne:** 7851 E. Broadway
- **La Estrella Bakery:** 5266 S. 12th Street and San Agustin Mercado; tortillas and Mexican pastries
- **Paradise Bakery and Café:** 845 N. Park Avenue
- **Woops! Bake Shop:** – 845 E University Blvd. – Great coffee, French croissants, NYC macarons, sandwiches. A lovely little café with fresh flowers near the Fellows' office

COFFEE HOUSES/INFORMAL

- **5 Points Market & Restaurant:** 756 S. Stone; a must-try!
- **B-Line:** 621 N. 4th Avenue; best pie anywhere, great breakfasts, friendly service, Tuesdays \$10 off bottles of wine
- **Bentleys:** 1730 E. Speedway; vegetarian/vegan options; good soup every day

- **Beyond Bread:** 3026 N. Campbell, and Speedway & Grant. Tasty breads, sandwiches, and salads
- **Blue Willow:** 2616 N. Campbell; long time café; fun gift shop and a nice interior patio.
- **Bobo's:** 2938 E. Grant
- **Cartel Coffee Lab:** 2516 N. Campbell; Phoenix-based chain, open until 12 a.m. most days; also downtown 210 E. Broadway (open until 8 p.m. most days; expanded menu)
- **Caffé Luce:** 943 E. University and 4205 N. Campbell
- **Café Passé:** 415 N. 4th Avenue
- **Coffee Exchange:** Grant & Campbell (open 24 hours), and other locations
- **Cup Café:** 311 E. Congress St.; located in Hotel Congress; best turkey chorizo ever; best pudding in town
- **Delectables:** 533 N. 4th Avenue
- **Epic Café:** 4th & University; lots of art; dogs allowed
- **Espresso Art Café:** 944 E. University
- **Exo Roast Company:** 406 N. 6th Avenue
- **Frank's:** 3842 E. Pima; greasy spoon with high-quality ingredients
- **Gourmet Girls Gluten Free:** 5845 N. Oracle, and at St. Philip's Farmers' Market; bakery and bistro
- **Ike's:** 100 N. Stone
- **In and Out Burger:** 3711 E. Broadway; real French fries – watch them peel the potatoes
- **La Cocina:** 201 N. Court Avenue; downtown, outdoor, lots of music, a Fellows' favorite
- **Le Buzz:** popular with the biking crowd; NE corner of Tanque Verde & Catalina Hwy.
- **Lindys on 4th:** 431 N. 4th Ave; most creative burgers in town
- **Mother Hubbard's Café:** 14 W. Grant; American, breakfast, gluten-free, vegetarian
- **Newman Center:** uses only Café Justo (fair-trade coffee roasted in Agua Prieta)
- **Prep and Pastry:** 3073 N. Campbell; breakfast, brunch, lunch
- **Proper:** 300 E. Congress
- **Raging Sage:** 2458 N. Campbell; wonderful patio, dog-friendly, an older crowd, excellent cubanos
- **Savaya Coffee Market:** 5350 E. Broadway; tastings available for a nominal price. Learn to make a great pot of coffee here – they've been in the business for 500 years!
- **Seven Cups Tea House:** 2516 E. 6th Street; excellent selection of Chinese teas; tours to China available; free tea tastings Fridays at 3 p.m.
- **SparkRoot:** 245 E. Congress St.; Bhakti Chai is available here
- **Time Market:** 444 E. University Blvd. near west campus
- **Tooley's Café:** 299 S. Park Avenue (in the Lost Barrio)
- **Union Public House:** 4340 N. Campbell; great waffles and a good happy hour
- **Wild Garlic Grill:** 2530 N. 1st Avenue; four-star chef, modest prices
- **Xoom Juice:** 6222 E. Speedway, 2739 E. Speedway, 245 E. Congress; great smoothies and acai
- **Zinburger:** 1865 E. River Rd # 101, & 6390 E. Grant; nice pairings; vegan options

ETHNIC

- **Ali Baba:** Middle Eastern – 2545 E. Speedway
- **Bai Thong:** Thai – 4853 E. Speedway; friendly family service

