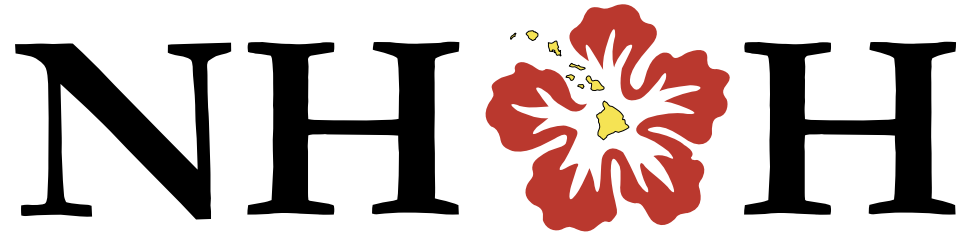


PACIFIC UNIVERSITY



NĀ HAUMĀNA O HAWAI'I

2013 - 2014 Academic Year



2013 - 2014 Academic Year

Pacific University
 2043 College Way
 Forest Grove, OR 97116
 Web: www.pacificu.edu
 Toll free: 1-877-PAC-UNIV



Congratulations Class of 2013

Edna K. Gehring, M.S. -Aunt Edna, Head Advisor	gehringe@pacificu.edu 503-352-2107
Jeff Grundon	grundonj@pacificu.edu 503-352-2118
Hope Villanueva	villanuh@pacificu.edu 503-352-2071
Business Office	503-352-2128
Campus Public Safety	503-352-2230
Financial Aid	503-352-2222
Health & Counseling Center	503-352-2269
Learning Support Services	503-352-2194
Office of Parent Support	503-352-7278
Pacific Information Center	503-352-3174
Registrar's Office	503-352-2793
Stoller Center (PAC)	503-352-2848
Student Life	503-352-2200
Technology Information Center	503-352-1500

Welcome



Nā Haumāna O Hawai'i,
 Pacific University's Hawaiian Club,
 was founded in the Fall of 1959. Sixteen
 students from the islands of Hawai'i, under the guidance of Dr. Fred Scheller
 and Dr. A.C. "Hap" Hingston, decided to unify all of Pacific's Hawaiian
 students into one common group. These "students of Hawai'i" led by the
 club's first president, Tagay Kang, actively shared their island traditions by
 performing at various functions both on and off the University campus.

The club's membership grew rapidly, and by 1962, sixty members represented
 five of the eight Hawaiian islands. On September 28th of that historical
 year, president Ray Nishiyama received the official charter of "Nā Haumāna
 O Hawai'i."

Nā Haumāna O Hawai'i, or NHOH, boasts a very active membership
 and accomplished history. Active members not only participate in social
 functions, but are also involved with community service projects. In 1996,
 NHOH received television and news recognition in Hawai'i for hosting
 one of the most outstanding college lū'aus in the Pacific Northwest. On
 April 11th, 1998, the Senate Legislature of the State of Hawai'i recognized
 Pacific's Hawaiian club by proclamation, for promoting their lū'au to educate
 and perpetuate the Hawaiian culture. On March 19, 2010, Senators Daniel
 Inouye and Daniel Akaka presented Pacific University's Hawaii Club with
 a Congressional Record for their 50th Anniversary Lū'au.

As we enter our 54th year of being a prominent cultural organization on
 campus, our club has opened up membership to any individual interested
 in learning more about the Hawaiian culture. Our club's membership has
 doubled over the years and through social and community activities, mem-
 bers of NHOH continue to strive to acquaint the Pacific and Northwest
 community with Hawai'i - it's people, culture, and the special meaning of
 "Aloha."

Getting Involved

Perhaps the most unique part of the Hawai'i club is the support amongst its members. Students who are a part of Nā Haumāna O Hawai'i become part of a family, or ohana, and are quickly woven into an intricate pattern that makes their college experience very interesting. From the beginning, Nā Haumāna O Hawai'i provides its members with networks of support and numerous opportunities to get involved.

Our Peer Mentor Success program is one example of support the upperclassmen provide for new students. Through this program, new students are able to adjust to their new surroundings with the help of their upperclassmen "big brothers and sisters." On many occasions, this initial friendship goes on to last many years after leaving Pacific.

Students not only support each other academically, but also spiritually and socially. During times of homesickness, students rely on each other to help get through the tough time. Also, throughout the school year, members have the opportunity to participate in club functions and play on the club's intramural teams. Our club has participated in intramural volleyball, soccer, flag football, and softball. The students enjoy the competitive spirit that comes along with playing sports, but the most important thing is to have fun and meet new people.



