



OREGON
HEALTH & SCIENCE
UNIVERSITY

Center for Diversity &
Multicultural Affairs

Diversity Resource Guide



Updated September 2008



Diversity Resource Guide

The OHSU Center for Diversity & Multicultural Affairs (CeDMA) created this guide as a resource to help students, staff and faculty find organizations and businesses in Portland that serve the needs of our diverse community.

CeDMA regularly updates the contents of this guide. If you know of a resource that should be included, please contact CeDMA.

OHSU CeDMA
Mackenzie Hall 1115
3181 SW Sam Jackson Park Rd
Mail Code L601
Portland, OR 97239
503.494.5657
cedma@ohsu.edu

This information is provided as a reference for the OHSU community. OHSU is not affiliated with and does not endorse the businesses listed in this guide.

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International Cuisine Restaurants

\$ = under \$20
\$\$ = \$21-30
\$\$\$ = \$31-40
\$\$\$\$ = over

African

Dalo's Kitchen

4131 N Vancouver Ave
Portland, OR 97217
503.808.9604
www.daloskitchen.com

Horn of Africa (\$)

3939 NE MLK Blvd
Portland, OR 97212
503.331.9844
www.hornofafrica.net

Jarra's Ethiopian Restaurant (\$\$)

1435 SE Hawthorne Blvd
Portland, OR 97214
503.230.8990

Marrakesh (\$\$)

1201 NW 21st Ave
Portland, OR 97209
503.248.9442
<http://marrakesh.citysearch.com>

Mummy's (\$)

622 SW Columbia
Portland, OR 97201
503.224.7465

Queen of Sheba (\$)

2413 NE MLK Blvd
Portland, OR 97212
503.287.6302
www.queenofsheba.biz



Cajun & Creole

Acadia (\$\$)

1303 NE Fremont St
Portland, OR 97212
503.249.5001
www.creolapdx.com

Delta Café (\$)

4607 SE Woodstock
Portland, OR 97206
503.771.3101

Le Bistro Montage (\$)

301 SE Morrison St
Portland, OR 97214
503.234.1324
www.montageportland.com

Roux (\$\$\$)

1700 N Killingsworth
Portland, OR 97217
503.285.1200

Caribbean

Billy Bangs (\$)

5331 SW Macadam
Portland, OR 97239
503.227.4663
www.billybangs.com

Calypso (\$\$)

3350 SE Morrison
Portland, OR 97214
503.294.0896

Pambiche (\$)

2811 NE Glisan
Portland, OR 97232
503.233.0511
www.pambiche.com

Salvador Molly's (\$\$)

3350 SE Morrison
Portland, OR 97214
503.234.0896
www.salvadormollys.com

Chinese

House of Louie (\$)

331 NW Davis
Portland, OR 97209
503.228.9898

The Mandarin House (\$\$)

120 SW Ankeny
Portland, OR 97204
503.228.1820

Marco Polo Garden (\$)

19 NW 5th Ave
Portland, OR 97209
503.222.3617

Pagoda (\$)

2839 NE Broadway
Portland, OR 97232
503.288.5788

Shanghai Noble House (\$)

5331 SW Macadam
Portland, OR 97239
503.227.3136

Thien Hong (\$)

6749 NE Sandy Blvd
Portland, OR 97213
503.281.1247

European

Castagna (\$\$\$) - Continental

1752 SE Hawthorne Blvd
Portland, OR 97214
503.231.7373
www.castagnarestaurant.com

Mama Mia Trattoria (\$\$) - Italian

439 SW 2nd Ave
Portland, OR 97204
503.295.6464

Rheinlander (\$\$) - German

5035 NE Sandy Blvd
Portland, OR 97213
503.288.5503
www.rheinlander.com

Two Brothers (\$) - Balkan

829 SE 39th Ave
Portland, OR 97241
503.232.3424

Greek

Foti's Greek Deli (\$)

1740 E Burnside St
Portland, OR 97214
503.232.0274

Greek Cusina (\$)

404 SW Washington St
Portland, OR 97204
503.224.2288
www.greekcusina.com

Hawaiian

Noho's Hawaiian Café (\$)

2525 SE Clinton St
Portland, OR 97202
503.233.5301
www.nohos.com

Ohana (\$)

6320 NE Sandy
Portland, OR 97213
503.335.5800
www.ohanahawaiiancafe.com

Indian

Bombay Cricket Club (\$\$)

1925 SE Hawthorne Blvd
Portland, OR 97214
503.231.0740
www.bombaycricketclubrestaurant.com

Bombay Wala (\$)

12000 SE 82nd Ave
Portland, OR 97266
8503.652.7475

Swagat Indian Cuisine (\$)

2074 NW Lovejoy
Portland, OR 97209
503.227.4300
www.swagat-portland.com

Vindalho (\$\$)

2038 SE Clinton St
Portland, OR 97202
503.467.4550
www.vindalho.com

Japanese

Bush Gardens (\$\$)

900 SW Morrison
Portland, OR 97205
503.226.7181
www.bush-garden.com

Mio Sushi (\$)

3962 SE Hawthorne Blvd
Portland, OR 97214
503.230.6981
www.miosushi.com

Masu (\$\$)

406 SW 13th Ave
Portland, OR 97205
503.221.6278
www.masusushi.com

Saburo's (\$)

1667 SE Bybee Blvd
Portland, OR 97202
503.236.4237
www.saburos.com

Korean

Bewon (\$\$)

1203 NW 23rd Ave
Portland, OR 97210
503.464.9222
www.bewonrestaurant.com

Sorabol (\$)

7901 SE Powell, Suite D
Portland, OR 97206
503.771.5842
www.cuisinesorabol.com



Latin

Andina (\$\$\$\$)

