



OREGON

<http://www.oregon.gov/Pages/index.aspx>

Click on this website for more information @ Oregon

MAJOR CITIES:

Northwest Oregon
Central Oregon

Portland, Salem, Eugene
Bend

OREGON – CLIMATE

Oregon has a generally temperate climate, but there are marked regional variations. The Cascade Range separates the state into two broad climatic zones: the western third, with relatively heavy precipitation and moderate temperatures, and the eastern two-thirds, with relatively little precipitation and more extreme temperatures. Within these general regions, climate depends largely on elevation and land configuration.

In January, normal daily mean temperatures range from more than 45°F (7°C) in the coastal sections to between 25°F (-4°C) and 28°F (-2°C) in the southeast. In July, the normal daily means range between 65°F (18°C) and 70°F (21°C) in the plateau regions and central valleys and between 70°F (21°C) and 78°F (26°C) along the eastern border. Oregon's record low temperature, -54°F (-48°C), was registered at Seneca on 10 February 1933; the all-time high, 119°F (48°C), at Pendleton on 10 August 1898.

The Cascades serve as a barrier to the warm, moist winds blowing in from the Pacific, confining most precipitation to western Oregon. The average annual rainfall (1971–2000) in Portland was 37 in (94 cm); rainfall elsewhere varied from less than 8 in (20 cm) in the drier plateau regions to as much as 200 in (508 cm) at locations on the upper west slopes of the Coast Range. In the Blue Mountains and the Columbia River Basin, totals are about 15 in (38 cm) to 20 in (51 cm). In Portland, fog is common, and the sun shines, on average, during only 39% of the daylight hours—one of the lowest such percentages for any major US city. From 300 in (760 cm) to 550 in (1,400 cm) of snow falls each year in the highest reaches of the Cascades.

CULTURAL ACTIVITIES

http://www.tripadvisor.com/Attractions-g52024-Activities-Portland_Oregon.html

http://www.tripadvisor.com/Attractions-g51862-Activities-Eugene_Oregon.html

http://www.tripadvisor.com/Attractions-g52053-Activities-Salem_Oregon.html

Click the site above for a full list of attractions for the major cities of Oregon

- **Columbia River Gorge National Scenic Area- Portland, OR**
 - The Columbia River Gorge National Scenic Area encompasses 292,500 acres, running from the mouth of the Sandy River to the mouth of the Deschutes and spanning southern Washington and northern Oregon. The Gorge is unique in its natural and cultural history, as well as its designation as a National Scenic Area.
- **Oregon Museum of Science and Industry- Portland, OR**
 - A wonderful museum on the Portland waterfront, which hosts various exhibitions. Its permanent exhibits include: The planetarium, which has fantastic productions including a laser light show. The Empirical Theater - emphasizes programming that engages and entertains visitors on educational, scientific and cultural topics. Programming includes regular daytime and evening shows plus film-based events. The submarine USS Blueback, the real thing! There are tours available in addition to the regular museum entrance fee. Four different halls full of exhibits. Many of these are interactive and suitable for all ages. They really make learning fun :-). There are featured exhibits as well that cover a wide range of topics. Recent ones have been the Titanic exhibition, Dinosaurs, and Einstein. There are also special events which are held in the evenings; many include food and beverages. Museum hours are Tuesday - Sunday 9:30 to 5:30.
- **Cascades Raptor Center- Eugene, OR**
 - Nestled on a wooded hillside in south Eugene, this nature center and wildlife hospital specializes in birds of prey. Over 60 resident birds of 33 native species are on display, from pygmy owls to bald and golden eagles. Open Tues-Sun and Mon holidays.
- **The Museum of Natural and Cultural History- Eugene, OR**
 - Welcome to the Museum of Natural and Cultural History, where 15,000 years of human history and 200 million years of geology are at your fingertips. Museums are places of wonder, essential to the cultural fabric of modern human societies. A good museum is cherished by the communities it serves, a center of research and education, a magnet for tourists and other visitors, a purveyor of history and knowledge to the broadest possible audience, and the protector of our common cultural heritage.
- **Oregon Air and Space Museum- Eugene, OR**
 - The Oregon Air and Space Museum is dedicated to the acquisition and display of various aircraft and artifacts depicting the history of aviation and space technology for the education and enjoyment of the people of Oregon.
- **Enchanted Forest Theme Park- Salem, OR**
 - A theme park nestled in the beautiful lush forests of Oregon with lots of hands on see and do adventure. Stroll through Storybook Lane, the Western Town. and the English Village, home of the Fantasy Fountains water-light show. Rides include the Ice Mountain Bobsled Roller Coaster, the Big Timber Log Ride, indoor target shooting Challenge of Mondor, bumper cars plus several kiddy rides and a walk-through Haunted House. The outdoor comedy theatre presents farces on fairy tales during the summer months. Picnicking, gift shops, food and more.
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- **Bush House Museum- Salem, OR**
 - Bush House is the 1878 mansion of pioneer Asahel Bush II, a millionaire newspaperman and banker. Mr. Bush and his family, the only occupants of this home, lived in Bush House for 75 years. They never re-decorated, keeping the