- **Bangkok Café:** Thai – 2511 E. Speedway
- **Café Desta:** Ethiopian – 758 S. Stone; different from Zemam’s – try both!
- **Caruso’s:** Italian – 434 N. 4th Avenue; good for that checkered-tablecloth, candle-in-the-chianti-bottle familiar meal
- **Ceedee Jamaican Kitchen:** 5305 E Speedway Blvd.
- **China Szechwan:** Chinese – Campbell & Fort Lowell
- **Don Pedro’s Peruvian Bistro Mobile Food Truck – See website for locations**
- **Fronimo’s:** Greek – 3242 E. Speedway
- **Guilin:** Chinese – 4445 E. Broadway Blvd; \$4.99 lunch special with soup and egg roll
- **Inca’s Peruvian Cuisine:** Peruvian- 6878 E. Sunrise Dr.; the ceviche mixto and the pisco sour are can’t miss hits
- **Indian Oven Cuisine:** Indian – 2727 N. Campbell Ave.
- **Kimchi Time Korean Restaurant** – 2900 E. Broadway; family owned; good stone-bowl dishes
- **Mama’s Hawaiian Barbecue:** University Hug + other locations; comfort food
- **Miss Saigon:** Vietnamese & Pho – 1072 N. Campbell (Campbell & Speedway)
- **New Delhi Palace Cuisine of India:** 6751 E. Broadway; features a monthly regional menu with dishes not available elsewhere; special Thali dinner on Wednesdays
- **Pho 88:** Vietnamese – 2744 N. Campbell
- **Roma’s Café/Grocery:** Italian – 627 S. Vine; great lunch deli; lots of Italian specialty items; look for their dinner once a month or so
- **Saffron Bistro:** Indian – 7607 N. Oracle; upscale
- **Shere Punjab:** Indian – 853 E. Grant; tasty Indian food near campus
- **Sushi Garden:** 3048 E. Broadway; all you can eat sushi; happy hour specials
- **Wat Buddhometta:** 1133 S. Swan; Thai community buffet every third Saturday; \$10 per person donation, children under 10 eat free; all are welcome. Fellows who served in Thailand say this is the best Thai in Tucson.
- **Yoshimatsu Eatery:** Japanese – 2471 N. Campbell; always makes the ‘best of’ list; they know sushi!; vegetarian options
- **Zayna:** Middle-Eastern – 1138 N Belvedere Ave
- **Zemam’s and Zemam’s Too:** Ethiopian – 119 E. Speedway and 2731 E. Broadway

ICE CREAM/GELATO

- **Allegro Il Gelato Naturale:** 446 N. Campbell (Sam Hughes Place)
- **Frost Gelato:** 7131 N. Oracle, 7301 E. Tanque Verde; voted the best ice-cream/gelato in Tucson for nine consecutive years
- **Hub Restaurant & Creamery:** 266 E. Congress
- **Isabella’s Ice Cream at Rincon Market:** 2513 E. 6th Street
- **Raspados** – will get you through a Tucson summer! For details on 23 hot spots, see: <https://tucsonfoodie.com/2016/06/02/23-of-the-best-raspado-spots-in-tucson/>
- **Santa Barbara Ice Creamery:** 1058 N. Campbell (Speedway & Campbell)
- **The Screamery Hand Crafted Ice Cream:** 2545 E Speedway Blvd

MEXICAN – Here are a few of Tucson’s 300 Mexican restaurants we like.

- **Aqui Con El Nene:** 1570 W Grant Rd.

- **Boca Tacos:** 828 E. Speedway Blvd; great happy hour with \$1-1.50 tacos
- **Café Poca Cosa:** 110 E. Pennington; upscale and very fresh take; variable menu
- **El Charro:** 311 N. Court Avenue; one of the oldest family-owned restaurants in the U.S. The original downtown has old Tucson charm and nice patio dining
- **El Guero Canelo:** 5201 S. 12th Avenue and 2480 N. Oracle Rd.; Sonoran hot dogs
- **El Sur:** 5602 E. 22nd Street
- **Guadalajara Grill:** 1220 E. Prince Rd. + other locations
- **La Indita:** 622 N. 4th Avenue; local SW Indian specialties; try the calabacitas & Turascan tacos
- **Lerua's Fine Mexican Food:** 2005 E. Broadway – closing in 2019.
- **Little Café Poca Cosa:** SW corner of Stone & Alameda downtown (151 N Stove Ave); great eats, loud music.
- **Marisco's Chihuahua:** 1009 N. Grande (& 7 other locations); get the culichi
- **Mi Nidito Café:** 1813 S. 4th Avenue; President Clinton has eaten here multiple times
- **Micha's:** 2908 S. 4th Avenue; fun cantina, great for a big group
- **Nico's Taco Shop:** various locations
- **Poco & Mom's:** 1060 S. Kolb and 7000 E. Tanque Verde; New Mexico-style Mexican food; worth the trip for the friendly service and the delicious food
- **Reforma Cocina y Cantina:** 4310 N. Campbell Ave. in St. Philip's Plaza
- **Rosa's:** 1750 E. Ft. Lowell, #164; family-owned; Willy Nelson's favorite
- **Seis @ Mercado San Agustin** – 100 S. Avenida del Convento
- **Blanco Tacos & Tequila – 2905 E Skyline DR. (La Encantada)**
- **Taqueria Pico de Gallo:** 2618 S. 6th Avenue; try the pico de gallo fruit cup
- **Taquería y Raspados Jason:** 6041 E 22nd St.; famous mangoyada raspado served
- **Tucson Tamale Company:** 2545 E. Broadway; interesting variety of tamales, lots of vegetarian and vegan options; cute patio out back
- **Tumerico:** 2526 E 6th St. Vegan-Organic-gluten Free-Locally Made (Amazing!)