Members of Nā Haumāna O Hawai'i have the opportunity to take on leadership positions, both within the club as well as on campus. Any member is welcome to run for a position on the NHOH Executive Board. Elections are held every Spring and officers attend weekly meetings throughout the year. There is no restriction as to how many years one may serve as an officer. The Exec Board is responsible for planning activities for club members to take part in. Each September two freshman are elected to serve as representatives on the executive board. They help to open the lines of communication between the upperclassmen and new students.

Students can also get involved by chairing or working with various different lū'au committees. There are various committees that you can join, all of which are essential to making lū'au the large-scale event that it is. The skills developed through these leadership roles lead to opportunities for you to get involved in different organizations on campus (i.e. residence life, student government, Pacific Outback Adventures, clubs & organizations, etc.)

The most obvious benefit to members of the club are the activities provided. At the beginning of the year, we have a "Welcome Back" picnic, so the members can all meet one another. About a week before Thanksgiving, the club goes on a shopping trip to buy clothes and necessities for winter. If you're not sure about what you need, the upperclassmen are there to help you out.

<http://www.pacificu.edu/studentlife/orgs/nhoh/index.cfm>



During Thanksgiving break, the students who stay on-campus participate in a number of activities, including getting together for a potluck dinner, shopping, playing football, and skiing. The club also has Christmas shopping trips, so you can do all your shopping before you go home for the break. The last activity for the fall semester is the annual Christmas banquet, a nice dinner on campus where members get to come together right before going home for the holidays.

During Spring Semester, our main activity is our annual lū'au. Meetings start late in the fall, with practices usually starting in the beginning of February. Traditionally, our lū'au has always been the second Saturday in April (April 12, 2014).

We usually perform a few pre-shows at elementary schools or senior centers in the community. This gives us a small taste of what the actual performance will be like. But nothing compares with the lū'au itself. Pacific University's lū'au is a culmination of many hours of hard work and many hearts coming together to share a unique aspect of our island heritage. Pacific University boasts the only completely student-run and student-directed lu'au in the Northwest, attracting over two thousand people a year.



<http://www.pacificu.edu/studentlife/luau/index.cfm>

NHOH Executive Board 2013 - 2014

President	Landon Aano	aano5863@pacificu.edu
Vice-President	Colby Yamamoto	yama4013@pacificu.edu
Treasurer	Keoni Kaulukukui	kaul0574@g.pacificu.edu
Recording Secretary	Katrina Masuda	masu5335@pacificu.edu
Corresponding Secretary	Chantal Cruz	cruz9676@pacificu.edu
Peer Mentor Coordinators	Hannah Beltran	belt3904@pacificu.edu
	Kelsie Kaneshiro	kane7015@pacificu.edu
Historian	Malia Bartolome	bart8507@pacificu.edu
Programmers	Sarah Amimoto	amim1098@pacificu.edu
	Cheyenne Caouette	caou6787@pacificu.edu
	Cameron Inouye-Ng	inou7976@pacificu.edu
Webmaster	James (JK) Duncan	dunc9593@pacificu.edu
Pre-Show Coordinator	Deanna Chang	chan3378@pacificu.edu

Lū'au Board

2013 - 2014

Luau Chairs	Kristen Apana	fern7923@pacificu.edu
	Landon Aano	aano5863@pacificu.edu
	Paige Akiyama	akiy4069@pacificu.edu
	Trey Kodama	koda6722@pacificu.edu
	Bridgette Rodrigues	rodr0863@pacificu.edu
Luau Treasurer	Carli Yamamoto	yama9564@pacificu.edu
	Kasey Fernandez	fern4248@pacificu.edu
NHOH Club Advisors	Edna K. Gehring	gehringe@pacificu.edu
	Jeff Grundon	grundonj@pacificu.edu
	Hope Villanueva	villanuh@pacificu.edu

Important Dates

Fall Term 2013

August 4 - 21	Optional Voyage Trips for New Students
August 20	Students from Hawaii arrive. Check in for early arrival with permission at 4-7 pm. Contact housing
August 21	New Hawai'i Student Orientation at 8:30 am
August 22	New Student Orientation begins (9:00 am check-in)
August 23	Convocation
August 24	Returning Students - check in at 10 am
August 26	Fall Term Begins
August 30	Last Day for New Student Registration
September 2	Labor Day - No classes
September 9	Last Day to Add/Drop Classes
October 4	No Class for College Arts & Sciences
October 10-13	Homecoming Weekend
October 21	Advising begins for Winter term & Spring term
October 25-27	Parents Weekend
November 4	Last Day to Withdraw from courses
November 22	Advising ends for Winter Term & Spring Term
November 27 - 29	Thanksgiving Break
December 3	Last Day of Classes
December 4	Reading Day
December 5 - 6	Final Exams
December 9 - 11	Final Exams
December 12	Residence Halls Close at Noon

