

PORTLAND STATE UNIVERSITY VISITOR'S GUIDE



2024-2025

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See page 24 for additional information for student apartment living like you've never imagined!

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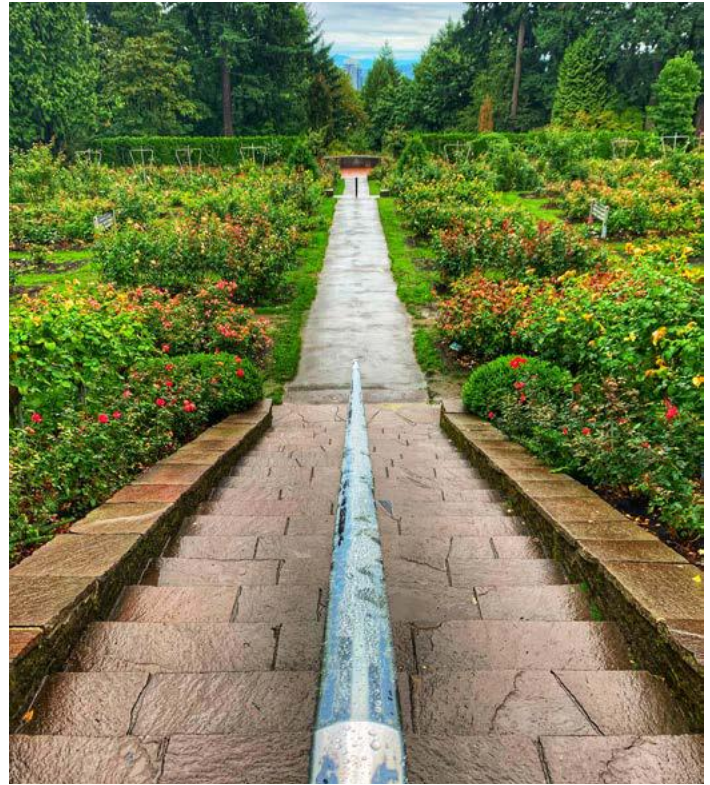
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Parks & Gardens

We're called Portland, but we could really be named Parkland for all the gorgeous parks we have in our area. Here's our take on some of the best parks around here. See if you can visit them all!



CATHEDRAL PARK

North Portland, St. Johns neighborhood

Located under the east end of the St. Johns Bridge and named for the intricate arches on the bridge, this park is one of the most photogenic backdrops in the city. You can spend hours wandering through this park. It is especially beautiful in the summer and hosts a free jazz festival in the month of July. With epic views of Forest Park and the Willamette River, this is a great park to spend an afternoon or a whole day. Fun fact: There is a time capsule from 1980 sealed in the park's Memorial Garden, and will be opened in 2030. Mark your calendars!

To get here from PSU: This park is a little further out of the city so it's easier to get here by car. But you can still use public transit: hop on Bus Route 8 at SW 6th and Mill, then transfer to line 16 toward Sauvie Island at NW Everett & 5th. Get off at N Ivanhoe and Baltimore, then head SW on Baltimore Ave until you see the massive bridge.

CRYSTAL SPRINGS RHODODENDRON GARDEN

Southeast Portland

This garden features over 2,500 rhododendrons, azaleas and other plants, all of which were either donated by volunteers or purchased with donated funds. Admission is free between the months of October and February and just \$5 any other time of year. This peaceful park is most spectacular during the spring months when the rhododendrons are in full bloom; Mother's Day weekend is the best! The various waterfall structures are built out of rocks from Mt. Hood and Mt. Adams and the Crystal Springs Lake attracts a variety of native Oregon birds. If you're looking for a quiet escape from the city, this is the place for you.

To get here from PSU: Catch the Max Orange Line from PSU Urban Center/SW 5th and Harrison on campus. Get off at the SE Bybee Blvd MAX Station, turn left and head toward the park.

WASHINGTON PARK

Two miles west of Downtown Portland

Probably our most well-known and popular park, Washington Park contains a zoo, gardens, memorials, museums, wilderness and more. A vast 410 acres, you could easily spend a whole day exploring all this park has to offer. The Oregon Zoo, located towards the southern end of the park, is known for their state-of-the-art interactive elephant exhibit. The Portland Japanese Garden has been reclaimed as one of the most authentic examples of Japanese landscaping outside of Japan. Their collection of bonsai trees is truly a marvel. Free to enter, the Hoyt Arboretum is Portland's living museum! Explore 12 miles of beautiful hiking trails while gazing at thousands of different tree species from all over the world. The International Rose Test Garden is the oldest maintained rose garden in the nation, and is in peak bloom from May to September. Washington Park has something for everyone and is a great spot any time of year.

To get here from PSU: Take the MAX Green Line from the PSU Urban Center stop to Pioneer Courthouse. From Pioneer Square North, take the MAX Red Line to the Washington Park MAX Station. Once you are in the park, take the Washington Park FREE Shuttle on the weekends November-April and daily May-October to get to the various destinations.

CONTINUED ON PAGE 7 →



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TOM McCALL WATERFRONT PARK

Downtown Portland

This park is on the west bank of the Willamette River and is a great place to go for a walk or stumble upon an event. Although beautiful all year round, Waterfront Park is especially delightful in the springtime when the cherry blossom trees are blooming. Salmon Street Springs is an impressive fountain that you can play in during the hottest summer months. Make your way towards the north end of the park to see the Oregon Maritime Museum (look for the boat!). If you're visiting over the weekend, the Portland Saturday Market should be on your list. This is one of our claims to fame, the largest continuously operated outdoor market in the country. Here, you can pick up some souvenirs for your loved ones back home: artisan jewelry, hand-crafted ceramics, natural soap, or even a flower crown!

To get here from PSU:

To the south waterfront: 0.5 mile walk east from campus. To the north waterfront: Catch either the MAX Green Line or Yellow Line from the PSU Urban Center stop, hop off at SW 6th and Pine, and walk east towards the river.

FOREST PARK

Northwest Portland

Forest Park is one of the largest urban forests in the United States, made up of over 80 miles of trails and spread across 5,200 acres. The Lower Macleay Park Trailhead is a great place to start your hike. It links up to the popular Wildwood Trail and will take you to the Witch's Castle, an abandoned early 20th century stone structure among the trees. There is a vast network of trails throughout this park and some parts are very secluded while others are more populated. Want to help with the park's restoration efforts? Volunteer with the Forest Park Conservancy to help clean up some of the trails.