1314 NW Glisan
Portland, OR 97209
503.228.9535
www.andinarestaurant.com

Aqui Mexican Café (\$)

1408 SE 12th Ave
Portland, OR 97214
503.230.9212

Brazil Grill (\$\$)

1201 SW 12th Ave
Portland, OR 97205
503.222.0002
www.brazilgrillrestaurant.com

Cha! Cha! Cha! (\$)

1208 NW Glisan
Portland, OR 97209
503.221.2111

El Palenque (\$)

8324 SE 17th Ave
Portland, OR 97202
503.231.5140

Hugo's (\$)

2130 NE Broadway
Portland, OR 97232
503.287.7490
www.hugosbroadwayrestaurant.com

Kosher

Café at the J (\$)

Mittleman Jewish
Community Center
6651 SW Capital Hwy
Portland, OR 97219
503.244.0111
www.oregonjcc.org/cafe.asp

Kenny & Zuke's Delicatessen (\$\$)

1038 SW Stark St
Portland, OR 97205
503.222.3354
www.kennyandzukes.com

Kornblatt's Delicatessen (\$)

628 NW 23rd Ave
Portland, OR 97209
www.kornblattsdeli.com

Middle Eastern

Arabian Breeze (\$)

3223 NE Broadway
Portland, OR 97232
503.445.4700
www.arabianbreezeportland.com

Habibi Lebanese Cuisine (\$\$)

1012 SW Morrison St
Portland, OR 97205
503.274.0628

Hoda's (\$\$)

3401 SE Belmont
Portland, OR 97214
503.236.8325
www.hodas.com

Persian House (\$)

1026 SW Morrison
Portland, OR 97205
503.243.1430



Soul Food

Bernie's Southern Bistro (\$\$)

2904 NE Alberta
Portland, OR 97211
503.282.9864

www.berniesbistro.com

Country Cat Dinner House (\$\$)

7937 SE Stark St
Portland, OR 97215
503.408.1414

www.thecountrycat.net

Screen Door (\$\$)

2337 E Burnside
Portland, OR 97214
503.542.0880

www.screendoorrestaurant.com

Tennessee Red's Barbeque Co.

2133 SE 11th Ave
Portland, OR 97214
503.231.1710

www.tennesseereds.com

Spanish/Tapas

Colosso (\$\$)

1932 NE Broadway
Portland, OR 97232
503.288.333

Toro Bravo (\$\$)

120 NE Russell Street
Portland, OR 97214
503.281.4464

www.torobravopdx.com



Thai

Baan-Thai

1924 SW Broadway
Portland, OR 97201
503.224.8424

Lemongrass (\$\$)

1705 NE Couch
Portland, OR 97232
503.231.5780

Sweet Basil (\$)

3135 NE Broadway
Portland, OR 97212
503.335.0411

Thai Orchid (\$)

2231 W Burnside
Portland, OR 97210
503.226.4542

www.thaiorchidrestaurant.com

Vietnamese

Green Papaya (\$\$)

1135 SW Morrison St
Portland, OR 97201
503.248.2112

Mekong (\$)

7952 SE 13th Ave
Portland, OR 97202
503.808.9092

www.mekonggrill.com

Pho Van (\$)

3404 SE Hawthorne Blvd
Portland, OR 97214
503.230.1474

Silk (\$\$)