Winter Term 2014

January 2	Residence Halls Open at NOON
January 7	Winter Term Begins
January 8	Last Day to Add/Drop Classes
January 15	Last Day to Withdraw from Classes
January 20	Martin Luther King Day (No Class)
January 22	Final Exams

Spring Term 2014

January 27	Classes Begin
January 31	Last Day for New Student Registration
February 7	Last Day to Add/Drop Classes
March 22 - 30	Spring Break - Residence Halls Open - Limited Food Service
March 31- April 25	Advising for Fall Term
April 11	Last Day to Withdraw from Classes
April 12	54th Annual NHOH Lū'au
April 23	Senior Projects Day- No Classes
May 6	Last Day of Classes
May 7	Reading Day
May 8 - 10, 12 - 13	Final Exams
May 14	Residence Hall close - Noon
May 17	Commencement
May 18	Graduating Seniors - Halls Close at Noon
May 19	Classes begin for Summer Term I
June 16	Classes begin for Summer Term II



Oregon 101: What You Should Know

What to Expect

Weather

- Oregon averages about 37 inches of rain each year.
- SUMMER (June-August)- temperatures range between 70's-100's.
- FALL (September-November)- temperatures drop to 50's & 60's, and it begins to RAIN. It usually rains from October to March. During the fall, the leaves begin to change color and fall from the trees.
- WINTER (December-February)- temperatures drop to the 30's. There is a slight chance of snow in Forest Grove.
- SPRING (March-May)- temperatures in 50's & 60's and the rain slowly subsides. It is not uncommon to have a few sunny days during the latter part of March and beginning of April. Usually during May temperatures return to the 70's & 80's.

Time Difference

All of Oregon is on Pacific Standard Time, except for the Ontario city area in Eastern Oregon, which is on Mountain Standard Time. Daylight Saving Time (DST) is observed from the second Sunday in March until the first Sunday in November and starts at 2:00 am.

March 10, 2013 - November 3, 2013 (DST observed) "Spring forward" 1 hour (Time changes from 1:59 am to 3:00 am) 3 hours ahead of Hawai'i time

November 3, 2013 - March 9, 2014 "Fall back" 1 hour (Time changes from 1:59 am to 1:00 am) 2 hours ahead of Hawai'i time

March 9, 2014 - November 2, 2014 (DST observed) "Spring forward" 1 hour 3 hours ahead of Hawai'i time

All About Travel

Students from Hawaii may consider making their travel arrangements with All About Hawaii, a Portland-based travel agency. If you are interested in arranging travel for the academic year, please visit <http://www.pacificu.edu/studentlife/orgs/nhoh/index.cfm> and select the Forms link for the current travel arrangements. The information and forms are time sensitive, so please pay attention to the deadlines.

We recommend you check the airline website for information about checked baggage policies/fees.
www.hawaiianair.com
www.alaskaair.com
www.united.com

Transportation

Car Rentals at PDX Airport

www.portofportland.com/PDX_Grnd_Trnsprtn.aspx

Avis Rent-a-Car	503-249-4953
Budget Rent-a-Car	503-249-4556
Dollar Rent-a-Car	503-249-4792
Enterprise Rent-a-Car	866-808-0228
Hertz Rent-a-Car	503-249-8216
Nat'l & Alamo Car Rental	503-249-4907

NOTE: Oregon law requires passengers in both the front and back seats to buckle their seatbelts.

Shuttle Services at PDX Airport

www.portofportland.com/PDX_Grnd_Trnsprtn.aspx

Blue Star Transportation	503-249-1837
Island Coach Services	888-968-4083
Ready Ride	503-289-8337
Royal Towncar & Shuttle	503-554-0005
Tee to Green Transportation	503-349-8677
White Van Shuttle	503-774-9755

TriMet

www.trimet.org

The bus and MAX, the light rail system in Oregon, are run by TriMet. Check out the website to get maps, schedules, and other information. You can also use the trip planner to find out exactly how to get to your destination, including stations to stop at and transfers to take.

Amtrak & Greyhound

www.amtrak.com www.greyhound.com

Need to get away? Chances are Amtrak or Greyhound can take you wherever you need to go. With stations right in downtown Portland, these nationally known train and bus companies makes routine trips to all over the country. Use the website to find times and destinations, current specials and promotion, and even up-to-date fares. You can also plan your trip or even make reservations.

Airport Shuttle Service

Transportation to and from the Portland International Airport (PDX) and Pacific University in Forest Grove is provided at a low rate for students on the arrival and departure dates listed. If your travel arrangements are at other dates/times, you need to make separate transportation arrangements.