house largely in its 1878 form with the idea to have Salem operate it as a museum one day. Inside you'll find original light fixtures, furnishings and wallpaper--a rarity in a house this old. Guides, many of them volunteers, lead the 30-45 minute tour on an informative and sometimes humorous walk back into time. You'll witness how the wealthy fared in their life of relative luxury during Oregon's early days.

- **Dechutes National Forest- Bend, OR**
 - Encompassing more than 1.6 million acres of Central Oregon, this region extends for about 100 miles with a scenic backdrop of volcanic mountains of the Cascades.
- **Sun Mountain Fun Center- Bend, OR**
 - Central Oregon's only full-service family fun center with attractions including; bowling, 18 holes of outdoor mini-golf, go-karts, bumper cars, a full arcade with redemption prize center, billiards, and a restaurant. They pride themselves in running this locally-owned business with a focus on a clean safe family-oriented environment where you can spend time with your friends and family playing games and enjoying time away from the hustle and bustle of everyday pressures.

TIME ZONES

Pacific Time Zone – Oregon Current Local Time - Daylight Saving Time

<http://www.timeanddate.com/worldclock/usa/portland-or>
click here for more information

GROCERY SHOPPING

WinCo Foods Roth's Fresh Market Albertson's Grocery New Seasons	Trader Joe's Safeway Whole Foods Fred Meyers
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http://oregon.usl.myareaguide.com/grocery_stores.html
Click on this site for more grocery stores in Oregon.

SHOPPING

Area	City	Mall
Central OR	Bend OR	Bend Factory Stores
Central OR	Eugene OR	Valley River Center
Central OR	Springfield OR	Gateway Mall
Portland & North OR	Beaverton OR	Cedar Hills Crossing
Portland & North OR	Happy Valley OR	Clackamas Town Center
Portland & North OR	Portland OR	Lloyd Center
Portland & North OR	Portland OR	Pioneer Place
Portland & North OR	Portland OR	Washington Square
Portland & North OR	Salem OR	Lancaster Mall
Portland & North OR	Salem OR	Salem Center
Portland & North OR	Seaside OR	Seaside Factory Outlets
Portland & North OR	Tigard OR	Bridgeport Village
Portland & North OR	Troutdale OR	Columbia Gorge Premium Outlets
Portland & North OR	Woodburn OR	Woodburn Premium Outlets
South OR	Medford OR	Rogue Valley Mall
Western OR	Albany OR	Heritage Mall
Western OR	Lincoln City OR	Tanger Outlet of Lincoln City OR

<http://www.mallseeker.com/oregonmalls.aspx>

click here for more information on shopping.

PHARMACIES

Safeway Pharmacy
Rite Aid Pharmacy
Fred Meyer Pharmacy
Wal-Mart Pharmacy
Walgreens Pharmacy

<https://www.superpages.com/yellowpages/c-pharmacies/>

Click here for locating other pharmacies in Oregon.

POST OFFICES/SHIPPING



<http://www.postofficehours.net/state/OR.html>

Click here for more information



<http://local.fedex.com/or/portland/>

Click here for more information



https://www.ups.com/dropoff?loc=en_US

Click here for more information

MINIMUM WAGE

State	2019 Minimum Wage	2019 Tipped Wage
OR	\$10.75	\$10.75

<https://www.dol.gov/whd/minwage/america.htm#stateDetails>

Click here for more information

WORKMAN'S COMPENSATION

<http://www.cbs.state.or.us/wcd/>

Click here for more information

COST OF LIVING IN OREGON

Cost of Living	Oregon, OR	United States
Overall	124.4	100
Grocery	108	100
Health	86	100
Housing	177.2	100
Utilities	81	100
Transportation	119.3	100
Miscellaneous	97.6	100

Our cost of living indices are based on a US average of 100. An amount below 100 means Portland, OR is cheaper than the US average. A cost of living index above 100 means Portland, OR is more expensive. Overall, Portland, OR cost of living is

124.4 http://www.bestplaces.net/cost_of_living/city/oregon/portland

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TRANSPORTATION SERVICES

Portland	TriMet
Salem	Salem-Keizer Transit
Eugene	Lane TD
Bend	Bend Area Transit
Medford	Rogue Valley Transportation District

<https://www.apta.com/research-technical-resources/public-transportation-links/>

click here for more information on transportation