1012 NW Glisan
Portland, OR 97209
503.248.2172

Nightlife

Brewpubs

Amnesia Brewing

832 N Beech
Portland, OR 97227
503.281.7700

www.amnesiabrewing.com

Bridgeport

1313 NW Marshall
Portland, OR 97209
503.241.3612

www.bridgepoertbrew.com

McMenamin's Kennedy School

5736 NE 33rd Ave
Portland, OR 97211
503.288.3286

www.kennedyschool.com

Widmer Gasthaus Pub

955 N Russell
Portland, OR 97227
503.281.3333

www.widmer.com

Bars & Lounges

Beulahland

118 NE 28th Ave
Portland, OR 97232
503.235.2794

www.beulahlandpdx.com

Florida Room

435 N Killingsworth
Portland, OR 97217
503.287.5658

Goodfoot Lounge

2845 SE Stark
Portland, OR 97292
503.239.9292

www.thegoodfoot.com

Jax Bar

826 SW 2nd Ave
Portland, OR 97204
503.228.9128

www.jaxbar.com

Muu-Muu's

612 NW 21st Ave
Portland, OR 97209
503.223.8169

Rontoms

600 E Burnside
Portland, OR 97214
503.236.4536

Sapphire Hotel

5008 SE Hawthorne Blvd
Portland, OR 97215
503.232.6333

www.thesapphirehotel.com

Shanghai Tunnel

211 SW Ankeny
Portland, OR 97204
503.220.4001

www.shanghaitunnel.com

Jazz

Blue Monk

3341 SE Belmont
Portland, OR 97214
503.595.0575

www.thebluemonk.com

Jimmy Mak's

300 NW 10th Ave
Portland, OR 97209
503.295.6542

www.jimmymaks.com

Dance Clubs

Aura

1022 W Burnside
Portland, OR 97205
503.597.2872
www.auraportland.com

Fez Ballroom

316 SW 11th Ave
Portland, OR 97205
503.221.7262
www.fezballroom.com

Holocene

1001 SE Morrison
Portland, OR 97214
503.239.7639
www.holocene.org

Ohm

31 NW 1st Ave
Portland, OR 97209
503.241.2916
www.ohmnightclubpdx.com

GLBT

Crush

1412 SE Morrison
Portland, OR 97214
503.235.8150
www.crushbar.com

Egyptian Club

3701 SE Division
Portland, OR 97202
503.236.8689
www.theegyptianclub.com

Embers

110 NW Broadway
Portland, OR 97209
503.222.3082
www.emberspdx.com

The Silverado Bar

318 SW 3rd Ave
Portland, OR 97204
503.224.4493
www.silveradopdx.com

Live Music

The Crystal Ballroom

1332 W Burnside
Portland, OR 97209
503.225.0047
www.mcmenamins.com/crystal

Doug Fir

830 E Burnside
Portland, OR 97214
503.231.9663
www.dougfirlounge.com

Towne Lounge

714 SW 20th Pl
Portland, OR 97205
503.241.8696
www.townelounge.com

Wonder Ballroom

128 NE Russell St
Portland, OR 97212
503.284.8686
www.wonderballroom.com



Comedy

Harvey's Comedy Club

436 NW 6th Ave
Portland, OR 97209
503.241.0338
www.harveyscomedyclub.com

Comedy Sportz

1963 NW Kearney
Portland, OR 97209
503.236.8888
www.portlandcomedy.com

Karaoke

The Alibi

4024 N Interstate Ave
Portland, OR 97227
503.287.5335

Suki's Bar & Grill

2401 SW 4th Ave
Portland, OR 97201
503.226.1181
www.sukisbargrill.com

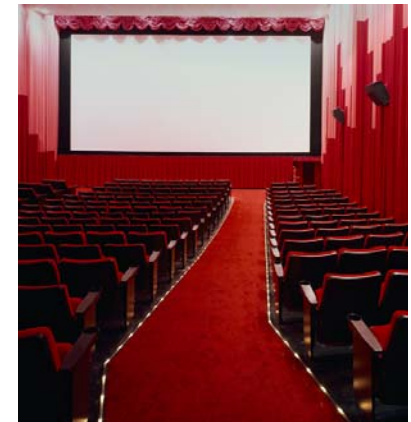
Pool

Sam's Hollywood Billiards

1845 NE 41st Ave
Portland, OR 97212
503.282.8266

Uptown Billiards Club

120 NW 23rd Ave
Portland, OR 97210
503.226.6909
www.uptownbilliards.com



Movies

Cinema 21

616 NW 21st Ave
Portland, OR 97209
503.223.4515
www.cinema21.com

Hollywood Theatre

4122 NE Sandy Blvd
Portland, OR 97212
503.281.4215
www.hollywoodtheatre.com

Laurelhurst Theatre

2735 E Burnside
Portland, OR 97214
503.238.4088
www.laurelhursttheater.com

Living Room Theaters

341 SW 10th Ave
Portland, OR 97205
971.222.2010
www.livingroomtheaters.com

Regal Cinemas

Multiple locations
www.regmovies.com

International Grocery Stores

African

African International Food Market
1910 N Killingsworth
Portland, OR 97217
503.283.8585

Asian

An Dong Market
5441 SE Powell
Portland, OR 97206
503.77732463

Anzen Hiroshi's
736 NE MLK Blvd
Portland, OR 97232
503.233.5111

Lombard Market
4304 N Lombard
Portland, OR 97203
503.240.1831

Nam Phuong Market
6834 NE Sandy Blvd
Portland, OR 97213
503.284.3549

Pacific Supermarket
6750 NE Broadway
Portland, OR 97213
503.251.0524

Uwajimaya
10500 SW Beaverton-Hillsdale Hwy
Beaverton, OR 97005
503.643.4512
www.uwajimaya.com

Halal

World Foods
10075 SW Barbur Blvd
Portland, OR 97219
503.892.4658

Halal Mediterranean Deli
11535 SW Pacific Hwy
Portland, OR 97223
503.293.3031

Indian

Continental Market
826¹/₂ NW Murray Blvd
Portland, OR 97229
503.626.1109

India 4 U

3341 SE Hawthorne Blvd
Portland, OR 97214
503.239.8000

Kosher

Albertson's
(Supermarket with expanded
Kosher selections)
5415 SW Beaverton-Hillsdale Hwy
Portland, OR 97221
503.246.1713
www.albertsons.com

Russian

Roman Russian Food Store
6911 SE Foster Rd
Portland, OR 97206
503.777.2614

Latin

Becerras International Grocery
2714 N Lombard St
Portland, OR 97217
503.289.0044

La Tienda de Guadalupe
847 E Powell
Portland, OR 97030
503.669.4119

Tienda Jalisco
8001 SE 72nd Ave
Portland, OR 97206
503.772.3619

Tortilleria Y Tienda
16225 NE Glisan
Portland, OR 97230
503.255.4356

Mediterranean

Foti's Greek Deli
1740 E Burnside
Portland, OR 97214
503.232.0274

Mediterranean Market & Deli
12070 SW Allen Blvd
Beaverton, OR 97005
503.520.1850

Pacific Islander

Fiji Emporium
7814 N Interstate
Portland, OR 97217
503.240.2768
www.fijiemporium.com



Community & Congregation Centers

African American Congregations

AME Zion Church
4304 N Vancouver Ave
Portland, OR 97217
503.287.4969

Bethel AME
5828 NE 8th Ave
Portland, OR 97211
503.288.5429

Irrington Covenant Church
4046 NE MLK Blvd
Portland, OR 97212
503.287.5226

Mount Olivet Baptist Church
8725 N Chautauqua Blvd
Portland, OR 97217
503.240.7729

Asian

Asian Health & Service Center
3430 SE Powell Blvd
Portland, OR 97202
503.872.8822

IRCO Asian Family Center
4424 NE Glisan
Portland, OR 97213
503.235.9396
www.ircoco.org

Buddhist

Buddhist Daihozan Henjyoji
2634 SE 12th Ave
Portland, OR 97202
503.232.6352

Nichiren Buddhist Temple
2025 SE Yamhill
Portland, OR 97214
503.232.8064
www.nichiren-shu.org/portland