Tentative Shuttle Dates

The student activities office is responsible for shuttles. Please contact Steve Klien at (503)-352-2822

PDX Airport to Forest Grove	Forest Grove to PDX Airport
August 20, 24, 2013	December 11, 12, 2013
January 5, 25, 2014	May 13, 14, 2014

Ono Grinds

Forest Grove

22nd Street Station
2337 22nd Street
503-357-9395

B.J.'s Coffee
2834 Pacific Avenue
503-357-0969

Cornerstone Pub & Grill
2307 Pacific Avenue
503-357-4742

1910 Main, An American Bistro
1910 Main Street
Forest Grove, OR 97116
503-430-7014

FG Sushi
1905 Birch St.
503-357-0754

Phil's 1500 Subs
2834 Pacific Ave., Ste. D
503-359-1500

Tyson's Pub N Grub
2104 Main Street
503-359-5141

La Sierra
2331 Pacific Ave.
503-992-8980

New Chinese Cuisine
1931 Main Street
503-359-1383

Maggie's Buns
2007 21st Ave.
503-992-2231

Pizza Schmizza
2042 Main St.
503-359-5320

Scottie's Drive-In
1702 Pacific Ave.
503-357-6898

Pac Thai
1923 Pacific Ave.
503-992-1800

Beyond the Grove

Kauai Island Grill
811 NW Murray Blvd., Beaverton
503-643-4820

Bamboo Grove Hawaiian Grill
515 SW Carolina St., Portland
503-977-2771

Camp 18
42362 Highway 26, Seaside
503-755-1818

Helvetia Tavern
10275 NW Helvetia Rd., Hillsboro
503-647-5286

Roxys Island Grill
12720 SW Walker Rd. Beaverton
503-641-7699

L & L Hawaii BBQ
3205 SW Cedar Hills Blvd, Beaverton
503-726-0770

Ono Grinds

(continued)

Ikenohana
14308 SW Allen Blvd., Beaverton
503-646-1267

Marinepolis Sushiland
4021 SW 117th Ave., Beaverton
503-520-0257

Noho's Hawaiian Cafe
2525 SE Clinton St., Portland
503-233-5301

Olive Garden
11650 SW Canyon Rd., Beaverton
503-644-0607

Original Pancake House
8601 SW 24th Ave., Portland
503-246-9007

Saburo Sushi
1667 SE Bybee Boulevard, Portland
<http://www.saburos.com/>

Sushi and Maki
2401 NE Cornell Rd, Hillsboro
<http://sushinmakior.com/sushi-hillsboro-index.htm>

Rainbow Lanes
2748 19th Place
503-357-6321

Hillsboro Skate World
4395 SE Witch Hazel Rd, Hillsboro
503-640-1333
www.rinktime.com

Ballad Town Billiards
2036 Pacific Ave. Forest Grove
503-357-1111
<http://www.balladtownbilliards.com>
* directions given in the last half of pamphlet.

Sushi Town
18033 NW Evergreen Pkwy.
Beaverton
503-466-1162
Follow directions to Tanasbourne

Syun Japanese Restaurant
209 NE Lincoln St, Hillsboro
503-640-3131

Sayler's Old Country Kitchen
10519 SE Stark Street Portland
503-252-4171



Things to do

Cornelius Cinemas
200 S 26th Ave
503-844-0891
<http://www.actvtheaters.com>

The Farm Store
1922 19th Avenue
Forest Grove, OR
503-359-7664

Places to Stay

FOREST GROVE

Best Value Inn

3306 Pacific Ave., Forest Grove
Phone: 503-357-9000
Toll free: 1-888-315-2378
www.bestvalueinn.com

Best Western

3933 Pacific Ave., Forest Grove
Phone: 503-992-8888
Toll free: 1-800-780-7234
www.bestwestern.com

Forest Grove Inn

4433 Pacific Ave., Forest Grove
Phone: 503-357-9700
Toll free: 1-800-240-6504
www.forestgroveinn.com

McMenamins Grand Lodge

3505 Pacific Ave., Forest Grove
Phone: 503-992-9533
Toll free: 1-877-992-9533
www.mcmenamins.com

HILLSBORO

Spring Hill Suites by Marriot

7351 NE Butler Street, Hillsboro
Phone: 503-547-0202
Toll free: 1800-605-6571
<http://www.marriott.com/hotels/travel/pdxhl-springhill-suites-portland-hillsboro/>

Courtyard by Marriot

3050 NW Stucki Place, Hillsboro,
Phone: 503-690-1800
www.marriot.com/hotels/travel/pdxhs-courtyard-portland-Hillsboro

Larkspur Landing

3133 N.E. Shute Road, Hillsboro
Phone: 503.681.2121
http://www.larkspurhotels.com/hotels_listing/LLHillsboroc

TownePlace Suites

6550 NE Brighton Street, Hillsboro
503-268-6000
<http://www.marriott.com/hotels/travel/pdxts-towneplace-suites-portland-hillsboro/>