To get here from PSU: Get on the Streetcar heading north and get off at NW 10th & Glisan. Hop on bus line 77 headed toward Montgomery Park and get off at NW Vaughn & 27th. Take a left on 27th and a left on Upshur St, and you will arrive at the trailhead.



TANNER SPRINGS PARK

Pearl District

One of the newer parks in the city, Tanner Springs is the perfect mix of urban and natural elements. Designed by a notable landscape architecture firm, it contains elements that remind us of the wetland that used to occupy the space. There is a cool art installment at one end of the park composed of railroad tracks and fused glass. The park is located in the heart of the Pearl District, so you can easily hop on the Portland Streetcar to get to some classic Portland landmarks: Powell's City of Books, McMeniman's Crystal Ballroom and Living Room Theaters.

To get here from PSU:

Take the Portland StreetCar NS Line from the PSU Urban Center and get off at NW 10th and Northrup.

MILLS END PARK

Waterfront

If you're not looking for this park, you probably wouldn't even notice it! A great example of our city's sense of humor, the "World's Smallest Park" was once a vacant hole in the middle of the street overgrown with weeds. Now, it is an official city park and is home to one tiny tree.

To get here from PSU: From campus, walk north on SW 6th Ave, then turn right on SW Taylor St. Head towards the water; the park is near the waterfront.

MOUNT TABOR PARK

Southeast Portland

This is the only park in Portland that was built on an...extinct volcano? Yep, that's correct! In fact, ancient volcanic cinders were used to pave the park's pathways! The floor is literally lava here. Besides that, this park has one of the best views of the city skyline and is the best spot to watch the sunset. There are three official trails you can follow, but any footpath can take you across the park. Be on the lookout for an impressive bronze statue of Harvey W. Scott, editor of *The Oregonian*; it was built by the same person who created Mount Rushmore!

To get here from PSU: Hop on bus line 15 at SW Salmon & 5th, toward Gateway Transit Center. Get off at SE Belmont & 67th and you're there!

COUNCIL CREST PARK

Southwest Hills

This park will give you hands-down some of the most gorgeous views of your entire life. From the top, you can see five mountains! On a clear day, Mt. Hood, Mt. Saint Helens, Mt. Adams, Mt. Rainier and Mt. Jefferson are all visible. If you're up for a hike, you can take the 3.3 mile trail up the hill from Marquam Nature Park, or you can take it easy and just drive to the top.

To get here from PSU: Get on the Portland Streetcar heading north and get off at SW 10th & Alder. Hop on bus line 51 at 11th & Alder and get off at SW Talbot Terrace and Greenway. Head up the hill to the top.



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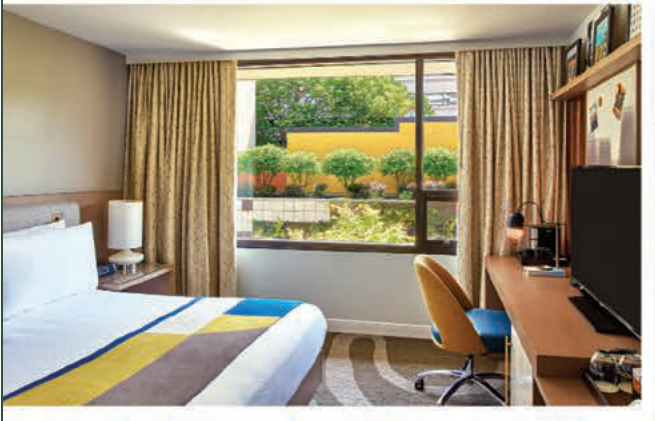


PSU LAND ACKNOWLEDGEMENT

We recognize that what we now call Portland and Multnomah County are the traditional lands of the Kathlamet, Clackamas, Tumwater, Watlala and Multnomah bands of the Chinook, Tualatin Kalapuya, Molalla and many other Indigenous Nations of the Columbia and Willamette rivers. Today peoples from these bands have become part of the Confederated Tribes of Grand Ronde, the Confederated Tribes of the Siletz, as well as the Chinook and Cowlitz Nations. It is important to acknowledge the ancestors of this place and to recognize that we are here because of the sacrifices forced upon them. In remembering these communities, we honor their legacy, their lives, and their descendants.

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GET OUTSIDE

PORTLAND IS 90 MILES FROM THE PACIFIC COAST & 90 MILES FROM MT. HOOD

1. MULTNOMAH FALLS

Difficulty Level: Beginner

Distance: 2.4 Mile Loop

Distance From PSU: 32 Min. Drive

Perhaps the most iconic destination for Portland visitors, Multnomah Falls features a 542-foot, two-tiered waterfall nestled into the mossy forest background — conveniently located adjacent to Interstate 84. There's a popular trail climbing to various viewpoints of the waterfall, and for those looking for a less-adventurous option, an overlook with stellar views is accessible just past the historic 1925 stone lodge.

2. THOUSAND ACRES (Sandy River Delta Park)

Difficulty Level: Beginner

Distance: 1,400 Acres Of Walking Trails, Off-Leash Dog Park

Distance From PSU: 20 Min. Drive

Known as a dog-lovers paradise, Thousand Acres features acres of open field, wetlands, trails, not one but two rivers, a bird blind and nearby space for mountain biking and horseback riding. There's plenty of parking and the park is a mere three-minute drive to the Sugarpine Drive-In, which pays homage to the historic drive-in and serves a mean ice cream cone.

3. LOWER MACLEAY

Difficulty Level: Beginner

Distance: 2 - 4 Miles Out-And-Back

Distance From PSU: 25 Min. Streetcar Ride

Located in nearby NW Portland, PSU students can get to this hike for free using the Portland Streetcar. An easy 2-mile stroll along a soothing stream through Forest Park, one of the largest urban forests in the United States. Turn around when you get to Witch's Castle or add another 4 miles to historic Pittock Mansion, one of the best views in Portland.