Oregon Buddhist Temple
3720 SE 34th Ave
Portland, OR 97202
503.234.9456
www.oregonbuddhisttemple.com

**Oregon Cambodian
Buddhist Society**
19940 SW Stafford Rd
West Linn, OR 97068
503.638.3700

Portland Buddhist Temple
1722 SE Madison
Portland, OR 97214
503.239.5678

GLBT

**The Community of Welcoming
Congregations**
Website includes listings of
religious congregations welcoming
all sexual orientations.
www.welcomingcongregations.org

Pride NW
A listing of GLBT community
resources.
www.pridenw.org/links

Q Center
1028 SE Water Ave.
Portland OR. 97214
503.234.7837
www.pdxqcenter.org

German

Bethel German Assembly of God
7220 SE Duke
Portland, OR 97206
503.771.4704

Zion Lutheran Church
1015 SW 18th Ave
Portland, OR 97205
503.221.1343

Greek

**Holy Trinity Greek
Orthodox Church**
3131 NE Glisan
Portland, OR 97232
503.234.0468
www.goholytrinity.org

St George Antiochian Orthodox
2101 NE 162nd Ave
Portland, OR 97230
503.255.6055
www.stgeorgeportland.org

Hindu

Mahakali Mandir
4732 NE 14th Ave
Portland, OR 97211
503.284.8729
www.srimahakalitemple.org

**Portland Hindu Temple
Brahma Premananda Ashram**
11515 SW Hall Blvd
Tigard, OR 97223
503.598.3073
www.portlandhindutemple.org

Swiminarayan Hindu Mandir
2505 N Interstate Ave
Portland, OR 97217
503.285.2556

Vedanta Society of Portland
1157 SE 55th Ave
Portland, OR 97215
503.235.3919
www.vedanta-portland.org

Islamic

Bilal Masjid
4115 SW 106th Ave
Beaverton, OR 97007
503.591.7233
www.bilalmasjid.com

Islamic Center of Portland
6940 SW Hall Blvd
Beaverton, OR 97008
503.526.9305
www.icop.org

**Muslim Community Center
of Portland**
3801 NE MLK Blvd
Portland, OR 97212
503.281.7691



Italian

Church of St Michael the Archangel
424 SW Mill St
Portland, OR 97201
503.228.8629

St Philip Neri Paulist Church
2408 SE 16th Ave
Portland, OR 97214
503.231.4955
www.stphilipneripdx.org

Jewish

Beth Israel Congregation
1972 NE Flanders
Portland, OR 97209
503.222.1069
www.bethisrael-pdx.org

Havurah Shalom
825 NW 18th Ave
Portland, OR 97209
503.248.4662
www.havurahshalom.org

Mittleman JCC
6551 SW Capital Hwy
Portland, OR 97219
503.244.0111
www.oregonjcc.org

Neveh Shalom
2900 SW Peaceful Ln
Portland, OR 97239
503.246.8831
www.nevehshalom.org

Korean

Korean Evangelical Church
7650 SW 81st Ave
Portland, OR 97223
503.244.9191

Portland Korean Church
933 SW Clay
Portland, OR 97201
503.227.7628
www.pkchurch.com

Orthodox

Church of the Annunciation
13515 SE Rusk Rd
Portland, OR 97222
503.659.3646

Holy Nativity Theotokos
4550 NE 105th Ave
Portland, OR 97220
503.262.6643

St. Nicholas
2210 SW Dolph Ct
Portland, OR 97219
503.245.2403

St Stephans Serbian
11447 SE 27th Ave
Portland, OR 97222
503.659.4705

Pacific Islander

American Filipino Baptist Church
13932 SE Stark
Portland, OR 97233
503.255.1387

Polish

St Stanislaus
3916 N Interstate Ave
Portland, OR 97227
503.281.7532
www.ststanislauspx.com

Spanish Speaking Services

Desarollo Integral de la Familia
2710 NE 14th Ave
Portland, OR 97124
503.236.9670

Holy Cross
5227 N Bowdoin
Portland, OR 97203
503.289.2834
www.holycrosspdx.org

Holy Redeemer
25 N Portland Blvd
Portland, OR 97217
503.285.4539
www.holyredeemerportland.org

St Andrew Catholic Church
806 NE Alberta
Portland, OR 97211
503.281.4429
www.standrewchurch.com

St Patrick's
1623 NW 19th Ave
Portland, OR 97209
503.222.4068

Russian

Living Water Community Fellowship
4815 SE 64th Ave
Portland, OR 97206
503.775.9283

Russian Evangelical Baptist Church
5808 SE 91st Ave
Portland, OR 97266
503.777.2562

Russian Full Gospel Church
3511 SE Concord
Milwaukie, OR 97267
503.659.8494

Russian Gospel Church
5526 S Hope Ave
Hubbard, OR 97032
503.651.3335

Ukrainian

St John the Baptist
8014 SE 16th Ave
Portland, OR 97202
503.235.7129
www.uocpx.tripod.com

Ukrainian Bible Church
11900 SE Stanley Ave
Portland, OR 97222
503.353.9929

Vietnamese

Immaculate Heart Catholic Church
2926 N Williams Ave
Portland, OR 97227
503.287.3724
www.immaculateheartchurch.org

Nam-Quang Temple
337 NE 148th Ave
Portland, OR 97230
503.254.0875

Our Lady of Lavang
5404 NE Alameda Dr
Portland, OR 97213
503.249.5892

Vietnamese Baptist Church
3536 SE 72nd Ave
Portland, OR 97206
503.774.1712

Cultural Institutions

The Japanese Garden*

611 SW Kingston Ave

Portland, OR 97205

www.japanesegarden.com

Nestled in the scenic West Hills of Portland, the Japanese Garden is a haven of tranquil beauty. The garden includes a formal Japanese tea house, meandering streams, intimate walkways, and an unsurpassed view of Mt Hood.

