

Welcome to the 3rd Congressional District of Oregon!

Our district takes in most of Portland and Multnomah County east of the Willamette River, extending over suburban plains and hills to the splendid scenery of the Bonneville Dam in the Columbia River Gorge and Mount Hood high in the Cascades. The district covers almost half of Clackamas County to the south and stretches as far east as Government Camp. Once outside the suburbs, Multnomah and Clackamas counties quickly turn rural. Mount Hood National Forest occupies most of the district's eastern region. Check out the new section

- [Profiles from the 3rd District](#) (*new*)
- [Cities and Unincorporated Areas](#)
- [Locality Descriptions](#)
- [Demographic Statistics](#)



Profiles from the 3rd District

[Fresh Food and Farming on Foster](#)

by Kevin Pozzi

Located off of Foster Road in the Lents neighborhood of outer southeast Portland, Zenger Farm sits almost dormant on a cloudy, chilly February afternoon. The sixteen-acre urban farm and protected wetland remains quiet save for a few clucking hens and a volunteer diligently pruning a row of Italian plum trees. ([more](#))

[A School Free of Fear Factors](#)

by Kevin Pozzi and Elaura Rifkin

The opportunity and expectation to create a welcoming, safe environment for students of any ethnicity, gender identity, and sexual orientation should be a universally supported, non-partisan

concept. Congressman Blumenauer is a proud cosponsor of the Safe Schools Improvement Act, which was recently introduced in the House of Representatives by Congresswoman Linda Sanchez. ([more](#))

Cities and Unincorporated Areas

Multnomah County

Clackamas County

City of Portland	City of Gresham	City of Fairview	City of Wood Village	City of
Bridal Veil	Latourell Falls	Corbett		
Orient				
Bonneville	City of Damascus	City of Happy Valley (portion)	City of Sandy	
Alder Creek				
Brightwood				
Bull Run				
Estacada				
Marmot				
Rhododendron				
Roslyn Lake	Welches			
Wemme				
Wildwood	Zig Zag	Government Camp		
Eagle Creek				
City of Boring				
Clackamas (portion)				

Localities

North Portland

Tucked into the confluence of the Willamette and Columbia rivers, North Portland is home to a

number of well-established neighborhoods like Overlook, Bridgeton, St. Johns, and Cathedral Park as well as the up and coming N. Mississippi neighborhood. This area boasts a number of wildlife refuges and parks, including Smith and Bybee Lakes, many of which, such as Columbia Slough, have benefited from intensive environmental restoration efforts. Delta Park, Jantzen Beach Shopping Center, Portland International Raceway, and the University of Portland are all notable areas of interest found in North Portland.

Northeast Portland

Northeast Portland defines classic urban living. Encompassing both ends of the spectrum, this area is complete with thriving businesses in the Lloyd district towers and state and government offices, but also rooted in historical homes and distinctive shops, such as those found in the Irvington and Hollywood neighborhoods. Portlanders can catch a [Trail Blazers](#) game or concert at the Rose Garden Arena or head over to the Memorial Coliseum for a Winterhawks game, both only a short stroll from the new

[Eastbank Esplanade](#)

. Residents can shop in the popular Lloyd Center Mall, visit beautiful areas such as Grant or Rose City Park, then hop on the MAX light rail to wind through any of the historic districts in the area that are packed with unique restaurants and retail stores. The

[Portland Streetcar](#)

now crosses over the Broadway Bridge into Northeast Portland with stops at the Memorial Coliseum and the

[Oregon Convention Center](#)

before traveling into Southeast Portland and ending at the Oregon Museum of Science and Industry.

Southeast Portland

The Southeast district, between East Burnside Street and the Clackamas County line, and bounded on the west by the Willamette River, is the largest and most populous section of the city. This eclectic area is home to the heart of Portland's counter-culture, the Hawthorne district, filled with coffeehouses, unique boutiques, and students from nearby Reed College. A stroll through the Sellwood neighborhood reveals many antique stores as well as the popular family destination [Oaks Park](#). Southeast has many beautiful parks, including Mt. Tabor, Laurelhurst, Westmoreland, and the Crystal Springs Rhododendron Gardens. [OMSI](#)

, the Oregon Museum of Science and Industry, can be found along the waterfront and has a planetarium, a naval submarine, and the OMNIMAX dome theater. The extension of the Portland Streetcar travels through inner southeast before arriving at OMSI.