ON/AROUND CAMPUS

- **Arizona Inn:** 2200 E. Elm; visit the library over the holidays to see the tree, or sip an Arnold Palmer on the patio in the spring; beautiful gardens; elegant, old Tucson culture here; great place to take parents
- **Cheba Hut:** 1820 E. 6th Street; tasty toasted subs
- **East Coast Super Subs:** Park & 9th Street
- **Gentle Ben's:** 865 E. University Blvd.; microbrews and bar fare
- **Kababeque Indian Grill:** 845 E. University Blvd.
- **Miss Saigon:** 1072 N. Campbell; also downtown, and at Ina & I-10
- **Fuison'z Cafe at Hillel Fd.:** 1245 E. 2nd Street; good soups, kosher, veggie options
- **Pelio Grill:** 944 E. University; Greek
- **Time Market:** 444 E. University Blvd.; on the streetcar route – great pizza, coffee, small grocery, nice patio. They have recently taken over Rincon Market on 6th, also.
- **UA Student Union:** salad bar; global Pangea; coffee options; convenience store; Einstein Bagels; NRich; Pinkberry; Starbucks in the book store; weekly discounts
- **The Dutch:** 943 E. University Blvd.; American

PIZZA

- **1702:** 1702 E. Speedway; extensive beer selection
- **Brooklyn Pizza:** 534 N. 4th Avenue
- **Empire Pizza :** 137 E. Congress St.
- **Falora Pizza :** 3000 E. Broadway; bring a vinyl record to play at happy hour
- **Fiamme Pizza:** 4706 E Sunrise Dr. Handcrafted, Italian flour, wood fired
- **Fired Pie :** 350 E. Congress St.
- **Los Olivos :** 937 W. Congress St.; on the streetcar route
- **Magpie's Pizza:** 605 N. 4th Avenue (and other locations)
- **No Anchovies:** 870 E. University Blvd.
- **Oregano's Pizza Bistro:** 4900 E. Speedway
- **Rocco's Little Chicago:** 2707 E. Broadway; Chicago-style
- **Vero Amore:** 2920 N. Swan Rd.; authentic Italian ingredients

SPECIAL OCCASION

- **Arizona Inn:** 2200 E. Elm; fun for lunch or a drink; beautiful gardens
- **Athens on Fourth:** 500 N. 4th Avenue
- **Casa Vicente:** 375 S. Stone ; tapas and flamenco
- **Contigo:** 1745 E. River Rd.
- **Dakota's:** Tanque Verde in Trail Dust Town
- **Downtown Kitchen:** 135 S. 6th Avenue
- **Feast:** 3719 E. Speedway; menu changes monthly
- **The Grill at Hacienda del Sol:** 5601 N. Hacienda del Sol Rd.
- **Pastiche:** 3025 N. Campbell
- **Ra Sushi:** 2905 E. Skyline
- **Vivace:** 6440 N. Campbell
- **Wild Garlic Grill:** 2870 E. Skyline Drive – California-French cuisine; 4* Chef

SUNDAY BRUNCH

- **Bisbee Breakfast Club:** 2936 E. Broadway Blvd. and two other locations
- **Bobo's:** 2938 E. Grant Rd; greasy spoon; pancakes the size of your head
- **Feast:** 3719 E. Speedway Blvd.
- **Frank's:** 3843 E. Pima; a fun greasy spoon
- **The Grill at Hacienda Del Sol:** 5501 N. Hacienda Del Sol Rd.; upscale
- **La Paloma (Westin):** 3800 E. Sunrise; upscale
- **Millie's Pancake Haus:** 6541 E. Tanque Verde; Midwestern doilies & flapjacks
- **Prep & Pastry:** 3073 N. Campbell and 6450 E Grant Rd.; breakfast, brunch, lunch
- **Tanque Verde Guest Ranch:** 14301 E. Speedway; gorgeous setting; upscale

VEGETARIAN

There are vegan and vegetarian options on most menus in Tucson. Always ask at any Mexican food place except Tumerico.

