

Bamboo Sushi — not intended for consumption by giant pandas

By Isaac Soper
Arts & Culture Editor

Bamboo Sushi, a sustainable sushi bar located in SE Portland on 28th and Pine, is a brick faced building with a beautiful ivy covered wall on its exterior, astoundingly good food and sustainable practices on its interior.

The restaurant is open seven nights a week from 4:30 to 10 p.m., with a happy hour menu running Monday through Friday from 4:30 to 6 p.m. (in which one must order something off of the drink menu, but not specifically alcohol).

The menu features many varying entrees and appetizers ranging from \$4 to \$20. There are many vegetarian and gluten-free options; many of the sushi rolls come vegetarian with the option of adding meat or seafood to them. There is even a section the menu deemed “kids safe,” featuring sushi and seafood safe for small children and pregnant mothers to enjoy.

Within the confines of the menu, Bamboo Sushi describes what sustainability is, and how they follow those guidelines within their practices. Some of those practices are, but are not limited to, that all of the fish

served must come from healthy, plentiful populations, and must be caught in an “environmentally ethical manner, thereby not damaging the surrounding ecosystem.”

Their business practices also run in a sustainable manner, meaning that all of their power is from renewable energy sources, their reusable chopsticks are made from sustainably harvested teak wood, and all of their paper products are 100 percent recycled. To see a full listing of their sustainable practices, see bamboosushi.com, or stop in and take a look at their menu.

On May 1, Bamboo Sushi donated 10 percent of its net profit to Crag, a law center focused on protecting and sustaining the nature of the Pacific Northwest.

With every meal, a glass of cucumber water (in which the cucumber adds a delicate freshness) and an appetizer plate of edamame is offered. The salted edamame are served in a small wooden box, which is pretty cool (the same boxes are used in their chandeliers, each of which have lights recessed within them). As expected, wasabi and ginger are served with every meal.

Many house rolls are offered, one being the new and delicious



Bamboo Sushi is located in Southeast Portland on 28th and Pine; the restaurant features sustainable business practices, excellent service and mouthwatering (and affordable) sushi.

PDX Roll, featuring asparagus and shitake mushrooms.

All things considered, it's a delightful environment, located in a quiet little part of Southeast Portland, with plenty of free parking available. They have a very friendly and attentive wait staff, a full-service bar and pleasant art on the walls to

enjoy (including a large collection of origami fish). The food is delicious, visually appetizing and served in a reasonable amount of time for a very reasonable price, with sustainable practices to boot that set it apart from any other sushi bar, let alone restaurant, around.

Whether one wants to stop

in for a quick snack or a full meal, Bamboo Sushi is the place to go.

5 out of 5

WORLD: International Week stirs the melting pot on campus

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Chinese New Year, Native American tribal dances, Italian opera. All of these things bring one word to mind: International. This week Clackamas Community College is hosting its annual International Week in the Bill Brod Community Center, with many performances from many different cultures, representing the diversity of the

college and the melting pot that is the USA.

Throughout this week, many international acts will come together and share their cultures and their artistic side. This week is full of great opportunities to share, enjoy and get involved with other peoples' cultures. “It's a celebration of many cultures,” said Spanish instructor Irma Bjerre.

Students from many cultures

and backgrounds attend CCC, and International Week will be a celebration of those from various cultures and creeds. “We have a very diverse student body,” said Amy Larkin, administrative assistant for arts and sciences at CCC.

The schedule this year is impressive, with some big acts and some local talent as well. There will be a Taiko drum group, sacred Buddhist dancers from Nepal, Viva Mexico, which is an authentic mariachi group and some Aztec dancers. There will also be acts from the college such as a French puppet show, written by past students and played by French students, a Celtic dance by Elaine Ingram, Pacific Islander songs and dances by Shaun Lemafa, an international student, a French song by student Alyssa Rands and a performance by CCC's own chamber choir. Some of the acts this year are new and some are from recurring participants, like the Aztec dancers.

“I loved the Aztec dancers last year. They were just so lively,” said Larkin.

If the entertainment isn't enough to entice you, maybe the food will bring you in to share in the experience. “There will be foods from around the world each day,” said Larkin.

The food itself will be provided by ASG Monday through Thursday, with many different foods from around the world to choose from. On Friday, catering will be provided by local Mexican restaurant Cinco de Mayo.

International Week isn't only a fun event, but it's also a chance to

experience something different. A lot of effort is put in to make the event a success; it takes almost a whole year to plan out and put together, but the hard work really pays off when International Week rolls around. It has much more value than just entertainment, it's also educational.

“International week really helps students become aware of all the cultures that are represented on campus,” said Larkin.

Students, staff and faculty, community members and guests have the opportunity to come together and experience something new. “I think that during International Week, I see a lot of people [who] have hidden talents that they don't realize they have, and it's just astounding. “I'm amazed by it,” said French instructor Heidi Cropsey.



Mary Collins, who works in IT at Clackamas, shares her passion of tribal dancing with a crowd. This is just one of many inspiring performances ongoing in the community center this week.



Dance Mandal members perform sacred Buddhist dances on Monday, April 30 in the Community Center.