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KEYNOTE SPEAKER: Former Governor, Barbara Roberts

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**Doctor's Business is Helping People**

continued ▲ from B3

attitude stop her. However, she found that she did have to try even harder than her white fellow students to make up for false assumptions about her qualifications.

"People will always judge you no matter whom you are whether it's because you are black or female. You can't let that get in your way and stop you from achieving what you want in life. There is a lot of doubt you will experience from other people but you can't let that get in your way of moving forward," said Tippens.

She said Oregon is a good place to practice naturopathic medicine because there are resources for low income and community medicine. However there are very few African-American medical students in Oregon and in general.

According to Susan Hunter, director of public relations at NCNM there are less than 10 African-American students at the college out of 420 aspiring naturopathic doctors in total.

On the other hand, Outside In has provided health care for low-income, homeless and minority youth since 1970. Tippens believes that Portland is a city that others should admire for trying to help out people of lower socioeconomic status.

"I do a lot of work in communities that are underserved. There are a lot of reasons why people don't seek out health care for financial, cultural or accessibility.

"There needs to be more places like Outside In, a lot of health care facilities have the attitude of, if you don't have \$120 then we don't have time to see you," she



Kimberly Tippens, N.D.

said. Tippens feels that Portland does a lot to take care of the homeless youth.

After finishing her residency at Outside In, the Oakland, Calif. native plans to stay in Portland to do more clinical research regarding the major health concerns of the African-American community like diabetes, obesity and endocrinology.

"My goal is to take care of my community. Every time I move for school, I have to seek out my community and see where I am needed," she said.

Tippens also wants to work also with more HIV/AIDS patients as if affects more black women nationwide. She wants to open a clinic that would educate black women about HIV prevention. Tippens, along with some other

medical students, went to Kenya and started an HIV clinic there. The effort was part of a non-profit organization called Urgent Africa. She joined two of her classmates at Bastyr to open up a clinic for a small village to educate them about HIV/AIDS. The non-profit organization is now called Village Volunteers.

For young people, especially those who are women or minorities, Tippens advises students to focus and commit to academics and make it a priority.

To her, it's important to focus on having a positive work ethic because that can transition into any career.

"People are proud of me, people that don't even know me. An older white male patient of mine shook my hand and said, 'We've arrived,'" she said.

**Feeding the Neighborhood**

continued ▲ from B6

"It's English skills to help with paper work and other background stuff that customers don't see," said Nguyen.

The restaurant is truly a family business. Dung's younger brothers worked at the restaurant during the summer, but she has put her career on hold to help her family.

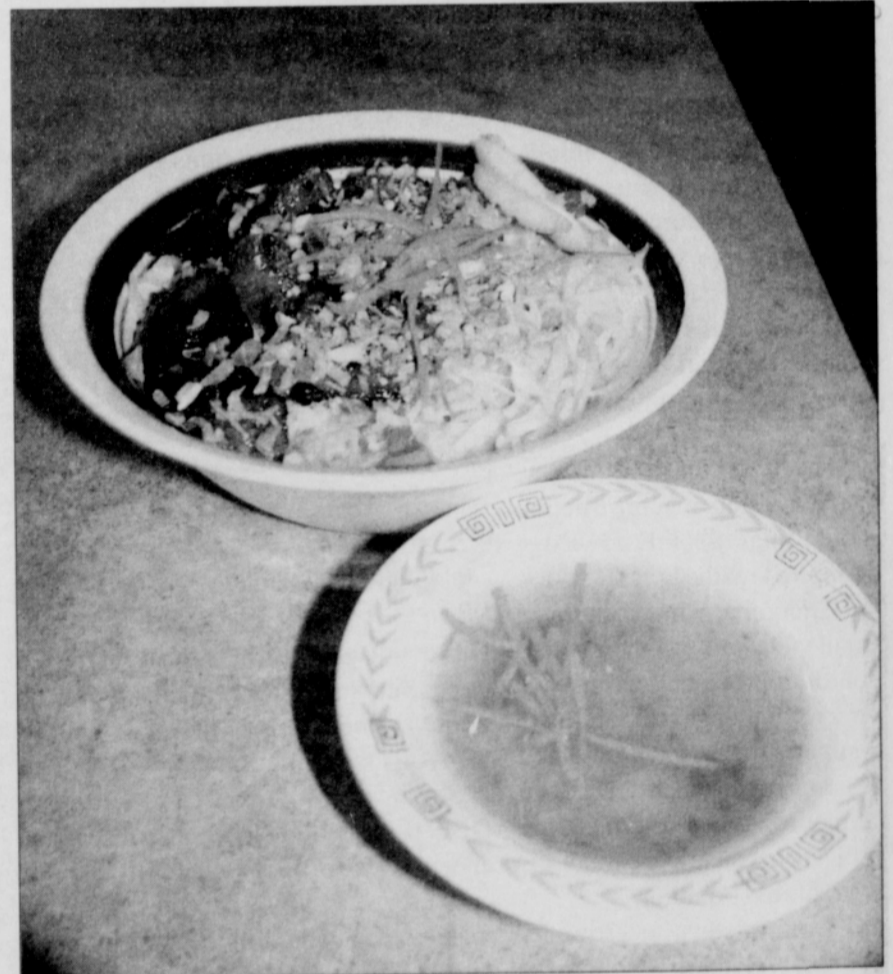
Both Thai and Vietnamese cuisine is featured. Some of the most popular dishes are the eight varieties of curry dishes available.

Besides the coconut milk and half and half in most curry dishes, Thai food can be one of the healthiest cuisines to eat. Sometimes very spicy, Nguyen suggests setting chilies on the side to find the level of spicy flavor you desire.

Unlike many Chinese dishes, the Bangkok uses no MSG and all ingredients are natural and fresh.

Alternative dishes are offered with tofu and gluten (a meat substitute derived from wheat). As an alternative to salt, the Bangkok uses fish sauce as a garnish and dressing on salads.

"We make an effort to cater to our vegan and vegetarian customers. I think that's a reason why people like our restaurant so much because we are



Fish sauce adds flavor and dresses up a BBQ pork salad.

accommodating when it comes to substituting items to fit their diet or religious beliefs," said Nguyen.

The restaurant offers Crispy Quail as a specialty. The dish is a favorite, but very few American customers order it, usually stick with dishes made with chicken or beef.

The large portions for all selections make it difficult to believe that no dish costs over \$9.50. Asking for a to go box is vital when eating at the Bangkok Restaurant.

First time customers are not only treated to great service and food but they also receive a complimentary flan, a French coconut dessert flavored with a ginger caramel sauce drizzled over the top.

The dish not only shows gratitude for bringing new customers in but also exposes customers to a dessert they probably would have never tried.

Bangkok Restaurant is open from noon until 10 p.m. except on Sundays, when the restaurant opens at 4 p.m.

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