- **Govinda's Natural Foods Buffet:** 711 E. Blacklidge; free meal on Sundays, vegan night on Thursdays, free celebration meals at different holidays

- **Lovin' Spoonful:** 2990 N. Campbell; vegan
- **The Tasteful Kitchen:** 722 N Stone Ave.
- **Tumerico:** 2526 E 6th St. Vegan, vegetarian and Organic-gluten Free-Locally Made
- **Urban Fresh:** 73 E. Pennington St.; vegan

[The Garden Kitchen](#) is not a restaurant, but is a great place for cooking classes: 2205 S. 4th Avenue; excellent recipes with local foods on their website

[Food Truck Events](#): lots of interesting, tasty food on the move

HEALTH CARE

ALTERNATIVE CLINICS

- [El Rio Health Center](#): inexpensive family rates, must qualify as low-income for some services; sliding scale for some services
- [Clinica Amistad](#): 101 W. Irvington Rd.
- **UA Mobile Health Clinic**
- **St. Elizabeth's Health Center:** 140 W. Speedway Blvd. #100
- [Speech and Hearing Clinics](#): UA Speech and Hearing offers free screenings annually, and has an extraordinary center for speech and hearing problems for children, stroke victims and all
- [UA Cancer Center](#): offers free skin cancer screenings each year. Take care of your skin while you are here!

DENTAL

- **Jeffrey Derickson, DDS:** 762 N. Country Club Rd.; (520) 327-5993
- **Carol McGonigle, DDS:** 1802 E. Prince; (520) 323-3186 (insurance recommended)
- **Pima Community College Dental Hygiene Clinic:** 2202 W. Anklam Rd.; 520-206-6090
- **St. Elizabeth's Health Center:** 140 W. Speedway; 520-628-7871
- [El Rio Dental](#): multiple locations; sliding scale costs
- **Nogales Implant Center** (Nogales, MX): Dr. Roberto Durán Peimbert, (520) 440-6059

GENERAL

- **UA Health Center:** Pharmacy has relatively inexpensive prescription drugs. Check out massage, CAPS counseling, and services for travelers. (Make sure to submit proof of immunization! Your financial disbursements won't go through until this is on file!)
- **Banner University Medical Center:** The region's well-known Level 1 Trauma Center for anything serious; includes Diamond Children's Medical Center
- **Tucson Medical Center:** highly rated medical facility with a children's hospital
- **VA Hospital:** available for veterans
- [AHCCCS](#): You may qualify for Arizona's Medicaid agency; you must have lived in Arizona for one year; \$1 or \$2 copays if you qualify

INSURANCE

- **UA Student Health Insurance:** *Please make sure you have health insurance!*
- **Prescription plans:** Check out Walmart, Walgreens, Costco and www.coast2coastrx.com
- [AHCCCS](#): state health Medicaid system for low-income

VISION

Take care of your eyes! You'll be using them a lot. Always wear good quality sunglasses (full UV spectrum protection) when you are outside.

- **Affinity Eye Care:** several locations – Dr. Rita Bhakta, OD
- [Alvernon Optical Inc.](#): multiple locations
- **Cornea Associates:** for serious eye issues
- **Costco:** can fill prescriptions for glasses quite reasonably
- **Zunni Optical Online:** a favorite of several Fellows

KIDS CORNER

For parents moving to a new place, child care is one of the most stressful parts of the transition. Here are some ideas for three child care options: babysitters, home daycare, and preschools/daycare.

SITTERS

If you can set up a childcare exchange with other parents, that can be ideal. If you are looking for regular babysitters, begin by asking around. You can start in Fellows' office! Another option is to look for babysitters on places like care.com or sittercity.com. A third option is to send an email to the Family Studies and Human Development undergraduate program at the UA. In the past, they have been willing to send out an email with babysitter requests. Of course, be sure to do your homework and thoroughly check out potential babysitters.

HOME DAYCARE

For children under 2 years, there are many home care providers. As anywhere else, the quality of home care ranges from incredibly wonderful to horrific. Word of mouth is the best way to find good home care providers, but that is tricky if you are new to Tucson. If you don't have many personal connections, you can try calling good preschools and asking for recommendations.

[Arizona Child Care Resource & Referral](#) has a search tool to aid parents in finding economical options for childcare in Tucson. Additionally, UA has a [child care subsidy](#) for students, depending on income. Apply annually for each fiscal year (July-Jun).

PRESCHOOLS

The quality of preschools varies tremendously. Talk to parents and look for a place with little staff turn-over; if the teachers are happy then the children will probably be happy as well. Start as early as possible! Here are some recommendations for places close to campus.

- [Head Start](#)
- [St. Mark's Preschool](#)
- [Desert Springs Children's Center](#)
- [Second Street Children's School](#)

There are many more to investigate, such as area Montessori schools, Tucson Waldorf School, Jewish Community Center, and Desert Sky Community School.