4. LATOURELL FALLS

Difficulty Level: Intermediate

Distance: 2.4 Mile Loop

Distance From Psu: 45 Min. Drive

If you want to ditch the crowds at Multnomah Falls, take a short hike to this double waterfall instead. Latourell Falls is the closest waterfall hike to Portland — you barely need to leave your car to access the 224-foot lower falls, but the full 2.4-mile loop to the upper falls is worth every step. Take the scenic route along the Historic Columbia River Highway and get panoramic views of the Columbia Gorge at the Vista House.



5. SILVER FALLS

Difficulty Level: Advanced

Distance: 8 Mile Loop

Distance From PSU: 90 Min. Drive

This is one of the most beautiful hikes in Oregon in the largest park in the state. You'll see 10 breathtaking waterfalls, walk through lush, Pacific Northwest forest, and stretch out your legs on this 8-mile loop. This is a long hike, but it's well maintained and the elevation gain is moderate. You can park at one of the many entrances and take the shorter 4- or 2-mile loops. Then you'll have time to stop in Woodburn for some excellent Mexican food.

You've Gotta Try This

You have already heard about the usual Portland food staples: donuts, coffee and ice cream, but how about trying something truly unique? We picked some of our favorite unique meals from around Rose City to give you a peek into our incredible and creative food scene.



Pork Belly with Hand-Pulled Noodles

Ready for some home-style noodles? Visit *Frank's Noodle House* (822 NE Broadway)! Started by noodle-entrepreneur Frank Fong, each dish features plenty of hand-pulled noodles based on recipes from Frank's family. The restaurant gets busy, so make a reservation if you want to dine-in.



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YOU GOTTA TRY THIS CONT.

Scoops of Cookie Dough

A scoop of ice cream is incredible but have you ever had a scoop of cookie or brownie dough? *The Cookie Dough Cafe* (120 NW 13th Ave.) is just like an ice cream shop, but you choose a dough instead. Don't worry! Everything is completely safe to eat. They also have pints to take to go if you prefer your scoop at home.

Vegan Pizza

We have some amazing pizza here in Portland, but one of the best things about our pizza is that there are tons of vegan options. At *Life of Pie* (3632 N Williams Ave., 1765 NW 23rd Ave.), founded by a PSU alum, fresh wood-fired dough is paired with housemade cashew mozzarella and nutritional yeast parmesan to make the ultimate vegan cheese pie. Want a little extra? Add garlic confit, caramelized onions and arugula to truly indulge.



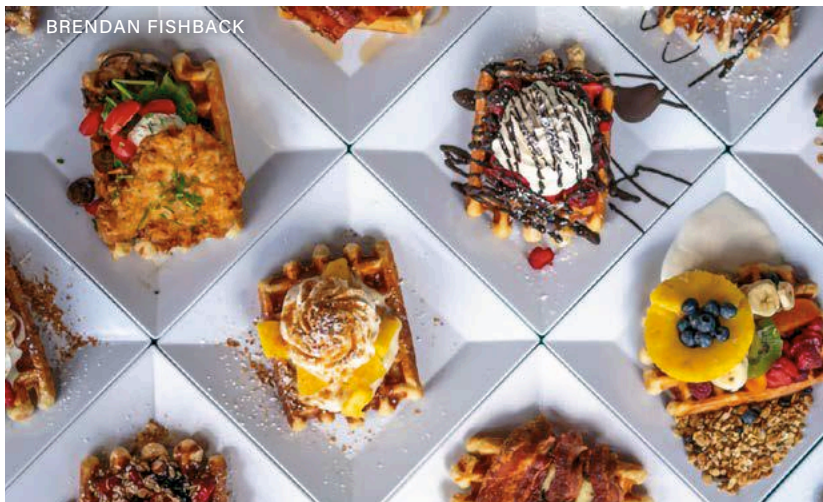


Sushi Donut or Burrito

At first, the sound of a donut made of sushi may be stomach-churning, but take our word for it, this creation is actually delicious. **Wasabi Sushi PDX** (151 N Failing Street) starts with a base of sushi rice and layers on a slice of delicious fresh fish. So really, it's like a sushi roll that has just been shaped like a donut. If you really want to get weird, try their Wasabi Cheetos burrito.

waffle Sunday

If you've ever wished waffles were available through a walk-up window, look no further than **Waffle Window** (3610 SE Hawthorne Blvd.) Savory and sweet options exist in harmony at this Portland institution. Pulled Pork with a blackberry ancho sauce? Cheesecake pudding and fruit compote? Need even more toppings? Try out a waffle sundae.



OTHER FAVORITES

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M&C Greek Lamb Chops

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Duck Stack

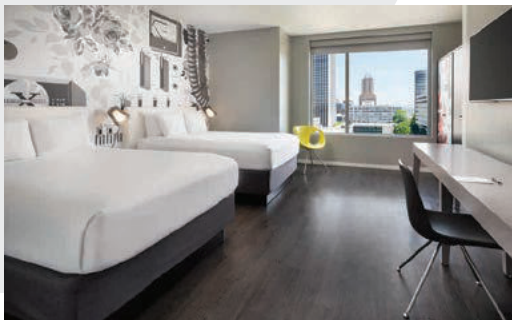
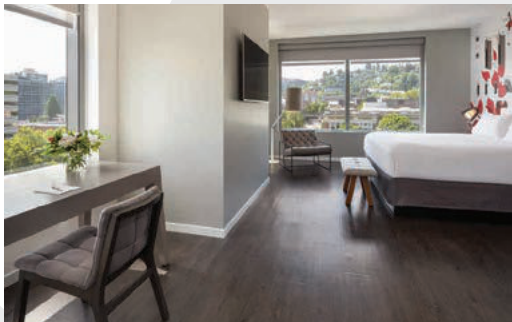
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5.

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Tender Loving Empire
412 SW 10th Ave.

8.

PORTLAND STATE UNIVERSITY HOODED SWEATSHIRT

Stay cozy and show your PSU pride as you stroll around the Park Blocks. This hoodie is extra soft inside and is perfect for layering.

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Portland State University Bookstore
1715 SW 5th Ave.

3.

POWELL’S RAINCLOUD MUG

This mug combines three of Portland’s favorite things: reading, rain, and a hot beverage! This 16-ounce mug will bring that warm and cozy feeling to you no matter where in the world you use it.

\$15.00

Powell’s City of Books
1005 W Burnside St.

6.