Residence Inn by Marriot

18855 NW Tanasbourne Drive
Hillsboro
503-531-3200
<http://www.marriott.com/hotels/travel/pdxhb-residence-inn-portland-west-hillsboro/>

PORTLAND (near the airport)

Comfort Suites

12010 NE Airport Way, Portland
Phone: 503-261-9000
Toll free: 1-877-424-6423
www.comfortsuites.com

Embassy Suites

7900 NE 82nd Street, Portland
Phone: 503-460-3000
Toll free: 1-800-445-8667
www.embassysuites.com

Fairfield Inn by Marriot

11929 NE Airport Way, Portland
Phone: 503-253-1400
Toll free: 1-888-236-2427
<http://www.marriott.com/hotels/travel/pdxfi-fairfield-inn-portland->

Places to Stay

(continued)

PORTLAND

Hampton Inn

8633 NE Airport Way, Portland
Phone: 503-288-2423
Toll free: 1-800-HAMPTON
www.hamptoninn.com

Holiday Inn

8439 NE Columbia Blvd., Portland
Phone: 503-256-5000
Toll free: 1-888-HOLIDAY
www.holidayinn.com

Chinook Winds

*(2 hour drive from Forest Grove,
5 minutes from Lincoln City Outlets)*
1777 N.W. 44th St.
Lincoln City, OR 97367
Toll Free: (888) CHI-NOOK
www.chinookwindscasino.com

International Rose Test Garden

850 SW Rose Garden Way, Portland
503-227-7033
www.rosegardenstore.org/thegardens.cfm

Japanese Garden in Washington Park

611 SW Kingston Ave., Portland
503-223-1321
www.japanesegarden.com

Oregon Coast Aquarium

(2.5-3 hour drive from Forest Grove)
2820 S.E. Ferry Slip Road
Newport, OR 97365
541-867-3474

Shilo Inn

11707 NE Airport Way, Portland
Phone: 503-252-7500
Toll free: 1-800-222-2244
www.shiloinns.com

Places to Visit

Oregon Museum of Science & Industry (OMSI)

1945 SE Water Ave., Portland
(800)955-6674 or 503-797-4000
www.omsiedu

Oregon Zoo

(Trimet MAX stops at the Zoo)
4001 S.W. Canyon Road, Portland
503-226-1561
www.oregonzoo.org

PGE Park

(Trimet MAX stops at the Park)
1844 SW Morrison
Portland, Oregon 97205
503-553-5400
www.pgepark.com



Places to Visit

(continued)

Portland Art Museum

1219 SW Park Avenue, Portland
503-226-2811
<http://portlandartmuseum.org/>

Portland Chinese Garden

127 NW 3rd Ave, Portland
503-228-8131
<http://www.portlandchinesegarden.org/>

Rose Quarter

(Trimet MAX stops at Rose Quarter)
One Center Court
Portland, OR 97227
www.rosequarter.com

Schreiner's Iris Gardens

3625 Quinaby Road N.E. Salem OR
1-800-525-2367
<http://www.schreinersgardens.com/>

Spirit Mountain

(1 hour drive from Forest Grove)
27100 S.W. Salmon River Highway
Grand Ronde, OR 97347
Toll Free: (800) 760-7977
www.spiritmountain.com

Tillamook Cheese Factory

4175 Highway 101 N.
Tillamook, OR 97141
503-815-1300
www.tillamookcheese.com

The Grotto

Sandy Boulevard NE 85th Ave, Portland
503-254-7371
www.thegrotto.org

The Oregon Garden

879 W. Main St.
Silverton, OR 97381
877-674-2733 or 503-874-8100
www.oregongarden.org

Wooden Shoe Tulip Farm

33814 S. Meridian Rd., Woodburn
503-634-2243
Check website for hours
<http://www.woodenshoe.com>

For more information, visit:

City of Portland Visitors Guide
www.ci.portland.or.us/visitors.htm

Portland, Oregon Visitors

www.travelportland.com/visitors



Places to Shop

Clackamas Town Center

(90 min. from Forest Grove)
12000 S.E. 82nd Ave. &
Sunnyside Rd.
Portland, Oregon 97266
503-653-6913
www.clackamastowncenter.com

Costco

1255 NE 48th Ave
Hillsboro, OR 97124
Phone: 503-681-2800

IKEA

10280 North East Cascades Parkway
Portland, OR 97220
Phone: 503-282-4532
Hrs: M-Sun 10am-9pm

Lincoln City Factory Stores

(90 min. from Forest Grove)
1500 S.E. East Devils Lake Rd.
Lincoln City, Oregon 97367
541-996-5000
www.shoplincolncity.com