East Portland

Beyond 82nd Avenue, large parts of the city were annexed in the '80s and early '90s and many

residents still remember the days the area was known as "Mid-County". Having five separate school districts, Portland Public School District, Centennial School District, Reynolds School District, Parkrose School District, and David Douglas School District, East Portland is also home to many non-profits, available and affordable housing options, and a growing sense of diversity. It grew rapidly in the 1950s and '60s, and both its wide arterial streets and low-slung ranch style homes lend it a suburban feel. The Gateway District, I-205, Burnside MAX line, Glendoveer Golf Course, Springwater Trail, Johnson Creek, and the fir-clad Buttes (Rocky, Kelly, Powell and Mt. Scott) are major landmarks.

Old Town

Old Town was the original urban core of Portland. It is bordered by the Willamette River, NW Broadway, and West Burnside. Old Town got its name in the 1970s when Portland businessman Bill Naito had the words painted on the highly visible water tower atop a building at the edge of what was then called Portland's "skid-row." Old Town is also home to the "Portland Oregon" sign formerly the "Made in Oregon" atop the former White Stag building which now houses the University of Oregon's Portland Center.

Portland's Chinatown makes up much of Old Town. With a China gate marking the entrance on NW 4th and W Burnside, the China town portion of Old Town continues to NW Glisan St and is home to a variety of Chinese groceries and restaurants. In the heart of Chinatown is the beautiful [Lan Su Chinese Garden](#) which is one of the largest Suzhou-style gardens outside of China.

Prior to WWII, the area that is today called Chinatown was Portland's Japantown. Beginning in the 1890s, many Japanese immigrants were processed through Portland, creating a demand for hotels, bathhouses, and other services. Businesses that formed in the city's Japantown thrived in the low-rent areas near the river. Today the Japanese American Historical Plaza and the Oregon Nikkei Legacy Center in what is today Portland's Chinatown serve as reminders of what was once Portland's Japantown.

Downtown

Located on the west bank of the Willamette River, downtown Portland is the modern heart of the city. Downtown is home to Pioneer Courthouse Square, the city's "living room," and the downtown shopping district that surrounds the square. All 4 MAX lines pass through the downtown shopping district.

Tom McCall Waterfront Park is a go to place to enjoy the outdoors downtown with jogging and biking paths that connect with the eastside esplanade. Tom McCall Waterfront Park is home to the [Portland Saturday Market](#) every weekend and also a variety of events throughout the year including the Waterfront Blues Festival, the Bite of Oregon Festival.

The [Portland Art Museum](#) is located in the heart of downtown's cultural district which lines the South Park Blocks and is also home to the Portland Center for the Performing Arts, the Arlene Schnitzer Concert Hall, and the Oregon Historical Society. Just south of the cultural district is the campus of Portland State University, Oregon's largest public university. On Saturdays, the Park Blocks than run through Portland State are filled with people shopping for farm fresh food at the PSU Farmer's Market. Both the cultural district and Portland State are served by the Portland Streetcar and Portland State is served by the Green and Yellow MAX lines.

Just west of downtown is Jeld-Wen Field, the home of the [Portland Timbers](#) .

Southwest

Southwest Portland is home to the city's Washington Park. Encompassing 410 acres, Washington Park is home to the International Rose Test Garden, the [Portland Japanese Garden](#) , the [Oregon Zoo](#) , and the [Portland Children's Museum](#) as well as picnic areas, playgrounds, public art and many miles of trails through acres of forest. There are neighborhoods nestled throughout the southwest hills. The Council Crest neighborhood sits atop the highest point in Portland and was connected to downtown by one of the city's original streetcar lines until 1949. Where Council Crest Park sits today used to be an amusement park in the early 20th century. Southwest Portland is also home to communities like Hillsdale and Multnomah Village that offer a less urban, small town feel just a few minutes from downtown Portland. Southwest Portland is also home to the main campus of OHSU on Marquam Hill and Lewis and Clark College nestled among the towering trees of the residential neighborhood of Dunthorpe.

South Waterfront

Just south of downtown, the South Waterfront is one of the largest urban redevelopment

projects in the United States. In converting former industrial land into Portland's newest neighborhood, developers have emphasized alternative transportation, parks and trails, green building practices, and mixed-use retail in building high-rise offices and condos. It is connected with downtown Portland by the Portland Streetcar. The South Waterfront is home to the OHSU Center for Health and Healing which is linked to the main OHSU campus on Marquam Hill by the [Portland Aerial Tram](#).

Gresham

This thriving community is the state's fourth largest city, home to over 107,000. Many residents of Gresham commute via the MAX or Interstate 84 into Portland, but Gresham itself supports a significant growing commercial and service sector. Gresham's historical downtown services many people with their weekly [Farmer's Market](#), a surplus of retail areas, such as the newly developed Gresham Station, as well as a meeting ground for Gresham's 3

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Thursday festival where you can enjoy local music, art and wine. Many Gresham residents take advantage of the large and reputable Mt. Hood Community College. Visitors should check out the Gresham Pioneer Museum, play a round of golf at Persimmon Country Club, and take in a show at Mt. Hood Repertory Theatre.