THIS IS PORTLAND: THE CITY YOU’VE HEARD YOU SHOULD LIKE (2ND EDITION)

This little book by Alexander Barrett & Andrew Dickson, is full of tidbits that really make Portland shine. It’s a guidebook to help you understand the atmosphere of our town and why people can’t stop talking about how great it is.

\$7.95

Powell’s City of Books
1005 W Burnside St.

9.

PDX CARPET CERAMIC COASTER

This pattern means home to Portlanders. It’s an old carpet design at the Portland International Airport (PDX). The carpet has been replaced but its memory can live on in this coaster made by House of Six Cats.

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EXPLORING A BETTER TOMORROW

HOW PSU'S COMMUNITY IS LEADING THE FIGHT AGAINST CLIMATE CHANGE



HEATWAVES, atmospheric rivers, ice storms and glacier disappearance: these climate anomalies are becoming the norm in the Pacific Northwest. While Portland State has a long history of research and interest in the environment and natural resources surrounding the city, the university also places extra emphasis on climate change and exploring both impacts and solutions. This makes Portland, and PSU, an ideal jumping-off point for any student looking to make their way toward an environmentally-centered career.

The Climate Change Science and Adaptation Minor provides students with a fundamental understanding of the physical science basis behind climate change, how it differs from and influences weather, and how physical scientists study the climate system. In this constantly evolving field, students are taught different approaches to address climate change, from the local to international levels, including the United Nations Framework on Climate Change, the Intergovernmental Panel on Climate Change, the Paris Accord, cap and trade, and climate action and adaptation plans.

Students aren't the only ones with opportunities to contribute to climate change work at Portland State. Faculty across disciplines are dedicated to finding answers and solutions through research.

Consider the increased frequency of burning in the Pacific Northwest's high-elevation forests that's leaving behind heavily scarred landscapes. Some experts suspect these forests can't recover without human intervention, but research from Andrés Holz, associate professor of geography at PSU, and Sebastian Busby, a former PSU doctoral student and current postdoctoral researcher at the U.S. Forest Service, shows it may not be necessary — or wise — for humans to intervene. Their research examined how green islands of living trees remaining after a fire, known as "fire refugia," can play a role in forest regeneration. The results of this research can help restoration efforts by determining when and where human intervention is warranted.

"To a great extent, these fire patterns in high-elevation forests are occurring due to climate change," Holz said. "After the fires, these green

Andrés Holz studies the causes and consequences of climate variability and human activity on ecological change and disturbances in his Global Environmental Change Lab.

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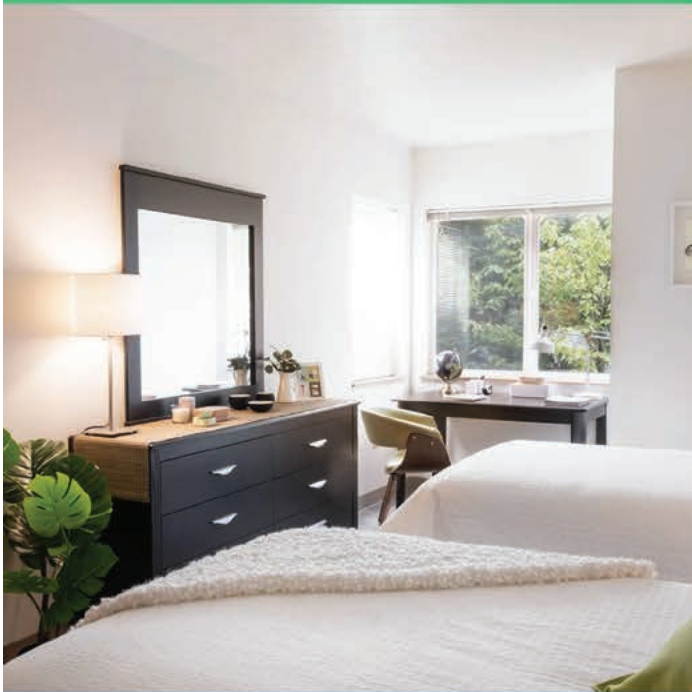
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EXPLORING A BETTER TOMORROW CONT.

islands that we term refugia may be the last bit of hope we have for the forests to recover naturally.”

Forest fires aren't the only regional concern. Wildfires, heatwaves and droughts swept the Pacific Northwest in the last several years due to a common contributing factor: atmospheric ridges. Atmospheric ridges are elongated regions of high pressure typically associated with warm, dry conditions — and their effects may be growing in severity. To study key drivers of atmospheric ridges and how they will be affected by a warming climate, researchers from Portland State and Washington State University Vancouver (WSUV) are teaming up, thanks to a grant from the National Science Foundation. In a study published in the *Journal of Climate*, Paul Loikith, associate professor of geography and director of PSU's Climate Science Lab, and Deepti Singh, director of WSUV's Climate Extremes and Societal Impacts Lab, found that while ridges that produce heat waves won't necessarily become more common over the Pacific Northwest in the future, when ridges do occur, the weather associated with them will be warmer. The project's findings will inform climate planning and adaptation measures.



Looking east of Portland to Hood River, climate change is creating a future of uncertain impacts for an agricultural center in Oregon. Portland State researchers conducted a study that developed strategies to help the watershed adapt and ultimately become more resilient to what may be inevitable changes.

Glaciers are receding and snowpack levels are peaking earlier and declining faster, meaning farmers will lose water during the crucial months of the growing season and local tribes have to grapple with the collapse of once-flourishing salmon runs, according to the study.

“If the East Fork Irrigation District doesn't find a way to store water that works in the time-release way that snowpack would, then they're going to lose millions of dollars in agriculture

production,” said Alexander Ross, the study's co-author and an adjunct instructor in geography at PSU. “They have to prepare for a serious change in stream flows.”

Using a systems dynamic model, Ross and geography professor Heejun Chang tested resilience — the capacity for the system to “bounce back” — to climate trends by observing whether farmers could maximize the amount of water used for agricultural production in a drought year while also maintaining minimum flow requirements for salmon rearing.

It's clear that Portland State University is not removed from the fight to protect our planet; we're in the thick of it. Environmental sustainability is in the DNA of our campus, which hugs a mile-long stretch of greenery called the Park Blocks. Portland State's community is continuously questioning our role in the climate crisis as individuals, as students, and as professionals. A better tomorrow has to begin somewhere, and for many of us, it's here.