Lloyd Center

(60 min. from Forest Grove)
Northeast Ninth Ave. at Multnomah St.
Portland, Oregon 97232
503-282-2511
www.lloydcenter.com

Pioneer Place

(45 minutes from Forest Grove)
700 S.W. Fifth Ave. at
Morrison St.
Portland, Oregon 97204
503-228-5800
www.pioneerplace.com

Portland Saturday Market

(60 min. from Forest Grove)
108 W. Burnside St.
Portland, Oregon 97209
503-222-6072
www.portlandsaturdaymarket.com

Washington Square

(45 min. from Forest Grove)
9585 SW Washington Sq. Rd.
Tigard, OR 97233
503-639-8860
www.shopwashingtonsquare.com

Woodburn Company Stores

(90 min. from Forest Grove)
Take I-5 to Woodburn, Ex. 271
503-981-1900
www.woodburncompanystores.com

Uwajimaya

(40 mins. from Forest Grove)
10500 SW Beaverton-
Hillsdale Hwy
Beaverton, OR 97005
503-643-4512
www.uwajimaya.com

Tanasbourne Mall (185th)

(30 min. from Forest Grove)
incl. Target, Old Navy, Ross, Sushi Town

Streets of Tanasbourne

(25 min. from Forest Grove)
19350 NW Emma Way
Hillsboro, OR 97124
503-533-0561
www.streetsoftanasbourne.com

Frye's Action Athletic

2016 Pacific Ave.
Forest Grove, OR 97116
503-357-5120
www.fryesactionathletics.com

Banks

Bank of the West

1926 Pacific Ave.
Forest Grove, OR 97116
503-357-6165
www.bankofthewest.com

Columbia Community Bank

2811 19th Ave. Suite A
Forest Grove, OR 97116
503-992-8600
www.columbiacommunity-bank.com

Oregon First Credit Union

3924 Pacific Ave.
Forest Grove, OR 97116
503-992-1768
www.oregonfirstccu.org

US Bank

1940 Pacific Ave.
Forest Grove, OR 97116
503-359-4402
www.usbank.com

Washington Mutual Savings Bank

2200 Baseline Rd.
(in Fred Meyer)
Cornelius, OR 97113
503-357-9296
www.wamu.com

Wells Fargo Bank

1905 Pacific Ave.
Forest Grove, OR 97116
503-359-1670
www.wellsfargo.com

West Coast Bank

4110 Pacific Ave.
Forest Grove, OR 97116
503-359-4495
www.wcb.com

Forest Grove Summer Storage Options

At the end of the year, many students need a place to store their belongings for the summer. Here are a couple of options within Forest Grove. NHOH usually provides transportation services at a low rate for club members to/from these storage locations.

Banks Mini Storage

140E Oak Way, Banks
503-324-0552

Cornelius Mini Storage

3437 E Baseline Street, Cornelius
503-547-0174

B St. Self Storage

1610 B St.
971-249-4554
www.selfstoragei5.com

Forest Grove Mini Storage

3312 Pacific Ave
503-357-7375
www.nwselfstorage.com





Directions



Airport to Forest Grove

1. Follow Airport Way, stay in the middle lane, follow signs to [Freeway/I-205](#)
2. After about 2.5 miles, get in the far right lane and follow signs to [I-205 South/I-84 – Portland/Salem](#)
3. Merge onto I205 South, stay in the right lane.
4. Take [exit 21B: I-84 West – Portland](#), merge and stay in middle lane.
5. After approx. 4 miles., get in far left lane, follow signs to [I-5 South-Salem](#).
6. Merge onto I-5 South, get into far left lane, follow signs to [I-405/Hwy 26 – City Center/Beaverton](#).
7. Merge onto I405, stay in the same lane, take [exit 1D Hwy 26 West – Beaverton/Ocean Beaches](#).
8. Go through the tunnel, stay in the middle lane, follow Hwy 26 West, about 20 mi.
9. Take [exit 57: Glencoe Road/North Plains](#), turn left at the light onto [Glencoe Rd.](#), you will begin to see signs directing you to Pacific University, this will take you on the overpass across Hwy 26.
10. After approx. 1.3 miles, you will reach another stoplight, turn right onto [Zion Church Rd.](#) which curves and turns into [Cornelius Schefflin Rd.](#)
11. After approx. 3.6 miles, you will reach two roundabouts.
 - Enter the first round-about and take the [first right](#) towards Forest Grove.
 - Enter the second round about and take the [second right](#).

12. You are now on [NW Verboort Rd.](#) and will pass through the town of Verboort.
13. At the red blinking light and stop sign, turn left onto [Hwy 47](#).
14. Soon you will find a large sign on the right saying “Welcome to Forest Grove, Home of Pacific University” and a stoplight, get in the right hand turning lane and turn right onto [Sunset Dr.](#), this road will take you directly to the Pacific campus.