Portland Classical Chinese Gardens*

121 NW Everett

Portland, OR 97208

503.228.8131

www.portlandchinesegarden.org

Taking up an entire city block in downtown Portland, the Classical Chinese Garden houses a lake, Tqai Hu rocks, 51 unique leak windows, a tea house, and a gift store.

Portland Art Museum*

1219 SW Park Ave

Portland, OR 97205

503.226.2811

www.pam.org

The mission of the Portland Art Museum is to serve the public by providing access to art of enduring quality, by educating a diverse audience about art and by collecting and preserving a wide range of art for the enrichment of present and future generations. The museum's collections include large amounts of Asian and Native American art.

Portland Center for the Performing Arts*

1111 SW Broadway

Portland, OR 97205

503.248.4335

www.pcpa.com

The Portland Center for the Performing Arts is a multi-venue complex, home to the Oregon Symphony, Oregon Ballet Theatre, Tears of Joy Puppet Theatre, Portland Opera, and Oregon Children's Theatre.

**Student discount available with valid ID.*



Portland Center Stage*

128 NW 11th Ave

Portland, OR 97209

503.445.3700

www.pcs.org

Portland Center Stage dares to make theater as ravishing, innovative and thought provoking as our wildest dreams.

Miracle Theatre Group

425 SE 6th Ave

Portland, OR 97214

503.236.7253

www.milagro.org

The Miracle Theatre Group is committed to presenting works that exemplify the Hispanic experience through a culturally informed lens. Founders José Eduardo González and Dañel Malán began Miracle's Hispanic artistic programming from a desire to recreate and share the cultural vivacity of their origins. Although their experiences are rooted in Mexican heritage, their mission has always been to present works that express the multicultural Hispanic experience.

Interstate Firehouse Cultural Center

5340 N Interstate Ave

Portland, OR 97217

503.823.4322

www.ifccarts.org

The IFCC exists to promote, foster and showcase diversity in the arts. As a multidisciplinary arts center, they provide a platform for emerging and experienced artists working in the visual, literary and performing arts. As a culture center, they produce, partner and program educational and artistic opportunities to teach and learn about Portland's diverse communities through the arts.

The Grotto

NE 85th Ave & Sandy Blvd
Portland, OR 97294
503.254.7371

www.thegrotto.org

The National Sanctuary of Our Sorrowful Mother is a beautiful 62 acre catholic shrine and botanical garden. It is administered by the Friars of the Order of Servants of Mary.

Oregon Historical Society*

1200 SW Park Ave
Portland, OR 97205
503.222.1714

www.ohs.org

The OHS artifacts collection comprises over 85,000 artifacts, including ancient objects from the earliest settlements, and objects to illustrate exploration in the Oregon country, the growth of business and industry, the development of artwork and crafts, and maritime history, among many other topics.

Oregon Nikkei Legacy Center

121 NW 2nd Ave
Portland, OR 97209

www.oregonnikkei.org

The Oregon Nikkei Legacy Center serves as a focal point for the preservation and sharing of the history and culture of the Japanese American community. The Center is a venue for cultural and research activities and an invaluable resource for the exploration of the experiences of Japanese Americans and their role in Oregon's multicultural community.

Northwest Neighborhood Cultural Center

1819 NW Everett St
Portland, OR 97209

www.nwncc.org

The Northwest Neighborhood Cultural center has been an integral resource to Northwest Portland and the broader metropolitan area for decades. Originally built as a church, the building has supported many public benefit groups in its long history. The Center is listed on the National Registry of Historic Places, and has long and short term rental spaces available for public benefit organizations.

Beauticians & Barbers

Bella Tocca Salon

117 NW 21st Ave
Portland, OR 97209
503.230.0558

Blades Hair Studio

822 NW 21st Ave
Portland, OR 97209
503.252.7964

www.bladeshairstudio.com

Dirty Little Secret

1909 NE MLK Blvd
Portland, OR 97212
503.668.6014

www.dirtylittlesecretsalon.com

Envy Hair Studio

543 NW Davis St
Portland, OR 97209
503.276.1700

Flux

2038 SE Belmont
Portland, OR 97214
503.281.7831

www.fluxsalon.com

Geneva's Shear Perfection*

5601 NE MLK Blvd
Portland, OR 97211
503.285.1159

www.genevas.net

Glitzie's Salon

7741 SW Capitol Hwy
Portland, OR 97219
503.246.5906

Merae's*

5852 NE 42nd Ave
Portland, OR 97218
503.287.5258

Pleiades Full Service Salon*

1122 SE Ankeny St
Portland, OR 97214
503.238.8089

Pulse Salon

1023 SW Yamhill St
Portland, OR 97205
503.274.4272

www.pulsesalon.com

Terrel Brandon's Barber Shop*

1330 NE Alberta Suite B
Portland, OR 97211
503.460.0348

Waves Hair Design*

1926 NE Sandy Blvd
Portland, OR 97232
503.232.6263

**Specializes in African American hair type*



Finding a Place to Live

The main OHSU Campus is located on Marquam Hill in the Homestead neighborhood of Portland. The portion of the Homestead that is within walking distance of OHSU is commonly referred to as 'The Hill'. It is a quiet, almost exclusively residential neighborhood. There is one convenience store and one pizza place within walking distance. If you will have a car, there is shopping, restaurants, coffee shops etc. within about a five minute drive. If you will be using public transportation, plan on at least a 20-minute bus ride for grocery shopping, dining, etc. As many incoming students choose to stay close to campus, start looking early. Apartments open up year round, but around midsummer they start to fill up quickly.