Troutdale, Wood Village, Fairview

These three cities are stretched along the Columbia Gorge at the Third District's northern boundary. Known for its small-town atmosphere, Fairview offers access to water sports, golf courses, and a number of parks. Most notably, there is [Blue Lake Park](#), which features an expansive recreational area with a 400-foot swimming beach, fishing access, playgrounds, bike and boat rentals, bike paths, and picnic grounds. Just to the east is Wood Village, an area with affordable housing and an excellent environment for families. Troutdale, a somewhat larger city, is known for its many parks and towering views of the Columbia Gorge. Residents and visitors alike enjoy shopping at the Troutdale Outlet Mall and unwinding with dinner and refreshments at

[McMenamins Edgefield](#)

(brewery and distillery on site!). Troutdale proudly bills itself as the 'Gateway to the Columbia River Gorge.'

Columbia Gorge and East County

Oregon's Third District extends considerably east of Portland, stretching into some of the most scenic areas of the state. Just outside of Troutdale, Oregon residents enjoy fishing, swimming, and rafting along the meandering Sandy River as it winds through [Oxbow Park](#). Hikers enjoy the beautiful views from the rocky cliffs along the Columbia Gorge, most famously from Crown

Point, just outside the small town of

[Corbett](#)

. A short trip down scenic Columbia River Highway brings one to the impressive beauty of

[Multnomah Falls](#)

, the second highest year-round falls in the nation, and a landmark many Portlanders visit annually. Just a few more minutes down the road and tourists can watch fish fight their way up the Bonneville Dam's fish ladder. All this within an hour's drive of the Portland!

Clackamas County

Oregon's Third District claims a substantial portion of rural Clackamas County as well as the suburban communities of Happy Valley and [Damascus](#). To the south and east, Boring, Beavercreek, and Colton are primarily residential and agricultural communities. Well-kept beautiful homes stand in the midst of some of the country's finest Christmas tree farms. Clackamas County is also home to many nurseries and greenhouses as well as numerous berry and vegetable farms that provide sustainable produce for the Portland Metropolitan area.

Sandy and the Mt. Hood Corridor

The [Mt. Hood](#) Corridor is a series of unincorporated villages east of Portland where U.S. Highway 26 begins the steep climb to Mt. Hood. [Sandy](#), the largest incorporated city along the route, is a favorite lunch and last-minute shopping stop for snow-seeking adventurers. Visitors can obtain permits and passes for forest recreation activities at the Mt. Hood National Forest Headquarters in town. Welches, located near the junction of the Sandy and Salmon Rivers and the largest of the unincorporated areas, is the home of many tree farmers,

those working in the tourism business, and retirees from as far away as Florida. The popular Resort at the Mountain is a mainstay of the area and attracts tourists eager to take in Oregon's beauty. For skiing and snowboarding enthusiasts, Mt. Hood National Forest has some of the best year-round and night skiing facilities, including

[Mt. Hood Skibowl](#)

[Mt. Hood Meadows](#)

, and the magnificent

[Timberline Lodge](#)

, a National Historic Landmark built through Roosevelt's Federal Works Projects Administration. Constructed from mammoth timbers and native stone in 1937, Timberline Lodge today stands

as a tribute to the rugged spirit of the Pacific Northwest.

Estacada

[Estacada](#) is a diversifying historic timber community located at the base of the beautiful Clackamas River Gorge and the Mt. Hood National Forest. The town is located on Highway 224, a direct link west to Portland or south to the Mt. Jefferson recreation area and Detroit Lake Reservoir. The Estacada area has breathtaking scenery of the Clackamas River Gorge, and is extremely popular with over three million annual recreation-oriented visitors. Known as the "Christmas Tree Capital of the World," the surrounding Estacada community is dotted with hundreds of thousands of trees cultivated for holiday enjoyment and shipped around the world.

District Demographics As of 2010 Census

Population	1,111,326
Percent change from 1996	2.4%

Counties, 2010 population

Clackamas	375,992
Multnomah	735,334

Portion of Cities in District, 2010 population (10,000 or more)

Gresham	105,594
Milwaukie	20,291
Portland	583,776
Troutdale	15,962

Race

White	82.35%
Black	3.2%
American Indian, Eskimo, or Aleut	0.5%
Asian/Pacific Islander	5.45%
Other	8%
Hispanic Origin	9.3%
Normal 0 false false false EN-US X-NONE X-NONE MicrosoftInternetExplorer4	

City of Portland

City of Gresham

City of Fairview

City of Wood Village

City of Troutdale

City of Damascus
City of Maywood Park
Bridal Veil

Latourell Falls

Corbett
Orient
Bonneville