“TO A GREAT EXTENT, THESE FIRE PATTERNS IN HIGH-ELEVATION FORESTS ARE OCCURRING DUE TO CLIMATE CHANGE”

KNOWLEDGE *THAT SERVES*

Portland State alumni are part of something greater than themselves — they're part of a community working together to build a better world. Whether it's fighting climate change, creating opportunities for future generations to succeed or working to overcome systemic racism, PSU alumni are the change they wish to see in the world.

UPLIFTING BLACK COMMUNITIES



When Randal Wyatt '21 sees a need, he tries to fill it. In the wake of George Floyd's murder, Wyatt turned to his community in search of a way to give back. He took inspiration from what he learned while pursuing a degree in Social Science at Portland State to found Taking Ownership PDX.

Wyatt describes Taking Ownership PDX as a community-based, reparations-based organization that strives to renovate and revive Black-owned homes in Portland while fighting back against gentrification.

"We fix up homes free of charge so they can keep their homes," says Wyatt, a longtime community activist and

hip-hop artist. Support for the idea "snowballed, much faster than I could have imagined," he says.

In the last year, Taking Ownership PDX has raised more than \$1.5 million and helped lift up more than 100 Black families and businesses in Portland. Donors and supporters have included real estate agents and developers.

"We have over 100 people on our waiting list," Wyatt says. "I'm meeting with other communities about the model I've used. I would love to have a hand in creating Black homeowners." It's been a wild ride, he says, and something he's amazed he can do for a living.

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MAKING COLLEGE POSSIBLE



Teresa Alonso León (MPA '13), is the daughter of migrant farmworkers — and like many PSU alum — the first in her family to go to college. She was the first immigrant, indigenous Latina to serve in the Oregon House of Representatives. León notes that attending college put her on the path to success, and now she's working to ensure every Oregonian has the same opportunity.

"Higher education is still out of reach for so many Oregonians," she says. "One of the main reasons I ran for office was to work toward a future where the choice to continue an education is not limited by socioeconomic status."

León was born in Michoacán, Mexico, came to Oregon with her family as a child, and became a U.S. citizen as an adult.

Before she was elected to the Oregon House in 2016, she earned a master's in public administration from Portland State in 2013, ran Oregon's GED program for the Higher Education Coordinating Commission, and was appointed to the Woodburn City Council.

In her graduate studies at PSU, León got real-life experience in an internship with the university's Global Diversity and Inclusion office, by developing a campus-wide mentor program to retain faculty of color.

She served three terms from 2017 to 2023 as a voice for students and an advocate for public education in the Oregon House, as the first Latina to represent the largely Latinx community where she grew up.

To her, it's a dream come true, and she's leading the way for others to achieve their dreams as well.

SHE'S THE FIRST
IMMIGRANT,
INDIGENOUS LATINA
TO SERVE IN THE
OREGON HOUSE OF
REPRESENTATIVES





OREGON TEACHER OF THE YEAR



For the second year in a row, Oregon’s Teacher of the Year was a PSU alum. Rosa Floyd ‘04 graduated from Portland State’s Bilingual Teacher Pathway Program while teaching at Nellie Muir Elementary School in Woodburn. As a bilingual kindergarten teacher, Floyd said that it’s her responsibility is to serve as a bridge between parents and the school system.

“One of my fundamental beliefs about teaching is that it has the power to create unity within a family, classroom, school, and community ...,” Floyd said in her application for 2023 Oregon Teacher of the Year. “We always want to learn more about the culture of our students and their families and for them to realize the great impact that families have in this community. This learning and appreciation for different cultures and traditions will help our students to live with and understand other people.”

She describes the most rewarding part of her work as when the children in her classroom discover they can read or write or use the new language to communicate with others.

“The children teach each other,” she says. “They acquire the language very quickly at this young age. This is their first experience, so you open a lot of channels for the future. It is an honor to work with these students and families, and it is a big responsibility, transforming lives. When they learn a second language, they learn to see the world in a different way.”

Floyd views education as freedom — the freedom for her students to choose their own path in life and work together to make society better for everyone.

ONE OF MY FUNDAMENTAL BELIEFS ABOUT TEACHING IS THAT IT HAS THE POWER TO CREATE UNITY.

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RAINY DAY *GUIDE TO* PORTLAND



It's raining, it's pouring but you're still interested in touring ... Portland? No problem! Check our picks for the best indoor adventures in Portland.



1. VISIT A MUSEUM

Portland has incredible museums that are wonderful rain or shine! OMSI (the Oregon Museum of Science and Industry) has a fascinating planetarium, a large IMAX-style movie theater and rooms full of interactive scientific exhibits to explore and a submarine you can tour. The Portland Art Museum houses incredible pieces from masters like Diego Rivera, Claude Monet and Vincent Van Gough. Right here on the PSU campus, you can visit the Jordan Schnitzer Museum of Art (JSMA). The JSMA presents exhibitions by regional, national, and international artists and offers creative, educational, and research opportunities for PSU students, faculty and staff.

OMSI: 1945 SE Water Ave
Portland Art Museum: 1219 SW Park Ave
Oregon Historical Society: 1200 SW Park Ave
Jordan Schnitzer Museum of Art at PSU: 1855 SW Broadway

2. COZY COFFEE SHOPS

What goes better with a rainy day than a cup of coffee, a pastry and a mismatched armchair? Almost nothing. Portland is certainly filled to the brim with coffee shops, but we have a few favorites across the city for peak cozy vibes and solid coffee offerings.

Case Study Coffee: 802 SW 10th Ave
Sisters Coffee Co: 1235 NW Marshall St
The Dragonfly Coffee House: 2387 NW Thurman St
Good Coffee: 1150 SE 12th Ave
TwentySix Cafe: 2723 NE 7th Ave
Prince Coffee: 4523 NE Fremont St
Cathedral Coffee: 7530 N Willamette Blvd

3. GO TO THE MOVIES

There are plenty of beautiful movie theaters in Portland. Perhaps the most famous is the Hollywood Theater. First opened in 1926, this gem has been restored to its former glory thanks to the local community and now runs as a non-profit. It shows both first-run movies and classics, so there's something for anyone. Not to mention you can get a slice of local Sizzle Pie pizza while enjoying your show. Another idea is to visit a more wacky movie theater. Closer to campus is another fan-favorite, Living Room Theaters. Designed more like a European cafe, Living Room Theaters is a cozy alternative to the traditional movie-going experience. The seats recline, there's a full food and drink menu and if you ask nicely, they may give you frozen Junior Mints.