Nearby neighborhoods include: Hillsdale, Burlingame, Multnomah Village, Raleigh Hills, Goose Hollow and Downtown Portland.

OHSU has a housing website with information on housing, international visitors, and general Portland area information.
www.ohsu.edu/academic/acad/housing

Other helpful websites for finding apartments in Portland are:

Apartment Ratings
www.apartmentratings.com

Apartments.com
www.apartments.com

Craigslist
<http://portland.craigslist.org/apa/>

Move
www.move.com

The Oregonian
www.oregonlive.com

Rent.com
www.rent.com

Willamette Week
www.wweek.com



Referral Services

These organizations can help find housing for people with a low to moderate income.

Housing Authority
503.802.8300
www.hapdx.org

Housing Northwest
503.497.1188
www.chnw.org

Portland Housing Center
503.282.7744
www.portlandhousingcenter.org

Apartments Near OHSU Downtown
University Place
1510 SW 13th Ave
Portland, OR 97201
503.241.3173

Westshore
222 SW Pine St
Portland, OR 97204
503.827.7981

Goose Hollow Collins Circle
1701 SW Columbia St
Portland, OR 97201
503.525.2324
www.collinscircle.com

Vista Heights
715 SW King Ave
Portland, OR 97205
503.241.9035

Marquam Hill The Cottages
3507 SW 11th
Portland, OR 97239
503.203.1887

Grace Apartments
1002 SW Gaines
Portland, OR 97239
503.227.0282
www.princetonproperty.com

Gainesview Manor
908-918 SW Gaines
Portland, OR 97239
503.223.7491

Vista View Apartments
1001 SW Grover
Portland, OR 97239
503.203.1887

Hillsdale Hilldale Gardens
6404 SW 30th Ave
Portland, OR 97239
503.244.2616

Shadow Hills
2040 SW Vermont
Portland, OR 97219
503.245.3948

Raleigh Hills Gabriel Park
7740 SW 45th Ave
Portland, OR 97219
503.246.7106

Raleigh Court
6061 SW Beaverton Hillsdale Hwy
Portland, OR 97221
503.297.9187

Woodlake Apartments
7000 SW Vermont St
Portland, OR 97223
503.245.4933

Transportation

Public Transportation

Portland's public transportation system, TriMet, is one of the best in the nation. TriMet consists of busses, the MAX light rail train and the Portland Streetcar. Buses run throughout Multnomah, Clackamas and Washington Counties, connecting Downtown Portland to all outlying towns and suburbs. The MAX runs through downtown and out to the surrounding cities of Beaverton, Gresham and Hillsboro, as well as to the Portland Airport and the Expo Center. The Portland Streetcar runs on a north-south route through the length of downtown, connecting the northwest district with the southwest waterfront.

Visit the TriMet website, www.trimet.org, for detailed route information and schedules. You can use the website's *Trip Planner* feature to see route options between any two locations in the service area. Information about the Portland Aerial Tram can be found at www.portlandtram.org.

Additionally, C-Tran, the public transportation system for Clark County, WA, provides bus service between OHSU and the city of Vancouver. More information at <http://c-tran.com>.

Tri-Met Ticket Information

Single tickets and daily, monthly or annual passes are available on TriMet. All forms of ticket or pass are transferrable across all three transportation options (bus, MAX, Streetcar). Single tickets are available onboard busses and the Portland Streetcar (cash only). Tickets and passes are available at vending machines located at all MAX stops (cash or credit/debit). Additionally, you can purchase daily or monthly TriMet passes in the OHSU Baird Hall Cashier's Office (cash, credit/debit, check).

Special Fares for OHSU Students and Employees

OHSU students and employees are eligible to buy a discounted annual TriMet or C-Tran pass. Contact Transportation & Parking for more information at 503.494.8283.

Also, OHSU students and employees receive free fare on the Portland Aerial Tram and the Portland Street Car. OHSU identification badge must be shown to receive free fare.

Marquam Hill via Public Transportation

Bus #8 travels through downtown and up Marquam Hill frequently throughout the day. TriMet also runs Marquam Hill Express commuter buses that connect major transit centers to OHSU (#61, 64, 65, 66 and 68). Exact routes and schedules for these busses can be found at the TriMet website, www.trimet.org.

The Portland Streetcar stops at the OHSU Center for Health & Healing, where one can board the Portland Aerial Tram for transportation to the top of Marquam Hill.

West Campus via Public Transportation

To reach the West Campus using TriMet, take the MAX to the Willow Creek station. An OHSU shuttle bus runs between the station and campus during commute hours in 15 minute intervals (7-9:30 am, 4-6:30pm). Bus #47, 48 and 52 travel on 185th Avenue from the Willow Creek MAX station toward West Campus.

Riding Your Bike

Portland is very bicycle-friendly. There are bike lanes throughout the city, and OHSU provides ample bike racks.

Portland Biking Resources:

Bicycle Transportation Alliance
<http://www.bta4bikes.org>

Department of Transportation
www.portlandonline.com/transportation

Driving

The OHSU Parking Office website has information on carpooling and parking at both OHSU campuses. More information at www.ohsu.edu/parking.

The closest Department of Motor Vehicles to OHSU is the West Portland DMV.

1502 SW 6th Ave
Portland, OR 97201
503.299.9999

8:00am-5:00pm M,T,Th, & F

8:30am-5:00pm W

All regular services, including:

- Vehicle Title and Registration Transactions
- Registration Renewal
- Trip Permits
- Knowledge testing
- Driver Licenses
- Identification Cards
- Reinstatements
- Accident Reports
- Change of Address
- Voter Registration

More information and other DMV locations can be found at Oregon's DMV website, www.oregon.gov/odot/dmv.

