

Replacement Drug

by Rachel D

Red embers flare, fall
White smoke dissipates to air
Relaxes, distracts

One Hand Claps

by Michael

A thought crosses your mind.
A journey.
Through space and time.
As surely as the Moon speaks
To the tides of the sea.
You and I are no more, no less,
Important than a star, a tree.
Some of this and yet none of
that is for you.
All and of that and so much more
of this is for us.
God, Eternity.
Things of faith.
Love.
The one true truth.
In this and that you can trust.

walk away

by dan newth

my mind plays games when
stress triggers the flow
of subconscious childhood fears
not something I control
best I can do is mitigate

I just walk away
away from situations
away from possessions
away from opportunities
away from relationships

it's too much to fight
I never learned physical
my bluff just brings more trouble
my mind's not deft enough
for subtleties of argument

doctor y give me pills
some make me paranoid
nsa and the homeland crew
monitoring me while hipsters harass
some pills sedate, rotting my
liver for a slow painful death
what I want is quick and quiet

so again I walk away
from modern medicine
from pharmaceutical products
using me to turn a profit
on the streets where I sleep
someone calls; policeman wake me
but I don't argue; I walk away
try to find a new sleep place
but my mind gets rattled
and sleep gets exclusive

then the voices start whispering
can't tell what they say at first
critical tones turn to sharp accusations
they talk to each other about me

never to me, as if I were shunned
like fundamentalist shun the outcast

kurt cobain has "friends in his head"
I have the committee that hates dan
only they're not in my head
they don't tell me what to do
they just wake shit up and condemn
pretend a swat team is coming
to terminate me

each time I believe and fear
a thousand imminent deaths
I just want the quick quiet one
because how do I walk away
from my own mind

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- Medicaid medical, dental and mental health appointments
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Find us at these locations:

City Team, 526 SE Grand Ave.
Oct 7.....8-10 a.m.
Oct 21.....8-10 a.m.

Clackamas County Transition Center
1024 Main Street, Oregon City
Oct 14.....1-3 p.m.
Oct 28.....1-3 p.m.

Lloyd Center, 2nd Floor by Cinnabon
Oct 7.....11:30 a.m.-1:30 p.m.
Oct 21.....11:30 a.m.-1:30 p.m.

P:EAR 338 NW 6th Avenue
Oct 9.....11 a.m.-1 p.m.

Portland Rescue Mission,
111 W Burnside

Oct 1.....8-10 a.m.
Oct 8.....8-10 a.m.
Oct 15.....8-10 a.m.
Oct 22.....8-10 a.m.
Oct 29.....8-10 a.m.

Virginia Garcia Newberg
2251 E. Hancock St, Newberg
Oct 10.....11 a.m.-2 p.m.

Union Gospel Mission, 3 NW Third Ave.
Oct 20.....2-4 p.m.
Oct 27.....2-4 p.m.



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