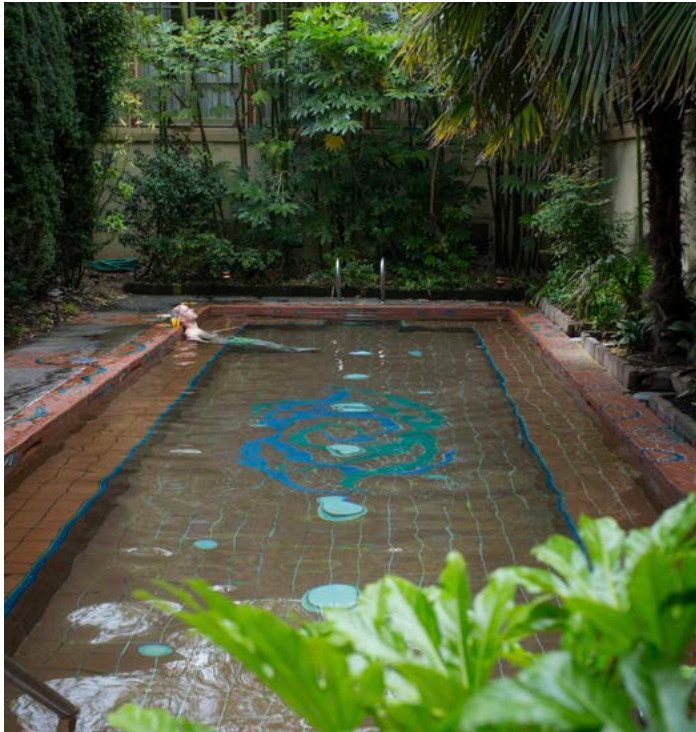
Living Room Theaters: 341 SW 10th Ave
The Hollywood Theater: 4122 NE Sandy Blvd
Kennedy School Theater: 5736 NE 33rd Ave
Bagdad Theater and Pub: 3702 SE Hawthorne Blvd
Cinema 21: 616 NW 21st Ave



6. GO FOR A SOAK OR SWEAT IN A SAUNA

Portland has a unique and surprisingly diverse list of soaking pools. McMenamins Kennedy School soaking pool is probably one of most well-known. In the heart of the Concordia neighborhood, you can reserve an hour and soak and have a drink from one of the several restaurants and bars in the building. Neighbors and hotel guests soak for free, visitors pay \$10 (children ages 3-11 are \$5, ages 0-2 are free) — go to their website or call to make a reservation. If you're looking for a higher end spa experience you can visit Löyly, which offers two saunas to choose from (social or silent) and then get a face mask or foot soak after you simmer. Many of these are options are clothing optional, so check their websites before venturing off.

- Common Ground Wellness Cooperative:** 5010 NE 33rd Ave.
- Everett House:** 2927 NE Everett
- Löyly:** 3525 NE MLK Jr. Blvd.
- Kennedy School:** 5736 NE 33rd Ave.
- Knot Springs:** 33 NE Third Ave., Suite 365
- SweatHouz:** 4035 Mercantile Dr. Ste. 170, Lake Oswego, OR



4. VISIT A BOOKSTORE

Sure, you probably already have **Powell's City of Books** on your visit list, but also consider spending time in one of the many other mom-and-pop book shops all around Portland.

- Mother Foucault's Bookshop:** 523 SE Morrison St
- Daedalus Books:** 2074 NW Flanders St
- Broadway Books:** 1714 NE Broadway St
- Annie Bloom's Books:** 7834 SW Capitol Hwy
- Wallace Books:** 7241 SE Milwaukie Ave
- Chaparral Books:** 5210 S Corbett Avenue
- New Renaissance Bookshop:** 1338 NW 23rd Ave

5. TIE ON SOME SKATES

Did you know there's an amusement park in our city limits? Oaks Amusement Park has rides and attractions outside during the sunnier months, but one of its biggest draws is the large wooden roller skating rink. Visitors can also support our local roller derby champions, The Rose City Rollers! If you're looking for a skating rink made of ice, check out the Lloyd Center Ice Rink, which is located in the center of Lloyd Center Mall.

- Oaks Amusement Park:** 7805 SE Oaks Park Way oakspark.com
- Lloyd Center Ice Rink:** 953 Lloyd Ctr lloydice.com

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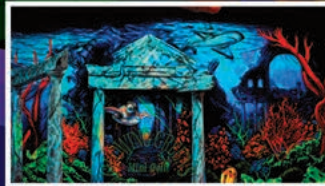
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CULTIVATING CREATIVITY



Portland's thriving art scene is home to writers, designers, filmmakers, actors and creatives of all types. These three PSU alumni are contributing to and making their mark on the city's creative scene.

Q: How did your time at Portland State shape your creative work?

A: Being at PSU, I got to see how many different ways you can utilize your art and design skills to make a living. I'm not sure I'd be in this field if it weren't for my time at PSU, and I certainly wouldn't have improved so much as an artist without all the support and inspiration I received as a student.

Q: How would you describe your experience with PSU's College of the Arts?

A: Challenging, inspiring, and incredibly motivating. I always felt like I was being asked to do just a little more than I thought I was capable of, and all those little successes built up over time, giving me a lot more confidence in my own abilities.

Q: In what ways has your time at Portland State helped you launch your career?

A: All the ways. No exaggeration. My teachers became mentors and bosses, my classmates became friends and colleagues who vouched for me at my first agency gigs, and I just recently landed a dream job thanks to connections I made as a student at PSU.

Q: What makes Portland a great city for artists?

A: I think Portland's been a hub for creative weirdos for decades, and our art and design communities have all gotten bigger and stronger since the city's become a destination for artists and designers. There are so many galleries, studios, agencies, and events, all year and all over town. If you want to become part of a community, you really just have to show up.



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CULTIVATING CREATIVITY CONT.



