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THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

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LOSE
WEIGHT
AFTER
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BOTTOM**
At last! Pants that really

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to say what
you mean

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Confessions
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PLUS
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PATRICK DEMPSEY
GOES HOME
OUR
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ENTER TODAY**

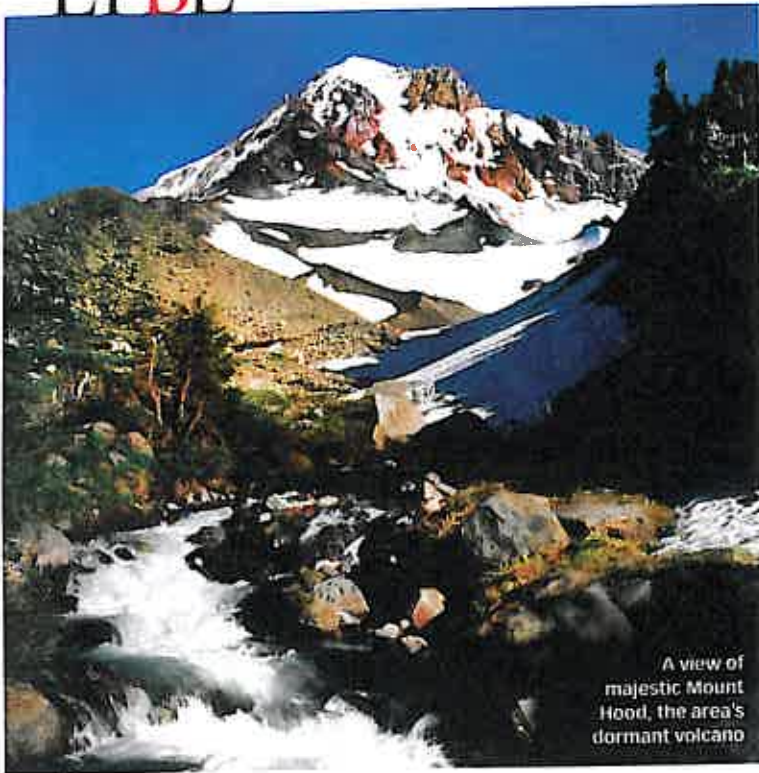
HAVE YOUR OWN AHA MOMENT

a practical guide to the spiritual side of life
(It's time to wake up and smell the roses!)

doubters welcome

MAY 2008 \$4





A view of majestic Mount Hood, the area's dormant volcano

THE PLACE TO BE

Portland Gets Creative



At the center of Portland—on the Burnside Bridge, crossing the Willamette River, which runs through the middle of town—there's a 51-foot sign depicting a stag in midleap, captioned MADE IN OREGON. Erected in 1940 to advertise a sugar company, it has become a local landmark for a city that is proud of its roots and likes to find new uses for

beautiful old things. Portland has a well-earned reputation as a hotbed of bike-riding, karaoke-singing, coffee-and-microbrew-guzzling creative types who have repurposed the 157-year-old port town into a laid-back artists' colony, and it's one of the "greenest" cities in the world.

For a taste of Old Portland charm, the century-old Portland Rose Festival (rosefestival.org), held May 29 to June 8, celebrates the city's ideal flower-growing weather (sunny summers, temperate drizzle in the winters) with concerts, team-rowed "dragon boat" races, and the nighttime Starlight Parade. Roses bloom all summer and into the fall at the International Rose Test Garden, a four-and-a-half-acre park that displays new hybrids every year.

The young artists who have flocked to Portland in the past few decades have also built a new tradition, the annual Time-Based Art festival: ten days of visual arts and performances across the city, assembled by the Portland Institute for Contemporary Art. Last year's highlights included actors reading Willa Cather's *My Antonia* aloud on street corners, artist Liz Haley answering questions while hooked up to a polygraph machine, a hip-hop workshop, animated films by South African artist William Kentridge, and free haircuts by 10-year-olds. This year's TBA happens September 5 to 14 (pica.org).

What (else) to do: Parks abound in the city, and hikers flock to the dormant volcano Mount Hood, visible to the east. (On its slope, you can spot the Timberline Lodge, which doubled as the exterior of the haunted hotel in *The Shining*.) The nexus of hyperliterate Portland's social life is Powell's City of Books, a mammoth downtown bookstore that shelves its used and new volumes together—over a million of them.

Powell's is part of the Pearl District, a recently renovated industrial neighborhood that features offbeat shops, brewpubs, and a "street gallery" on the first Thursday of each month. A few miles north, gallery- and studio-lined Alberta Street has its own outdoor art festival on the last Thursday of the month.

Where to eat: The buzzwords for Portland cuisine are *fresh, local, seasonal, and sustainable*. The inventive Higgins Restaurant and Bar (higgins.ypguides.net) filters Northwest cuisine through French technique, changing its mostly organic menu weekly, although magret and confit of duck is a standard. Castagna (castagnarestaurant.com) features impeccably prepared classics such as coq au vin and venison pâté in an elegant,



A performer at the Portland Rose Festival

alry setting; next door is the slightly more casual Café Castagna. Nicholas Restaurant (nicholasrestaurant.com) is a crowded, family-run Lebanese spot serving enormous, heavenly mezza platters. Even the regional chain Burgerville (burgerville.com) offers fast food made with local, seasonal produce. Make sure to leave room for one of Pix Pâtisserie's fancifully layered desserts (pixpatisserie.com).

Where to stay: The futuristically designed Hotel Lucia has an unbeatable downtown location, black-and-white images by photojournalist David Hume Kennerly on the walls, and amenities that include a menu of pillows and Thai-food room service (rooms from \$159; hotellucila.com). For a full dose of Portland eccentricity, McMenamins Kennedy School is a 1915 elementary school that has been reappropriated—chalkboards and all—as a hotel. There's even a second-run movie theater in the

former auditorium, and the old cafeteria is now a restaurant with its own brewery (rooms from \$109; kennedyschool.com).
—DOUGLAS WOLK