SCHOOL-AGED CHILDREN

There are a variety of public, charter, and private schools throughout Tucson. As with any region in the United States, there are high quality schools and poor quality schools. You can utilize this [website](#) to help decide which school will be the best match for your family.

Tucson Unified School District (TUSD) is the largest school district in Southern Arizona. With various locations throughout Tucson you can find a school close to home and the UA campus. Families are very satisfied with some of the schools near campus, such as Sam Hughes and Tucson High School. Follow this [link](#) to explore the TUSD school directory. The [Arizona Department of Education](#) publishes “AZ Report Cards” on schools across the state/

Several area schools regularly make lists of the best schools in the United States including BASIS and University High School.

ESL COURSES

If your spouse or significant other is in need of English as a Second Language (ESL) instruction, Tucson has numerous options.

- [Literacy Connects](#): English Language Acquisition for Adults (ELAA/ESL)
- [Pima Community College](#): English Language Acquisition for Adults (ELAA)
- [Pima County Public Library](#): English Classes at Your Library
- [UA Center for English as a Second Language](#): CESL is fully accredited by the Commission on English Language Program Accreditation

TAKING CARE OF BUSINESS

BANKS

A number of national banks are here, including BA, Chase, and Wells Fargo. Most banks have a presence on or near campus. Some students maintain their home bank and simply get cash back at various stores as needed.

- **JP Morgan Chase**: free student checking.
- **Wells Fargo**: the biggest presence on campus with ATMs and a branch in the Student Union; offers free checking for students; excellent on-line interface

Wiring Funds: Western Union and WalMart are cost-effective and easily found.

CREDIT UNIONS

- [OneAZ Credit Union](#): 1001 N. Park (across the street from campus)
- [Pima Federal Credit Union](#): always helpful staff!
- **Tucson Federal Credit Union**: If you belong to an out of state credit union, you may be able to deposit checks, etc. here.
- **Vantage West Credit Union**: numerous locations around Tucson

DEALS & DISCOUNTS

- [Annual passes to federal lands](#): A \$20 pass can be used year-round at Mount Lemmon, Sabino Canyon, Madera Canyon, and South Fork-Cave Creek (in the Chiricahua Mountains) and many other national parks, forests and Bureau of Land

Management lands. Look for alternate trail access, e.g.: the Seven Falls hike off of Bear Canyon.

- [Free Days at area museums, parks, and attractions](#): 1st Sunday at Tucson Museum of Art; last Sunday of the month at MOCA; first Saturday Art Walk Downtown and in the 4th Avenue corridor; Smithsonian Free Museum Day; free days at national parks (and often Mt. Lemmon):
- [Groupon Tucson](#)
- [Living Social](#)
- [Pima County Library culture passes](#)
- [Tucson on the Cheap, LLC](#)
- [Tucson Attractions Passport](#): \$18; lots of 2-for-1 deals. Great for visitors. Download to your phone.
- [Tucson Originals](#): locally-owned restaurants offer special discounts; purchase online for when guests visit.

MAIL

There is a post office on the ground level of the Student Union. The closest post offices to campus are the Sun Station located at 2100 E. Speedway and a quaint PO at 920 N 1st Ave. which also houses the Postal History Foundation. The Main Post Office is located at 1501 S. Cherrybell. FedEx and UPS are readily available on campus. UPS has inexpensive copies at many stores.

RELIABLE REPAIR FOLKS

- **Curtis Plumbing**: 4281 E. Tennessee Street; (520) 323-7697
- **J&B Appliances**: 7049 E. Tanque Verde Rd.; (520) 886-3868
- **Jimmy's Broadway Auto**: 2448 E. Broadway; (520) 622-1022
- **Parker Automotive**: 5109 E. Speedway Blvd.; (520) 323-1960
- **Schroeders**: 2701 N. Campbell; (520) 326-9933

UTILITIES

- [Southwest Gas](#)
- [Tucson Electric Power](#)
- [City of Tucson](#) (water/sewer/trash/recycling)

VETERINARIANS (ROUTINE, EMERGENCY) & TRAINING

- **Adobe Veterinary Clinic**: 8300 E Tanque Verde Rd.; (520) 546-8387; east side, AAHA Accredited
- [Speedway Veterinary Hospital](#): 3726 E. Speedway; (520) 321-4235; central, AAHA Accredited. **Dr. Kayla Boyer is amazing!**
- **Veterinary Specialty Center of Tucson**: 4909 N La Canada Dr. (520) 795-9955 – for emergencies, overnight
- **Rattlesnake aversion training may be valuable for outdoor, hiking dogs**: Jay V. Smith, Trainer, [Community Dog Training is excellent](#)
- **Oh Behave!** Cindy Morgan, PDT, RP is a highly recommended trainer and behavioral specialist

EXERCISING AND THE GREAT OUTDOORS

PCF Fellows are active! If you bike, run, climb, play soccer or softball, we've got you covered. So much to do outdoors here! This is a small sampling of favorites. If yoga, Boot Camp, golf, lifting, Pilates, spinning, swimming, tennis, or Zumba is your thing, you'll find plenty of it everywhere. Oh, and there are plenty of spectator events as well.