Q: What advice do you have for aspiring artists considering PSU for school?

A: The best advice a friend once gave me is to go to school where you want to build your career. Attending a school for film is as much about the people you go through those classes with as it is about the curriculum studied. Lean into the passion that brought everyone to school to begin with. Have an end goal in mind and start planning early for the steps to achieving that goal. If you work hard, keep a positive attitude, and do what you say you're going to do — you will be well on your way to finding success.

Q: How did your time at Portland State shape your creative work?

A: We live in an age where you can find and learn about any subject online. However, the disadvantage is that you might not know what

questions to ask or what pieces of information you're missing. PSU exposed me to an array of knowledge that I had not even considered looking into that influenced the core of my creative decision making. Subjects ranging from Film Theory and Photography to Philosophy and Theater Arts.

Q: In what ways did your time at Portland State help launch your career in animation?

A: All of the curriculum rotated on a two year schedule and I was able to plan out every class I wanted to take pretty far in advance. This along with the flexibility of classes scheduled at convenient times allowed me to stay focused on the primary goal of volunteering on filmfilm sets. By the time I graduated at PSU, I had 26 film projects under my belt. Two weeks after that, I landed a position working in the VFX department at Laika.



Q: How would you describe your experience with PSU's College of the Arts?

A: My time at PSU's College of the Arts was filled with exciting collaborations and boundary-stretching creativity. I loved being surrounded by people who just wanted to create, and we were given the tools and the chance to do it. It broadened the scope of what I thought was possible when pursuing an artistic project.

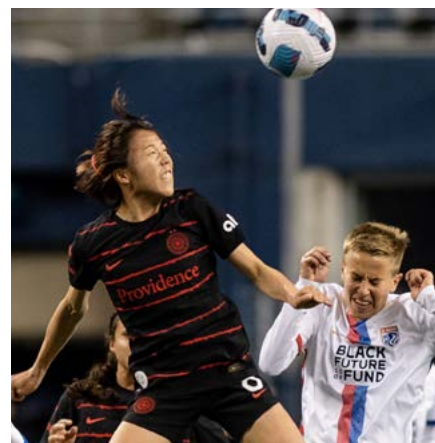
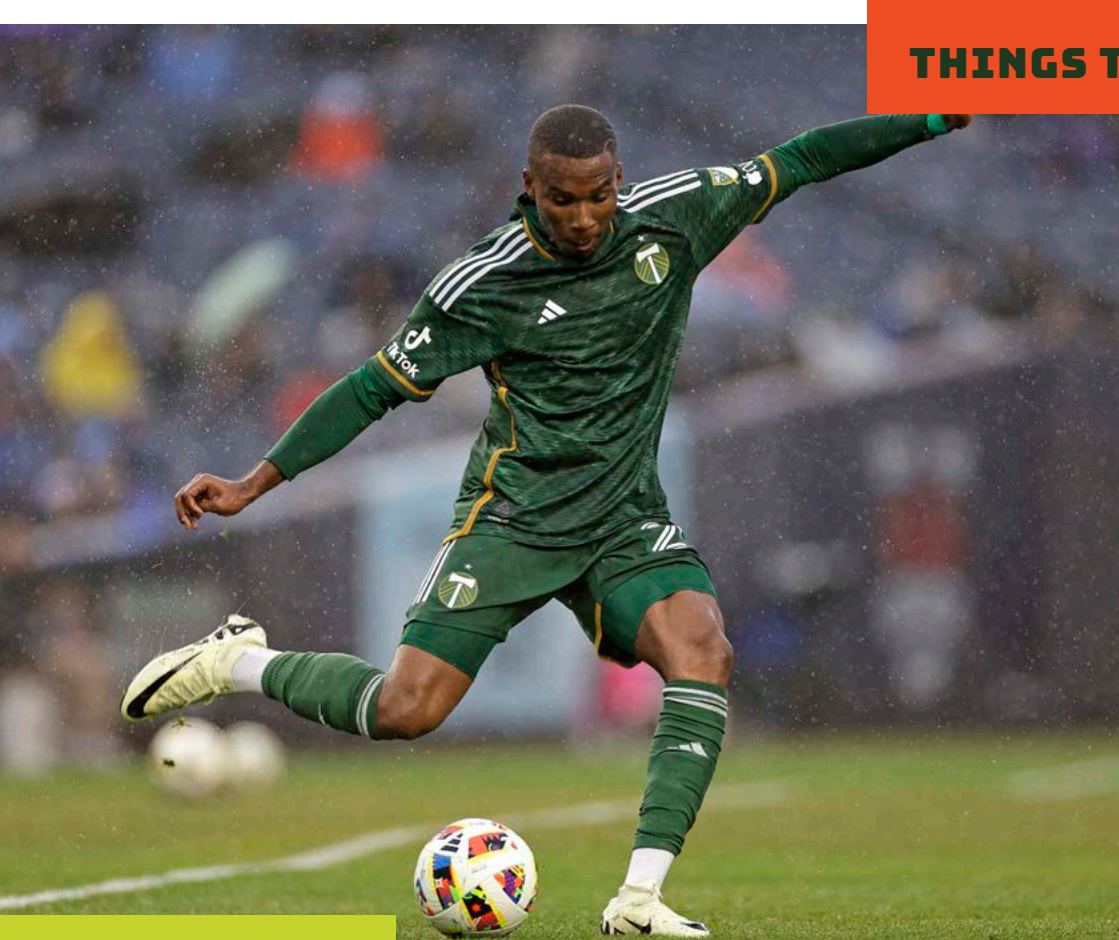
Q: In what ways has your time at Portland State helped you launch your career?

A: I made so many important connections. One friend in a theater class

knew someone at a theater company and recommended I audition. That led to being cast in two of their shows and then writing, producing, and directing my own for that same company. I made friends behind-the-scenes in tech for a mainstage show who would go on to become and remain my closest friends and collaborators. I gained marketing skills that allowed me to work full-time as a theater marketing professional. Acting classes helped me realize my on stage potential and set a high bar for the kind of work I want to do.

Q: Favorite place for live theater in Portland?

A: Check out Third Rail Rep, Milagro, and Kickstand Comedy!