Forest Grove to Airport

1. Follow [University Ave.](#) and curve left onto [Sunset Dr.](#) passing the aquatic center on the left.
2. At the stoplight, get in the left turning lane and turn left onto [Hwy 47](#).
3. At the yellow blinking light, turn right onto [NW Verboort Rd.](#)
4. After you pass through the town of Verboort there are two roundabouts
 - Enter the first round-about and take the [second right](#)
 - Enter the second round-about and take the [second right](#).
5. You are now on [Cornelius Schefflin Rd.](#) which becomes [Zion Church Rd.](#) Stay on this road for approx. 3.6 miles.
6. At the stoplight turn left onto [Glencoe Rd.](#) for approximately 1.3 miles to Hwy 26.

Directions

(continued)

7. Take the Hwy 26 East on-ramp towards Portland, merge onto Hwy 26 and stay in the right hand lane.
8. After approximately 18 miles, Hwy 26 becomes three lanes, stay in the far right hand lane, follow signs to I-405 South – The Dalles/Salem.
9. Go through the tunnel, staying in the far right hand lane, merge onto I-405 South.
10. Follow signs toward I-84 East –The Dalles, you will go over the Markham bridge, get into the far right hand lane
11. After about ½ mile, take exit 300: I-84 East – Portland Airport/The Dalles, merge onto I-84 East, stay in the middle lane
12. Follow I-84 East for about 5.5 miles, take exit 8: I-205 North – Seattle/ Portland Airport, merge onto I-205 North, stay in far right lane
13. Follow I-205 for about 2 miles and take exit 24A: Portland Airport, stay in the left lane, merge onto Airport Way and follow signs to the terminal

Forest Grove to 185th

1. Follow Pacific-airport directions from Forest Grove to Hwy 26
2. Take EXIT 64 to 185th Ave
3. Turn RIGHT onto 185th Ave.
4. Sushi Town, Old Navy, Target will be on your left. Cold Stone Ice Cream will be on your right.

185th to Forest Grove

1. Stay in left lane on 185th
2. Take Exit Ocean/Beaches onto Hwy 26 West
3. Follow directions from Hwy 26 to Forest Grove.

Pacific to Costco

1. Go South on College Way toward Pacific Avenue/OR-8W
2. Turn RIGHT onto PACIFIC AVE/OR-8W
3. Turn LEFT onto MAIN STREET
4. Turn LEFT onto 19th AVE/OR-8 E
5. Turn LEFT onto 10th AVE/OR-8 (SE 10th Avenue becomes NE Cornell Road)
6. Turn LEFT onto NE 48th AVENUE

Pacific to Olive Garden

1. Follow Pacific-airport directions from Forest Grove to Hwy 26.
2. Take exit 69A onto 217 South
3. Exit onto CANYON ROAD
4. Turn RIGHT onto CANYON RD. (1st light) from Forest Grove Portland (Turn left if coming from Washington Square)

Directions

(continued)

Pacific to Ikenohana

1. Follow Pacific-airport directions from Forest Grove to Hwy 26.
2. Exit onto Murray, go straight
3. Turn LEFT AT 3RD stoplight onto SW ALLEN
4. Turn QUICK RIGHT into Safeway parking lot

Pacific to Streets of Tanasbourne

1. Follow Pacific-airport directions from Forest Grove to Hwy 26
2. Take EXIT 64 to 185th Ave, turn right.
3. Turn RIGHT onto NW Cornell.
4. Streets of Tanasbourne is on your right hand side about 0.5 miles.

Pacific to Washington Square/ Benihana

1. Follow Pacific-airport directions from Forest Grove to Hwy 26.
2. Take Exit 69A onto 217 South
3. Take SCHOLLS FERRY ROAD Exit
4. Turn LEFT to Washington Square **OR** Turn RIGHT and another QUICK RIGHT to Benihana.

Washington Square to Forest Grove

1. Leaving Washington Square, stay in middle lane
2. Go onto 217 North
3. Follows signs to Hwy 26 W (Astoria/Tillamook).
4. Follow directions airport-Pacific directions to Forest Grove

Pacific to Uwajimaya

1. Follow Pacific-airport directions from Forest Grove to Hwy 26.
2. From 26, take Exit 69A onto 217 South
3. Exit onto CANYON ROAD
4. Turn LEFT onto BEAVERTON-HILLSDALE HWY. It will be on the right.



Cannon Beach, OR

First Year Experience

By Tyler Oshiro
August 2009

As incoming freshmen, you will register for a class called “First-Year Seminar.” However, the First-Year Experience is what your first year in college is really about, something filled with new growth, fond memories, and nothing to be afraid of.