CLIMBING AND BOULDERING

- [**Rocks and Ropes Climbing Gym**](#): 330 S. Toole; memberships and discount nights for students and women.
 - [**The Bloc**](#): 8975 E. Tanque Verde; lots of training options
-

CYCLING

See previous information on commuter biking; BICAS, Cyclovia, Living Streets Alliance and Perimeter Biking Association are also interesting associations that you can investigate. Enjoy 620 miles of bike paths here!

[**Mountain Biking**](#): Tucson has some wonderful single-track rides; they range from easier Fantasy Island (southeast of town), to more challenging (50-Year, Sweetwater). Get more info by talking to the staff at Ordinary Bikes.

HIKING

- **Catalina State Park**: north on Oracle; take the trail up to the Romero Pools (a great place to take a dip)
- **Madera Canyon**: south of Tucson; Mt. Wrightson is the tallest mountain in Southern Arizona at 9,453; unlike Mount Lemmon, you can't drive to the top
- **Mount Lemmon**: 9,157 feet, the tallest of the Catalina Mountains north of Tucson; plenty of hiking trails, a ski area, and the town of Summerhaven – known for its cookie shop (the Cookie Cabin). This is a great place to beat the heat in the summer.
- **Rillito River Bike Trail**: follow a scenic bike trail along the Rillito River
- **Sabino Canyon**: gets a lot of visitors, but a beautiful canyon and there's water in the creek; a great place to take less-mobile relatives is on the tram ride. Seven Falls is a great, beautiful hike; up and down is 7.4 miles on a paved road with lots of stops.
- **Saguaro National Park West and East**: hiking and biking on both ends of Tucson; watch a sunset from Gate's Pass at the little park.

Visit **Summit Hut** and **REI** for additional information on hiking and climbing.

RUNNING

Southern Arizona Road Runners: SAR is 1,000 members strong with young, old, elite, and beginning runners and walkers. All are welcome in this wonderful community dedicated to good health. This non-profit is your link to informal running groups, and it makes donations to benefit fitness throughout the community. A student discount is available for membership = savings at various races. Check out *Meet Me at Maynard's* on Monday downtown, and other free group running and social opportunities.

Marathons/Ultras/Triathlons: PCFs are also trail runners and participants in marathons, the Ragnar Relay (Del Sol takes us from Wickenburg to Tempe), and various triathlons (Soma Tri in Tempe is a good one). There are many fantastic trail runs that are great as training runs through the fall and spring; check out the “Everybody Runs” series, Tucson Tri Girls, and the Greater Arizona Biking Association (GABA).

Tucson Trail Runners (TTR) is a trail/ultra running group that focuses on long-distance trail runs on public lands in all five mountain ranges surrounding Tucson, Arizona. The average distance for runs is 17 to 20 miles with many in the ultra distance range.

The Workout Group (WOG) meets Tuesday and Thursday at Reid Park at 6:00 p.m. at the Annex Fields during the school year. Runners of all abilities and ages are welcome. There is a modest fee after the intro period.

SWIMMING

Tucson is home to many Olympic and world-class swimmers and divers. You will find excellent swimming instruction and a variety of teams here that compete at all levels. Go to the UA Rec for some basic instruction on lap swimming if you want to begin. Tucson pools are also an inexpensive way to swim, and many are open year-round.

Ford Aquatics Masters' Swimming Team practices on campus daily at the Hillenbrand Aquatic Center, and has groups that swim at different paces. All swimming levels are welcome; \$50/month for students plus the yearly \$45.00 U.S. Masters Swimming membership. Practices are held at 5:30 a.m., 12:00 p.m., and 6:30 p.m. Monday through Friday; Saturday practice times are announced each week. Workouts by day: Mondays: aerobic free/pull, Tuesdays: IM/kick, Wednesdays: sprint/fins and paddles, Thursdays: combo, Fridays: aerobic free/pull, Saturdays: V02 max/kick.

UA REC CENTER

The <http://campusrec.arizona.edu> has excellent equipment, classes, and an Olympic-sized swimming pool. The Rec is free to enrolled students (this is part of what your student fees pay for); classes cost extra; rental equipment is available for camping and various specialty sports. You can also sponsor your spouse or significant other's membership for an additional fee per semester.