Utilities

When moving into an apartment, you will need to get various utilities connected. Your landlord or realtor will tell you the utilities for which you are responsible. You do not need to be at home when your gas, electricity or phone service is activated. If you will have roommates, be sure to list the names of all people responsible for payment of utilities. With some utility companies, there may be a three- to five-day wait before service begins. If possible, call a few days before you move in. Be sure to start a new account; never pick up an old account and carry it on.

When you move out, be sure to give each of the utility companies a few days' notice, the date you want your account closed and the final day you will need service. You should give all of the utility companies your new address at this time. A final statement will be mailed to you after your service has been disconnected and may not get forwarded correctly if you do not leave a change of address.

Electricity

There are two electric companies that provide service to the Portland metropolitan area, depending on where you live. Ask your landlord or realtor which company serves your neighborhood before you move in.

Portland General Electric (PGE)

www.portlandgeneral.com
503 228-6322

Pacific Power

www.pacificpower.net
888 221-7070

Gas

Not all locations require the use of gas. Ask your landlord or realtor if your stove or heater requires natural gas. If the answer is no, you do not need to set up service with the gas company.

NW Natural Gas

www.nwnatural.com
503-226-4211



Television, Phone & Internet

There are two telecommunication companies in Portland that provide television, phone and internet services either separate or bundled.

Comcast

<http://www.comcast.com/>
1.800.COMCAST

Qwest

www.qwest.com
1.800.244.1111

The City of Portland is working with MetroFi to bring free WiFi access to the entire city. It is currently available throughout Downtown Portland and the Inner-Eastside. You can check the MetroFi website for availability updates, <http://www.metrofi.com/cities-16.html>. Also, there are many free WiFi hot spots at local businesses throughout Portland.

All televisions receive the local channels, although in some areas you may need to get an antenna. The following channels are free:

- 2 – ABC, www.katu.com/
- 5 – CW, <http://portlandscw.trb.com/>
- 6 – CBS, www.koin.com/
- 8 – NBC, www.kgw.com/
- 10 - OPB/PBS, www.opb.org/
- 12 – FOX, www.kptv.com/contact/index.html

Other Utilities

Other utilities that you may need to pay for are water, trash, recycling and sewer. Your landlord will tell you the utilities for which you are responsible.

Useful Phone Numbers

The Portland Metro area requires 10-digit dialing. You will always need to dial the area code in addition to the phone number. Long distance charges do not apply to calls in area codes 503 or 971.

When on the Marquam Hill Campus, you can contact the Office of Public Safety by dialing the last five digits of the number from a campus phone. The on-campus emergency number is 4.444 and for non-emergencies, the number is 4.7744. When calling from a non-campus telephone, dial 503.494.4444 for emergencies and 503.494.7744 for non-emergencies.

There are yellow emergency boxes located throughout the Marquam Hill Campus that will connect you directly to the Public Safety dispatcher when you push the red button. There are also buttons or phones in every elevator which connect to the Public Safety dispatcher. The Public Safety Website has information regarding their services to the OHSU community as well as a database for lost and found items brought to their office.

<http://ozone.ohsu.edu/pubsafety/>

Numbers to Know In Case of Emergency

Ambulance, Police, and Fire - 911

Poison Center - 503.494.8968

Poison Control responds to calls from people experiencing a poisoning or toxic exposure. However, if the victim has collapsed or is not breathing, skip Poison Control and call 911.

Portland Police non-emergency number – 503.823.3333



OHSU Numbers

General Information: 503.494.8211

Emergency Services: 503.231.3490

OHSU Hospital and Clinics: 503.494.8311

Hospital Admissions: 503.494.8111

OHSU Public Safety: 503.494.7744

Office of Academic and Student Affairs main line: 503.494.7878

Center for Diversity & Multicultural Affairs: 503.494.5657

OHSU Office of Affirmative Action (on campus complaints): 503.494.8819

Registrar and Financial Aid: 503.494.8249

Medical & Nursing Bookstore: 503.494.7708

Dental Bookstore: 503.494.7609

Fitness & Sports Center: 503.494.8296

Library Information Center: 503.494.3462

Baird Hall Cashier's: 503.494.8243

Campus Operators: 503.494.8311

Parking Office: 503.494.8283

School of Medicine Dean's Office: 503.494.8220

School of Nursing Dean's Office: 503.494.7790

School of Dentistry Dean's Office: 503.494.8801

Banking

Portland has many banks to choose from, most of which offer the same basic services. As a student or staff member at OHSU, you are eligible to join OnPoint Credit Union. A credit union provides the same basic services as a regular bank, but usually offers additional services or higher interest rates to its members.

The following is a list of some banks with branches throughout Portland:

Bank of America - www.bankofamerica.com

Key Bank - www.key.com

OnPoint Credit Union - www.onpointcu.com

Wells Fargo - www.wellsfargo.com

Washington Mutual - www.wamu.com

US Bank - www.usbank.com (US Bank will not issue an account until you have had your Oregon ID card or Driver's License for at least 60 days)

ATMS

There are three ATM machines on the Marquam Hill Campus:

- A Washington Mutual ATM is located in the Veterans Affairs Medical Center (no deposits accepted)
- An On Point ATM is located on the 9th Floor of OHSU Hospital (no deposits accepted)
- An On Point ATM is located on the first floor of Mackenzie Hall, near the restrooms

Selecting a Bank

When you are choosing a bank, consider the following:

- Is the branch office conveniently located?
- Are there ATM machines near where you live and/or work?

Some banks charge a monthly fee for having an account. Others charge a monthly fee only if the balance in your account goes below a certain dollar amount. Still others offer completely free checking. Sometimes the accounts that charge a monthly fee offer a higher interest rate, so decide if your priority is higher interest rates or lower fees before you start looking for a bank.