A year ago I stood where you are now, and the people sitting beside me quickly became the first friends I had at Pacific. See, our school isn’t one of those individualist places where each student is obsessed with outdoing everyone else, it is a multi-faceted community of staff, students, and family. That’s what makes Pacific special, and it’s also the main reason you have nothing to fear as you embark on your college journey.

The road is difficult, yes, for those seeking an undergraduate degree, and take it from me, Pacific’s undergrad is certainly no cakewalk. Coursework is tedious, exams are difficult, and lectures are often far from interesting. However, it is the community aspect of Nā Haumāna O Hawai‘i, literally “the students of Hawai‘i,” that makes all the difference. I struggled in my fall semester’s Calculus II class; I knew no one at the start, much less the material. I’m sure you’ll feel the same fear when confronted with infinite bounds and integrating to infinity. However, it was through the friendships I established here that I was able to find help with studying and pull off a decent grade by the end of class. As a freshman, it is always comforting to remember not only that your classmates are willing to help you, but that three years of upperclassmen have already taken the class, and of those, a majority will jump at the chance to help once asked. We all want to keep up our grades; those of us headed to grad school need high marks, and those in varsity athletics need to stay eligible. The comforting thing to keep in mind is that we can all help each other, and freshmen need the most help, and have the most available to them. So whether it be study groups, tutoring, or borrowing a textbook, we’re all here for the same purpose: to get an education, and we’re all willing to help each other out to do so.

First Year Experience

By Tyler Oshiro
(continued)

On a separate note, another of the key issues freshmen face is homesickness. Being away from home is difficult to say the least; I remember looking outside my window, wondering if the rain was ever going to stop. It didn’t. And it doesn’t. But that’s nothing to get emotional over. We appreciate the sunny days that much more, and get excited when we have the chance to play tennis or flag football or barbecue potluck-style. The rainy days (most of them) aren’t so bad either; we watch a lot of movies, play video games, and even get a chance to study. The best way to keep from getting homesick is to surround yourself with friends. It’s hard to think about missing shave ice when you’re laughing at a movie or crave the beach when you’re playing Halo. Laughter might cure all illnesses, but friends prevent homesickness. That’s a diagnosis straight from (not yet) Doctor Oshiro.

At the start of this article, I mentioned that this is the start of your First-Year Experience, and the only way to truly feel an experience is to keep an open mind and allow yourself to try new things. There are so many opportunities available to you, and I’m not just talking about going to the parties you will be invited to. I’m talking about clubs, organizations, friendships: things that you can be a part of, make a contribution to, and take more away from than you ever thought possible. Our club offers various programs to explore Oregon like driving down to the coast, or picking pumpkins at the infamous Roloff Farms. I know the programmers have some really great ideas; they want to make sure that your first year in Oregon is one that will make you want to come back for the next three. So no worries, guys, we know how to have a good time.

When I began college, I was a little worried, friendless, and overwhelmed in my classes. Meeting people, getting out there and experiencing what Pacific truly had to offer changed everything. So allow yourself to make the most of your First Year Experience; don’t stress over the little things, utilize your opportunities, and don’t be afraid to ask for help. The mentors you will meet today are here for the sole purpose to make your transition into college as smooth as possible, so feel free to use us! Good luck, and I wish you all the best as you enjoy your Freshman year here.

Advice for Mainland-bound Isle students

- Make a packing checklist. Do this at least a month in advance. Indicate how each item should be transported, whether via UPS or as a carry-on. It will later serve as an inventory list when checking to make sure everything arrived.
- Call the roommate ahead of time. This will allow roomies to “meet” over the phone or Internet, coordinate what each will bring, and set a meeting time and place.
- **Find the Hawai'i club!** Many schools have Hawai'i clubs, which often organize airport send-offs and greetings, and provide transportation from the receiving airport to the campus. Some clubs also help plan student and parent orientations during the first week of school.
- Collect contacts. Fill an address book with names, phone numbers, and snail-mail and e-mail addresses of the student's family and friends. Don't forget stamps.

And, here's some advice **just** for students:

- Take reminders of home. Homesickness is a given. Packing posters, photos, even cheesy postcards can liven up your dorm room and your spirit. And don't forget the Hawaiian music; you may not like it now, but you'll miss it when you're thousands of miles away from your Island home.
- Go to all freshman orientation events!! They may sound lame, but they can help put you more in sync with fellow students and the new school.
- Be ready to explain over and over again about living in Hawai'i. Mainland friends will ask Hawai'i students endlessly about why anyone would ever want to “leave paradise.” Yet being from Hawai'i also has its advantages: You can always make conversation about your pidgin English accent.
- Bring your aloha wear. Don't forget a ribbon or kukui nut lei. And of course, you'll definitely want to bring a couple pairs of “slippahs.”