YOGA

There is outstanding yoga instruction in Tucson. Here are some of the best studios:

- [Fourth Avenue Yoga](#): downtown; a variety of styles
- [Tucson Yoga](#): downtown; a variety of styles
- [Yoga Connection](#): central; a variety of styles
- [Yoga Oasis](#): downtown, central, and east; variety of styles
- [Yoga Vida](#): central; Bikram

PC United Soccer Team and Club Sports

Fellows have a long-standing co-rec soccer team that plays in a city league. Information on the current manager will be posted. Other Fellows teams have played softball, ultimate Frisbee and tennis. Hiking, climbing, slack line, and acro-yoga have also been popular.

ENTERTAINMENT

How to Find What's Happening: [The Tucson Weekly](#), UA and Arizona Daily Star have online master calendars.

- **AVA Amphitheater/Casino del Sol:** big-name acts
- **Casa Video:** 2905 E. Speedway; DVD store with a giant selection and free popcorn
- **Grand Cinemas:** Grant & Swan, 4690 N. Oracle; shows second-run films for cheap (Tuesdays are discount days too)
- **Hotel Congress:** 311 E. Congress; a funky hotel with a club that has dance nights, live music, and The Cup Cafe
- **Reid Park** and **Udall Park** often host free concerts, performances and events
- **Rialto Theatre:** 318 E. Congress; lots of good music
- **Roadhouse Cinemas:** Locally owned and operated 1st run movie theater offering a full movie and dining experience. <https://roadhousecinemas.com/>
- **Tanque Verde Swap Meet:** 4100 S. Palo Verde Rd; piñatas, wrenches, samurai swords, and dental tools – you name it, the swap meet has it for really, really cheap!
- **The Loft Cinema:** 3233 E. Speedway; Non-profit organization that shows independent films and hosts film festivals. Check out a membership if you like films.

GOOD PLACES TO TAKE VISITORS

BEYOND TUCSON

Karchner Caverns, Bisbee, and Tombstone make a nice day jaunt. Stop by the San Pedro River in St. David or between Sierra Vista and Bisbee to enjoy water and trees! Madera Canyon and Lake Patagonia are also favorites. Arizona has public lands, tribal reservations, and curiosities galore.

Mount Lemmon/Summerhaven: Mt. Lemmon is a year-round get-away. Yes, we have mountains, trees, snow, a fishing lake, and periodically there is running water! Plan a hike, a biking workout, a sledding or skiing trip, or a campout!

Phoenix, Sedona, Flagstaff and the Grand Canyon: Plan to see the southwest while you are here! Rafting trips and specialty Grand Canyon trips must be arranged far in advance.

San Diego, LA, Las Cruces, Truth or Consequences (hot springs), Albuquerque, Santa Fe and Denver are all within fairly easy reach.

Mexico – Visit Agua Prieta (see [Café Justo's](#) roasting operation), Nogales, and Baja California with Fellows who know the ropes. Puerto Penasco is a popular beach destination.

TUCSON

4th Avenue: A fun, funky street of local shops, boutiques, restaurants and local flavor. The B-Line is a favorite for pie, Lindy's is a must for hamburgers, and La Indita features some Tohono O'odham delights.

[Arizona-Sonora Desert Museum:](#) This is a MUST SEE. It's located adjacent to Saguaro National Park West and is a world-class museum. It is the place to take your guests, and is a great introduction to your desert home. Go early or late or try the summer evening events.

[Kitt Peak National Observatory:](#) West of Tucson, this observatory offers a visitor's museum, tours and night viewing through telescopes.

[Old Tucson Studios:](#) This was long a filming site for many Hollywood movies (a tradition that continues today even though the original sets were rebuilt after a fire). The drive out through Gate's Pass is spectacular.

[San Xavier del Bac Mission:](#) Historic Spanish colonial architecture on the Tohono O'odham Reservation. Special events over the Christmas and Easter holidays attract many visitors. Be sure to visit the farm coop there also, and try the fry bread.

[Tohono Chul Park:](#) A wonderful botanical garden, bistro, and small trail system on Tucson's north side. They regularly have events, such as Bloom Night, and Art in the Gardens. Try their café for a nice brunch on the patio in the spring or fall.

Tucson Botanical Gardens: The Botanical Gardens has a great collection, special programs, music, classes, and is a partner of Native Seed Search. It's a favorite oasis. 2150 N. Alvernon Way.

Tucson Zoo: Located in Reid Park, the zoo is a pleasant oasis. Reid Park is a center for outdoor performances, UA baseball, golf, running and picnics.

UA Center for Creative Photography: This world-class museum on campus holds archives of some of the great photographers, year round exhibits, and speakers. You can make an appointment to see anything in their archive;

University of Arizona attractions to visit: [The SkyCenter](#), [Mirror Lab](#), [Flandrau Science Center and Planetarium](#), [Biosphere 2](#)

University Avenue: Just west of the university; lots of outdoor patios, and typical university-area shopping.