PORTLAND BALLERS

Portland is home to some of the best teams in the country and arguably the most energetic and spirited fans in the world. With a young team and some injuries, the **Trail Blazers** are building a strong team, making them a fun and exciting team with a shot at a deep playoff run. The Trail Blazers play at Moda Center, a short MAX ride from the PSU Campus. Rep your (new) city with a jersey or hat or paint your face with the Blazers logo.

The three-time NWSL champion **Portland Thorns** feature a roster that is loaded with talent, including World Cup champion Becky Sauerbrunn, Olympic gold medalist and all-time leading international goal scorer Christine Sinclair, 2023 NWSL Golden boot winner Sophia Smith, and 2023 NWSL MVP candidate Sam Coffey. As they continue to set attendance records, the Thorns are one of the most exciting teams to watch. The Thorns are the only

NWSL team to win three championships, the last was in the 2022 season.

The **Portland Timbers** won the MLS title in 2015, were runners-up in 2018 and 2021 and continue to give Timber Joey (the team's mascot - see below) work to do. When the Timbers score, Joey uses a chainsaw to cut from the victory log much to the delight of the thousands of voices in the stands. The Thorns and Timbers play at Providence Park in Goose Hollow, walking distance from campus.

The **Portland State Vikings** have 15 NCAA Division I sports teams and a sparkling new arena — the Viking Pavilion — situated along the PSU Park Blocks. Our athletics programs have won 30 conference championships over the past two decades, including 21 team appearances in the NCAA post-season and more than 100 individual appearances in NCAA postseason events. Of Portland State's

287 student-athletes in 2022-23, 81 were from the state of Oregon, 179 were from out of state and 27 were international students. In the most recent academic term (fall), PSU student-athletes compiled a 3.22 cumulative GPA, and had a 3.34 GPA overall.

Portland is also home to the **Winterhawks**, a minor league hockey team. They play next door to the Moda Center at historic Veterans Memorial Coliseum.

If America's pastime is your pastime, then take the MAX to the suburbs to watch the **Hillsboro Hops** — the minor league farm team for the Arizona Diamondbacks. You can also make your way to the Lents neighborhood and catch the **Portland Pickles** baseball game, while you sit on the grass and enjoy a hot dog.





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Above: Pickathon stage designed by PSU architecture students made from recycled local materials. **Below:** A PSU students performs live at Parkway North on the PSU Campus.

LIVE entertainment

On campus, *Lincoln Hall* is Portland State's go-to performance space. We host concerts and a variety of artistic productions featuring student and faculty artists and performers from around the world. The *Arlene Schnitzer Concert Hall* and *Keller Auditorium* are both within walking distance and host Broadway performances, the Oregon Symphony, comedians like Hannah Gadsby and dance performances.

Local and not-so-local acts take the stage at *Mississippi Studios*, *Crystal Ballroom*, *Wonder Ballroom*, *Doug Fir Lounge* and *Revolution Hall*. For the occasional outdoor experience, look to *Edgefield* and the *Tom McCall Waterfront Park*. These spaces have more than music, they host stand-up comedy, storytelling shows, themed-dance nights and live recordings of your favorite podcasts.

The biggest names take the stage at the *Moda Center*, in the *Rose Quarter*, which is also home to the Portland Trail Blazers and Winterhawks. Artists like Lizzo, Bad Bunny and The 1975 all featured Portland in their world tours.

Mark your calendar for *Pickathon*, an annual three-day folk and indie music festival, held every August just outside the city. PSU's School of Architecture students are one of the groups tasked with creating a Pickathon stage from local materials each year. They designed and built the Cherry Hill Stage (see images above). The wood used from the Cherry Hill Stage is repurposed and used for building sleeping pods. The sleeping pod project is a city-wide initiative aimed at helping improve the housing crisis in Oregon.



Portland's art scene is as much a part of the architecture of the city as the buildings and streets. And much of it is within walking distance of PSU's campus.



ARTS & culture

1.

FIRST THURSDAYS IN THE PEARL

First Thursdays each month are a great opportunity to visit the Pearl District. Art galleries stay open late for receptions and new show openings. Receptions typically take place in the evening and are free and open to the public. Check out the artists selling their creations on many of the closed off streets. You need only to hop on the Streetcar from campus (free with a student ID) and the Pearl is a handful of stops away. *Free / 12 min. Streetcar ride from PSU / urbanartnetwork.org*

2.

THE PORTLAND ART MUSEUM

The Portland Art Museum always has impressive special exhibitions, and it also boasts a superb permanent collection of Native American and Asian art, as well as a large modern and contemporary wing. The Portland Art Museum is home to the Center for an Untold Tomorrow (CUT) which focuses on the study, appreciation and utilization of storytelling in any form. *Free and discounted admission available / 7 min. walk from PSU / portlandartmuseum.org*



3.

JORDAN SCHNITZER MUSEUM OF ART AT PSU

Look no further than the heart of campus for some imaginative and inspiring public art installations. The JSMA at PSU provides free access to inclusive and interdisciplinary programming, curated around a new theme every few months. Past collections include The Art of Food, the Black Lives Matter Artist Grant Exhibition and Building Community, Past + Present. *Free / At PSU / pdx.edu/museum-of-art*

4.

THE FREAKYBUTTRUE PECULIARIUM AND MUSEUM

Perhaps you've heard the saying "Keep Portland Weird." That philosophy is embraced by The Freakybuttrue Peculiarium and Museum, a combination oddities museum, art gallery and ice cream parlor (dried bug toppings available). While there is an admission cost, those who arrive in what they deem "decent costumes" get in FREE. *\$10 per person, \$7 on Tuesdays (Free for pets and folks who come in costumes) / 20 min. Streetcar ride from PSU / peculiarium.com*



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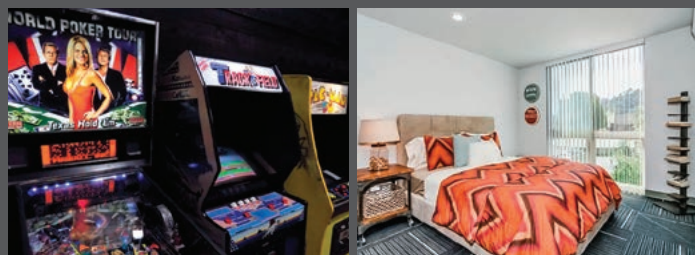
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