Legal Assistance

Legal Organizations

Legal Aid Services of Oregon

700 SW Taylor, Suite 300
Portland, OR 97205
503.224.4086

Oregon State Bar

5200 SW Meadows Rd
Lake Oswego, OR 97035
Office: 503.620.0222
Lawyer Referral: 503.684.3763

To Report Discrimination

Federal Fair Housing Administration

503.226.3361

Labor Commissioner

503.226.2161

Oregon State Bureau of Labor and Industries, Civil Rights Division

503.731.4075

International Student Visas

F1 Visas (i20 form)

Alison Roache Jones
503.748.7636
roacheja@ohsu.edu

J1 Visas (DS-2019 form)

Marquam Campus
Lisa Dahame
503.494.2169
dahmel@ohsu.edu

West Campus

Alison Roache Jones
503.748.7636
roacheja@ohsu.edu

Where to Obtain a Passport

Multnomah County Passport Section

1040 SE Morrison St
Portland, OR

City of Portland Treasury

1221 SW 4th Ave, #120
Portland, OR 97204
503.823.4220



Foreign Consuls in Portland

Austrian Consulate

900 SW 5th Ave, #2600
Portland, OR 97204
503.552.9733

Barbadian Consulate

10202 SW 32nd Ave, #601
Milwaukie, OR 97222
503.659.0283

Belgian Consulate

1024 SW Myrtle Dr
Portland, OR 97201
503.226.2121

British Consulate

520 SW Yamhill
Portland, OR 97204
503.227.5669



Cypriot Consulate

1130 SW Morrison, #510
Portland, OR 97205
503.227.1411

Finnish Consulate

2660 SW Cedar Hills Blvd
Beaverton, OR 97005
503.641.7447

Norwegian Consulate

4380 SW Macadam, #120
Portland, OR 97239
503.221.0870

German Consulate

200 SW Market, #195
Portland, OR 97201
503.222.0490

Guatemalan Consulate

921 SW 6th Ave
Portland, OR 97204
503.499.4200

Japanese Consulate

1300 SW 5th Ave, #2700
Portland, OR 97201
503.221.1811

Mexican Consulate

1234 SE Morrison
Portland, OR 97205
503.274.1442

Minority Newspapers

Asian Reporter Newspaper

922 N Killingsworth, #1A
Portland, OR 97217
503.283.4440
www.asianreporter.com

Asian Today Newspaper

318 NW Davis
Portland, OR 97209
503.222.9774

El Hispanic News

1200 SE Morrison
Portland, OR 97214
503.228.3139
www.hispnews.com

El Latino de Hoy

7112 NE Sandy Blvd
Portland, OR 97213
503.493.11096

Jewish Review

6975 SW Sandburg Rd
Tigard, OR 97223
503.684.2677
www.jewishreview.com

Just Out

PO Box 14400
Portland, OR 97293
503.236.1252
www.justout.com

Noticias Latin News

524 SE 14th Ave
Portland, OR 97214
503.227.7780

Portland Observer

4747 NE MLK Blvd
Portland, OR 97211
503.288.0033

Romanian Times

2498 NE Division
Gresham, OR 97030
503.618.8355

The Skanner News

415 NE Killingsworth
Portland, OR 97217
503.285.5555
www.theskanner.com

Smoke Signals

9615 Grand Ronde Rd
Grand Ronde, OR 97347
503.897.5221



Native American Tribes in OR & WA

Burns Paiute Tribe

100 Pasigo Street
Burns, OR 97220
541.573.1915
www.burnspaiute-nsn.gov

Chehalis Tribe

PO Box 536
Oakville, WA 98568
360.273.5911
www.chehalis-nsn.gov

Confederated Tribes of the Coos, Lower Umpqua & Siuslaw Indians

1245 Fulton Ave
Coos Bay, OR 97420
541.888.9577
www.ctclusi.org

Coquille Tribe

PO Box 783
3050 Tremont
North Bend, OR 97459
541.756.0847
www.coquilletribe.org

Cow Creek Band of Umpqua

2371 NE St Stephens
Roseburg, OR 97470
541.672.9405
www.cowcreek.com

Confederated Tribes of Grand Ronde

9515 Grand Ronde Rd
Grand Ronde, OR 97347
800.422.0232
www.grandronde.org

Klamath Tribes

PO Box 436
501 Chiloquin Blvd
Chiloquin, OR 97624
800.524.9787
www.klamathtribes.org

Nisqually Tribe

4820 She Nah Num Dr
Olympia, WA 98513
360.456.5211
www.nisqually-nsn.gov

Confederated Tribes of Siletz

201 SE Swan Ave
PO Box 549
Siletz, OR 97380
800.922.1399
www.ctsi-nsn.us

Tulalip Tribes

Health facility
6700 Totem Beach Rd
Tulalip, WA 98271
800.869.8287
www.tulaliptribes-nsn.gov

Confederated Tribes of Warm Springs

1233 Veterans St
Warm Springs, OR 97761
541.553.1161
www.warmsprings.com

Confederated Tribes of Umatilla

PO Box 638
Pendleton, OR 97801
541.276.3165
www.umatilla-nsn.us

Additional Resources

OHSU Student Organizations

www.ohsu.edu/academic/acad/grouplist.pdf

Portland Information

City of Portland, www.portlandonline.com

Portland, Oregon Visitors Association, www.travelportland.com

Citysearch, <http://portland.citysearch.com>

Portland Media

The Oregonian, www.oregonlive.com

Willamette Week, www.wweek.com

Portland Mercury, www.portlandmercury.com

Portland Tribune, www.portlandtribune.com

Oregon Census Information

Oregon Facts, <http://quickfacts.census.gov/qfd/states/41000.html>



Center for Diversity &
Multicultural Affairs

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