TUCSON FESTIVALS & FAVORITES

Tucson has so many festivals and special events it will make your head spin. We are a winter visitor destination, so there are many, mostly-free activities especially from October to April. Here's a list of some of our favorites. Tucson Weekly is a good source for figuring out what is happening any given week; the Arizona Daily Star also has a good online calendar.

4th Avenue Street Fair: Twice a year 4th Avenue from Ninth Street to University Blvd. becomes a street fair. Desert Doves, Tucson's RPCV group, Fellows and friends volunteer at the Festival working the Artist Courtesy Carts. Funds raised support Peace Corps Partner Projects and Fellows. Volunteer and bring your friends with you! Mar. 22-24, 2019 & Dec. 13-15, 2019.

All Souls Procession: Over 150,000 participants on the streets of downtown Tucson participate in this two-mile long human-powered procession that ends in the finalizing action of burning a large urn filled with the hopes, offerings, and wishes of the public for those who have passed. The arts community brings this extraordinary event together through [Many Mouths One Stomach](#) which prepares for it all year long. Nov. 9-10, 2019.

Cyclovía Tucson: Living Streets Alliance closes the streets two-four times a year. Volunteer with your fellow Fellows or ride and stroll the streets! April 7, 2019 and Oct. 27, 2019.

El Tour de Tucson: Some 9,000 cyclists participate in this scenic ride through Tucson. Participants may choose to cycle 109, 80, 67 or 35 miles. Register early for best rates or volunteer for fun and inexpensive rates. Saturday, November 23, 2019.

Tucson Gem and Mineral Show: Thousands of exhibitors from around the world take over Tucson for 3+ weeks every year, showing off the most prized gems, minerals, and fossils from their countries. African Village is a great place to practice your tribal language. Tell your guests to book hotels early; dinner reservations are also recommended during this time. Jan. – Feb. 2020.

Tucson Festival of Books: This is the 3rd largest book festival in the country with 50-60,000 people, authors, and community members taking over the campus the first weekend of Spring Break. Fellows, the Peace Corps Recruiter, and Desert Doves exhibit in Science City at the Fair and share the Peace Corps experience. March 2-3, 2019 and March 7-8, 2020.

Tucson Meet Yourself: This festival showcases authentic food, arts, song, and dance of every culture in the Old Pueblo. Much of the downtown is converted into a pedestrian zone. Eat yourself silly, perform, enjoy, or volunteer! October 11-13, 2019.

Winterhaven Festival of Lights: For 63 years, the residents of Winterhaven neighborhood have hosted the Festival as their gift to the community and used the event's popularity to host a fundraiser for the Community Food Bank. Southern Arizona Roadrunners holds a free fun-run through on Dec. 15. Open most of December.

CAMPUS PEACE CORPS CONTACTS

UA Coverdell Fellows:

Georgia Ehlers, Director
Graduate College, Office of Fellowships & Community Engagement
University Services Building #204E
888 N Euclid AV, Tucson, AZ 85721-0158
gehlers@email.arizona.edu
520-621-9103 (o)

UA Peace Corps Coverdell Fellows Online and on Social Media

<http://grad.arizona.edu/peacecorps>
fb: .com/groups/UAPCFellows
ig: .com/uapcfellows
in: .com/groups/8335073

Graduate College Administrative Offices

Administration Building Room 322
P.O. Box 210066, Tucson, AZ 85721-0066



Peace Corps

Campus Recruiting, Ambassadors and Peace Corps Prep

The UA Peace Corps campus recruiter is located in Career Services on the 4th level of the Student Union. Opportunities to table, give class talks, and serve on panels are available to Fellows. The UA, a top producing college, ranks 20th among large schools with 43 UA alumni serving in Peace Corps. The UA initiated a **Peace Corps Prep Program** in 2018 and has 30 participants in the first year.

Desert Doves (Returned Peace Corps Volunteers of Southern Arizona)

The NPCA affiliate is an active group in Tucson which often partners with the Coverdell Fellows. They meet on the 3rd Saturday of each month. Many Fellows have served as officers of the group, and Fellows are encouraged to visit the group. There are 400-600 RPCVs located in Southern Arizona. www.rpcvtucson.org

Area Coverdell Fellows Alumni and RPCV Faculty and Staff

Alumni are scattered across Tucson and Arizona and approximately 100 UA faculty and staff have served in Peace Corps.

NOTA BENE

The recommendations within this guide are drawn from Fellows and staff, and do not represent recommendations of the University of Arizona, the Graduate College or U.S. Peace Corps.